

Stick Figure Situations – Some Questions

- Which pictures trouble you the most?
- Which ones would you prefer to forget?
- Which ones would you want more of?
- What do you imagine each of the figures in the pictures is thinking /feeling, wanting to do?
- Do any of these pictures relate to your past in particular?
- What are each of these figures thinking and feeling?
- What negative thoughts do you think the figures about themselves?
- What positive thoughts do you think the figures about themselves?
- How do you imagine each figure copes with these thoughts and feelings?
- What would you like to say looking to the figure who is oppressing the other in the pictures?
- What would you want to say to the figures in the picture that most reminds you of your situation?
- What suggestions do you have for what the figures could do to cope better?