

Steps

Shoes, Hats and In-between

Directions for working with Steps Cards kit:

Before you begin, try to think and define the following:

- Describe your experience in wearing shoes or hats
- Are your shoes or hats still servicing their original purpose?
- How do other people perceive your attitude towards shoes and hats?
- In what ways did your shoes step? What lessons did they learn along the road?
- Where else would your shoes have liked to step?
- What other possibilities do shoes and hats offer besides their original purpose?
- When did you purchase your hats and shoes? How? When do you plan to replace them?
- Present your shoes and hats in first person. For example: "hello, I am Stefani's dancing shoes..."

Suggestions for projective work with Steps Cards kit:

- Think of any aspect of your life. Place the deck face-down. Intuitively choose

Three to five shoes and hats – looking at the cards' reverse side only. Scatter the rest of the cards on the table with all cards facing-up. Now you can swap shoes and hats. Return every item that does not service you as well as you expected and choose any other item in its place that can serve you better. Explain.

- Choose any hat which represents spirituality in your eyes. Choose any shoes that represent earthliness in your eyes. Try to identify where in your private world you choose to wear these hats or shoes. Try to listen to the dialogue that

Develops between the shoes and hats.

- Choose a hat that represents one of your life's roles: a parent, a professional etc', as it is expressed in your life today. Choose another hat which represents this role as you wish it to become in the future. Choose a pair of shoes that will help you get from your current reality to your wished reality, or the other way around.

- Choose shoes or hats worn by significant characters in your life. How do they make you feel? Why?

- **Conflicts between shoes and hats:**

Choose two hats which represent opposing positions. Characterize what each hat represents in your life. Choose a pair of shoes to represent your mediators. Witness your shoes offer a way to bridge between the sides.

Steps Cards kit can be used in any creative manner. You can use the cards to diagnose others, define your own cards by yourself or choose to do so by receiving feedback. The more you use your cards the greater your creativity will be, and the better your diagnostics abilities will become.

Create your own ways of working with **Steps Cards** and share your experience in our website.

For more information visit www.itzicards.co.il