

On Stage

Acting in the Theater of Life

Directions for working with On Stage Cards kit:

Place the cards face-up on the table. Openly choose a card that draws your attention. Observe its shapes and colors. What does each character on the card represent? What are each character's roles? What types of relationships are formed between them? In which of the characters can you see yourself? Who are the others? What feelings are expressed and what feelings are repressed? Who stands behind the scenes? If you were the director and playwright, what would have been the plot you would have created for these characters?

Suggestions for projective work with On Stage Cards kit:

- Think about a matter which concerns you. Use free association to choose a word or two. Now pick a card. Observe the characters and note how the relationships between them can be associated with the words you have chosen. Create a story for your card, centered on your chosen word or words. Then try to uncover the ways in which this story touches your life.
- Choose a card. Look at each character on the card as representing a feeling you experience in your life. Choose a topic and associate each character to an emotional representation related to this topic. Observe how these emotions co-exist within you.

- Choose one representative shape: circle, square, rectangle or any other shape. Now pick out three cards and try to identify in those cards various situations in which your chosen shape is manifested. Create a process. Observe the lessons your shape experiences and identify the difficulties it encounters. What are the internal powers it discovers in itself?
- Choose a card that represents a love story, adventure, conflict and so on. Tell the story of each one of the characters in your card. Where does their life's story touch yours?
- Choose three aspects of your life, for example: career, family, love etc. Place the cards face-up and openly choose three cards. Match each card with one of your chosen aspects and try to recognize what character represents you in each one. Observe the similarities and differences in the relationships reflected in the cards. What can you learn from these experiences?

On Stage 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 **On Stage Cards** and share your experience in our website.

For more information visit: www.itzicards.co.il