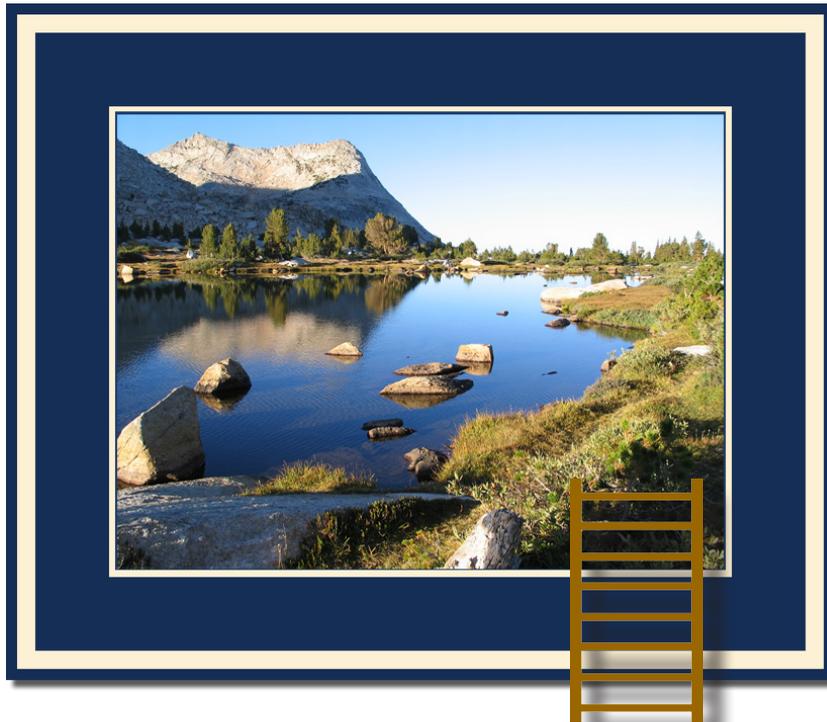


This card—Step Into Pictures Intro—is Number 2 in a series of “Diversions for You and Your Friends” by Arlene Harder, MA, MFT, Support4Change Blog.

Being sick or having a major problem in your life is a pain in the neck. This is because, in large part, any situation that negatively impacts your life forces you to think about *it*, rather than more pleasant things. That is why this card is designed to **take your mind off your troubles**, at least for a while. It is also a way you can **share this diversion with family and friends who need a boost today.**



Back in 2004, when I still had the stamina to ride a mule into the High Sierras and visit five camping spots in five days, I took a picture of this high lake. It is now a feature of “Step-Into-Pictures” on my blog. Turn the page for how to use this technique for connecting with others.

The Step-Into-Pictures technique encourages you to imagine you can enter into a picture, invite another person to join you, and experience the other person in a new setting.

This will take a bit of imagining in your mind's eye, since we "know" that one can't really walk into a picture. But if you are willing to *pretend* it is possible, here is how it can work.

- Imagine a good friend or family member with whom you have a good relationship.
- Invite him or her to "step into" the picture with you.
- Spend several minutes imagining you are together in the picture, enjoying all the sights and sounds of being in this place.
- When you are ready to leave, plan to remember this experience in the days ahead; and come back here as often as you would like.

On the other hand, if you have a relationship that is strained or broken, you can use this technique to release some of the pain by moving into a new setting, and possibly finding a new solution you hadn't considered before. Here is how you do it:

- Think about a situation you want resolved between you and another person.
- Imagine you step into the picture—with or without that person.
- Open your heart to finding an answer or perspective you may not have thought of before.
- Imagine you have a conversation in which you respect one another and are willing to stretch, at least a little, past your previous positions.
- What do you think might happen if you bring that

- attitude back out of the picture and into your regular life?

Even if you don't want to bring someone into this place with you, what might happen if you imagined being in this place and saying a prayer here or opening your heart to whatever you need to hear today?

Take a moment and experience this scene in whatever way feels most right to you.

May you find peace, joy and love

QUOTES OF THE DAY

"We're all seeking that special person who is right for us. But if you've been through enough relationships, you begin to suspect there's no right person, just different flavors of wrong. Why is this? Because you yourself are wrong in some way, and you seek out partners who are wrong in some complementary way. But it takes a lot of living to grow fully into your own wrongness. And it isn't until you finally run up against your deepest demons, your unsolvable problems—the ones that make you truly who you are—that we're ready to find a lifelong mate. Only then do you finally know what you're looking for. You're looking for the wrong person. But not just any wrong person: it's got to be the right wrong person—someone you lovingly gaze upon and think, 'This is the problem I want to have.'"

— Andrew Boyd, *Daily Afflictions: The Agony of Being Connected to Everything in the Universe*

"You can talk with someone for years, everyday, and still, it won't mean as much as what you can have when you sit in front of someone, not saying a word, yet you feel that person with your heart, you feel like you have known the person for forever.... connections are made with the heart, not the tongue."

— C. JoyBell C

"The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed."

— C.G. Jung