



Images are everywhere around us!

Images are waiting to reveal their secrets to us.

We cannot avoid them.

We cannot ignore them.

We cannot pretend we do not see them.

Images enhance our creativity and imagination.

Images help us analyze and comprehend the world around us.

Images make our thoughts concrete. They help us design our future.

Images are the key for all mysteries around us.

Why...?

What if...?



paste your first image here

Why did you choose this image?

Why is it important to you?

Which part of the picture attracts you the most?

What do you see in it? (Can you briefly describe it?)

What do you feel when you look at it? (If you want, look at the emotions table at the end of this workbook)

Among all these emotions, which one is the most important for you?

What are your thoughts right now? (take notes)

Which one is the most important thought right now and why?



paste your second image here

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+

paste your third image here

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paste your forth image here



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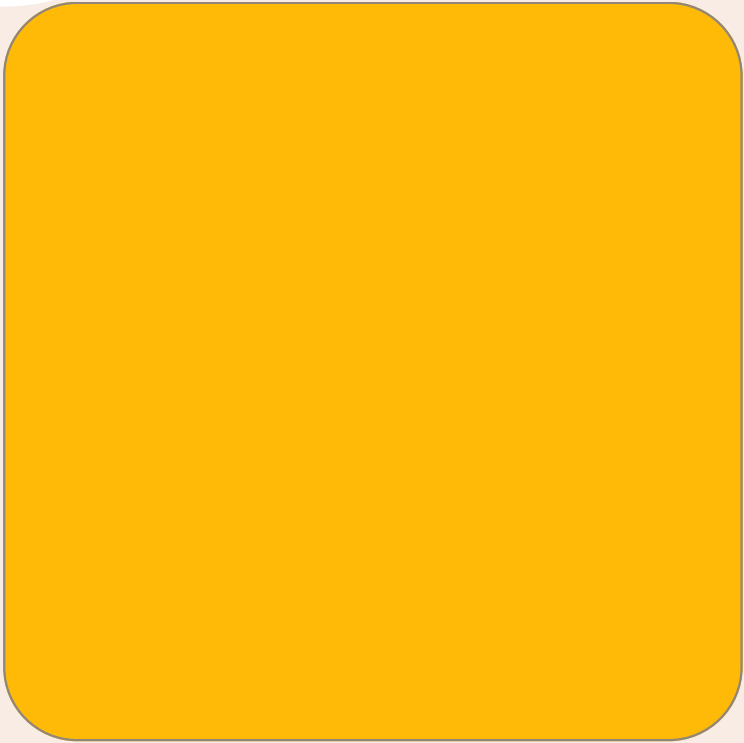
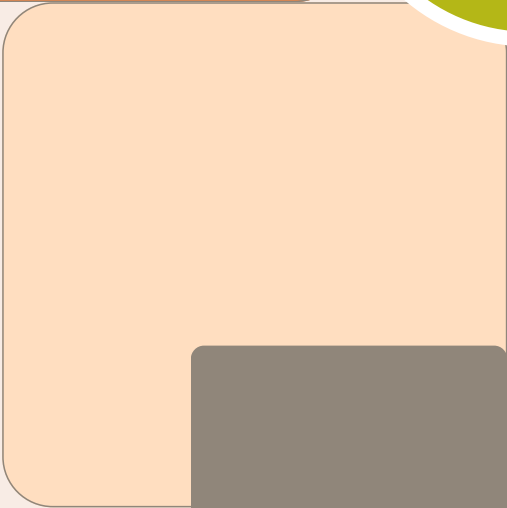
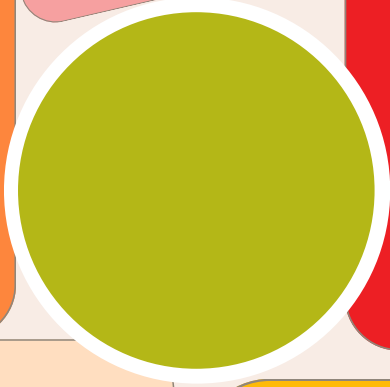
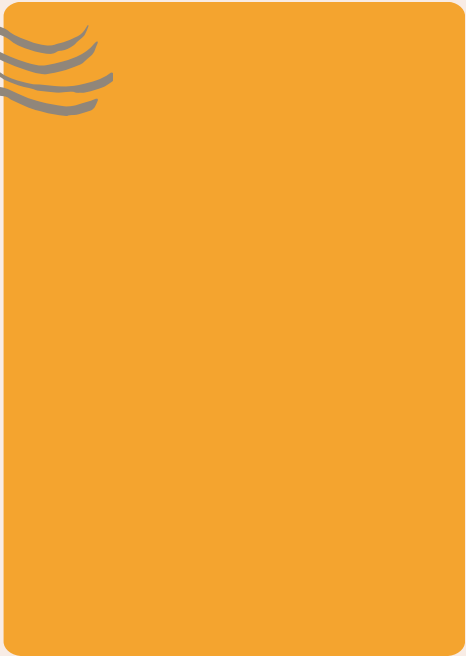
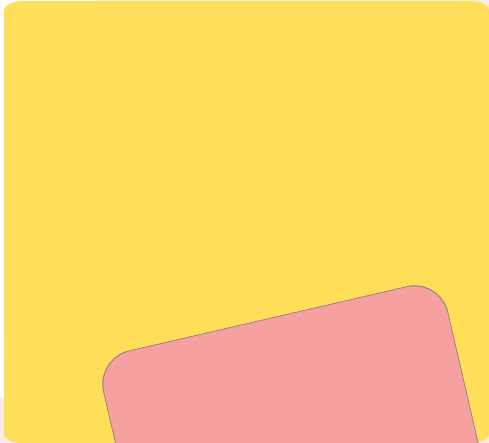
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create your own collage...

visible messages



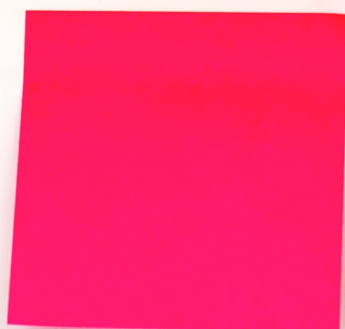
invisible messages

think

feel

act

*construct
your own
wall*

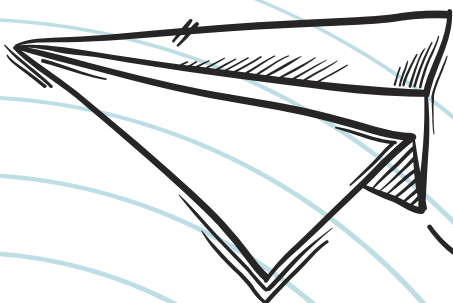


Unpleasant

Helpless, **chased**, **stressed**,
discontent, in agony, **in difficulty**,
wronged, miserable, **weak**, **disgust**,
abandoned, **embarrassed**, want revenge,
insecure, irritated, **controlled**, **anxiety**, guilty,
disliked, deceived, impatient, aggressive,
hopeless, despair, **disappointment**, jealousy,
discouraged, **sadness**, isolation, sorry, **mania**,
rejected, depressed, **failed**, boredom,
loss, **unfortunate**, **melancholic**, fragile,
stubbornness, **indifference**, **rebellious**, **tensed**,
lonely, vulnerable, remorseful, **in doubt**, anger,
resigned, curious, **anger**.

Pleasant

Loved, **free**, comfortable, **optimist**,
hopeful, **encouraged**, trust, solidarity,
inspired, **familiar**, **togetherness**, relief,
passioned, carefree, **dignity**,
encouraged, **unity**, excited, equal,
joyful, faith, **liberated**, **enjoyed**,
friendship, **kindness**, **wholeness**, **safe**,
affirmed, self-sufficient, **I did it!**,
support, **calmness**, relaxed,
successful, confident, **gratitude**, bold,
valued, strong, **happy**, balanced,
nostalgic



Spot your emotions



-
- I gain knowledge
 - I enhance skills
 - I become a responsible and active citizen
 - I acquire critical thinking and creative action
 - I adopt sustainable and inclusive values, attitudes and life attitudes, appropriate to modern democratic society
 - I groom myself to become a useful person and member of my community