



MB "Patirtys ir idėjos"

Hello! Meet the **Metaphor-Question Cards**.

It is a Motivational Interviewing, Systemic Theory and Supervision Practice based empowerment methodology designed to help you discover your motivational points, get to know the situation you are in and yourself better, see alternatives that you may have overlooked, discover your strengths and your challenges, learn how to use both in the direction that works for you, plan your first steps to move on from a point of no return etc.

By asking empowering questions, we open up pathways for discovery, without limiting our possibilities and alternatives. An empowering question encourages you to think about the situation, your habits, motivations, prejudices, limiting attitudes, your goals, desires, expectations, possibilities, etc.

The methodology is intended for social workers, psychologists, coaches, mediators, counsellors and for personal use if you want to know yourself better.

Change only starts to happen when we know the situation and the problem.



This requires answering at least five questions:

- What kind of problem is it?
- What makes it a problem?
- What real steps can I take to change it?
- What else will change in my life when I make changes?
- What can I do to change an old habit?

Motivation is not a one-size-fits-all matter. Most of the time we see it in a positive context, but not making any changes is also a motivated decision. There is not a single unmotivated person alive in the world. Even if we do nothing, an underlying reason.

Empowering questions are one way of getting to know ourselves, the situation and our motivation and finally taking action.

The applicability of the cards is very diverse. They can be used in group work, in individual work with a client and for personal development.

As a method, the cards can be used in two ways: using the whole card or cutting off the questions and using them separately from the pictures. You can then search for metaphors for each question by selecting a picture yourself.

The set consists of 70 main cards, 2 of which are without a question – you can record them yourself or with a client. Also you can find up to 3 bonus cards as a gift.





Short examples of use:

From A to Z. Choose a card/question that reflects your current situation and place it on the table. Then choose a card/question that reflects what you want to achieve and place it as far away from the first as you feel your goal is from your current situation. Fill in the remaining distance with cards with questions that will lead you to your goal. Answer the questions. Think about what would be the first step you can actually take today to get closer to your goal. What about tomorrow?

Situation map. Think about the situation you want to solve. Choose the card whose issue you feel is most relevant to your situation. Place the card on the table. Choose 3-5 cards whose questions are closely related to your situation. Answer the questions. Look at the pictures. What do they tell you? What aspects of the situation are revealed? What aspects of your personality that you may not have noticed or associated with this situation are revealed here? What new insights have you gained about this situation and yourself? What do you see as the most important things in this situation? Can you solve them? How?





My backbone. Think about yourself – your qualities, opinions, attitudes, beliefs, values, etc. Choose 4 cards with questions to help you describe yourself. Place them on the table in front of you. Answer the questions. Think – what makes me strong? What is my inner backbone? What keeps me going, strengthens me, helps me through difficulties? What are the challenges to my inner beliefs/characteristics/habits? How are they important to me? Do I wish things were different? And what can I be happy about? Think about how long you have held these qualities/beliefs etc. How do they influence your decisions and choices in life? Look at the pictures - what do they say? Perhaps there are more pictures that you didn't choose but would like to? Why? Write down the main points about yourself and read them out loud. How do you feel?

We talk more about the method and how it can be used in the training Empowering questions: how to motivate? You can find out more on our YouTube channel Self-Empowerment. During the training, you will try out these and other methods and learn how to use them in your work with clients. The programme is accredited by the Ministry of Social Security and Labour.

