

FOR PRACTITIONERS

Quick Start Guide

Visual reflection cards for therapeutic and coaching practice — a five-minute primer for your first session.

EDITION

Sampler • 12 cards

[WANDERNUDGES.COM](https://www.wandernudges.com)

What you have

12 surrealist oil-painting images, selected for maximum projective range. Strange enough to bypass rational defences. Warm enough that clients lean in rather than pull back.

No predefined meanings. No clinical framework required. Works with whatever approach you already use.

YOUR DOWNLOAD CONTAINS THREE FILES

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|----|-------------------------|---|
| 01 | This Quick Start | Read before your first session. |
| 02 | The Card Deck PDF | One card per page. Open this during sessions. |
| 03 | Full Practitioner Guide | Techniques, client profiles, and individual card guidance — when you want to go deeper. |

Before your session — 2 minutes

Open the Card Deck PDF on your device. In your video conferencing software, set it up as a separate shareable window. When you want a client to see a card, share that window specifically — not your whole screen. The client sees only the image. You navigate with the arrow keys.

ON ZOOM

Share Screen → select the PDF window (not Desktop). Advance with arrow keys.

ON TEAMS

Share Window → select the PDF window.

ON GOOGLE MEET

Share a Window → select the PDF window.

That is the entire technical setup.

TIP — open the PDF in full-screen mode **Ctrl+L** on Windows / **⌘ + L** on Mac.

How to introduce the cards

Keep it simple. The less you say, the more room the client has to respond honestly.

“

I'm going to show you some images. There's no right or wrong response — just notice whatever comes up as you look. A feeling, a memory, a thought, nothing at all. All of it is fine.

FOR RESISTANT OR SCEPTICAL CLIENTS, ADD

“

This isn't a test, and I'm not going to interpret what you see. I'm just interested in your honest reaction.

Then share the card. Say nothing else. Wait. Clients who have spent months finding words for something often find an image does it in thirty seconds.

Three ways to use them

Pick one for your first session. All three work on video calls.

01

Show one card, stay with it

Choose a card that feels relevant to where the client is. Share it full screen. Ask “*What do you notice?*” — then follow what emerges. The lowest-friction entry point; works in any session, at any stage of the relationship.

02

Let the client choose

Advance slowly through the cards, asking the client to say *stop* when something catches their attention — positively or negatively. Don't rush the pace. The card they stop at and the ones they let pass are both worth exploring.

Ask “*What drew you to that one?*” Then “*Is there one you noticed yourself moving away from?*”

03

Before & After

Ask the client to choose one card that represents where they are now, and one that represents where they want to be — or where they were before something changed. Display them side by side. Explore the space between.

One opening question per card

Use these when you need a starting point. They are written to open rather than direct — follow wherever the client takes them.

Nº	CARD	OPENING QUESTION
01	Author	<i>Whose hands are those — and what world are they writing into being?</i>
02	Wander	<i>Is the traveller moving toward the fire, or standing still? Does that feel chosen?</i>
03	Nest	<i>What does it feel like inside that heart?</i>
04	Release	<i>What is the brain pouring out — and how does the figure below feel about it?</i>
05	Widen	<i>What are those eyes looking for?</i>
06	Unlearn	<i>What are the blocks — and what were they for, once?</i>
07	Fissure	<i>Why do you think the hiker left their gear outside before going in?</i>
08	Mend	<i>Who is the mouse in relation to the heart — and how long has this been going on?</i>
09	Love	<i>Which one are you in this image — the wolf or the sheep?</i>
10	Habitat	<i>Does the bird on the branch know about the world in the reflection below?</i>
11	Shed	<i>What was the armour for — and what season was it built for?</i>
12	Mismatch	<i>Was it that he wasn't good enough for the bar, or that the bar wasn't right for him?</i>

When something unexpected happens

These images sometimes reach places that conversation hasn't. That's the point — and it means strong reactions happen.

If a client goes quiet, becomes emotional, or visibly uncomfortable: **do not remove the card or redirect**. Say:

“Take your time.”

Then, when they're ready:

“What's coming up?”

The activation *is* the material. A card a client cannot look at is as clinically significant as one they're drawn to. If they want to set it aside, let them — and note it for a future session when trust is stronger.

When you want to go further

The Full Practitioner Guide included in your download covers:

- Why projective imagery works — the neuroscience, and what makes this deck specifically different.
- Three detailed client profiles — the intellectualiser, the high-achiever in burnout, and the client resistant to therapeutic language.
- Five named techniques with full session instructions.
- Individual guidance for all 12 cards — therapeutic themes, multiple questions, and post-session prompts.
- Handling strong reactions, tracking cards across sessions, and between-session use.
- A plain-language client explainer sheet ready to share.

If this sampler is useful in your practice, we'd like to hear about it. Send us a quick message to feedback@wandernudges.com and let us know what you think.

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