GUIDE

Wings of Mutual Support

An image-based reflection deck

77 cards · Valentyna Yevdokymova

Notice the support around you. Listen to your own answers.

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A note from the creator

The idea behind the deck

I created this deck as an invitation to an honest conversation with yourself. Its images grow out of my inner world, my own way of seeing and my trust in the creative flow. What you discover in them becomes your own story.

Noticing support

Support can come from people, a conversation, a timely word, nature, love, faith or something we do ourselves. We can give one another wings through encouragement, presence and practical help.

Listening to your own answer

Notice your feelings, experience and inner resources. Give yourself time to hear your own answer. If even one image helps you find an answer, creating this deck will have been worthwhile. Sending you a warm embrace.

Valentyna Yevdokymova

Getting to know the deck

What the cards are for

The images invite you to explore feelings, wishes and experiences and to notice the support within and around you. Your own associations give each image meaning.

How to choose a card

Take a moment and choose one question. Look through the images for one that draws your attention, or draw a card face down. Notice the first detail, then take in the wider scene: colours, space, characters and movement.

How to close

Write down one insight and one manageable action. Look around, feel the support under your feet and return to your day.

Questions for an image

Notice

What do I see? What first caught my attention? Where would I like to be in this scene?

Listen to yourself

What feelings and associations arise? What reminds me of my situation? Is this my wish or someone else’s expectation?

Notice support

What support do I need? What already supports me? Whom could I ask for specific help?

Take one step

What am I taking from this encounter? What still needs checking in real life? What small action do I choose?

Notice your body’s response

You may feel warmth, tension, ease or a need to pause. Choose two or three questions that feel relevant. For important decisions, consider the facts and your circumstances alongside how you feel.

Practices with one or two cards

Here and now · one card

Look at the card and complete a sentence: “I have long wanted to begin…”, “What I need most right now is…”, “What matters to me now is…”, “I have long wanted to bring… to a close”, “I give myself permission to…”, “I already know that I…” or “My passion is…”. Which detail helped you find your answer?

My inner support · one card

Let the image remind you of your qualities, skills and experience. Complete “Today, I can draw on…”.

From wish to action · one card

Complete “I have long wanted to begin…”. What is the smallest step I can take today?

Notice the Wings · two cards

First card: “How can I support myself right now?”. Second card: “What support around me can I notice and accept?”. Name one manageable request or action.

Notice the Wings

Three cards · 10–15 minutes

Have paper and a pen ready. Work alone or with a facilitator.

Card 1. Where am I now?

What does this image bring to mind about how I feel now? What needs my attention?

Card 2. What supports me?

Which of my qualities, experiences or actions does it bring to mind? What support is already available? What still needs arranging?

Card 3. How can I receive help?

Whom could I turn to? Try a specific request: “I need help with… Would you be able to…?”. Give the other person room to agree or decline.

Closing

Complete “Today, I can draw support from… My next small step is…”. If you have the capacity, consider whom you could support today.

My Honest Answer

Three cards · 15–20 minutes

Choose a question you feel ready to explore. Write down your answers if you like.

Card 1. What do I show the world?

What story do I tell about this situation? What do others expect? Which parts feel like my own choices?

Card 2. What do I really feel?

What do I want? What do I not want? Is there an answer I find difficult to say aloud? You can keep it private.

Card 3. How can I support myself?

What facts do I need to clarify? Whom would it help to talk to? What small step is realistic?

Closing

Complete “Right now, I notice…”, “I allow myself…” and “My next step is…”. You can close by saying “I give myself time.”

Create your own card story

One card · one frame

Imagine a character. Where are they? What happened just before this moment? What do they dream of? Who or what supports them? Give the story a title.

Several cards · a journey

Arrange the images in any order. Where does your character start? What do they encounter, what support do they notice, and what do they discover within themselves? Change the order and see how the story changes.

Bring it back to yourself

What resonates with me? What would I like to bring from the character’s experience into my life? You can also enjoy the story as imaginative play.

Working with care

Respect your own pace

You can keep an answer private, choose another card, skip a question or stop. If you feel more distressed, put the cards aside, notice your surroundings and reach for available support.

Agree on boundaries

In a pair or group, agree on confidentiality beforehand. A facilitator asks open questions. The person who chooses the card gives it meaning.

Use the cards for reflection

The cards are a tool for reflection and conversation. Consider facts separately from personal associations. For psychological, psychotherapeutic or medical care, seek help from a qualified professional.

Website and guide

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