

## COMFORT STATIONS

The technique is comprised of a set of images and sounds. They were carefully selected from a large pool drawn from very diverse sources. They depict events that, according to theory, activate the senses. They contain only sufficient detail to identify an event; all potentially biasing details are absent.

The technique requires two participants. Each participant takes turns being the interviewer and the interviewee. Pausing the film is required (see attached questionnaire for detailed instructions).

Participants should open themselves to experience the events with all their senses. They should remain open after each event concludes and prepare for further events.

Now, your viewing manner like your body language and your handwriting tells a great deal about the kind of person you are and how you relate to others. Just as not all of us write the same way, not all of us observe the same way. Gestures often say more than words. Through these little differences our individuality reveals itself. By observing yourself carefully while you observe, you can decipher hidden communication.

While a lot depends, of course, on what is being shown, there are some typical kinds of viewing behavior. Before you begin, check the positions that apply to you most frequently:

sitting in a stiff and formal manner.

vivid movements of arms and facial expressions.

almost immersed.

hands over eyes.

hand over mouth.

Before viewing, ask yourself the following questions:

What is my image?

What is happening in my image?

Is there love in this image?

What is my desired objective?

Dreams. What do I want them to be?

Am I the person I really want to be?

Am I the way I am?

And most importantly, after your experience of the events has concluded (preferably between 24 and 72 hours after the experience), please ask yourself the following questions:

Did I do what I did?

The moment I did it, when I did what I did, didn't I do what I thought I should do when I did what I did?

I didn't know then what I know now, did I?

If I knew then what I know now, wouldn't I have done something different than what I did when I did what I did?

Am I willing to forgive myself for not knowing what I didn't know when I did what I did before I knew what I know now?

Feel free to participate, but please remember to treat these experiences with the caution they require. We assume no responsibility for psychological difficulties, traumas, or pains that may come from employing this technique.