

Uputstvo za rad  
Pričajmo o ljubavi - asocijativne karte za ljubavne odnose

Instructions & guidelines  
Let's talk about love - associative cards for love relationships

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UPUTSTVO ZA RAD

INSTRUCTIONS & GUIDELINES

**PRIČAJMO O LJUBAVI  
- ASOCIJATIVNE KARTE ZA LJUBAVNE ODNOSE**

**LET'S TALK ABOUT LOVE  
- ASSOCIATIVE CARDS FOR LOVE RELATIONSHIPS**

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## 1. NAMENA KARATA

Koja je centralna tema psihoterapijskih seansi, ili još šire: tema ljudskih dijaloga? Iz mog psihoterapijskog iskustva, centralna tema su međuljudski odnosi, posebno ljubavni. Na kraju, ljubavni odnosi određuju i način na koji posmatramo sebe.

Baveći se, od početka studija pedagogije, dakle nekih dvadeset godina – načinima i prirodom ljudskog povezivanja, u potpunosti sam prihvatala teoriju atačmenta Džona Bolbija (John Bowlby). Prema toj teoriji, naše ponašanje u ljubavi u velikoj meri određuju naši roditelji, koji na nas utiču vaspitnim metodama, a sa kojima provodimo dug period života, sve do odraslog doba. Ljubav se, dakle, uči. Uči se siguran način povezivanja, kao i oni koji su nesigurni – upravo kroz naše porodične odnose sa roditeljima, i braćom i sestrama. Skloni smo da kasnije „ljubav“ prepoznamo upravo u onim odnosima koji liče na odnose iz našeg detinjstva i rane mladosti. Međutim, i u odrasлом dobu, mi smo sposobni da učimo i da se menjamo u ljubavi do kraja života. Kao ljudi, imamo kapacitet da menjamo naše nesigurne stilove povezivanja u sigurne. Imamo kapacitet da svoje veze menjamo i oplemenjujemo. Značajan način promene su psihoterapija, koučing, savetovanje, radionice.

Pre godinu dana kreirala sam online kurs, master klas „Kako da nađete i zadržite ljubav“ u saradnji sa Adria Master – om ([adriamaster.com](http://adriamaster.com)), na kome sam pokušala da prenesem sve što sam znala o ljubavi širokom auditorijumu, dakle, sve ono što sam stekla kroz dugogodišnje pedagoško, psihoterapijsko i lično iskustvo.

Pripremajući taj kurs, otkrila sam da mi nedostaju karte koje bi upečatljivije prenеле moja saznanja o ljubavi, te sam ih napravila kombinacijom fotografija, ilustracija i teksta. Te edukativne karte počela sam da koristim i u psihoterapiji, a klijenti, bilo da su u pitanju parovi ili pojedinci – vrlo lepo su reagovali na njih. One su im pomogle da se više otvore i razumeju sebe, kao i svoje ljubavne odnose.

Istovremeno, ulazeći sve dublje u svet asocijativnih psihoterapijskih karata, i koristeći ih u svojoj psihoterapijskoj praksi, u meni se rodila ideja da napravim jedinstven psihoterapijski alat – asocijativne karte za ljubavne odnose, sa kojima bi klijenti mogli da se povežu, i koje bi im pomogle da otvore priču o svojim ljubavnim iskustvima.

**Karte „Pričajmo o ljubavi“ namenje psihoterapijskom radu** i mogu ih koristiti psihoterapeuti svih modaliteta, a posebno su korisne u radu sa parovima (sistemska partnerska terapija). Takođe, karte mogu koristiti koučevi, savetnici i drugi stručnjaci koji rade pomažući rad sa klijentima kroz savetovanje i radionice.

Ukratko, osmisnila sam šipil od 50 karata kroz koje klijenti mogu da prepoznaju svoja:

- emotivna stanja
- dinamiku u svojim ljubavnim vezama
- načine povezivanja
- zdrave strane ljubavnih odnosa

- toksične strane ljubavnih odnosa
- obrasce koji se ponavljaju u ljubavnim odnosima
- uloge koje zauzimaju u ljubavnom odnosu
- razvojni put i faze u vezi (vezama)
- socio-emotivne potrebe
- dileme u odnosu
- teškoće u odnosu
- traumu (traume) kroz koje su prošli ili prolaze
- ideje o budućnosti svojih veza.

Kako bih postigla veću inkluzivnost i obuhvatila što širu populaciju, za glavne protagoniste karata izabrala sam lik lisice i lisca. Sa njima svaka osoba ili svaki par može da se poistoveti.

Ilustrator Kosta Milovanović, sa kojim sam već imala sjajnu saradnju, paru lisica je udahnuo život, emociju, pokret i dinamiku.

Zašto baš lisice? Bila sam inspirisana likom lisice iz Egziperijevog „Malog princa“, jer ona na neki način simbolizuje razvoj sigurnog načina povezivanja kroz odnos dva lika.

Ljubavni odnos sistemski porodični terapeuti vide kao ples: dvoje je u odnosu i oni zajedno plešu. Dvoje odraslih je odgovorno za taj odnos. Kad jedno napravi jedan korak, sledi reakcija drugog, a na reakciju drugog opet odgovara prvi... Tu ideju Salvadora Minučina (Salvador Minuchin) sam imala neprestano u vidu, te ove karte omogućavaju da svaka osoba sagleda svoju poziciju u vezi i moć koju ona ima. Takođe, omogućava osobi da preuzme svoj deo odgovornosti za taj ljubavni odnos (ples).

Ni jedna karta od njih 50 nije po sebi pozitivna ili negativna – svaka ima spoznajući i isceljujući moć u psihoterapijskom procesu, jer otvara priču o ljubavnim odnosima. Klijent, odnosno par, daje joj narativ u skladu sa svojim iskustvom i svojom perspektivom.

Ipak, prve 33 karte ukazuju na odnose koji mogu biti izazovni ili čak štetni za vezu ili za pojedinca, dok ostalih 17 karata otvara priču o socio-emotivnim potrebama para, korisnim načinima komunikacije i načinima za njeno poboljšanje, idejama kako se može osmisliti zajedničko vreme, koje osobine partnera su u službi boljeg međusobnog odnosa, i nude ideje o sigurnom načinu povezivanja.

**Cilj kreiranja karata** je ohrabrvanje klijenata u procesu prihvatanja i prorade svojih ljubavnih iskustava, motivacija da se ohrabre da izvuku svoje „priče iz senke“ i da ispričaju drugaćiju priču o sebi kao pojedincima ali i kao paru, te da im se pomogne da prepoznaju toksične, kao i zdrave strane ljubavnih odnosa, i da razvijaju sigurniji i intimniji način povezivanja.

Ove karte otvaraju i terapeutima i klijentima bogato polje dijaloga o ljubavnim iskustvima.

## 1. PURPOSE OF THE CARDS

What is the central topic of most psychotherapy sessions, or more generally speaking: the topic of interpersonal dialogues? In my professional experience, interpersonal relationships, especially love relationships, are the central topic. After all, they are the ones that also determine our self-image.

Ever since my student days at the Department of Pedagogy and Andragogy, about 20 years ago, I have been concerned with the way people connect and the nature of human relationships. This has led me to fully embrace John Bowlby's attachment theory. According to this theory, our behavior in relation to love is determined in large part by our parents, who influence us through their parenting methods and with whom we spend much of our lives, up until adulthood. In other words, love is learned. We learn secure and insecure attachment patterns through the family relationships we have with our parents and siblings. Later, we tend to recognize "love" in the relationships that resemble those we have formed in childhood and early adolescence. But even as adults, we are quite capable of learning and changing ourselves until the end of our lives when it comes to love. As humans, we have the capacity to transform our insecure attachment styles into secure ones. We have the ability to change and improve our relationships. Some important ways to inspire that change are therapy, coaching, counseling, and workshops.

A year ago, together with Adria Master ([www.adriamaster.com](http://www.adriamaster.com)), I created an online course, a masterclass called "How to find and keep love", in which I tried to share everything I knew about love with a wider audience. In other words, all the things I have gathered in my many years of educational and therapeutic practice, as well as my own personal experiences.

As I was preparing this course, I realized that I was in need of cards that would better convey my knowledge on love. So, I created a deck of cards combining photos, illustrations, and text. I began using these educational cards in psychotherapy as well, and both my clients in individual and couples session responded very well to them. They helped them to open up, to understand themselves and their love relationships better.

At the same time that I was delving deeper into the world of associative therapy cards and using them in my practice, I came up with the idea of creating a unique tool for use in psychotherapy - associative love relationship cards that clients could identify with and that would help them open up the story of their love experiences.

The "Let's talk about love" cards are intended for use in psychotherapy, but can also be used by therapists who practice other therapeutic methods. They are especially useful for working with couples (systemic partner therapy). In addition, the cards can be used by life coaches, counselors and other specialists who support their clients either through counseling or workshops.

To sum it up, I have created a deck of 50 cards for clients to identify their:

- Emotional states
- Dynamics of their love relationships
- Attachment styles
- Healthy sides of their love relationships

- Toxic sides of their love relationships
- Repetitive patterns in their love relationships
- Roles they tend to take on in a love relationship
- Timeline and phases in their relationship/s
- Social-emotional needs
- Relationship dilemmas
- Relationship difficulties
- Past or current trauma/s
- Ideas on the future of their relationships

To make the cards more inclusive and appeal to a wider audience, I chose the characters of a male and female fox as the main protagonists. Any person or couple can relate to them.

Kosta Milovanovic, the illustrator I have already successfully collaborated with, has brought the characters to life giving them emotion, movement and dynamism.

Why foxes? I was inspired by Saint-Exupéry's fox from The Little Prince, because in a way he symbolizes the development of a secure attachment style through the relationship of the two characters.

The love relationship is seen by systemic family therapists as akin to dancing: Two people have a relationship through which they dance together. Two adults are responsible for this relationship. When one of them takes a step, the other follows with a reaction to it, which in turn is reciprocated by the first person... This idea by Salvador Minuchin was constantly on my mind, which is why these cards allow each person to consider their position in a relationship and the power it exudes. Also, they allow the person to claim their share of responsibility in this love relationship (dance).

None of the 50 cards is in itself positive or negative - each has an awakening or healing power in the therapeutic process because it opens up a story about love relationships. The client or couple will shape the narrative according to their own experiences and perspective.

However, the first 33 cards illustrate the types of relations that can be challenging, even harmful to a relationship or a person, while the remaining 17 cards open up a story about couple's social-emotional needs, useful ways for communicating and improving their communication, ideas for planning time spent together, what characteristics in each of the partners can enhance their mutual relationship, and inspire ideas for a secure attachment style.

The goal in creating the cards was to encourage clients in the process of accepting and processing their love experiences, to motivate them to bring out their "shadow stories" and tell a different story about themselves as individuals and as a couple, to help them recognize both the toxic and healthy sides of love relationships and develop a more secure and intimate attachment style.

These cards open up a rich field for therapists and their clients for dialogues about love experiences.

## 2. ŠTA SU TO ASOCIJATIVNE KARTE I KOJA JE NJIHOVA SVRHA?

Asocijativne karte su **projektivna i ekspresivna tehnika koja pomaže klijentima da lakše izraze svoja osećanja, senzacije, stanja, obrasce, dileme, ideje i uverenja**. One deluju direktno na osećanja klijenta, na jednom preverbalnom, prekognitivnom nivou, i kroz komunikaciju sa klijentovim podsvesnim, nesvesnim i svesnim delom uma mogu da otvore i osvetle mesta koje su ranije bile slepe tačke, i za koje ranije nisu pronalazili reči. Asocijacije koje se stvaraju u interakciji klijenata sa kartama daju im punu slobodu da izraze svoje viđenje ljubavnih odnosa. Budući da su asocijativne karte projektivna tehnika, fokus je **iskren i autentičan odgovor klijenta**, a ne toliko smisao koji daje terapeut. Klijent je taj koji „čita“ karte, a ne psihoterapeut.

**Svaka karta može da ima onoliko različitih značenja koliko osoba ih posmatra.** U tome je bogatstvo i univerzalnost ovih karti: one daju slobodu klijentu da ih tumači u skladu sa svojim narativom. Dakle - slike pokreću misli klijenata, pomažu im da ih izraze, uobičije, formuliraju i konkretnizuju u verbalnom obliku.

Slobodne asocijacije i mašta koju prikazi na kartama pokreću, mogu odvesti do **neočekivanih otkrića za klijente**. Važno je sve vreme **čuvati siguran prostor** kako bi klijenti mogli da se prepuste traganju. Karte zaista mogu biti i sjajno pomoćno sredstvo u procesu otvaranja bolnih tema koje su duboko u klijentu zakopane s razlogom.

## 2. WHAT ARE ASSOCIATIVE CARDS AND WHAT IS THEIR PURPOSE?

Associative cards are a projective and expressive technique that helps clients express their feelings, sensations, states, patterns, dilemmas, ideas and beliefs more easily. They directly influence the client's feelings on a preverbal and precognitive level. By communicating with the subconscious, unconscious, and conscious parts of the client's mind, they are able to open up and illuminate the places that were previously blind spots that they had difficulty describing. During the client's interaction with the cards, associations emerge, giving them complete freedom to express their view of love relationships. Since associative cards are a projective technique, the emphasis is on an honest and authentic response from the client rather than on the meaning the therapist will glean from the cards. The client is the one "reading" the cards, not the therapist.

Each card can have as many different interpretations as there are people to interpret it. Therein lies the richness and comprehensiveness of these cards: they give the client the freedom to read them according to their own personal narrative. In other words, the images stimulate the client's thoughts and help them better express, shape, formulate and verbalize these.

The free associations and imagination that the images on the cards evoke and stimulate can lead to unexpected revelations for the clients. It is important to maintain a safe space the entire time so that the clients can surrender to the quest. The cards can also be a wonderful tool for unravelling a client's rightfully deeply buried, painful issues.

### 3. NAČINI KORIŠĆENJA KARATA

Stručnjak će najpre predložiti klijentu upotrebu karata uz kratke informacije o tome na koji ih način može koristiti:

- Klijent može odabratи da vidi sve karte odjednom (da ih pogleda sve na stolu) i da razmisli šta sve za njega one mogu da predstavljaju, ili da ih izlistava, iz čega može odabratи određene o kojima bi govorio i koje su mu bitne. Sugerišem da to budu tri karte koje privlače pažnju klijenta.
- Klijent može odabratи da uzme špil gledajući ih i tumačeći ih jednu po jednu, pa da o svakoj govorи ponešto, a da ga terapeut/kouč/savetnik u zavisnosti od dobijenog sadržaja (pitanjima otvorenog tipa) vodi ka daljim uvidima.
- Klijent može odabratи samo jednu kartу (iz špila koji lista ili koje posmatra na stolu) o kojoj će govoriti i koja mu je važna.
- Klijent ima pravo da odlučи da ne komentariše određenu kartu. Terapeut može pitati o razlogu, ili može predložiti izbor druge karte.
  - Klijentu možemo zadati da izabere desetak karata koje bi mogle predstavljati priču o jednom njegovom ljubavnom odnosu ili da kasnije izabere desetak karata koje bi predstavljale priču o željenom razvoju veze (u kojoj je, ili koju želi da ostvari).
  - Klijent može kroz karte da predstavi zdrave strane svog odnosa, kao i one koje su štetne.

### 3. WAYS TO USE THE CARDS

A trained professional will first suggest the use of cards to the client and give a brief introduction on how to use them:

- Client can either see all the cards at once (look at them on the desk) and think about what they could represent for them, or they can go through the deck selecting the ones they want to talk about and that they identify as important. I recommend that these are the three cards that catch the client's attention.
- Client may take the deck and interpret the cards one by one, saying something about each one. Depending on the client's answers, the therapist/coach/counsellor would (with open-ended questions) lead them into further insights.
- Client can choose only one card (either by flipping through the deck or looking at it on the desk) that they want to talk about and that is important to them.
- Client may decide not to comment on a particular card. The therapist can ask about the reason or suggest choosing another card.
- Client may be asked to select ten cards that could represent the story of their love relationship, or later to select ten cards that embody the story of their preferred way that the relationship will develop (one they are already in or would like to be in).
- With the help of the cards, the client can depict both the healthy points of their relationship and the toxic ones.

#### 4. KOJA SU KORISNA PITANJA U RADU SA KARTAMA?

Sva pitanja otvorenog tipa dobrodošla su u radu sa ovim kartama. Dakle, klijenta možemo pitati:

- Zašto ste izabrali ovu sliku?
- Kako biste je nazvali?
- Šta osećate kada je posmatrate?
- Odakle dolazi taj osećaj i ta telesna senzacija?
- Šta vidite na slici? Opišite.
- Šta je, po vašem mišljenju, najznačajnije na slici?
- Ko je na slici?
- U kakovom su odnosu likovi na slici? Opišite taj odnos.
- Zašto to rade i zbog čega?
- Kako se oni osećaju?
- Koje su njihove osobine?
- Šta osećaju jedno prema drugom?
- Šta žele? Čemu se nadaju? Da li se nečega plaše? Da li osećaju tugu/ljutnju/stid/prijatnost zbog nečega? Zbog čega?
  - Šta ih spaja, a šta razdvaja?
  - Šta govore jedno drugom?
  - O čemu bi razgovarali da su potpuno iskreni?
  - Šta prečutkuju?
  - Postoji li među njima neka tajna?
  - Šta misle da ono drugo nikad ne bi razumelo kada bi pokušali da kažu ili pokažu?
  - U kojoj je fazi njihova veza?
  - Gde se oni nalaze? Šta ih okružuje?
  - Koliko dugo će biti na tom mestu?
  - Da li žele da ostanu ili odu? Zašto?
  - Kako svaka od figura sabotira odnos?
  - Ko je moćniji u odnosu? Zašto? Objasnite.
  - Šta je bilo pre trenutka prikazanog na slici?
  - Kako će se situacija među likovima razvijati sledećeg trenutka?
  - Šta bi mogao da uradi jedan, a šta drugi lik da odnos bude ravnopravniji?
  - Da li u njihovoj blizini postoji još neko?
  - Da li slika ili neki detalj sa slike podseća na vas ili nekoga koga znate?
  - Koji lik biste bili vi? Zašto? Ko je u tom slučaju druga figura?
  - Kada ste se osećali poput lika na slici?
  - Kada ste bili u takvoj situaciji?
  - Kako ste pomagali sebi u takvoj situaciji?
  - Kako su vam drugi pomagali u toj situaciji?
  - Zbog čega ste preskočili tu kartu?
  - Zbog čega ste zastali na toj karti?

#### 4. WHAT QUESTIONS ARE HELPFUL WHEN WORKING WITH THE CARDS?

-When working with these cards, all kinds of open-ended questions are welcome. In other words, we can ask the client:

- Why did you choose this card?
- What would you name it?
- What do you feel when you look at the card?
- Where is this feeling and physical sensation coming from?
- What do you see on this card? Please describe.
- What do you think is the most important thing on this card?
- Who is on the card?
- What kind of a relationship do the characters on the card have? Please describe it.

- Why are they doing this?  
- How do they feel?  
- What are their character traits?  
- How do they feel about each other?  
- What do they want? What do they hope for? Are they afraid of anything?

Do they feel sad/angry/ashamed/pleasant for any reason? Why?

- What do they have in common and what is something that separates them?  
- What are they telling each other?  
- What would they talk about if they could be completely honest?  
- What do they keep to themselves?  
- Is there a secret between them?  
- What do they think the other would never understand if they tried to say or show it?

- What stage is their relationship in?  
- Where are they? What is surrounding them?  
- How long will they stay in this place?  
- Do they want to stay or leave? Why?  
- How is each of them sabotaging this relationship?  
- Who is more dominant in this relationship? Why? Please explain.  
- What happened before the moment shown in the picture?  
- How does the situation develop between the characters in the following moment?  
- What could one of them do and what the other to make the relationship more equal?

- Is there anyone else near them?  
- Does the picture or one of the details in it remind you of someone you know?  
- Which character would you choose to be? Why? Who is the other character in this case?  
- When did you feel like the character in the photo?  
- When were you in this situation?  
- How did you help yourself in this situation?  
- How did others help you in this situation?  
- Why did you skip this card?  
- Why did you stop flipping when you saw this card?

## 5. KOJA SU MOGUĆA ZNAČENJA KARATA (neka od njih)

Tumačenja karata koja ovde nudim samo su informativna i ilustrativna, i nisu jedini put tumačenja. Imajući u vidu da su karte asocijativne, i klijenti i stručnjaci mogu imati na desetine (istih ili sličnih) tumačenja istih karti, ali i drugih pitanja koja će se otvoriti u radu sa njima. Mnogo toga zavisi od priče i iskustva sa kojim klijent dolazi, njegove spremnosti na rad sa kartama, tj. njegove mašte i otvorenosti da se prepusti slobodnim asocijacijama.

Ipak, potrudila sam se da terapeutima/koučevima/savetnicima ponudim najčešća ili neka od tumačenja karata jer su same karte nastale kao izraz opisa stanja ljudi koji su bili u različitim ljubavnim odnosima, situacijama, fazama, stanjima, osećanjima.

## 5. POSSIBLE MEANINGS OF THE CARDS (some of them).

Card interpretations provided here are for informational and illustrative purposes only and are not the only way to explain them. Because these cards are associative, clients and professionals may have dozens of (same or similar) interpretations of the same cards, as well as other questions that will be revealed as they work with them. Much will depend on the story and the experiences that the client brings to the table, their willingness to work with the cards, i.e., their imagination and openness to engage in the free associations.

Nevertheless, I have tried to present therapists, coaches and counselors with the most common interpretations of the cards, or several of them, because they were created as a product of trying to explain emotional states of people who have experienced various love relationships, situations, phases, states and feelings.



## 1. Slomljeno srce

Ljudi nakon raskida ili razvoda mogu da osećaju da im je srce napuklo, i njihova situacija im može delovati bezizlaznom. Ova karta može otvoriti priču o traumi, jer je za neke ljude raskid odnosno razvod – traumatsko iskušto. Karta može ukazivati i na to da se osoba nalazi u procesu tugovanja nakon raskida/razvoda.

## 1. Broken heart

After a break-up or divorce, people may feel that their heart has been broken and their situation may seem hopeless. This card can open up a story about trauma, because for some people a break-up or divorce is a traumatic experience. The card may indicate that the person is in the process of grieving after a break-up/divorce.



## 2. Nepoverenje

Nakon jednog ili više loših ljubavnih odnosa, posebno nakon odnosa u kome je osobu partner prevario, neki ljudi su skloni generalizovanju nepoverenja za čitav suprotni pol (ili isti) u stilu: „Sve su žene iste“ / „Svi su muškarci isti.“ Ova karta poziv je za razgovor na tu temu, i odakle nepoverenje dolazi.

## 2. Distrust

After one or multiple failed love relationships, especially one in which the person was cheated on, some people tend to generalize their distrust of the entire opposite (or same) sex, along the lines of “All women/men are the same.” This card is an invitation to a conversation on that topic and where this feeling comes from.



## 3. Uzimanje i davanje energije

Ponekad se u odnos sa drugom osobom toliko „uvučemo“ da osećamo da nas energetski crpi, ali da ne možemo da se odvojimo (od tog drugoga).

## 3. Energy give and take

Sometimes we get so “caught up” in a relationship that we feel it is draining us energetically, but we are unable to disengage (from the other person).



## 4. Simbioza

Neke osobe imaju utisak da su u odnosu u kome ne znaju gde počinju oni, a gde partner. Odnosi se i na relacije kada osoba svoje slobodno vreme provodi sa partnerom, i kada sve aktivnosti rade zajedno, pa nema prostora za bilo čiju individualnost. Ovo je karta koja poziva na razgovor o granicama.

## 4. Symbiosis

Some people have the impression that they are in a relationship where they do not know where they begin and where their partner. This also refers to situations where the person spends all their free time with their partner and where they do all their activities together, leaving little room for expressing their own individuality. This is a card that invites for a conversation on boundaries.

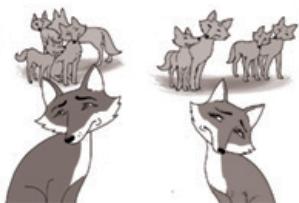


### 5. Svađa

Ovo je vrlo česta slika u slučaju konflikta i karta može prestavljati uvod u priču o načinima komunikacije oso-be/para u konfliktnim situacijama.

### 5. Squabble

This is a very common image when it comes to conflicts, and the card can be an entry point to a story about the way people/couples communicate in these kinds of situations.



### 6. Očaj

Ponekad, posebno nakon raskida ili nakon dugog vremena samovanja, ljudi osećaju da jedino oni ne mogu da se povežu sa drugima i nadu ljubav. Pritom, oni mogu da osećaju tugu, očaj, pa i zavist.

### 6. Despair

Sometimes, especially after a break-up or a long period of being alone, people feel that they cannot connect with others or find love. In addition to this, they may also feel sadness, despair, and even envy.



### 7. Maska nadmoći

Mnogi ljudi se plaše da pokažu svoju ranjivost, pa stavljaju masku nadmoći, dok su iznutra uplašeni. Plaše se da neće biti prepoznata njihova glad za ljubavlju, pa se prave jačim nego što jesu u ljubavnom odnosu. Zbog toga se kasnije mogu osećati loše, jer znaju da nisu bili autentični.

### 7. Superiority mask

Many people are afraid to show their vulnerability, so they put on a mask of superiority while being inwardly afraid. They are afraid that their hunger for love will not be recognized, so they pretend to be stronger than they are in their love relationship. That is why they can later feel bad knowing that they were not their authentic selves.



### 8. Sam/sama na svetu

Usamljenost može da učini da se osećamo otuđeno, izgnano, da smo drugačiji od drugih.

### 8. All by myself

Loneliness can make us feel alienated, outcast, and different from other people.



## 9. Podređivanje

Ova karta može da asocira na odnos u kojem se jedan partner podređuje drugom. Karta poziva na razgovor o plesu u ljubavnom odnosu: zašto se nekome čini da ga drugi „jaše“ i zašto mu to dopušta? Zašto se nekom čini da „jaše“ svog partnera?

## 9. Submission

This card can indicate a relationship in which one partner submits to the other. The card invites for a conversation about the way their “love dance” is being performed - why does one of them feel that the other has “taken over the reins” and why is the other one allowing this? Why do some people feel that they have “taken the reins over their partner”?



## 10. Ko je s druge strane?

Karta koja može da asocira na nepoverenje koje imamo prema partneru, ali i na to da smo na tragu emotivne prevare ili paralelne veze.

## 10. Who's there?

Card that could trigger a sense of distrust felt for our partner, as well as a sense of being on the trail of an emotional affair or a parallel relationship.



## 11. Fizičko nasilje

Osobi može biti teško da priča o nasilju u partnerskom odnosu, ali ova karta je poziv da se to iskustvo u sigurnom okruženju podeli.

## 11. Physical abuse

A person may find it difficult to talk about abuse in their relationship but this card is an invitation to share this kind of experience in a safe environment.



## 12. Ko vesla u čamcu

Ova karta je poziv da se sagleda odnos moći i napora uloženog u vezu. Neko može reći: „Imam utisak da se samo ja trudim, da me drugi uzima zdravo za gotovo“. Zašto osoba pristaje na takav odnos i kako taj odnos može učiniti ravnopravnijim – pitanja su koja mogu biti korisna u razgovoru u vezi sa ovom kartom.

## 12. Who's who in “the relationship boat”

This card is an invitation to examine the degree of power and effort invested in a relationship. One of the partners might say, “I feel like I am the only one putting in effort here and that I am being taken for granted.” Why does a person get involved in such a relationship and how can it be made more equal - these questions can be helpful when talking about this card.

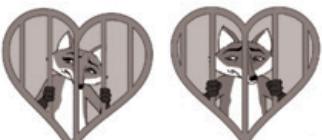


### 13. Traženje partnera

Traženje partnera može biti vrlo zamorno, posebno danas, kada su ljudi prilično otudeni, a društvenost postala posredna i „preselila“ se na društvene mreže. Karta može asocirati i na zavisnost od onlajn dopisivanja.

### 13. Partner search

Looking for a partner can be extremely tiring, especially in today's world where people have become quite estranged and contact has become indirect and shifted to social networks. The card may indicate an addiction to online communication.



### 14. Zarobljenici stare veze

Ova karta može da asocira osobe na staru ljubav – koju ne mogu da zaborave, nisu je preboleli i još su u procesu tugovanja. Takođe, može asocirati na osećaj „zaglavljenošt“ u vezi u kojoj se nalaze.

### 14. Prisoners of an old relationship

This card can remind people of an old love that they cannot forget, that they have not gotten over, and they are still experiencing grief. It can also trigger a sense of “feeling stuck” in their current relationship.



### 15. Nemiran san, nemirna savest

Ova karta može da asocira na nemir koji oseća jedan partner, na osećaj krivice, ali i na otudenost i distanciranost u vezi.

### 15. Restless sleep, restless consciousness

This card may indicate a sense of restlessness felt by one of the partners, feelings of guilt, as well as alienation and a sense of no longer belonging together in their relationship.



### 16. Dva smo sveta različita

Ponekad partneri u vezi osećaju da nisu na istom nivou, da se „mimoilaze“, da među njima nema razumevanja. Takođe, ova karta može da asocira na distanciranost u vezi jer osobe ne mogu da podele sa partnerom ono što im se dešava.

### 16. Worlds apart

Sometimes partners feel that they are not on the same level in their relationship, that they are “going in different directions” and that there is no mutual understanding. Also, this card may indicate that people feel disconnected from their partner and they are not able to share with them what is going on in their lives.



## 17. Ledeni kralj/kraljica

Lik koji se nalazi na vrhu planine, u ledu – može asocirati na osobu koja ne može da pokaže emocije, nedostupna je, sledena. Neko može imati utisak da je u vezi sa osobom koja je distancirana i emotivno isključena.

## 17. Ice king/queen.

The character standing on the top of the mountain, surrounded by ice, could indicate a person who has difficulty expressing their emotions, unavailable and frozen. One could have the impression of being in a relationship with a distant and emotionally detached person.

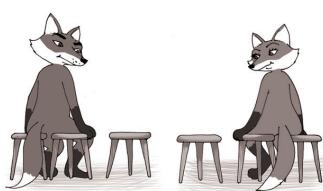


## 18. Pogonilac i proganjeni

Karta koja može da asocira na odnos u kome je jedan partner u ulozi progonioca, a drugi je u ulozi proganjeg. Može asocirati i na to da jedna osoba u relaciji previše traži našu blizinu, a druga beži od takve bliskosti.

## 18. Hunter and the hunted

This card may indicate a relationship in which one partner takes on the role of a hunter and the other of the one being hunted. It could also indicate that one of the two people in the relationship needs the closeness of the other person excessively and the other one avoids it.



## 19. U vezi je neko treći

Ova karta poziva na priču o paralelnoj vezi, ili o izborima koji su pred svakom osobom, a kojih može da bude više.

## 19. Love triangle

This card encourages a conversation about parallel relationships or about the choices one has, which can be many.



## 20. Materijalno iskorišćavanje partnera

Neke osobe osećaju i doživljavaju da ih partner materijalno iskorišćava. Ovo može biti povod za razgovor o tome zašto se to dešava i na koji način osoba može da se zauzme za sebe da odnos bude ravnopravniji.

## 20. Financial leeching of a partner

Some people feel that their partner is exploiting them financially. This can be an occasion to talk about why this is the case and how a person can stand up for themselves so that the relationship is set on a more equal footing.



## 21. Veza sa osobom koja nije slobodna; Paralelna veza

Paralelne veze česta su tema u psihoterapijskoj praksi. Kroz razgovor o ovoj karti osoba može bolje da sagleda svoju poziciju u takvom odnosu.

## 21. Relationship with an unavailable partner; Parallel relationship

Parallel relationships are a common topic in therapy. By talking about this card, a person can better view their position in this type of relationship.



## 22. Ljubav kao izazov

Neki ljudi doživljavaju ljubav kao teško osvojivu teritoriju, oko koje se mnogo moraju pomučiti da bi je osvojili ili dobili. Kada se upuštaju u ljubavni odnos, takve osobe osećaju da rade nešto što prevazilazi njihove snage, pa se dešava i da odustanu. (od takvog osvajanja).

## 22. Love is a challenge

Some people see love as a difficult territory to conquer, one that they must put a lot of effort into in order to win or acquire it. When they get involved in a love relationship, these people feel that they are doing something that is beyond their abilities, so it often happens that they give up (this type of conquest).



## 23. Držanje pridike

Ova karta može asocirati na odnos u kome se jedan partner oseća kao dete kome drugi partner drži pridike, i doživljava ga kao roditelja. Može biti i poziv na razgovor sa osobom o njenim roditeljima i kakav je taj odnos bio.

## 23. "Lecturing"

This card could indicate a relationship in which one of the partners feels like a child being lectured by the other partner, and they view their partner as a parent. It could also be an invitation to talk to the person about their parents and what their relationship was like.



## 24. Šta to osmeh krije?

Većina osoba može da u javnosti prikaže svoju drugaćiju sliku. Svako od nas ume da prikaže svoju personu, to je onaj deo ličnosti koji se ponaša u skladu sa društvenim normama, u skladu sa očekivanim. Ali, šta se dešava kad smo u ljubavnom odnosu takvi, imamo strah da pokažemo drugo lice - lice tuge, ljutnje, straha? Koliko autentično smo mi u vezi - mi, a koliko se samozavaravamo?

## 24. What lies behind the smile?

Most people tend to show a different image of themselves in public. All of us can show our so-called persona - the part of our personality that behaves according to social norms and expectations, in line with what is expected of us. However, what happens when we behave this way in a love relationship because we are afraid to show another side of ourselves - a sad, angry, and fearful side? How authentic are we in a relationship and how much are we just fooling ourselves into thinking that we are?



## 25. Don Žuan i femme fatal

Ova karta otvara priču o vezi sa osobom koja nije monogamna. Često koketiranje, flertovanje, zavodenje koje iskazuje u ponašanju jedan partner – za drugog partnera u vezi može biti ponižavajuće.

## 25. Don Juan & Femme fatale

This card opens up a story about a person that is not monogamous. The coquettish, flirty, seductive behavior of one partner can be humiliating for the other.

## 26. Petar Pan i Zvončica

Neke osobe govore da osećaju da im je partner – nezreo, detinjasto se ponaša, ne preuzima odgovornost, teško zadržava posao, ali takođe i da poseduje šarm. Metaphorički rečeno: osećaju da su u vezi sa Petar Panom ili Zvončicom. Zašto biraju takvog partnera, i šta oni dobijaju tim odnosom – pitanja su koja mogu biti korisna.

## 26. Peter Pan & Tinker Bell

Some people say that they feel their partner is immature, acts childish, does not take responsibility, but is also charming. Metaphorically speaking - they feel that they are in a relationship with either Peter Pan or Tinker Bell. Why do they choose such a partner and what are they getting out of this relationship - these are some useful questions to be asked.

## 27. Ko je u pravu?

Ova karta poziva na razgovor o odnosu u kome svako vuče na svoju stranu. Na kraju, neko možda „pobeduje“ i može da kaže „u pravu sam“, ali da pritom trpi ljubavni odnos, koji postaje sve gori. Ovo je karta koja je korisna da se pokaže paru kada počnu da dokazuju „ko je u pravu“ i kada traže od terapeuta da bude sudiјa (i presudi ko je u pravu).

## 27. Who's right?

This card invites for a conversation about a relationship in which the partners are playing a game of tug-of-war. In the end, one of them may "win" and say, "I was right" but at the expense of their relationship, which will start to deteriorate. This card can be shown to the couple when they start pointing out "who was right and who was wrong" asking the therapist to be the judge of that.

## 28. Bolesti zavisnosti kao treći u vezi

Bolesti zavisnosti su kamen spoticanja u svakoj ljubavnoj vezi. Osoba koja nije zavisna od alkohola, droga, kupovine, kockanja, rada, često je ipak u zavisnoj poziciji u odnosu sa svojim partnerom. Naime, zavisnik postaje partner oko koga druga strana menja i organizuje čitav život kako bi ga „spasila“.

## 28. Addictive disorders-third partner in a relationship

Addictive disorders are a stumbling block in any relationship. The person who is not addicted to alcohol, drugs, shopping, gambling or work is often in a dependent position to their partner. In fact, the addict becomes the partner according to whom the other person will shift and arrange their entire life around in order to "save" them.



### 29. Rintanje

Karta koja otvara priču o podeli kućnih poslova i potencijalnoj neravnopravnosti. Može asocirati i na priču o tome kako da se odnos učini ravnopravnijim.

### 29. Grinding away

Card that opens up a conversation about household chores division and possible inequalities. It could also inspire a talk on how to make the relationship more equal.



### 30. Gaslighting (gaslajting) ili sludivanje

„Gaslajting“ (sludivanje) ili sistemskim rečima definisano: odnos u kome jedna osoba drugoj konstantno šalje duple poruke, može zaista da dovede do toga da posumnjamo u sebe i sopstveni razum. Na primer, žena mužu može reći: „Dolaze nam kumovi, slobodno se opusti večeras“ a ujutro može započeti žestoku svadu rečima: „Neumesno si se šalio, kako si samo gledao kumu...“, da bi posle podne (skuvala kafu i) dobro raspoložena muža pozvala da „popiju kaficu“. Muž može reći: „Teško mi je sada da pijem kafu nakon one svadbe“, a žena može odgovoriti: „Ali to nije bilo ništa, samo sitnica. Baš si čudan i osetljiv. Sta se s tobom u poslednje vreme događa?“ Taka komunikacija, koja je nedosledna i „toplo-hladna“, može veoma da poremeti partnera koji trpi „paljbu“ duplih poruka, jer više ne zna u koje poruke partnera da poveruje, a počinje i da sumnja i u sopstveni razum.

### 30. Gaslighting

Gaslighting or as it is defined in systemic psychology: a relationship in which one person is constantly sending mixed messages to the other one which can actually bring us to a position where we start doubting ourselves and our sanity. For example, a wife may say to her husband, "Our good friends are coming over this evening, feel free to relax." And then the next morning she starts a heated argument, saying, "You were making such inappropriate jokes... and the way you were looking at her!" That same afternoon she will make a cup of coffee and in a visibly good mood, invite her husband to enjoy it together. He might say, "After the fight we had, I do not feel like having coffee." and the wife might say, "But that was nothing really, just a minor squabble. You are so strange and sensitive. What has been going on with you lately?" This kind of inconsistent, playing-hot-and-cold type of communication can disrupt a partner who, inundated with mixed messages, does not know which ones to believe, even starting to doubt their own sanity.



### 31. Ljubomora

Kada osoba nema poverenja u partnera, kada mu ne veruje – pokušava da kontroliše njegovo ponašanje uhodenjem, proverom telefona... U početku onaj drugi, koji nije ljubomoran, kontrolu u početku može videti kao dokaz ljubavi: „Poziva me često, brine da li sam dobro“, ali s vremenom takav vid ponašanja postaje neprijatan za drugu stranu. Niko ne voli da bude kontrolisan, posebno zato što kontrola može da dobije oblike patološke ljubomore. Ova karta poziva na priču o kontroli i tome da li je ona neophodna.

### 31. Jealousy

When a person distrusts their partner, does not believe them, they start controlling their partner's behavior by following them and going through their phone. In the beginning, the other person, the one that is not jealous, might see this controlling behavior as a proof of love: "They call me often, worry if I am okay," but with time, this form of behavior becomes inappropriate for the other party. Nobody likes to be controlled, especially because this can turn into a form of pathological jealousy. This card invites for a conversation about control and whether it is necessary.

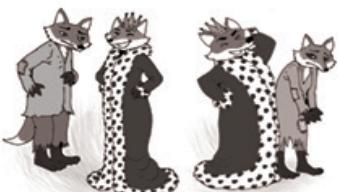


### 32. Krivica kao đule na nozi

Mnogi ljudi ne mogu da izadu iz veze jer se plaše da će tako povrediti partnera. Ili se plaše da izadu iz bračka „zbog dece“. Takvo ponašanje motivisano je osećajem krivice i ova karta poziva da se preispita taj osećaj, odakle dolazi i u kojoj meri je opravдан.

### 32. Guilt - like shackles on your feet

Many people are afraid to leave a relationship for fear of hurting their partner or they are afraid to leave a marriage "for the sake of the children." This kind of behavior is motivated by feelings of guilt, and the card invites you to examine this feeling, to see where it comes from and to what extent it is justified.



### 33. Narcističnost

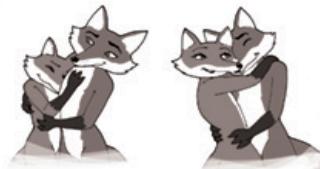
Ova karta otvara priču o partnerskom odnosu u kome neko veliča sebe do mere da ne vidi svog partnera/partnerku. Narcistične osobe ne samo da veličaju sebe, već istovremeno urušavaju samopoštovanje svog partnera.

### 33. Narcissism

This card can start a conversation about a relationship in which a person makes themselves seem so grand, to a point that they no longer notice their partner. Narcissists not only make themselves look grand but at the same time diminish their partner's self-esteem.

Nakon ovih karata koje prikazuju različite dinamike u ljubavnom odnosu koje možemo nazvati izazovnima, u nastavku su i karte koje asociraju na zdrave strane ljubavnog odnosa, na socio-emotivne potrebe koje svaka osoba ima, na karakteristike partnerstva koje je zasnovano na ljubavi, poverenju, zaštiti, intimnosti, podršci. Sa klijentima zajedno treba da simbolično proslavimo svaki put kada se autentično povežu sa tim kartama koje slede. Ta povezanost se može javljati u samom procesu rada na ljubavnom odnosu, ali i nestajati, pa ponovno pojavljivati. Svaki put kada se to dogodi - to je značajan korak u terapiji i treba ga validirati.

After these cards that show various relationship dynamics that we might define as challenging, the remaining cards are the ones that point to healthy sides of a relationship: social-emotional needs that everyone has, relationship characteristics based on love, trust, protection, intimacy, and support. We should have a symbolic celebration with our clients each time they make an authentic connection with a new card. This connection can appear right at the beginning of the process of working on their love relationship, but it can also disappear and then reappear. Every time this happens, it represents an important step in therapy that needs to be acknowledged.



#### **34. Zagrljaj**

Svako od nas ima potrebu za ljubavlju, negom, pažnjom. Posebno smo osetljivi na zagrljaj, jer je dodir prvi način jezika ljubavi koji smo naučili.

#### **34. Hug**

All of us need love, care and attention. We are especially receptive to hugs because that is the first form of love language we have learned.



#### **35. Saosećanje**

Kada nas neko zaista čuje i kada sa nekim možemo podeliti naše emocije, posebno one teške – osećamo da taj neko ima saosećanje za nas. Divno je kada je ono obostранo u vezi.

#### **35. Compassion**

When someone really listens to us and we are able to share our emotions with someone, especially the difficult ones - we feel that this person has compassion. It is wonderful when this feeling is mutual.



### 36. Dijalog

Razgovor je najsofisticiraniji „ples“ u jednom ljubavnom odnosu, jer u njemu možemo da iskažemo naše misli, ideje, potrebe i osećanja, a istovremeno u njemu umemo sa usmerenom pažnjom saslušamo onog drugog. Ovo je kartica koja ukazuje na našu potrebu da podelimo s drugim naše stavove, potrebe i osećanja.

### 36. Dialogue

Communication is the most sophisticated “dance form” in a love relationship, because through it we can express our thoughts, ideas, needs and feelings while at the same time listening attentively to the other person. This is a card that indicates our need to share our views, needs and feelings with the other one.



### 37. Razigrani kao deca

Veoma je važno za ljubavni odnos da u njemu možemo biti spontani, razigrani, da možemo da pokažemo naš „mod srećnog deteta“. Da bismo bili spontani s nekim, prethodno smo se uverili da se osećamo sigurno i prihvaćeno u tom ljubavnom odnosu. Ovo je i karta seksualnosti, jer je spontanost, povezanost i intimnost tokom vođenja ljubavi - na najvišem nivou.

### 37. Playful kids

For a love relationship it is of utmost importance that we can be spontaneous and playful, that we can live out our “happy child mode”. In order to be spontaneous with someone, we must first make sure that we feel safe and accepted in this relationship. This is also the card of sexuality, because spontaneity, feeling connected and intimacy are at their highest level during sex.



### 38. Ravnopravnost i pohvala

Svi imamo potrebu da nas neko pohvali, da nas doživi i odnosi se prema nama kao ravnopravnom partneru. Rečnikom shema terapije: volimo kad nas neko iz svog moda zdravog odraslog – takođe uvaži kao odraslu osobu. Svi mi više vrednujemo pohvalu bliskih osoba od pohvala ljudi koji nam nisu tako bliski.

### 38. Equality & Praise

We all have the need to be praised by someone, to be looked at and approached as if we were an equal partner. In the words of Schema Therapy, we love it when someone from their “healthy adult mode” also acknowledges us as adults. We all value praise from people close to us more than the praise from people who are not so close to us.



### **39. Zaštićenost**

Ova karta poziva na priču o tome koliko se zaštićeno i sigurno osećamo pored našeg partnera. „Drvo se na drvo oslanja, a čovek na čoveka“ – stara je mudrost. Ipak, neki ljudi se ne osećaju tako u prisustvu svog partnera, i ovo je poziv da se razgovara o normalnoj i zdravoj potrebi za sigurnošću i zaštitom u partnerskom odnosu.

### **39. Feeling protected**

This card invites for a conversation about how protected and safe we feel with our partner. There is an old saying that says that even a tree supports another tree, and so it is with people too. However, some people do not feel this way in the presence of their partner and this is an invitation to talk about a normal and healthy need for security and protection in a relationship.



### **40. Ti si za mene jedini/jedina**

Partnerski odnos ima jedan svoj preduslov: monogamnost. Osim ako se partneri ne odluče za „otvorenu vezu“ u kojoj svaki partner ima svoje paralelne veze. Takvi odnosu su ipak retki, i kao ljudi skloni smo da se istinski povežemo sa jednom osobom u jednom ljubavnom odnosu. Ova karta je priča o granicama: šta je dozvoljeno a šta ne u jednom partnerskom odnosu.

### **40. You are the one**

Love relationships have one prerequisite: monogamy, unless both partners agree to an “open relationship” where each of them has their own parallel relationships. However, these types of relationships are rare and as humans we tend to be more inclined to attach ourselves only to one person in a love relationship. This card talks about boundaries: what is allowed and what is not in a partner relationship.



### **41. Usmeri me**

Kao deca, imamo potrebu za usmeravanjem i vodstvom. Međutim, ta socio-emotivna potreba postoji čitav naš život. Ponekad će nam trebati dobrobameran savet i vodstvo partnera, a u drugoj situaciji mi ćemo njemu pružiti usmeravanje. To je u redu, i nije znak ni naše slabosti, niti nadmoći.

### **41. Guide me**

As children, we have the need for guidance and leadership. However, this social-emotional need stays with us throughout our lives. We may need some well-meaning advice and guidance from a partner sometimes and we will be the ones to give it to them in another situation. This is perfectly fine. It is neither a sign of our weakness nor of our superiority.

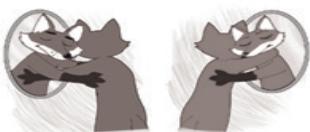


#### 42. Naš ritual

Dобра веза одржава се кроз свакодневне ритуале. То нам даје осећај стабилности и сигурности. Најчешћи ритуали су zajедничко обедovanje или испијање кафе или чая.

#### 42. Our ritual

A good relationship is nourished through our daily rituals. It gives us a sense of stability and security. The most common rituals are eating together or having coffee/tea.



#### 43. Voleti sebe

Ljubav prema sebi se uči, a mi je učimo kroz povezanost sa drugima. Ljubav prema sebi se vežba, i to u početku između dve osobe. Kao kada, recimo, učimo da vozimo auto. Naši prvi instruktori ljubavi su bili naši roditelji. Ako su nam oni pokazivali pažnju, ljubav, brigu – verovaćemo da smo važni i da smo vredni ljubavi, i nastavicećemo u jednom momentu da vozimo kola zvana „ljubav prema sebi“. Takode, donosićemo ljubavne izbore koji su dobri za nas. Ako su roditelji bili kritični i hladni prema nama, pa su dobro kontrolisali kako vozimo ta kola, pri tom nam ubijajući samopouzdanje, onda ćemo voziti jako oprezno, i pomislićemo: „Ljubav i kritika su isto i kao što su mene roditelji kritikovali voziću ova kola kritikujući sebe“. Možda ćemo čak osećati da ne smemo da vozimo i poverovaćemo da smo nesposobni za vožnju, odnosno za ljubav prema sebi. Biraćemo ljude koje ćemo kasnije odbacivati ili za koje ćemo se prilepiti kako ne bi otisli od nas. Jedan od najboljih načina za razvijanje ljubavi prema sebi je psihoterapija!

#### 43. Loving yourself

Loving yourself is something we learn, and we learn it by connecting with others. Loving yourself is practiced, and that involves two people in the beginning. For example, it is like when we are learning to drive a car. Our first "instructors" were our parents. If they gave us attention, love and care, we will believe that we are worthy of being loved, and we will continue to drive the car called "loving yourself". We will also make the kind of choices in love that are good for us. If parents were critical and cold toward us, carefully monitoring how we steered the car, damaging our self-confidence along the way, then we will be driving that car very carefully, thinking, "Love and criticism are one and the same, and just as my parents were criticizing me, I will drive this car and criticize myself." We may even feel that we are not capable of driving the car or, in other words, of loving ourselves. We will be choosing people we later either reject or hold on to so they do not leave us. One of the best ways to develop self-love is through psychotherapy.



#### 44. Zaljubljenost

Dok smo zaljubljeni, imamo osećaj da smo na sedmom nebu.

#### 44. Being in love

When we are in love, we feel like we are on cloud nine.

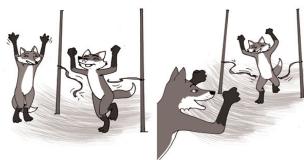


#### 45. I u dobru i u zlu

Kvalitetan ljubavni odnos obuhvata i našu potrebu za negom onda kada smo slabi.

#### 45. For better or for worse

Being in a healthy relationship also means having the need to be cared for when we are weak.



#### 46. Podrška

Karta koja poziva da se pitamo u kojoj meri kao podrška učestvujemo u uspesima našeg partnera, i u kojoj meri mi dobijamo takvu podršku. Potreba za takvim vidom podrške jedna je od naših osnovnih socio-emotivnih potreba.

#### 46. Support

Card that invites us to ask ourselves to what extent we support our partner in their successes and to what extent we receive this support ourselves. The need for this form of support is one of our basic social-emotional needs.

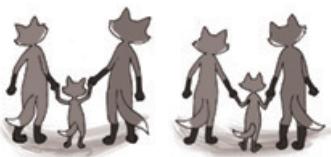


#### 47. Slobodno vreme

Karta koja poziva na razgovor o načinima provođenja slobodnog vremena. Kako klijent sa partnerom provodi slobodno vreme? Da li imaju slična interesovanja? Kako bi mogli zajedno da ga kvalitetno provode?

#### 47. Free time

Card that invites for a conversation about how we spend our free time. How does the client spend their free time with their partner? Do they have any common interests? How could they spend this time well?



#### 48. Prinova

Ova karta može da asocira na odnos para prema detetu/decu koje imaju, ili prema planiranju roditeljstva. Karta može da aktivira i tugu, posebno kod onih parova koji dugo čekaju na prinovu, ili iz zdravstvenih ili drugih razloga ne mogu da se ostvare kao roditelji.

#### 48. Newborn

This card could indicate a couple's relationship with their child/children or their plan to become parents. The card could also trigger sadness, especially for couples who have been waiting a long time for a baby or for those who cannot become parents due to health or other reasons.



#### 49. Moje srce je puno

Neko oseća da mu je srce puno kada je u vezi, ali srce može biti puno i kada to nismo. I kao jednina, čovek je celina. Ova karta poziva na priču o situacijama kada osećamo da nam je srce puno.

#### 49. My Hart is full

Some people feel that their heart is full when they are in a relationship, but a heart can also be full when we are single. Even when single, a person is complete. This card invites for a conversation about how we feel when our heart is full.



#### 50. Rad na sebi

Partner koji radi na sebi u vezi - želi da sazna kako da postane bolja osoba i bolji partner. Voljan je da primi savete i smernice iz knjiga, seminara, svestan je svojih slabih tačaka, ima lične ciljeve i može se uočiti kako se menja. Preduslov uspeha jedne ljubavne veze je spremnost da se menjamo i radimo na sebi kako bi ta veza bila kvalitetnija. Izgovori tipa „uzmi ili ostavi“ zatvaraju priču o gradenju kvalitetnijeg partnerskog odnosa.

#### 50. Self-work

Partner who works on themselves in a relationship wants to find out how to become a better person and a better partner. They are willing to get advice and guidelines from books and seminars; they are aware of their weaknesses, have personal goals, and it is evident that they are changing. A prerequisite for a successful love relationship is the willingness to change and work on ourselves so that the relationship improves. Excuses like “take it or leave it” end the conversation about developing a better partner relationship.



