

MINDSET

BEFORE

Be intentional. The amount of focus & respect you choose to give this process will be directly correlative to the results you get back. Prioritize this time, make the room comfortable, and remove any distractions. Before a session, set an intention by asking yourself, "What do I hope to connect with, inside myself, during this time?"

DURING

Not all questions will be relevant to what you're processing. There are no right answers. Don't say what you think is smart, say what you honestly feel. This is an exploration, giving conscious attention to the nature of your mind.

You will get lost | You will be distracted | You will draw blanks

That is normal. In fact, it's part of it. These moments are not setbacks but integral parts of the process. When you find yourself drifting, gently guide your focus back. Continue moving forward with kindness and curiosity. Each step you take, no matter how small, is valuable to your growth.

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This will help you put the deck back together.

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INSPIRING PHILOSOPHIES

Emotional Intelligence — The ability to understand and regulate our emotions productively has 2 equally essential halves: awareness & management.

Plutchik's Emotion Theory — 8 primary emotions are not 'good' or 'bad' but are instead evolutionary tools deployed to promote the well-being of the organism.

The Thought Log of CBT — building a linear table of columns and rows to track our thoughts, feelings, & behaviors.

Scientific Method — Mirroring the 6 steps: observe, research, hypothesize, experiment, analyze, conclusions.

THIS IS JUST THE BEGINNING. LET'S CHANGE THINGS.

Whether you're feeling confused or curious, scan this QR code. As an owner of a Catharsis product, you have exclusive access to a growing library of additional resources. It is everything you need to better understand your cards and the works they are influenced by.



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INTRODUCTION

The Catharists' Method™ is a philosophy and a blueprint to better condition your perception & internalization of the world and your life experiences within it. The cards are designed to help guide you through the profound emotional release and clarify process, offering a nurturing pathway to understanding and managing deep emotions.

The process of clarifying & releasing, and thereby providing relief from strong or repressed emotions.

Meth • od
/ˈmɛθəd/
noun

A particular form of procedure for accomplishing or approaching something.

HOW THE CARDS WORK

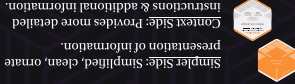
FORMAT / FLOW / SYMBOLS / LAYOUT

FORMAT

This exercise is for one person. It can be done alone, speaking out loud or journaling as you go. It can also be done with a partner you trust to help facilitate the questions as you go through a session.

FLOW

It is easiest to go through the exercise one card at a time. Most cards have 2 sides:



"The Accountability Challenge wheels split information between each side, requiring flipping back and forth, front to back."

SYMBOLS

As you journey through Catharists Method, you'll encounter intuitive symbols that enhance your exploration and discovery:



Eye Symbol — Steps prompting you to reflect, explore, or answer questions.



Arrow Symbol — Steps helping you choose or place cards & move from one section to the next. Finish each step before moving on to the next step.



Deep Dive — For additional questions beyond the standard session.



Camera Symbol — Take a picture of your session. The cards, as you've arranged them, tell an important story about where you are right now. Capture it for future reference.

LAYOUT

On a first play through, use this example to see how the cards can be placed together.

Once you've figured out and feel comfortable with the flow, you're encouraged to personalize the experience for yourself: the arrangement of the cards, the pacing, how often you use them, your totems, and the depth of what you choose to process.



Totems — As you go, place these on the cards that provoke the biggest 'ah-ha' moments or 'key insights' from the session. Outside of the cards, you're encouraged to replace these standard totems with 3 small sentimental items of your own.

