# **ANGEL-HEALEF**

"I can clearly see pain and need. I provide a light, a beacon. But I am unmindful of my own shadow as it grows dark and long behind me..."

THE FIRST TIME A MEMORY IS FIRST BEING PROCESSED, I MAY ANSWER ONE OF THE FOLLOWING QUESTIONS:

- How did I transform someone's pain into an opportunity for healing?
- How did I form an emotional wound to stop myself from growing?
- How did I take advantage of someone who needed my help?

After a question is asked, I cross it out. It can't be asked again for the next Memory Processing.

# SPECIAL MOVE: Once per Memory

Processing, when I draw a non-HEART card, I may choose to draw again. I Discard one of the cards and proceed to answer the question associated with the remaining card.

If I draw a ROYAL CARD (Joker, Jack, Queen, or King):

#### Introduce a new person into the memory

(directly, or an influence). I answer one of the following questions:

- Who needed my healing or care?
- ◆ Who tried to take care of me, and why wouldn't I accept it?

#### If I draw an ACE:

Reveal a hidden or shocking truth. I answer one of the following questions:

- Who or what did I break, so I could fix it for my own satisfaction?
- What hidden emotional wound do I have, that I pick at and let fester?

#### If I draw a SPADES card:

- healed someone in this memory?
- ♠ 6-10 What dark and hidden truth caused more pain and suffering for someone in this memory?

#### If I draw a HEARTS card:

- ◆ ♥ 2-5 What emotion was I really feeling at this moment, and how did it compromise my actions?
- ♥ 6-10 How did I wish I was taken care of and nurtured, in this moment?

#### If I draw a CLUBS card:

- ♦ ♣ 2-5 What action did I take to heal or cure someone in this moment?
- 6-10 What did I secretly desire to receive in exchange for caring for someone?

#### If I draw a DIAMONDS card:

- ◆ ◆ 2-5 What material thing clearly revealed itself to be a tool for healing?
- 6-10 What tangible thing did I give up on in this moment?

STOP PHRASE or SIGN Write down or illustrate the stop phrase/sign:

# **CHILD-MYSTIC**

"I am innocence and vulnerability. My openness invites kindness and miracles borne of trust. But it's too easy to hurt me and misfortune seems to follow me..."

THE FIRST TIME A MEMORY IS FIRST BEING PROCESSED, I MAY ANSWER ONE OF THE FOLLOWING QUESTIONS:

- How did my vulnerability and openness change things significantly?
- How did my focus on pleasure and love make me blind to something important?
- How did I ignore my responsibilities and potential to someone's detriment?

After a question is asked, I cross it out. It can't be asked again for the next Memory Processing.

SPECIAL MOVE: Once per Memory Processing, when I draw a SPADES card, I may choose to create a question of my own, and answer that instead.

If I draw a ROYAL CARD (Joker, Jack, Queen,
or King):

Introduce a new person into the memory (directly, or an influence). I answer one of the following questions:

- Who was drawn to my innocence and my openness? Why did they need me?
- Who did I expect to care for me? How did I manipulate them?

# If you draw an ACE:

**Reveal a hidden or shocking truth.** I answer one of the following questions:

- What did my intuition say, and what price was paid when I ignored it?
- What fear kept me from growing up and taking responsibility?

# If I draw a SPADES card:

- ♦ 2-5 How did my honesty invite someone to open up?
- ◆ ♠ 6-10 How was an innocent lie the start of something truly awful?

# If I draw a HEARTS card:

- ◆ ♥ 2-5 What emotional truth did I glean from someone in this moment?
- ♦ ♥ 6-10 How did my moment of joy and happiness break someone's heart?

# If I draw a CLUBS card:

- ◆ ♣ 2-5 How did my intuition strongly influence my actions in this moment?
- ◆ ♣ 6-10 How did I avoid suffering, and who suffered in my stead?

# If I draw a DIAMONDS card:

- \$\$2-5 What tangible gift or service did I offer someone?
- \$\overline\$ 6-10 How did my selfishness and desire make things worse?

**STOP PHRASE or SIGN** Write down or illustrate the stop phrase/sign:

# **REBEL-SIREN**

"I push back against society and its pressures, I won't just be a cog in a machine. I'll break as many hearts as I need to and inspire a revolution!"

THE FIRST TIME A MEMORY IS FIRST BEING PROCESSED, I MAY ANSWER ONE OF THE FOLLOWING QUESTIONS:

- How did I inspire someone to break free from their chains and go after the life they truly wanted?
- How did my desire for someone jeopardize something important?
- How did I make someone fall in love with me, knowing I'd never feel the same towards them?

After a question is asked, I cross it out. It can't be asked again for the next Memory Processing.

SPECIAL MOVE: Once per Memory Processing, when I draw a ROYAL card, I may choose to create a question of my own, and answer that instead.

If I draw a ROYAL CARD (Joker, Jack, Queen,
or King):

#### Introduce a new person into the memory

(directly, or an influence). I answer one of the following questions:

- Who fell hopelessly in love with me, to their detriment?
- Who did I recklessly grant power to lead their own revolution?

#### If I draw an ACE:

**Reveal a hidden or shocking truth.** I answer one of the following questions:

- Why didn't I believe in what I was saying? What drove me to say it anyway?
- Who did I fall in love with, when I really shouldn't have?

### If I draw a SPADES card:

- ◆ ♠ 2-5 How did I inspire someone to accept an empowering truth?
- ♦ ▲ 6-10 What comforting lie did I tell in order to ensnare someone?

#### If I draw a HEARTS card:

- ♦ ♥ 2-5 How did love change everything in this moment?
- ♦ ♥ 6-10 Whose heart did I purposely break, and why did I enjoy it?

#### If I draw a CLUBS card:

- ◆ ♣ 2-5 How did I break free in this moment? Who did I inspire with my actions?
- ♦ ♣ 6-10 How did my passions become my undoing in this moment?

#### If I draw a DIAMONDS card:

- \$\$\overline\$ 2-5 What material or tangible gift did I provide to earn someone's freedom?
- 6-10 How did I undermine or compromise my beliefs in order to gain something material or tangible?

**STOP PHRASE or SIGN** Write down or illustrate the stop phrase/sign:

# **HERO-AVENGER**

"I fight for what's true and save those around me, I am strong and brave. But when wronged, the desire for vengeance blinds me to all else..."

THE FIRST TIME A MEMORY IS FIRST BEING PROCESSED, I MAY ANSWER ONE OF THE FOLLOWING QUESTIONS:

- How did I rescue someone from something painful or difficult?
- How did I crush someone else's chance to become their own hero?
- How did my desire for vengeance blind me to what was truly important?

After a question is asked, I cross it out. It can't be asked again for the next Memory Processing.

**SPECIAL MOVE**: Once per Memory **Processing**, when I draw a non-CLUBS card, I may choose to draw again. I discard one of the cards and proceed to answer the question associated with the remaining card.

If I draw a ROYAL CARD (Joker, Jack, Queen,
or King):

# Introduce a new person into the memory

(directly, or an influence). I answer one of the following questions:

- Who did I rush in to save, whether or not they asked for it?
- Who tried to save me, and why did I run away from them?

# If I draw an ACE:

**Reveal a hidden or shocking truth.** I answer one of the following questions:

- What lie did I tell myself in order to justify my thirst for vengeance?
- What personal sadness or pain drove me to become a savior in this moment?

# If I draw a SPADES card:

- 2-5 What epiphany reinvigorated me? How did I lend this strength to others?
- ♦ ♠ 6-10 How did my desire for vengeance turn me cruel and hurtful?

# If I draw a HEARTS card:

- ◆ ♥ 2-5 How did I inspire someone to be their own Hero in this moment?
- ♥ 6-10 How did I unintentionally mislead someone to believe I wanted to save them?

# If I draw a CLUBS card:

- ◆ ♣ 2-5 How did my actions in this moment exemplify courage and righteousness?
- ◆ ♣ 6-10 Who did I hurt or break in my pursuit of righteous vengeance?

# If I draw a DIAMONDS card:

- \$\$\overline\$ 2-5 What tangible object exemplifies my strength and bravery?
- ♦ 6-10 What did I secretly expect to gain in return for saving someone?

**STOP PHRASE or SIGN** Write down or illustrate the stop phrase/sign:

# **ADDICT-VICTIM**

"My heart and mind get the best of me, I'm more comfortable giving away my power than wielding it. But I'm stronger than I realize..."

THE FIRST TIME A MEMORY IS FIRST BEING PROCESSED, I MAY ANSWER ONE OF THE FOLLOWING QUESTIONS:

- How did I recognize victimhood in someone and rescue them from it?
- What in this memory is a source of my addiction or oppression?
- How did I turn something good and innocent into an addiction?

After a question is asked, I cross it out. It can't be asked again for the next Memory Processing.

# SPECIAL MOVE: Once per Memory Processing, when I draw a non-DIAMONDS card, I may choose to draw again. I

discard one of the cards and proceed to answer the question associated with the remaining card.

If I draw a ROYAL CARD (Joker, Jack, Queen,
or King):

# Introduce a new person into the memory

- (directly, or an influence). I answer one of the following questions:
  - Who did I freely give my power to? How do they hold it over me?
  - Who did I victimize in order to make myself feel better?

#### If I draw an ACE:

**Reveal a hidden or shocking truth.** I answer one of the following questions:

- What is the real reason I give in? What am I really addicted to?
- Why do I enjoy playing the part of the victim? What do I get out of it?

#### If you draw a SPADES card:

- 2-5 How did I make myself into a victim in this moment?
- ◆ ♠ 6-10 What truth am I escaping from? Why can't I ever outrun it?

#### If you draw a HEARTS card:

- ♦ ♥ 2-5 Who saw me as more than a victim? How did they make me believe it?
- ♥ 6-10 What relationship did I consciously weaken for the sake of my addiction?

#### If you draw a CLUBS card:

- ◆ ♣ 2-5 What secret strength have I been hiding? How does it surface in this moment?
- ◆ ♣ 6-10 How did I lose self-control in this moment? What were the consequences?

### If you draw a DIAMONDS card:

- \$\$\overline\$ 2-5 What tangible thing could help me regain control in this moment?
- \$\overline\$ 6-10 What tangible thing couldn't I let go of, no matter how hard I tried?

**STOP PHRASE or SIGN** Write down or illustrate the stop phrase/sign:

# SABOTEUR-SHIFTER

"I am more comfortable in whatever skin others wish to see me in, and I consistently sabotage my success. But I hide a brilliant light in my darkness."

# WHEN I FIRST ENTER A MEMORY

I may answer one of the following questions:

- How did I rob myself of my brightest moment? Why?
- How do I become the villain for the sake of someone else?
- How did I change an essential part of myself to make other happier?

After a question is asked, I cross it out. It can't be asked again for the next Memory Processing.

# SPECIAL MOVE: Once per Memory

Processing, when I draw a RED card (Diamonds, Heart), I may choose to draw again. I Discard one of the cards and proceed to answer the question associated with the remaining card.

# If I draw a ROYAL CARD (Joker, Jack, Queen, or King):

# Introduce a new person into the memory

(directly, or an influence). I answer one of the following questions:

- Who am I most jealous of? How do I try to be like them? Why is it in vain?
- Who do I love but always seek to undermine? Why do I begrudge them success?

### If I draw an ACE:

**Reveal a hidden or shocking truth.** I answer one of the following questions:

- What misunderstanding or trickery do I consistently perpetuate?
- What moment in my past taught me to never trust success?

#### If I draw a SPADES card:

- 2-5 What shining truth is present in me in this moment? Why do I hide from it?
- ♦ ♠ 6-10 How do I choose to self-destruct in this moment?

# If I draw a HEARTS card:

- ◆ ♥ 2-5 Who saw past my defenses? What loving truth did they see?
- ♦ ♥ 6-10 Who did I hurt in order to protect them from themselves?

#### If I draw a CLUBS card:

- ◆ ♣ 2-5 How did I begin to break the cycle of self-sabotage?
- ◆ ♣ 6-10 What inescapable mistake do I make over and over again?

#### If I draw a DIAMONDS card:

- \$\$\overline\$ 2-5 What tangible thing was given to me, despite it being undeserved?
- \$\overline\$ 6-10 What tangible thing of importance did I break to make a point?

**STOP PHRASE or SIGN** Write down or illustrate the stop phrase/sign: