



# POINTS OF YOU™

Creative Tools for Personal & Organizational Development



## How do we look at a picture?

Below are questions you can ask about any picture, whether it is a POU card, a photograph in an album, or any other picture that you choose: Three basic questions may suffice:

1. What do I see in the picture? Facts.
2. What do I know about the picture? Place, time, people, situation.
3. What do I feel when I look at the picture?

If the basic questions do not provide the depth we are looking for, or if we hope to achieve nuances - below is a set of questions divided into different levels. Beyond this, there are questions that help the observer to go deeper into the picture and its nuances:

### 1. The informative part - based on facts and knowledge

- What do I see in the picture?
- What do I know about the picture?
- Place
- Period / time
- People
- Situation


### 2. The plot – based on observation and knowledge

- What does the picture depict?
- What is the situation described in the picture?
- What is the picture's message?
- What memory comes with this picture, if any?
- What story does this picture tell me? It can be true or an imaginary story.
- Try to imagine what happened a second before the camera clicked?
- Try to imagine what will happen or how the picture will look a second after the click of the camera?
- When I zoom out of the picture, what do I see?
- What detail in the picture would I zoom in on?



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### 3. The stylistic part - based on observation

- What are the illuminated places in the picture?
- What are the shadowed places in the picture? Pay attention to the colors of the picture. It may be black and white, or colored, or monochrome.
- What do I think and feel about this colorfulness?
- What are the crowded parts in the picture?
- What are the 'empty' parts in the picture?
- Pay attention to the composition of the picture, does it reflect anything for you?
- Does the picture have a scent? Or what is the scent that accompanies the picture, if any?
- Does the picture have a sound? Or what is the sound that accompanies the picture, if any?
- Is there movement in the picture? Or is the picture static?

### 4. The personal and emotional part - based on the viewer's feelings

- What do I feel when I look at the picture?
- Where would I position myself in the picture, if at all?
- What is the detail that most speaks to me in the picture, or is most meaningful to me? Why?
- Do I like or dislike the picture? Why?
- What is missing for me in the picture? What would I add to the picture?
- For my part, what detail is unnecessary in the picture? What would I 'clear off' or take away from the picture?
- How does the picture relate to subjects I am dealing with in my life today?

### 5. The comparative part - based on looking at a number of pictures


- What story does the picture tell when looking at the whole range of pictures?
- Is there some common ground between the pictures?  
With regard to the subject of the photograph (hands, two images, flowers, etc).  
With regard to the style (colorfulness, composition, light and shade) at the emotional level.

Looking at a picture is a breakthrough process, verifying, challenging, inspiring, and opening up the heart. The questions are intended to help us illuminate and arouse those places that our patient / trainee / participant is dealing with.



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