



**trustcards**

**The trustcards:** 50 cards provide stimuli on various topics. The stimulated associations activate individual resource networks and contribute to modifying accustomed thought schemata.

The trustcards are based on an old tradition: the stimulation of inner processes through sets of cards that provide particular stimuli. Each of the 50 trustcards represents a topic that can have a special meaning in a particular situation. The randomly drawn cards can provide a stimulus to engage with this topic. The stimulated associations help to activate individual resource networks and to modify accustomed thought schemata.

[www.trustandgo.de](http://www.trustandgo.de)