

GET IT NOW · STARTER SET

The Dear Animal Reflective Deck

A taste of the full deck: sixteen cards across the Warm and Shadow Editions, starting with the five animals.

LUMIS

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A starter set

The animals in these cards come from the Dear Animal series. Each one represents a way of coping: Hedgehog defends, Bear shuts down, Owl worries, Hawk strives and Chameleon fits in. None is wrong; each began as protection. The five Meet cards introduce them, and a steady light, Lumis, runs through the whole deck.

The deck also offers scope for conversation. It can open discussion of Cognitive Analytic Therapy (CAT) themes such as reciprocal roles, traps, dilemmas, snags and ways out, and of Eye Movement Desensitisation and Reprocessing (EMDR) themes such as a calm or safe place, nurturing, protective and wise figures, and grounding in the present. The cards are a conversation aid: they are not CAT or EMDR, and do not replace either.

MEET THE ANIMALS

Meet Hedgehog
Meet Bear
Meet Owl
Meet Hawk
Meet Chameleon

CAT THEMES

Reciprocal Roles
Traps
Rely on no one or lean on one person
The good one
The Exit
The Observing Eye

EMDR THEMES

The Island of Refuge
Nurturing Figure
Protective Figure
Wise Figure
Landing Here

HOW TO USE THIS SET

Each card has an image on the front and a few words on the back, ending with a slow, sensory prompt: something to notice in the body, not to solve.

IN SESSION

Spread the cards face up and invite the person to choose one that matches how today feels. Read the back together. Try the prompt slowly, with no right answer.

PAIRING

Pair a card with a soother: temperature, texture, scent, movement. Two cards side by side, where I am and where I would like to be, can be enough for a whole session.

GROUPS AND SUPERVISION

Used in a group, the cards normalise responses: everyone recognises a spine, a den, a changing colour.

PRINTING

Print double-sided, flipping on the long edge, at 100% (no “fit to page”), on 300gsm card with a matte or linen finish. Cut on the crop marks. Finished cards are 70 × 100 mm, and each back lands behind its own front.

THE FULL DECK

The full deck has 67 cards in the Warm Edition and 59 in the Shadow Edition. It is still being finished: to hear when it is ready, join the list at lumistherapy.co.uk/dear-animal-deck.html

These cards are a conversation aid. They are not an assessment or a treatment in themselves. The Shadow Edition touches heavier themes: choose what feels right, and put aside what doesn't. Lumis is not a crisis service. If you need urgent support, contact your GP, NHS 111, Samaritans on 116 123, or 999 in an emergency.



Meet Hedgehog

HEDGEHOG

01



Meet Bear

BEAR

15



Meet Owl

OWL

27



Meet Hawk

HAWK

37

BEAR · 15

Meet Bear

When things feel too much, Bear goes quiet and heads for the den.

Bear copes by shutting down: slowing, withdrawing and waiting for the storm to pass.

Let your shoulders drop. Notice the weight of your body being held by the chair.



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HEDGEHOG · 01

Meet Hedgehog

When danger feels near, the spines go up. Hedgehog copes by defending: staying alert, keeping others at a distance and guarding the soft belly underneath.

Press your palms gently together. Where do you feel strong, and where do you feel soft?



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HAWK · 37

Meet Hawk

Hawk flies high and pushes hard. Hawk copes by striving: chasing the next goal, with a sharp inner voice that says it is never quite enough.

Breathe out slowly, as if landing softly on a branch.



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OWL · 27

Meet Owl

Owl watches the dark and wonders, what if? Owl copes by worrying: thinking ahead, scanning for trouble and trying to be ready for everything.

Look around and quietly name three things that are here, right now.



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Meet Chameleon

CHAMELEON

48



Reciprocal Roles

LUMIS

56



Traps

LUMIS

67



Rely on no one or lean on one person

HEDGEHOG

09

LUMIS · 56

Reciprocal Roles

Reciprocal roles are pairs of ways of relating. One role calls up the other. We may move between both roles, or expect them from other people and from ourselves.

Think of a familiar relationship pattern. Where do you feel each role in your body?

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CHAMELEON · 48

Meet Chameleon

Chameleon changes colour to match the room. Chameleon copes by fitting in: reading others, pleasing, and hiding its own colours to stay safe.

Find one colour near you that you like, just for you.

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HEDGEHOG · 09

Rely on no one or lean on one person

Either: Rely on no one. I'm self-sufficient, but lonely and tired.
Or: Lean completely on one person. I feel powerless if they pull back.

Feel two points of support beneath you. What is it like when the weight is shared?

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LUMIS · 67

Traps

A trap is a loop. What we think and do leads to an ending that seems to prove the thought we began with, so the same path feels true again.

Trace a circle with your finger. Where could one small new step open the loop?

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The good one

HAWK

41



The Exit

OWL

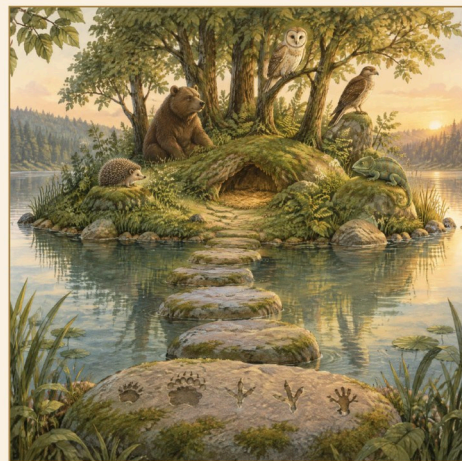
27



The Observing Eye

LUMIS

54



The Island of Refuge

LUMIS

63

OWL · 27

The Exit

Every trap has a way out. It is often small, and easy to miss in the dark.

*Look for one small exit today.
Notice your breath leaving your
body.*

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HAWK · 41

The good one

I want to change, but...I've always been 'the good one'. A label or expectation from family or community about who you are.

*Notice your shoulders without
changing them. What happens as you
picture setting one expectation
down?*

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LUMIS · 63

The Island of Refuge

There is an island where you do not have to defend, disappear, predict, perform or fit in. Here, your body can learn what safe enough feels like.

*Picture your island. What can you
see, hear, smell, touch or taste there?*

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LUMIS · 54

The Observing Eye

The observing eye notices the path without blaming the feet that learned to walk it. Seeing the pattern can make room for a different step.

*Look slowly around you. What can
you notice without needing to
change it?*

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Nurturing Figure

BEAR

19



Protective Figure

CHAMELEON

52



Wise Figure

OWL

29



Landing Here

OWL

34

CHAMELEON · 52

Protective Figure

A protective figure offers strength, safety and shelter from harm. Their protection leaves room for your voice, your boundaries and your choice.

With your eyes open if you prefer, notice the space around you. What would a protective presence feel like beside you?

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BEAR · 19

Nurturing Figure

A nurturing figure offers unconditional love and comfort. They can stay alongside difficult feelings without asking you to earn care or feel better.

If it feels welcome, imagine the warmth or texture of their presence. What would comfort feel like?

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OWL · 34

Landing Here

The mind has been flying all over the future. Now it lands, here, on this branch, in this moment.

Feel the chair holding you. Say quietly: I am here.

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OWL · 29

Wise Figure

A wise figure offers guidance and clarity without taking over. They help you see possibilities and leave the next step yours to choose.

Look at the lantern in the picture. What happens in your body as you imagine a little more light on the path?

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