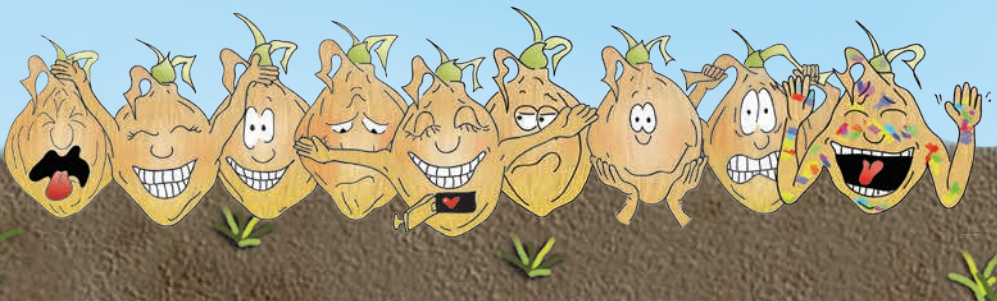


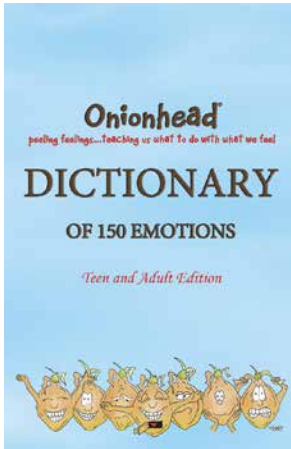
Onionhead[®]

peel it - feel it - heal it

How to use Onionhead Deck of Cards, Conflict Resolution Boards and Dictionary

Simple Solutions to Complicated Problems
For tweens, teens & adults





These exercises are great for self-knowledge, conflict resolution, building trust, honesty, communication skills and team or family building which leads to productivity, passion, joy, kindness, sharing, generosity, integrity and peace.

We are what we feel. The problem is, more often than not, we do not know what we feel. By using the **Onionhead** Cards, we get introduced to our emotional spectrum. Then, by using the **Onionhead** Dictionary, we learn what to do with those feelings. The same goes true for the **Onionhead** Conflict Resolution Boards.

On an individual basis, we get to know ourselves. On partnership basis, we not only get to know ourselves, but we get to know another. On a team or family basis, we get to know ourselves and ever one in our group.

Using these tools eliminates resentment, competitiveness and misunderstandings; leaving more room for creativity, enthusiasm and love. The results have been astounding because a gladdened heart leads to a healthy body. A healthy body leads to a peaceful mind. A peaceful mind leads to a successful life.

Instructions for Cards

The hand that we write with is our personality. The hand that we do not write with is our soul. Our soul is our spiritual intelligence. Without soul connection, we can become slaves to our bad habits. Therefore all **Onionhead** exercises encourage soul knowledge through the use of the non-dominant hand. The more cards we pick, the more we discover ourselves and another. The emotions that are chosen can be something we are feeling personally, something about someone else or even something globally. There is ALWAYS a reason for the emotion chosen. These exercises have proven to stimulate the brain and open the heart.

INDIVIDUAL - *the greatest strength one can have is to “know thyself”.*

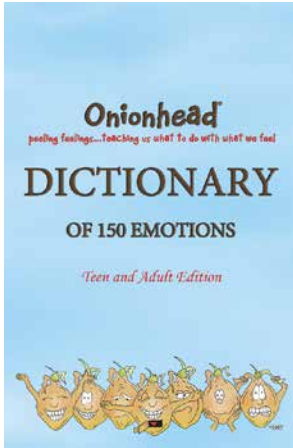
1. Pick one, two or three cards with each hand, lining them up beside one another.
2. Study them and try to understand why this card was chosen.
3. If any of the cards are heavy emotions, go to the dictionary for solid advice and transformative ideas.
4. Set an intention and watch for signs of transformation and positive change.

PARTNERSHIP - *Our job is not to see through one another but to see one another through.*

1. Pick one, two or three cards with each hand, lining them up beside one another.
2. Each person studies their cards and states why they feel they got these emotions.
3. Dialogue with your partner about yours and their feelings as a way to know each other better and to learn more about yourself.
4. If any of the cards are heavy emotions, go to the dictionary for solid advice and transformative ideas.
5. Set an intention and watch for signs of transformation and positive change.

TEAM OR FAMILY BUILDING - *Snowflakes are the most fragile things of all... but look what they can do when they stick together.*

1. Everyone sits in a circle.
2. Each person picks only one card with each hand, lining them up beside each other.
3. Going around the circle, each person discusses why they feel they got these emotions.
4. Using the same emotions, each person must create a positive statement, sharing it with the rest of the team or family.
5. Starting with one person, the group says one thing that they like most about that person.
6. The person being praised **MUST** write all the positive things being spoken.
7. Watch for the signs of raised self-esteem and heightened self-confidence.



In this world we live in, more often than not, people do not believe they have the power to change much that they witness. In fact, this is not the case. As we change and grow, the world around us changes and grows. Because we cannot escape problems, the most powerful thing we can do is to know ourselves. This, in turn, guides us to intelligent responses and actions which inevitably leads to a peaceful and abundant life.

Denied difficult feelings are like a virus. If not claimed, they spread like wild fire and others can catch them and suffer from them. Therefore, a significant step we can take for ourselves and another is to know how we feel about the people and situations in our life.

There are no bad emotions; there are only bad decisions and reactions. We cannot fix something if we do not know it is broken. Emotional denial leads to failure and emotional awareness leads to success. Therefore, the wisest thing we can do is embrace our whole emotional spectrum.

Instructions for Conflict Resolution Boards

1. Write out a problem you are experiencing presently.

2. **Naming, Claiming.** Randomly pick a board from the Conflict Resolution set. Read the three negative emotions from the board. Go to the dictionary to better understand the emotions. Write out the negative feelings you own in relationship to the problem.

example: I feel _____ because _____

3. **Taming.** Read the three positive emotions from that same board. Go to the dictionary to better understand the emotions. Write out the positive feelings you own in order to find solutions to the problem.

example: I feel _____ because _____

4. **Aiming.** Write out a positive action so that the problem is solved.

My plan of action is _____

Other Onionhead Products

Positive Stickers

Hero Cards

Love Journal

ABC Book Set

Positive Feeling Cards

A-Z Magnet Set

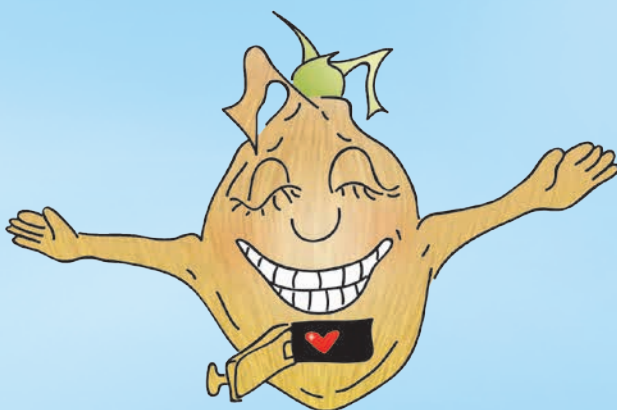
A-Z Coloring Book

Children's A-Z Feelings Card Deck

Children's A-Z Feeling Dictionary

I Am The Change T-shirt

Spanish Feeling Poster



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