

Worksheet For The Analysis Of A Picture

- (1) What is the overall feeling that you get from the picture?

Does it have human or animal-like shapes or qualities?

- (2) What are the implied relationships in the picture?

What do they suggest?

- (3) What are the various feelings that you get from the picture?

The lighting makes you feel:

The tonality makes you feel:

The space in the picture makes you feel:

Touch/Tactile Sensations make you feel:

Motion/Kinesthetic Sensations make you feel:

Design/Composition Sensations make you feel:

- (4) What do the light, middle tone, and dark areas each suggest?

What do they suggest when viewed together?

- (5) Now relax, be still with yourself. Contemplate and meditate on the picture for at least 10 minutes.
- (6) List what you see in the picture.

(7) What is the subject of the picture?

(8) What action takes place?

(9) What person or object receives the action?

(10) Describe the setting where the action takes place.

(11) If the picture is realistic or documentary, what reality about the subject does it show?

What facts can you learn about the subject and its relationship to its environment?

(12) If the subject material is not easily identifiable,

The subject seems to suggest:

The action seems to suggest:

The object or person acted upon seems to suggest:

The setting seems to suggest:

- (13) Write one or more paragraphs that describe in detail what happens in the picture.

- (14) List the symbols and possible metaphors that you see in the picture – and then write down the associations or meanings that these symbols and possible metaphors have for you according to how they are used in the picture.

- (15) Take the paragraph(s) that you wrote, describing the picture, and re-write the paragraph(s) using the symbolic meanings of the various symbols and metaphors that are in the picture – wherever it is appropriate to do so.

(16) How do these symbols and/or metaphors influence one another to affect the meaning of the picture?

(17) What do you think the artist or photographer was trying to say?

(18) How did he or she use each visible part of the picture to help say it?

(19) What is the mood of the picture?

(20) How did the artist or photographer establish this mood?

(21) What are the artist's or photographer's ideas and attitudes towards the subject?

(22) What tricks were used to get the artist's or photographer's ideas across?

(23) What alternatives could the artist or photographer have used to express the same idea or feeling?

(24) Does the picture reveal the essence of the subject?

If so, what essential qualities does it show?

(25) Do you feel as though the artist or photographer has projected some part of himself or herself onto the subject?

If so, why?

What kind of influence did the artist or photographer have on the subject?

Do you think the picture was candid or posed? Why?

(26) Does the picture work as an “Equivalent” or “Metaphor”?

If so, what is the idea or feeling that is expressed?

(27) If the picture portrays an inner state of mind, then what state of mind does it portray?

(28) Are your feelings about the picture supported by the form (or design motifs), the content of the picture, and the meaning of the various symbols?

If not, then re-check your interpretation of the picture.

If they are, then you are probably on the right track!

Now, put aside the picture for a reasonable period of time, and then look at the picture again.

(29) Are your feelings about the picture the same as before or are they different?

In what ways have they changed?

(30) What new insights do you have about the picture now that you did not have before?

You may be able to obtain insights from sources outside of yourself that can help to shape your understanding of a picture. Sometime during your analysis of a picture, you should answer the following questions:

- If the picture has a title, what does the title suggest to you?
- Has the artist made any statements about the picture that can help you to better understand it?
- What facts can you learn about the picture from the artist who created it, are critics, or published materials?
- Are there historical facts, known about the artist, that can help you to understand the picture?
- What can you learn from other pictures, made by the same artist, that might help you to better understand this picture?

Worksheet For Synchronicity System Analysis

(1) What Synchronicity System Did You Use?

(2) If Several Randomization Methods Are Possible,
Which One Did You Use?

(3) What Questions Did You Ask?

(4) What Response Did You Receive For Each Question?

(5) What Is Your Interpretation Of That Response?

If I Ching analysis is used, interpret, the Image, the Judgment, the Hexagrams, the Moving Lines, and the Trigram Attributes, for each system used.

Give a complete interpretation for each question.

(6) Correlate The Responses, Along with Your Interpretations Of Those Responses, With Your Analysis (Using Both The “Active” And “Passive” Methods).

Where Are The Areas Of Agreement?

Where Are The Areas Of Disagreement?

If Any Of These Methods Disagree, Then Check Your Analysis.

(7) Is Further Questioning Needed To Clarify Your Analysis?