

6. Decoration



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Improve both your outer and inner surroundings. Become aware of the direct influence your environment has on your state of mind. Take action to shape your living space.

1. Observation and analysis of the illustration.

We are not always aware of the importance of the setting in which we live. A new apartment or house without pictures, ornaments, plants, or curtains can quickly have a discouraging effect. In the same way, our personal life needs our own touch and distinctive color, and must be arranged so that it feels comfortable and welcoming.

2. Interpretations to explore.

RELATIONSHIP



Which of you takes care of “decorating” your relationship by introducing novelty, creativity, surprise outings, humor, different meals, or new ways of making love? If neither of you pays attention to this part of your life, your relationship inevitably suffers, and you may find it difficult to rate your overall satisfaction above 5 out of 10. How could you create, innovate, and bring more color into your life together? Just as a picture does not appear on a wall unless someone chooses it, finds the right place, and drives in a nail, a couple and a family do not become more beautiful by themselves. Time and energy are needed to turn these relationships into spaces where everyone enjoys coming together and sharing joys and sorrows. What three decorative touches could you offer your relationship during the next two weeks - perhaps preparing a special dinner, trying a new wine, taking a long walk, making time for two hugs a day, or exchanging more smiles and knowing winks?

SELF-EXPRESSION



Sometimes we leave our decorations in their original boxes and forget to use them to brighten a dull, featureless exterior. This happens, for example, when you avoid expressing your opinion around others, never show what you have accomplished, hold back your laughter, or do not wear clothes you love because you fear criticism. Take time to consider everything that would enrich your daily life if you removed it from its packaging - everything that would give you enthusiasm and brighten every aspect of your life.

Make a list of your strengths, qualities, and abilities, and do not hesitate to give them room in your life. It will become all the more vibrant and beautiful.

ENVIRONMENT



In your surroundings, at work or at home, have you added your personal touch? Have you made the space your own? Our inner accountant adds and subtracts in hundredths of a second, constantly evaluating what reaches our senses. Neurophysiological research has found that 60% of the information reaching the brain comes through vision. Without realizing it, we are therefore directly influenced by our surroundings. Studies have also shown that what affects us unconsciously - elements in our environment, the nonverbal messages in a conversation, and so on - more readily becomes embedded in memory. Giving special attention to our everyday surroundings and making them pleasant and welcoming is therefore grounded in biology - and fortunately, it is relatively easy to do.