

# APPENDIX

Master thesis  
Maira Ribelles Armell  
MSc Design for Interaction  
Industrial Design Engineering  
Delft University of Technology

# FUTURE JOURNEYS

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# B CASE STUDIES OF DIGITAL PRODUCTS

## PINTEREST AS INSPIRATION

Pinterest is a visual discovery engine for finding inspiration like recipes, home, style inspiration, etc. It allows the user to create multiple boards and save the pins (posts) that are most inspiring for them. It also shows similar results every time you enter a post, that way, you can keep getting inspired. It also uses a kind of gamification resource, since the results seem to be infinite and allow the user to keep scrolling over and over again. That way, there's always that very human feeling of curiosity that makes the user wonder what will appear next.





What inspires me of Pinterest is how many people around the world use it to **discover, save and organise** things that **inspire** them **to take action**, perhaps to become a more stylish person, to take better pictures, or to make a new craft at home with the children.



When you first register it also asks you to choose some pins that inspire you. This is a very **smart way of getting to know you** since that information will be afterward used to display different pins in the search default page.



It keeps **learning** from what you saved in the boards and **adapts** the results **to your taste and interest of the moment**.



Letting users create their boards brings a **personal identity** and **see themselves in the product**. It helps the users **feel identified with certain topics** such as lifestyle, fashion, design, architecture, etc.



## AI Personal assistance

Quickly check facts, do calculations, or translate a phrase into another language. It's as simple as asking. Even when you don't ask, Siri works behind the scenes like a personal assistant and makes you suggestions when you most need it. She's always learning how to be even more helpful thanks to machine learning technology.

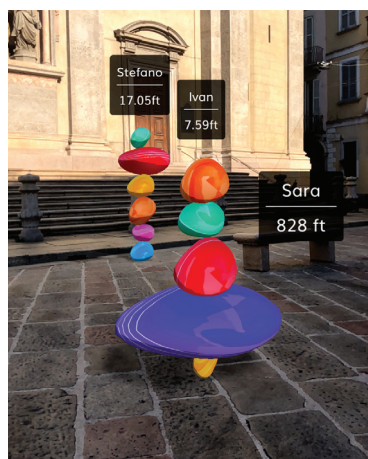
*“Siri does more than ever. Even before you ask.”*

## My calendar Period App tracker

It tracks your periods, cycles, ovulation, and the chance of conception. You can also record your symptoms as well as, sexual activity, weight, temperature, symptoms, or moods. It works as a diary that also predicts future tendencies. It will help you get in shape, lose weight, and stay healthy.



*It's the top 1 in Health & Fitness App Over 43 Countries with more than 5 million positive reviews.*



## Building hope App

This is an experimental Augmented Reality App to let people explore their hopes as individuals and as a society, to access Google trends data in a completely new way, and to allow us to reflect critically on our interpretation of data.

*the creation of meaning is by definition a very personal activity that can't be generalized, or made universal*



What inspires me of Siri is how it **learns** over time and **adapts** to the user. It has its own **personality** and transmits that feeling of an assistant that is there to help you out.

It **listens** when you talk to her and **it's there only when you want (non-obtrusive)**.



What inspires me of this app is how successful it is among its target group (perhaps because of its **practicality**) as well as the **feeling of control** it gives to the users, making them more **aware of their own emotions and symptoms**.

The **prediction feature** is also very inspiring since it's based on past-recorded data which helps to predict how the cycle might evolve in the future.



What I liked about Building Hopes is that it reminds the users that working with **data doesn't necessarily mean illustrating the one and only truth on a topic**; rather, it simply means providing access to information that can be interpreted in many different, perhaps also contrasting, ways.

I also like how it quickly creates a **personalized visualization** of each user and the **feeling of "you are not alone"** that it gives when **showing other's visualizations**.

# C IDEATION SESSION



Figure X: Ideation process concept 1

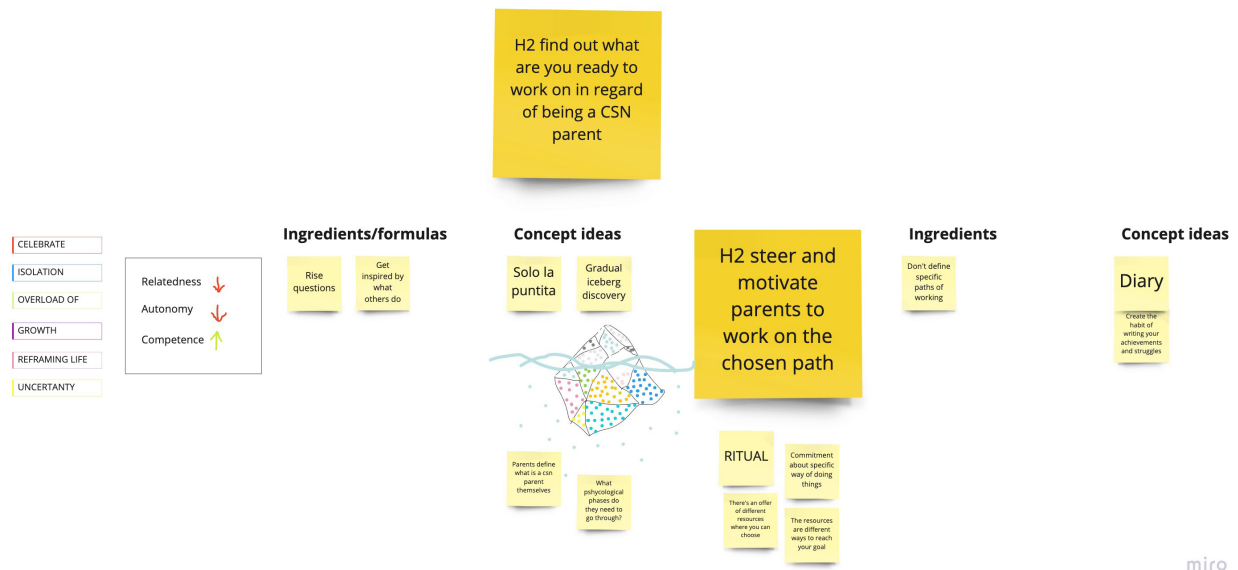


Figure X: Ideation process concept 2



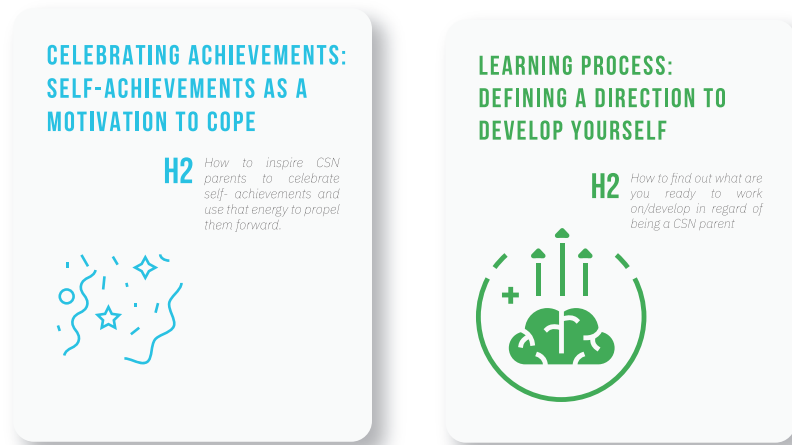


Figure 21: Selection of design directons

## DESIGN OF TWO CONCEPTS

1. A platform to create a habit for CSN parents to celebrate achievements: “A postcard to the future” (H2 inspire CSN parents to celebrate achievements and make it a habit). This concept emerged from the direction of celebrating achievements

This concept consists of an App-journal to register self-achievements as a way of celebration. The users would create an entry every time they feel successful or proud of themselves. Every entry the users create has the shape of a postcard with an image that represents the achievement, a description, and a message that will be posted for other CSN parents to read. This postcard can be chosen to be sent to the user in the future, that way, it gives a positive surprise and a motivation to continue growing and achieving new learnings and successes. See page X of this appendix to appreciate the part of the Miro board were this idea was generated.

2. Personal growth for CSN parents: “A commitment stone ritual” (H2 help the user find out what is he or she ready to work on/develop while CSN parenting). This project emerged from the direction of “Personal growth”.

First, the user decides from a list of different topics such as dealing with isolation or uncertainty, what does she want to focus on to develop herself. Each topic offers a variety of resources from which the user selects three and decides to commit to experimenting with them. This combination will have a visual representation that will assist the user in the following ways:

- It helps the user to remember her commitment.
- The user registers qualitative data of how did each resource work in different situations.

See page X of this appendix to appreciate the ideation board were this idea was generated.

# D A CONCEPT FOR PERSONAL GROWTH FOR CSN PARENTS

## SELECTION AND FURTHER DEFINITION OF CONCEPT

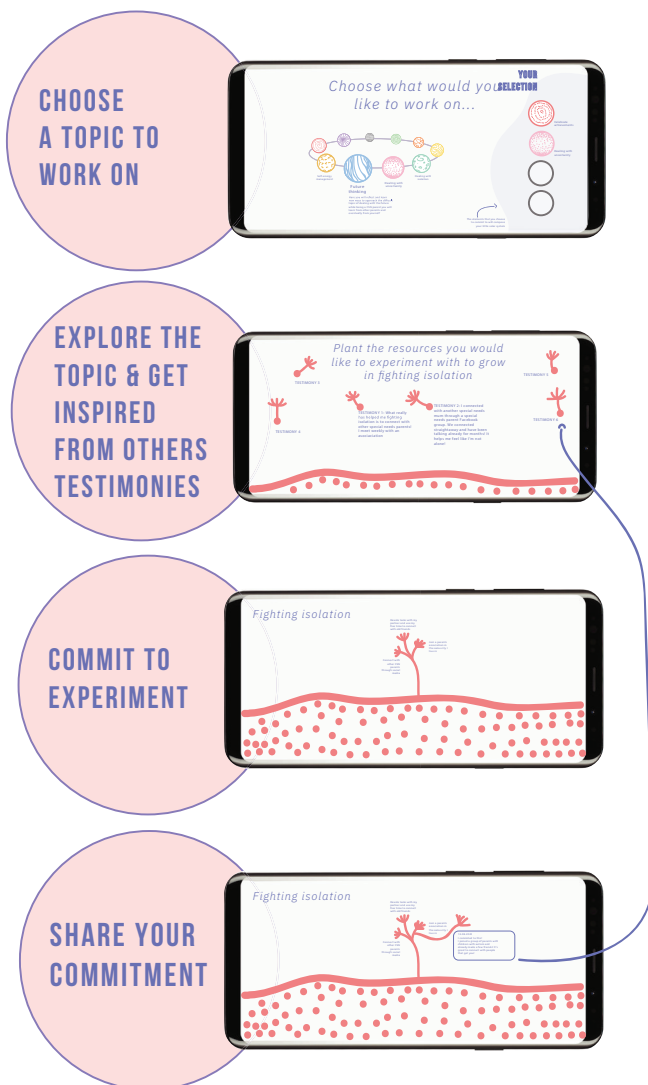


Figure X: User flow of personal growth concept

These two concepts were presented to Ontzorghuis and based on their feedback, the second concept was further defined and developed.

The concept consists of helping CSN parents to choose in which aspect they are ready to grow on and to commit to achieving their goal by experimenting with alternative ways of functioning coming from other parents' suggestions.

The user flow of interaction would consist of the following steps. Figure X illustrates the flow of interaction:

1: From a list of different topics of relevance based on CSN parents' uniqueness research, the user chooses on what they want to invest their time in.

2: From other parents' commitments, resources, and testimonies.

3: Choose the most relevant resource(s) to you and commit to experimenting with them in order to develop yourself.

4: The user's commitments are shared with the rest of the community in the shape of a post.

## *CAPABILITY APPROACH & RESOURCEFULNESS IN RELATION WITH THE CONCEPT*

Resourcefulness is the capacity to develop and adapt to new ways of functioning. This concept was defined to help CSN parents enhance their capabilities by promoting their resourcefulness. The idea comes from the perspective that some CSN parents develop an ability to apply new ways of functioning when they have to adapt to their new role of being a child with special needs' main caregiver.

Nevertheless, when having a CSN, all parents experience a significant drop in their capabilities (freedom or potential to do and be who they want to) which puts the CSN parents community in a relatable and common ground regarding what they are effectively able to achieve.

Starting from this idea, and taking into account that less successful parents, are sometimes not aware of their capabilities, this concept aims to motivate the parents open to grow in a specific topic of interest by committing to a specific direction of growth of their choice as well as to share with others their success and discoveries. Therefore, by putting in common the experience of all the CSN's parents' community, the concept can expand individuals' capabilities (potential functionings) which when put into action will translate into an increased resourcefulness (ideally) of any member of the community.

# PERSONAL GROWTH CONCEPT REFLECTION

## EVALUATION OF CHOSEN CONCEPT

The previously presented concept was analysed through critical reflection on the following aspects:

1. **Coherence** with the insights gained through the qualitative research with CSN parents.

2. **Specific to the target group.** Is this connected enough to the target group or does it rather feel generic and for a broader population?

Besides this, a reflection is not complete without looking at the positive side of the story. The social aspect that this concept proposed, where the parents were able to share stories and inspire each other, was considered a diamond idea. Therefore, it was decided to keep this aspect in mind, since was bringing coherence and making this concept from and for parents of children with special needs.

## 1. COHERENCE

This concept doesn't make use of the resource of **metaphorical thinking** or guided visualization, which proved to be very valuable for reflecting on topics that might be difficult to think about.

On the other hand, the concept tries to address **all topics that composed the target group's uniqueness**, which might not be coherent with the outcome of the field research, since not all concerns were expressed by all participants. However, two common topics appeared consistently in the guided visualization exercise, future thinking management, and support from others.

Therefore, these two topics could be possible directions to narrow down the concept's purpose into a specific and clearer goal.

## 2. SPECIFIC TO THE TARGET GROUP

The use of **the symbolism of the planets didn't feel connected to the target group** as much as the metaphor of the airplane did, which proved to be very representative of the target group's current situation and vision.

Besides, the fact of **including that variety of topics in one single concept rather felt like it was designed for a broader population**, making the concept too generic and very little specifically designed for these parents. Moreover, the overarching theme of personal growth is something that might resonate with every human being, while the concept should target this group specifically.

# RE-FRAMING THE CONCEPT

After reflecting on the previous concept’s coherence and focus, it was necessary to re-think and re-frame the whole idea. The following bullet points show the process that was followed to carry out such task.

1. The re-framing process started taking a close look at the field research outcome to create a coherent story connected to the target group. The aspect of uncertainty was selected as the new focus of the concept because it was present in all the stories gathered in the field research. This new focus narrowed the scope considerably tackling more specifically the challenge these parents experience when dealing with future thinking while caring for a long-life dependent child.

2. Looking back to the research not just helped to bring coherence and focus to the scope, but it also put on the table the option of integrating the airplane metaphor, which, as mentioned before, proved to be very representative of the target group. However, this integration should take into account the need of adapting such a metaphor to a more specific topic as it is future thinking. Please see the figure at the right side of this page to see the parts of the research that were considered interesting to adapt to the new concept.

3. And last but not least, the social aspect of the previous concept was considered meaningful for the target group, since it can foster a feeling of relatedness and allows parents to learn from each other’s life experiences.

The new re-framed concept is defined by answering the questions What, How, and Why. What refers to the design goal to “What is the project intending to do?”, Why makes reference to “Why is this relevant to the target group?” and how “how will the goal be achieved?”.

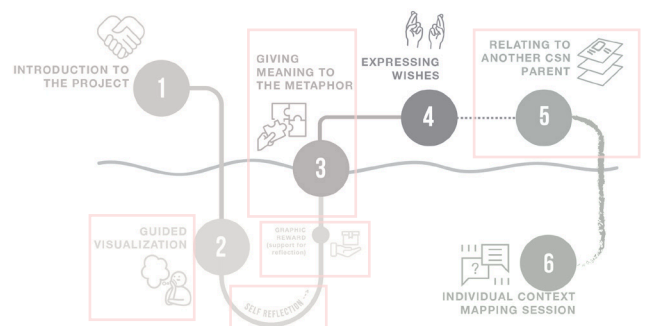


Figure X| Re-used/re-defined parts of the research visualization exercise

# E MAIN INSIGHTS TEST ITERATIONS

## Of guided visualization iterations 1 & 2

“ *Even though the recording transmitted me that everything was ok, when I heard the words positive and negative automatically thought on good or bad*

CSN mum 2.1



The tone of voice of the guided visualization should transmit that there is no right or wrong, that the perspectives are just different no matter what. A good way to solve this issue is to add a variety of emotions to not just talk about positive and negative but about nuances.

“ *This exercise helped me realise that I’m actually working on a long term goal which I wasn’t aware of!*

CSN mum 2.1



The exercise succeeded in helping participants acquire deeper knowledge about their relationship with future thinking.

“ *I couldn’t do the exercise properly because I can’t concentrate right now, I have to take an important decision and my mind is too busy. I’ll be able to do it next week*

CSN mum 3.1



The exercise could inform the users of the need of finding a quiet environment and having a clear and calm mind to be able to reflect and imagine their relationship with the future.

“ *Sometimes my sky is cloudy, sometimes sunny, because my mood fluctuates, it would be nice to have the option in the visualization*

Non-CSN parent 3.2



This participant shared her fluctuation of emotions when thinking about the future. However, the implementation of a mixed emotions option might not add anything about the participants’ situation or perspective.

## Of questionnaire iterations 1 & 2

“ *I visualiced a blue sky, however, I don't necessarily feel happy while thinking about the future. I still chose the blue sky in the questionnaire because I though it was the right thing to do.*

CSN mum 1.2



This participant considered more important her visualization than the realistic aspect of it when answering the questionnaire. Therefore, the questionnaire has to empathise on the importance of prioritising reality over the visualization, even though the ideal interaction would be to directly avoid this to happen in the first place by giving very clear guidance during the visualization exercise.

“ *The questionnaire was very clear to me and brought me back to the visualization*

CSN mum 2.1



The questionnaire helped the participants to remember their visualization and any of them had any problem filling it in.

## Of acquisition of badges iterations 1 & 2

“ *I would need to see an explanation of the different elements, maybe with an animation that would remind me the story of what’s happening in the whole badge*

non CSN mum 1.1



The first iteration of the badge proved that the participants couldn’t remember all the elements and their meaning. This inspired the second iteration which added a dynamic explanation with some storytelling.

“ *Receiving the badge made me feel acknowledged, pleased and being noticed which created a positive feeling of content*

CSN mum 2.1



All of the participants expressed positive feelings when they received the badge. The most common ones were positively surprised, proud, and content.

“ *I would probably press the next button without reading the explanations, a nice feature would be that the app would talk to me telling me the story of each element as in the guided visualization*

Non-CSN parent 4.2



This participant expressed her unwillingness to read and provided with the idea of adding some consistency and giving the user the option of listening to the different explanations the app has to give.

## Question to post an inspiring statement iterations 1, 2 & 3

“ *Telling people directly that the answer to the question is for inspiring similar others might be the key for getting interesting answers*

non CSN mum 2.1



Telling the participants the aim of answering the question might help them to get motivated to answer with an inspiring statement for similar others.

“ *This is a very interesting question, I'll write it down to reflect about it, however now I don't have the answer... Is difficult...*

non-CSN mum 2.2



This was feedback provided by a participant in the second iteration. This tells us that the question should be easy to understand and simple, perhaps this could be achieved connecting it to the readers' experience.

“ *We should accept life as it is. It's been very hard for me to think about the future and sometimes is still hard but I like thinking that my child deserves acceptance of his peculiarities.*

CSN mum 1.3



This is an answer provided by a CSN mum to the third iteration question. It was considered an inspiring statement by other participants, however, this part of the tool would need more testing to determine if this kind of statement can work as actionable advice (something CSN parents can adopt and use to improve their relationship with future thinking).

## Statements exploration iteration 1

“ One quote made me think and reflect, another one was inspiring and for example, I can recognise myself in that third quote, I’ve been there too!

CSN mum 1.1



Different statements generate different and specific feelings. Hence, it would be very interesting to offer the users the option to express those different specific feelings of “I’ve been there”, “I feel inspired” or “This makes me think”.

“ I would like to feel more like I’m discovering something. Instead of reading displayed statements, pressing on the badge out of curiosity and unveiling the statement

Non-CSN parent 1.1



Two of the participants expressed their preference for exploring the statements through the badges instead of having everything displayed at once.

“ It would be nice to have the name of each person or the nickname in each badge. Because I thought this was me. Also, a bit more contrast between the badges would help to see that they are different people. CSN mum 1.1



Distinguishment between profiles is important. The badges should be designed in a way that they create contrast enough to transmit they are different people’s profiles, perhaps a good way of enhancing contrast would be to add the name of each parent under the badge.

“ I felt very inspired by what that mum said about seeing the present in the future! I would love to know more about her and how she does!

CSN mum 1.1



Statements like this one proved that the second layer of information is necessary to offer a complete and successful experience. Another interesting feature would be to give the users the option to contact each other and start a closer relationship. (which proved to be very valuable for CSN parents).

## Profiles iteration 1

“ *The statements are not enough to transmit what one person means. They are a very good curiosity trigger though! But I would love to read a whole story about what this mum wrote in her statement*

CSN mum 1.1



The second layer of interaction could include more extended text entrances linked to each statement.

“ *It's very nice to see other CSN parents evolution, but it would be very nice to also read their story in each badge/moment of their lives*

CSN mum 1.1



The user expressed her willingness to get to display rich and detailed information about life stages

“ *I love the fact that it shows the years of experience taking care of CSN children with years of experience piloting! It's very connected to the whole story of the plane!*

CSN mum 1.1



References to the airplane visualization story add richness to the experience of interacting with this layer of information

“ *I would like to see more specific stories of each element of the metaphor but very related to their situation in their life, so I can know how to relate to this person.*

non CSN mum 1.1



A detailed explanation of each badge element could be used to show parents that everyone is capable and resourceful to manage future thinking in different and successful ways.

# F BADGE DESIGN ITERATIONS

## *Positive & Negative perspectives (iteration 1)*



Figure X: Daylight



Figure X: Night time

## *Sunset, hope (iteration 2)*



Figure X: Sunset

## *Graphic study of direction (iteration 1 &2)*



Figure X: Arrows representing direction



Figure X: Compass representing direction



Figure X: Compass (different position)



Figure X: Map representing direction



Figure X: Hat representing direction

## Obstacles (asteroids) graphic study (iteration 1 & 2)

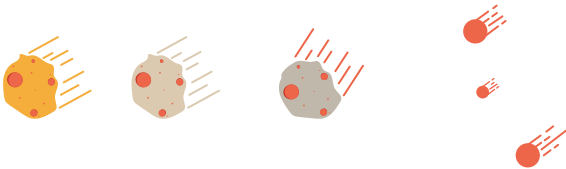


Figure X: Different asteroids to represent obstacles

## Last iteration badges



Figure X: Representing happiness



Figure X: Representing sadness



Figure X: Representing hope

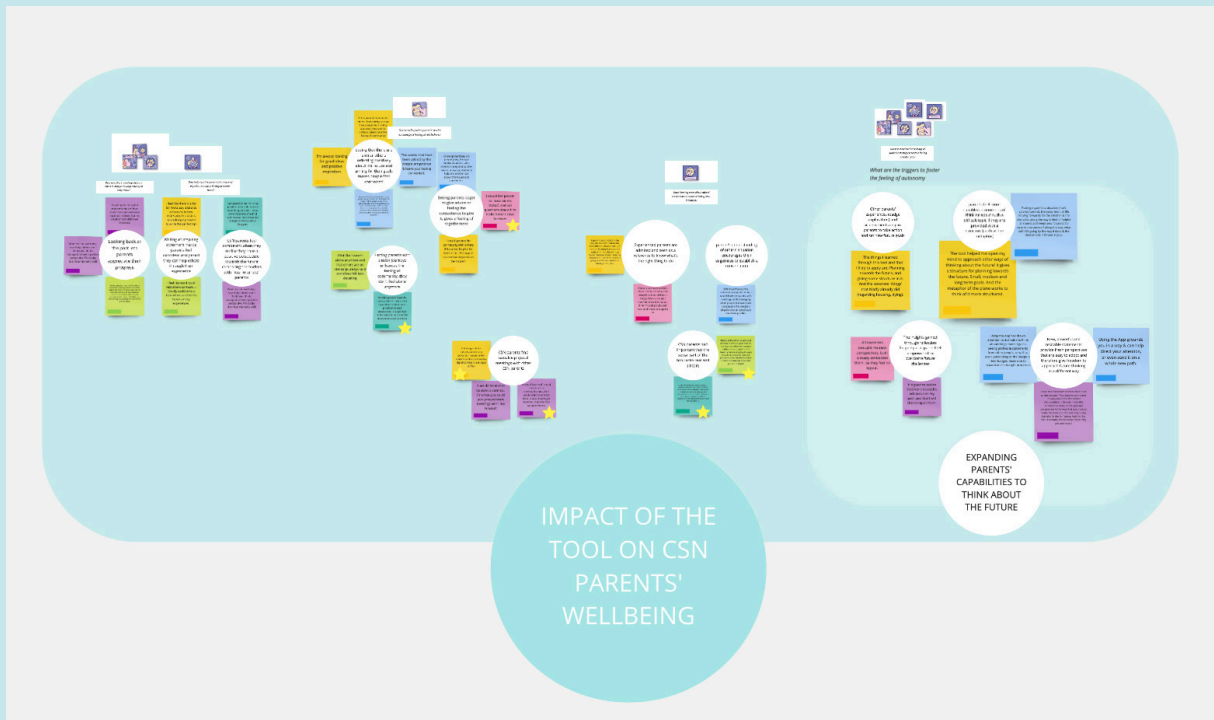


Figure X: Representing fear and anxiety



Figure X: Representing peace

# G VALIDATION ANALYSIS



## IMPACT OF THE TOOL ON CSN PARENTS' WELLBEING

Does reflecting in ones' experience of future thinking encourage a feeling of competence?

Does helping other parents sharing ones' experience create a feeling of competence?

Does learning more about others' circumstances create a feeling of relatedness?

Experienced parents are admired and seen as a reference to know what's the right thing to do

parent's understanding of others' situation encourages their eagerness to establish a conversation

Looking back at the past lets parents appreciate their progress

Writing an inspiring statement makes parents feel confident and proud they can help others through their experience

CSN parents feel competent when they realise they have a positive perspective towards the future comparing themselves with "less fortunate" parents

CSN parents find important that the social part of the tool looks real and sincere

CSN parents find valuable physical meetings with other CSN parents

It would be nice to be able to connect. Or when you could join groups/team meetings with 'like minded'.

It would be nice if I could see them at a meeting/training. Or I would want to connect them in case they've got expertise that would be valuable for me.

When my son was born, I saw things darker and I think now I think I managed to have a positive perspective! The badge describes this really well!

Imagining the metaphor made me think of how much I have achieved and learned. I realised that my situation and skills have improved.

I feel like there is a lot for me to say, and a lot to leave to others, that's why this task is so challenging! I want to write the perfect tip!

I am grateful that I'm in the position to be able to write something positive. I know a lot of parents of a child with "extras" don't have the energy to think positive thoughts.

There is so much to think about, so much to do, and Marly has done all those things. Where should I start? On the other hand, I think I'm doing quite well now, and I have arranged a lot.

With how friendly the community appears to be, I would have no qualms with reaching out & messaging other people & because we can gauge other people's situations to an extent just from their profiles.

The evaluation made me think about one different perspective that led to the past of the future. For example, now my son was at a special school place which was a big hurdle to build on. Guess I did that to do anything now because I'm determined and confident.

I feel like now I could help others so much... I literally could write a book of do's and don'ts based on my experiences.

When my son was born, I saw things darker and I think now I think I managed to have a positive perspective! The badge describes this really well!

Photos of the other parents and children could be a good feature. Like a gallery where you can post achievements/updates? I think knowing we are all going through it together and when you see photos of other families it makes it more real and you know who you are talking to.

Looking at the parents wants to make a positive statement but it does not have to be real 'I'm pregnant' statement. In reality you can't see that personal information and you can't see a lot of parents are in very difficult situations. So the statements have to be real and sincere.

If the topic of the conversation is very personal, I would prefer real life contact, otherwise, digital contact (via an app) is fine.

It gave me good insight in the way that has organized her life, what different situations brought that, etc. Reading that made me realize that I do a lot of things 'good'. However, it also made me wonder about some things child going out of home, what to do when you die, etc.

It would be nice to be able to connect. Or when you could join groups/team meetings with 'like minded'.

It would be nice if I could see them at a meeting/training. Or I would want to connect them in case they've got expertise that would be valuable for me.

EXPANDING PARENTS' CAPABILITIES TO THINK ABOUT THE FUTURE



Does an increased knowledge of obstacles through reading a feeling of autonomy?

What are the triggers to foster the feeling of autonomy



Play guided visualisation

Relax and close your eyes

the recording will play in a couple of seconds

Let's make your visualisation tangible! Please complete this short quiz!

Start Quiz!

Did you visualise a mission?

Yes  
 No

In case you visualised a mission how extended in time was it?

Short term  
 Long term

Did you visualise any obstacles in the way?

Yes  
 No

This item is not available in the prototype, however you would be able to contact Marly through private message and start a discussion with her about this topic

Back to profile

### Social board

**Pharah**

Try to think in terms of possibilities, don't let obstacles get in the way of what you think your child deserves within the possibilities he/she has. Asking for help asks for courage, let's try to help each other where we can.

**Pharah**

Be positive towards the challenges you're facing. Set out a clear direction/goal, but also feel free to adjust this if there is new inspiration of information. You can do it!

**Pharah**

My goal is to show to the world that if you put the right effort and the right people, then, everything is possible

**Sam**

What I'm sad and worried about and anxious about is care giving for the rest of my life.

**Pharah**

We should accept life as it is. It's been very hard for me and sometimes it's still hard but I like thinking that my child deserves acceptance of his peculiarities.

**Pharah**

The future has never scared me! I see the future as the present, for me they are really connected!

**Pharah**

Anything is possible but it's not always easy. Support from other parents in similar situations is vital, both to learn and to make sure you don't give up when that would be the easy option.

**Pharah**

Have faith in your own strength and the support of your environment

**Pharah**

Everything step by step. Have faith that things will come when they need to, but be open for opportunities.

**Marly**  
5 years piloting

Explore Marly's badge:

Support | Strategy | Goals | Obstacles | Feelings

My main support is my husband (my son's step dad), he is such a good father! My life changed completely since he is with us. A part from him, I also have the support of my team of care givers, which I consider one of my biggest goals! Because I managed to put together 6 amazing professionals that help us out during different shifts

**Marly**  
5 years piloting

Explore Marly's badge:

Support | Strategy | Goals | Obstacles | Feelings

I'm a very methodic mum and a designer, that's why I applied design for happiness techniques to raise my child, they were so useful in my profession that I decided to put them in practice, and they work really well for me! Celebrating small milestones is very important. I'm ready to think about the future until my child is 25

**Marly**  
5 years piloting

Explore Marly's badge:

Support | Strategy | Goals | Obstacles | Feelings

My main support is my husband (my son's step dad), he is such a good father! My life changed completely since he is with us. A part from him, I also have the support of my team of care givers, which I consider one of my biggest goals! Because I managed to put together 6 amazing professionals that help us out during different shifts (morning, afternoon and night). Since that moment I managed to start relearning my life and taking care of myself. This wasn't an easy task, since I had to ask the government for different subsidies (took me a year).

After making myself free of those duties, I managed to go for post-traumatic stress therapy which was the main start for me to re-frame my life.

Tell marly what you thought of her story

Inspiring  
 I've been there too  
 I love your story

**Marly**  
5 years piloting

Explore Marly's badge:

Support | Strategy | Goals | Obstacles | Feelings

The main obstacles I encounter when I think about the future are finding work-life balance being able to take care properly of my child, whose behaviour is very challenging (the experiences violent episodes sometimes and it makes me wonder what will we do if this keeps happening in the future when he is bigger and

**Marly**  
5 years piloting

Explore Marly's badge:

Support | Strategy | Goals | Obstacles | Feelings

Thinking about what we have overcome, how strong my child has been, and how I have built resilience and defeated my main obstacles, makes me know that we can build a great future, that's why I'm not afraid or sad anymore, every day I choose to love my child how he is, and to do my best in the present moment to build a

Great! You just reacted to this story telling Marly you think **her story is inspiring**, she will receive a notification about this! This feature is not completely developed in the prototype but imagine the number of reactions increases with one more "Inspiring"

12 + 1

I'll remember I clicked here I'll tell Maira in the interview :)

Great! You just reacted to this story telling Marly **you've been there too**, she will receive a notification about this! This feature is not completely developed in the prototype but imagine the number of reactions increases with one more "Inspiring"

59 + 1

I'll remember I clicked here I'll tell Maira in the interview :)

Great! You just reacted to this story telling Marly you **love it**, she will receive a notification about this! This feature is not completely developed in the prototype but imagine the number of reactions increases with one more "I love it"

105 + 1

I'll remember I clicked here I'll tell Maira in the interview :)

**Joachim**  
5 years piloting  
Quantity is a long term mission

Complete your profile:

Goals | Strategy | Obstacles | Feelings | Support

Everything step by step. Have faith that things will come when they need to, but be open for opportunities.

Evolution

Now

To experience the interactive showcase of this prototype please visit the following link:

<https://www.figma.com/proto/D2MFnCwC2fdJtBY1uz08X9/Final-concept-showcase?node-id=613%3A1979&scaling=min-zoom>



# H FUTURE JOURNEYS FLOW STRUCTURE

# VALIDATION DETAILED EXPLANATION

## 1. IMPACT OF THE TOOL ON CSN PARENTS' WELLBEING

This concept aimed at enhancing CSN parents' wellbeing combining the three fundamental needs Self Determination Theory presents with the different design ingredients (guided visualisation, questionnaire reflection, badge acquisition, and social interaction with other parents). The three fundamental needs are connected to different parts of the flow of interaction with the tool. The journey starts tackling competence in the first four stages of the tool (introspective stages). Followingly, the social part of the tool tackles relatedness and it finishes aiming for the need for autonomy when the parents expand their capabilities and experience the freedom to apply different perspectives towards future thinking.

Figure X shows the different research questions tackled in each part of the tool. These questions were used to create the interview questions that would activate the participants to express their experience and impression regarding the three fundamental needs (to see the interview questions and answers, visit appendix J).

The first research question aimed to understand how did the **introspective interactions** with Future Journeys generated a **feeling of competence** (listening to the audio recording, answering the questionnaire, receiving the badge and writing an inspiring statement). The **social part** of the tool was divided into two layers of information, the exploration of statements in the social board and the exploration of the profiles of each participant. The **first layer of information**, addressed the need of **relatedness**, how parents would feel connected or related to others by reading the statements and seeing their connection with the badges (which explained graphically each parent's situation and perspective). The **second layer of information** also addressed **relatedness**, since we are again talking about parents connecting with each other, this time in more depth since they can read more detailed stories about each element of the badge. Lastly, the overall flow of interaction aims as mentioned before to expand parent's capabilities, which is very connected to the enhancement of the need of **autonomy**. The reasoning behind this focus is the hypothesis that states that increasing parents' knowledge on valuable ways of managing future thinking may result in them feeling more autonomous and therefore, expand their capabilities to think about the future achieving valuable functionings in their lives.

After completing the interview of the first part of the test, a customised digital prototype was designed for them to experience a flow of interactions that included the acquisition of their badge as well as the exploration through the different elements of the social part of the concept. The social part of the tool consisted of navigating through other parents' statements, profiles, and social interactions with other parents. For instance, a text message was personalised for them to let them experience how is it that someone else would comment about your statement and invite you to visit her profile).



### COMPETENCE ?

*Does reflecting in ones' experience of future thinking encourage a feeling of competence?*



### COMPETENCE?

*Does helping other parents sharing ones' experience create a feeling of competence?*



### RELATEDNESS

*Does reading other parents' stories encourage a feeling of relatedness?*

*Does others reaction to ones' post create a feeling of relatedness?*



### RELATEDNESS & AUTONOMY

*Does learning more about others' circumstances create a feeling of relatedness?*

*Does an increased knowledge of available strategies create a feeling of autonomy?*

## *2. VALIDATION OF THE DESIRED EFFECT*

The flow of interactions of Future Journeys aims to expanding CSN parents' capabilities to think about the future. It was essential to evaluate whether the desired effect was achieved or not and most importantly, how was this achieved, through which means and interactions, and what were the design recommendations to enhance the tool's positive impact on people's wellbeing.

Increasing parents' knowledge on valuable ways of managing future thinking may result in them feeling more autonomous to choose between an increased amount of perspectives and therefore, expand their capabilities to think about the future achieving valuable functionings in their lives.

The validation of this aspect will be done together with the need of autonomy

## *3. VALIDATION OF THE USABILITY AND COMPREHENSION OF THE CONCEPT*

The usability and comprehension validation of Future journeys was studied in two parts, first through the questionnaire sent together with the visualisation recording (to check any inconsistencies or pitfalls) and secondly, a checklist of task performance that was sent after the participants freely experienced the prototype. They were asked to report any task of the list that they didn't perform previously as well as any confusing feature or interaction they experienced.

# J INTERVIEWS' QUESTIONS AND ANSWERS

## PART 1 (guided visualisation & questionnaire)

### About guided visualization:

- Have you ever reflected on your perspective on the future before? If so when? Why?

CSN dad 1 - Yes, I did. I'm a planner, and I want to set things out. So I'm looking towards the future quite often. However, normally I do it very 'real', not in a metaphor. And that helped me to look at it in a different way, and gave new insights

CSN dad 2 - Everyday, it's part of growing

CSN mum 1 - Yes I always presumed pre asd diagnosis that the future was pretty much set in stone that Blake would go to a particular school and do all the 'normal' things. Obviously that future is now a different one. Very uncertain but each achievement (and set back) alters that perspective that i have.

CSN mum 2 - I have thought about my future, but never reflected on it. It's quite new and I don't know may be others who have the same future challenges as I have.

CSN mum 3 - Yes, I reflect on the future now and then, it makes me comfortable to think out possible solutions for problems that might come up (related to the development disorder of our youngest child). For example different ways for him to live/being cared for when he is grown up, but more in the near future: ways for him to express himself without being able to talk yet

Insights gained: Thinking about the future and thinking about one's perspective about the future are two different things. CSN parents think about the future frequently, since there is a lot to anticipate and plan when having a child with special needs. On the other hand, thinking about one's perspective about the future is something they don't do naturally. The metaphor helped them experience a new way to reflect on their perspective about the future and gain new insights.

Important considerations: This question proved that for most of the participants it was not easy to understand the difference between reflection about the future and reflecting on future thinking. These two aspects are very easy to mix up. The guided visualisation could explain or facilitate in a better way the understanding of this distinction, however, this didn't compromise the outcome of the exercise, since all the answers were coherent with each parent's perspective about the future.

### 2. How did you feel when you completed the visualization?

CSN dad 1 - It was interesting to see what I visualized, and what the explanation was. For example: I'm fighting, how was the weather. It gave me a good feeling to reflect on that, and gave insight on how I feel

CSN dad 2 - Tired like I was before I started ;-)

CSN mum 1 - I felt more confient to fight for the support we are needing for Blake. Like I'm the pilot leading us to a better future. I've got us this far with a diagnosis and Blake has a fantastic special school place which was a big hurdle in itself so I guess I feel like I can do anything now because I'm determined. I think imagining myself as the pilot of a plane has made me see this as a simpler journey. :) Being in a plane seems easier than on land somehow. And Being alone in the plane made me more determined that only I can do this.

CSN mum 2 - I was impressed how powerful such a short exercise can be in giving you new insights on your perspective.

CSN mum 3 - I reflected about what is my perspective right now in comparison with the past

Insights gained: After they finished the visualisation they stayed in a reflective state. The exercise proved to be an effective tool to help participants understand better their relationship with future thinking. It helped them rationalise abstract aspects of future thinking such as their feelings and attitude giving them a metaphorical point of reference (sunrise for hope, wid for fear and anxiety, etc). Each individual's reflection went in a different direction, for example, one participant felt determined and competent to achieve what was aiming for. Besides, two of the participants were surprised by the new insights gained about their perspective. Overall, the guided visualization had multiple positive impacts depending on the participant's reflection.

### 3. Did you come to any realisation that you weren't aware of? If so, which one?

CSN dad 1 - The fighting part was an eye opener. And that the weather is a bit cloudy with a bit of sun. I'm positive, but see some points of attention.

CSN dad 2 - None

CSN mum 1 - I always thought that we were being rejected for help because everyone else was trying and being rejected so why would we get help. Now I've changed my view that we aren't other families and we will get to the destination that we need to. I'm feeling positive about the future because I have realised this is our own personal journey.

CSN mum 2 - Well I used the plane metaphor before. So actually I did this exercise for the second time. I realised that my situation has improved.

CSN mum 3 - Not really, but a certain confirmation of things that I knew.

Insights gained: Participants were able to interpret the meaning of their visualization in an intuitive way, thanks to the self-analysis mindset induced by the guided visualization. Some participants gave additional meaning to their visualisation that was not suggested by the recording. For instance, interpreting a cloudy sky as being optimistic but still aware of the risks ahead.

For another participant, seeing her life as a journey made her feel capable of taking control. The metaphor allowed her to identify and own her unique mission, making the challenge seem more approachable as it is her personal journey.

A common realization amongst the participants is a comparison between their current situation and their past struggles, the exercise helped them realise how far they went and how much they learned.

### **About the questionnaire:**

#### 4. Did the questionnaire bring any further reflection that you didn't make during the visualisation? If so, which one?

CSN dad 1 - Not that I'm aware of right now

CSN dad 2 - No not for me.

CSN mum 1 - This questionnaire has made me think about the different perceptions I've had in the past of the future. We've been through some very uncertain and worrying times not

knowing what was happening when there were definite traits. I had no experience of asd and I've had to learn as I go along so i realised just how far we have already come on this journey to get to where we are now. I now feel like I want to help others on the journey. I'm still learning new things now. There are so many different departments and teams to ask for support with different criteria and yet nobody will tell you what they do or how to ask for it. It's like trying to find our way through a big maze

CSN mum 2 - I can't remember. You and I had so many exercises and they all brought me new perspectives, but I already embodied them, so they feel so logical.

CSN mum 3 - I do not remember

Insights gained: One CSN mum felt competent since she reflected looking back to the starting point of her motherhood and realised how much she has achieved and learned.

5. Was any part of the questionnaire confusing to you? Tell me about it, please.

CSN dad 1 - No, not for me

CSN dad 2 - No

CSN mum 1 - No I wasn't confused but it took me a minute to read it over to make sure I was answering it correctly

CSN mum 2 - No

CSN mum 3 - No

Insights gained: The questionnaire was clear

#### **About writing an inspiring statement:**

6. How does it feel to write something for others?

CSN dad 1 - Difficult, and hard. It's in my nature to do things perfectly, so the tip had to be perfect, and that's a big challenge. Further, there is a lot to say, and a lot to leave to others. What to pick? How big or small do I want to make it?

CSN dad 2 - I am grateful that I'm in the position to be able to write something positive. I know a lot of parents of a child with "extras" don't have the energie to think positive thoughts.

CSN mum 1 - I feel like there's so much to write but tried to choose something that would've helped me a little at the beginning of my journey.

CSN mum 2 - It feels like a commitment: "you have to practice what you preach"

CSN mum 3 - OK

Insights gained: Most of the participants made an effort on writing something useful for others. Each person applied different criteria, for example: Trying to transmit positivity, saying something useful for people that might feel lost or struggling, or providing a statement that doesn't make anyone feel wrong.

Important considerations: Since parents tend to overthink while writing their statements, the tool could encourage them to feel comfortable sharing their thoughts without overthinking, perhaps with pop up a notification if the app notices you are taking long (this would need to be tested to see if it brings any value or if it rather annoys the users).

7. What were the struggles when writing an inspiring statement for other CSN parents?

CSN dad 1 - See my answer above

CSN dad 2 - Keeping awake, I was really tired.

CSN mum 1 - I do worry that there's just not that support out there for others. I literally could write a book of do's and don'ts based on my experiences. I see new families who are only just starting the journey and I just want to help them.

CSN mum 2 - To be non judgemental. There is no right or wrong, so you have to choose your words wisely.

CSN mum 3 - No struggles

Insights gained: The participants set up their own standards of quality, they felt they had to post a wise and "perfect" statement, since it was going to be seen by other parents. Therefore this task could be described as a laborious task, however, the participants came up with valuable statements for others which was the main goal of this part of the tool.

Important considerations: Some participants struggle on writing the "perfect" statement and this can be time consuming and therefore can lead the participants to give up with the tool. Different options to encourage the user to feel more comfortable sharing their own perspectives or to give some guidance to write the statement could be considered for further development of the tool.

#### 8. What inspired you to write an inspiring statement?

CSN dad 1 - The insight that everybody can make a difference, just if you believe in yourself. And that difference can be very small, and that's okay, of it's very big

CSN dad 2 - The joy of seeing my kid being herself and that I'm able to make her life as good as possible.

CSN mum 1 - I do feel very lucky that I've found lots of support from other parents much closer to home than I imagined.

CSN mum 2 - It gives purpose.

CSN mum 3 - My own experience

Insights gained: The inspiration or motivation of each parent to write an inspiring statement is something very personal, each participant found a different kind of inspiration, for instance in their child's happiness, on one's empowerment, on the value of other's support or on supporting others.

#### OVERALL REFLECTION OF PART 1

The guided visualization exercise and questionnaire were modified to inspire parents to reflect on their perspective about future thinking. This last prototype of the tool focussed on not biasing the participants and empathising on the need of visualising the different elements coherently with their actual way of thinking about the future. This was done through

1. The simplification of the explanation of each feeling
2. Changing the order in which the different feelings were presented in the guided visualisation audio guide. Since the order proved to affect the answers in the previous guided visualisation.
3. stressing the importance of answering accordingly to one's real perspective about the future.

The questionnaire also applied these three modifications and specifically asked the participants to choose between different statements that were referring to the participant's personal experience (for instance "Thinking about the future makes me feel hopeful - Sunrise").

Important considerations for further development: This first part requires the participants to invest time and effort into reflecting, which could end up on them giving up on the tool. Therefore different improvements can be considered to avoid this to happen. This could be addressed by including the guided visualization in the App and generating some curiosity in the users, such as giving a glimpse of what they will be able to see later when they finish their visualisation and write about their perspective. Another way of motivating the users before they have experienced the tool is to show the evidence of other parents that are already users of the App.

Competence: Looking at the past helps them this can be enhanced by adding it into the guided visualisation.

## PART 2 (acquisition of the badge & social interactions)

### Badge acquisition:

1. How did it feel when you went through the explanations of the different parts of the badge?

CSN dad 1 - Good, it was a good description of my situation. I recognized myself in this

CSN dad 2 - Grounded, it makes you more aware where you are and what you are trying to realise.

CSN dad 3 - Just like when you created the previous plane images, I was very impressed. I liked how the badge was shown in stages, with explanations for each part & I love the style. It's very creative.

CSN mum 1 - To me it almost felt as though I was looking at a storyboard of my experiences but it made me feel like I was in an adventure movie so I felt excited to see where we would end up.

CSN mum 2 - It felt like my situation was finally acknowledged. I feel noticed.

CSN mum 3 - I recognised the things

Conclusions: The acquisition of the badge made the participants feel acknowledged, all of them felt identified with the representation and descriptions.

2. Was there anything you couldn't understand? Or that was confusing to you?

CSN dad 1 - No, clear, and nice the different steps that 'build' the badge!

CSN dad 2 - Nope

CSN dad 3 - Nope, you laid everything out perfectly.

CSN mum 1 - At first I didn't realise I could scroll down to read the other parts of the badges on Marlys profile but maybe that's because I'm looking on my iPhone. Other than that I found it very easy to navigate

CSN mum 2 - No

CSN mum 3 - No

Conclusions: Most of the participants found the experience intuitive and understandable, just one participant struggled with the scroll of one screen.

### Social board & profile exploration:

3. How did you feel while reading the statements from other parents?

CSN dad 1 - They hit me. It's inspiring to read how everybody is acting, and what they want to achieve. Gives a positive feeling

CSN dad 2 - Good, but sometimes also difficult because you know everybody wants to make a positive statement but it does not have to be what I call a "instagram" statement. I mean a positive nice statement but in reality you can't feel that yourself because you are too tired etc. In my case I'm in the position that I can feel what I say but I know a lot of parents have a way more difficult situation. So the statements have to feel real and sincere.

CSN dad 3 - I liked reading other people's viewpoints & how they perceive the situation.

CSN mum 1 - I felt like I wasn't alone anymore and that others are on similar journeys so it somehow felt less daunting

CSN mum 2 - It is a warm feeling to see you're not alone in this. And everyone is trying his best.

CSN mum 1 - X

CSN mum 2 - It will shed a new light on their perspective on life.

CSN mum 3 - Nice to learn from each other coping strategy

12. What pitfalls do you find... Is there any reason for which you wouldn't use this product?

CSN dad 1 - It is another app, is there integration with other social apps, how much time will it take me, won't it be too negative (posts, reactions, etc.), privacy issues, who can see my information? Is it on mobile, or web, or both?

CSN dad 2 - Well more technical stuff that did not work good. Bugs, etc.

CSN dad 3 - It can be difficult to find the time, or motivation to actually start something, even if you hear nothing but good things. But once you're in, I can't see any negatives at present. Obviously with it being a social site, issues can crop up with bickering & whatnot..., but I guess debates can be healthy.

CSN mum 1 - X

CSN mum 2 - How to give it priority? How to look back at it regularly?

CSN mum 3 - Privacy/strange reactions from other members

13. Anything else you would like to add? Any comment is welcome :)

CSN dad 1 - it's a nice tool, visually it looks very good! Nice, calm colors, good interaction. Not all options are working (I needed to contact you if I want to update my profile etc.). And a nice tool you used to make this prototype! Looks very reel!

CSN dad 2 - Thank you for doing this and trying to find a way to help parents.

CSN dad 3 - I'd like an actual badge! I love the overall feel of it & my badge is awesome!!

CSN mum 1 - X

CSN mum 2 - It would be a great starting point for retraits. Since it is good sensitizing material. Also these questions are required for a deeper reflection. While answering the questions new insights popped up.

CSN mum 3 - X

#### EXTRA QUESTIONS SENT AFTER INTERVIEW

- Did you pay attention to the badges of the different parents? If you did, what did you look at? What did you learn from looking at the graphics?

CSN dad 1 - Yes, i did. I looked at the sky (cloudy, sun, etc.) the 'balls' and how the pilot looked

CSN dad 3 - Ahh the badges 🤔 It's difficult not to pay attention to them - they're so creative & yet so simplistic, meaning they're easy to read just by looking at them. Also, they have a way of pulling you into people's profiles, as you want to learn what it is with their current badge that may be causing them to fly into the wind; or fly at a certain time of day; or presently without any direction. Did I mention that I like the badges?? 😊

- Did you find any connection with what they were saying and their badges?

CSN dad 1 - Yes, the fact that there was need to fight, and the positive tone of voice, thinking in possibilities. It also made me wonder, if I could do things differently

CSN dad 3 - Yes. It's obvious that we are in a similar boat as a whole, even though no specifics have been given &, for example, those with a similar badge to my own, may be a bit more positive in their statements, or with their overall profile. Also, people's positive

messages are enough to have an uplifting effect & as the App grows & friendships are made, more specific statements & back & forth conversations will no doubt arise & we'll be able to see the outcomes of these reflected in the evolution of their badges.

CSN mum 3 - are these real people? How is privacy covered ? Can other people now read what I wrote (in poor English 😊)? For the rest I saw that there was an overlap in the reactions (but the first thoughts distracted from the content)

Conclusions: Most of the participants experienced a feeling of relatedness. On the other hand, one of the participants expressed his distrust of the statements of others because they felt “too positive” to him and not sincere enough.

#### 4. How do you think other parents could make you feel better through the app?

CSN dad 1 - If they react on my 'status', and ask questions about it to make it more clear for them

CSN dad 2 - Knowing people have the same problems helps a lot. It's like on the facebook groups for parents with children with a problem. Also on those groups you can ask practical things which are difficult to find on the internet etc. and most of the time someone comes up with a solution. That saves a lot of time.

CSN dad 3 - Knowing that there are people going through similar situations, who seem/are prepared to offer advice, or even just listen & help one another out shows that people are not alone in this.

CSN mum 1 - I feel like maybe photos of the other parents and children could be a good feature. Like a gallery where we can post achievements maybe too? I think knowing we are all going through it together and when you see photos of other families it makes it more real and you know who you are talking to and about as well. I think maybe having some kind of group support chat maybe and also private messaging could be a good idea. Similar to WhatsApp/Facebook messenger perhaps? That you can be a part of the group and just message when you can or feel like?

CSN mum 2 - It would be nice to be able to connect. Or when you could join groups/team meetings with 'like minded'.

CSN mum 3 - By giving hope that they found ways to overcome problems that I see for the future.

#### 5. To which extent would you like to connect to other parents?, and how?

CSN dad 1 - Difficult question. I'm always looking for good ideas and positive inspiration. That's a precondition. If that condition is met, I could go very far, if it can be helpful for both of us. The way of connection depends on the subject. If it's very personal, I would prefer real life contact, otherwise, digital contact (via an app) is fine!

CSN dad 2 - Maybe. But it's difficult to have again something where you need to login ( a kinda facebook/forum thing).

CSN dad 3 - With how friendly the community appears to be, I would have no qualms with reaching out & messaging other people & because we can gauge other people's situations to an extent just from their profiles, we can pick & choose who to contact, based on any given situation.

CSN mum 1 - X

CSN mum 2 - It would be nice if I could see them at a meeting/training. Or I would want to connect them in case they've got expertise that would be valuable for me.

CSN mum 3 - It would be nice to be able to choose what you want to share (for example an introduction open to every "member" and that you can ask to be a connection and then you can choose what to share to this connection.

#### 6. What did you find more interesting scanning through different statements or exploring Marly's profile in detail? Why?

CSN dad 1 - A lot. It gave me good insight in the way she has organized her life, what different situations brought her, etc. Reading that made me realize that I do a lot of things 'good'. However, it also made me wonder about some things (childs going out of home, what to do when you die, etc.).

CSN dad 2 - Did not have something specific.

CSN dad 3 - These both tie in to one another: scanning through people's statements ultimately leads one to check out their profiles, as interesting/informative write ups leaves you wanting more...

CSN mum 1 - X

CSN mum 2 - NA

CSN mum 3 - X

## 7. How did you feel when you explored Marly's profile?

CSN dad 1 - Confused! There is so much to think about, so much to do, and Marly has done all those things. Where should I start? On the other hand, I think I'm doing quite well now, and I have arranged a lot.

CSN dad 2 - Like that she gave me insight in her life.

CSN dad 3 - As with other people's profiles & statements, reading through what they write shows little bits of insight into how they perceive & react to their situation, which is very interesting, as well as being very informative. It also compels you to improve your own profile, knowing that there are really good profiles out there, profiles that you know are helping people. & if you can expand upon & improve your own profile, then the thought that it could help someone else, that's when it all becomes worth it 😊

CSN mum 1 - X

CSN mum 2 - NA

CSN mum 3 - It was really personal so I felt a bit as if I was reading in someone's diary 😊. I know Marise so I recognised her story. She described things very beautiful and I recognised things.

Conclusions: The participants read through a profile of a CSN mum that was already quite advanced on building up a relationship with future thinking. This made them compare their experience to her's and feel related, which gave them confidence about them doing something "good" as well as admiring her path of success and wondering what are the steps they needed to follow to achieve what the experienced mum achieved.

## 8. Has the App opened your mind to new ways of approaching future thinking that you consider valuable for you? If so, tell me about it, please.

CSN dad 1 - Yes it did! It gives a structure for planning towards the future. Small, medium and long term goals. And the metaphor of the plane works to think of it more structured.

CSN dad 2 - Don't think so, but I think it for a lot of people it can help. If it is very easy and straightforward.

CSN mum 1 - X

CSN dad 3 - Using the App has obviously drawn attention to & made me think about things more. Made me ponder on the future, think about the present & even take me into the past. I guess seeing profiles & statements from other people, as well as even just looking at the design of their badges (I really do love what you've done with those) leads one to expand one's thought processes & appreciate what they're going through & in part how they approach their own future - looking up at the stars with someone can be much more thought

provoking, than looking up at them on your own (I think the tiredness & the sugar from the ice-cream may be leading me to waffle on a bit here 😊).

CSN mum 2 - It is good to realise that more obstacles will occur on my path and that I will also conquer them.

CSN mum 3 - The trick from the psychologist of Marise might be useful, fortunately I feel mostly strong and our little son is now easy going but it is a good way to try to direct your own feelings and behaviour in difficult times. → !!

9. Is there something you read in the app that you will take and apply in your life? Tell me about it, please.

CSN dad 1 - Planning towards the future, and giving some structure in it. And the concrete 'things' that Marly already did (regarding housing, dying).

CSN dad 2 - Well the airplane metaphor is a good one to know and use sometimes.

CSN dad 3 - I don't think it's anything I've read per se, up to now. It's more to do with what it represents as a whole. The App, in its design is actually a nice place to be. The words that have been added by the people are positive & leave you feeling connected. You come away feeling somewhat 'lifted'. RELATEDNESS

CSN mum 1 - X

CSN mum 2 - I read the statement to treat the future as the present. That they're connected. It's very beautiful. It's almost philosophical.

CSN mum 3 - I think that it can be helpful to support each other and this can be a nice way . Privacy settings so you stay in control are important to me. Sometimes people can give "strange" reactions on social media and as a parent you want to get support and for example no criticism.

10. Did your perspective change? If so, how?

CSN dad 1 - Main advantage for me is that it makes it less hard for me. I felt understood, and reading the posts of others helped me in that.

CSN dad 2 - Did not change.

CSN dad 3 - Perspective on myself, towards the children, or everything moving forwards? Putting myself in a situation that's catered towards the betterment of life moving forwards for the children & the obstacles along the way is kind of helpful all round, as it keeps you focused. It's easy to lose yourself along the way, what with life going by the way it does & the distractions it throws at you. Using the App grounds you in a way & can help direct your attention, or even send it on a whole new path. Grounded - Focussed thinking and change of perspective

CSN mum 1 - X

CSN mum 2 - It changed my perspective in the way that you have to make the best out of it, not only today but also in the far future. And this far future actually starts today. Since they are connected.

CSN mum 3 - I feel the autonomy that I can choose which role I want to take!

Overall concept

11. Why would you recommend this product to other CSN parents?

CSN dad 1 - It is a very nice way of giving insight in your needs, and giving structure on the next steps.

CSN dad 2 - Not yet because it's really a test phase I think.

CSN dad 3 - Because it is positive & helpful.



# K FINAL GUIDED VISUALISATION SCRIPT

The following recording is a guided visualisation experience, it will take less than 5 minutes of your time.

You will go on a journey on a plane... But this time is going to be a special journey, it will represent your way of thinking about the future. The plane can just move forward, it can't go backward and that's because it travels in time to the future. Close your eyes and visualise yourself driving the plane.

This is not just a journey, you are on a mission. And the only one that knows about this mission is you. What's your mission towards the future? There's also a possibility that you don't know where you are going. If that's the case, don't worry. In case some sort of mission comes to your mind, think about it. Is it a long or short term oriented mission? ... Is it an easy mission? Or are there any obstacles? Are you fighting those obstacles?

The sky represents your emotions in this journey of future thinking. Take a moment to reflect on your feelings when thinking about the future and visualise the weather condition that most applies to your experience. Are the winds of anxiety causing some scary turbulence? Or perhaps some sad clouds are covering a bit of the light. Maybe you are flying peacefully and relaxed in the middle of the silent night. Perhaps the sun is rising in the morning full of hope... Or it could also be that you are happily enjoying a flight on a sunny day. Try to reflect on your feelings when you think about the future and visualise the weather that most reflects them. Remember, the weather is in constant change and this is just a picture of the moment you are currently living.

This mission doesn't stop here, you are piloting this plane, but is there someone that will help you out in the case you need a hand? Do you have a co-pilot? Or perhaps more than one?

When you are ready open your eyes. Thank you for your time.

**Please copy and paste this link to your browser to listen to the guided visualisation exercise:**

<https://soundcloud.com/maira-ribelles/guided-visualisation-future-journeys>

