



Glimmer Hunt in your mobile gallery



"We're not talking great, big, expansive experiences of joy or safety or connection. These are micro moments that begin to shape our system in very gentle ways."

Deb Dana, clinical social worker who introduced the concept of glimmers



Perceiving glimmers with five senses

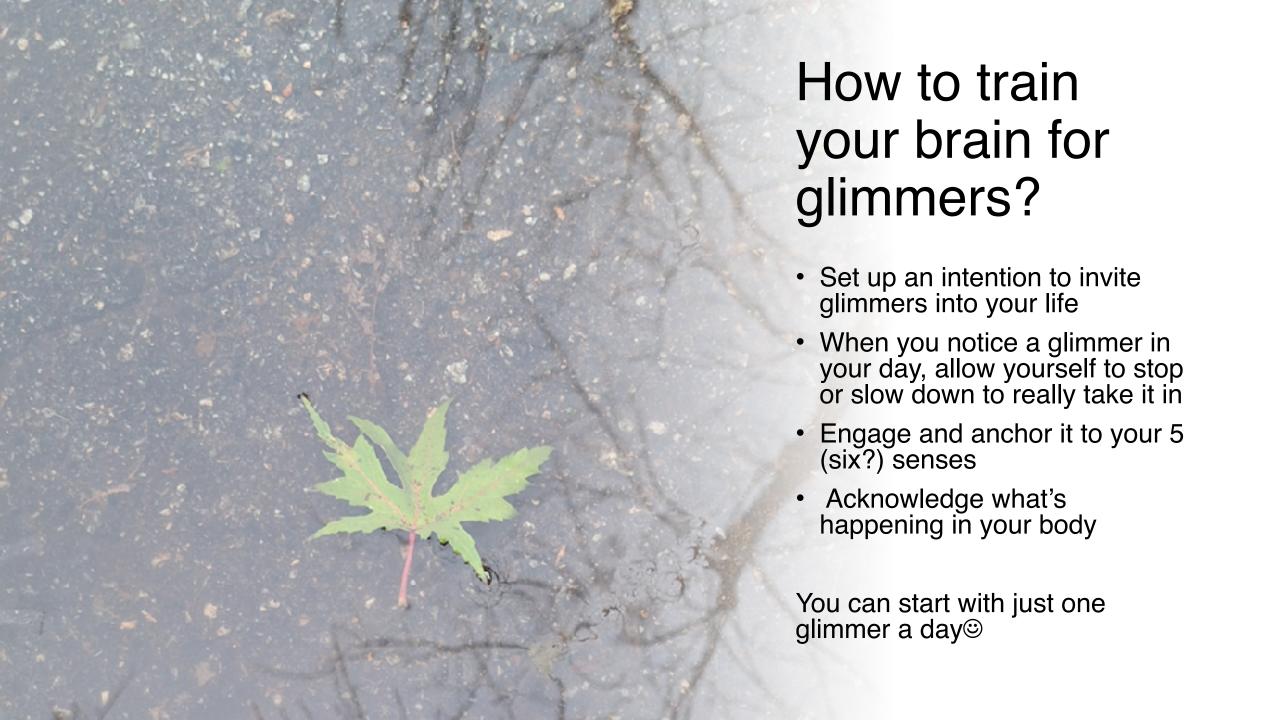
- See a glimmer (e.g. a beautiful landscape)
- Hear a glimmer (e.g. sounds of nature, music)
- Taste a glimmer (e.g. taste of food cooked by a close person)
- Smell a glimmer (e.g. a smell of a flower or just baked bread)
- Touch a glimmer (e.g. a hug, a touch of a warm scarf)
- + the sixth sense?









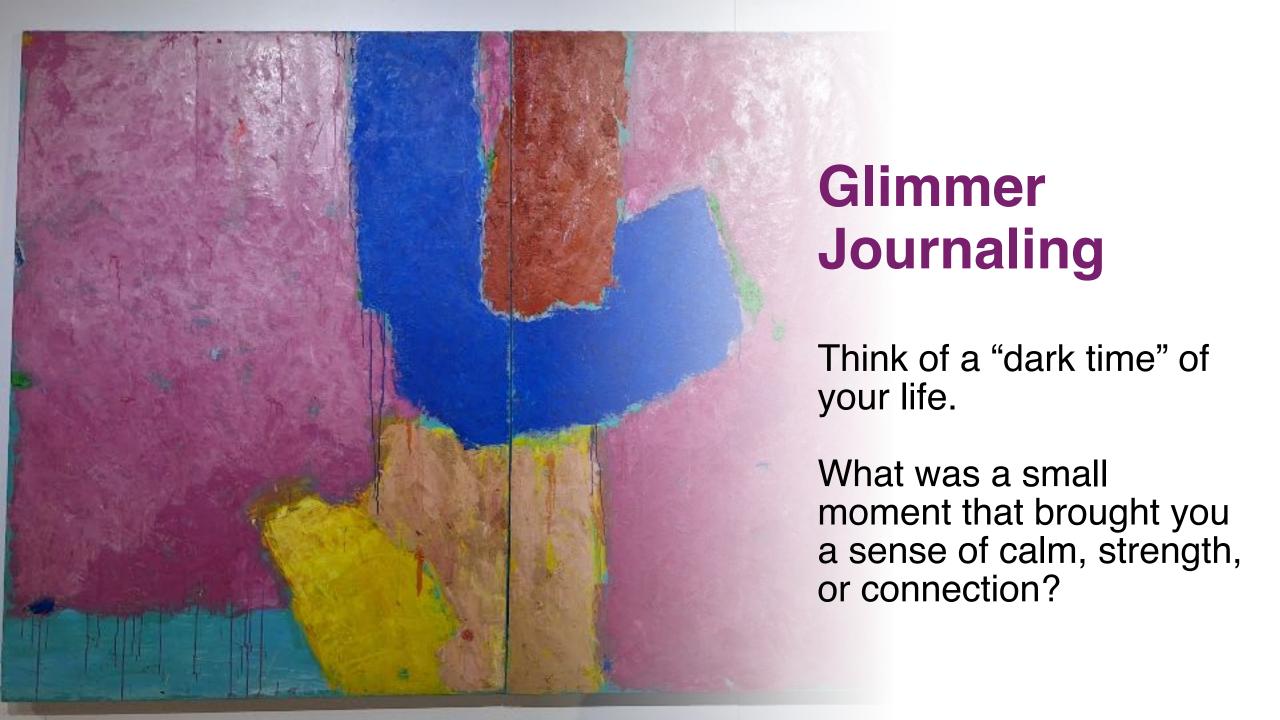


Glimmers Diary

If you started your Glimmer diary now, what would be the first moment you'd capture?



Glimmer of Hope





A glimmer as a Miracle

A Glimmer Question?

Glimmering in conversations

One person shares an experience while other(s) listen(s) closely and reflect on what glimmered for them in the story shared





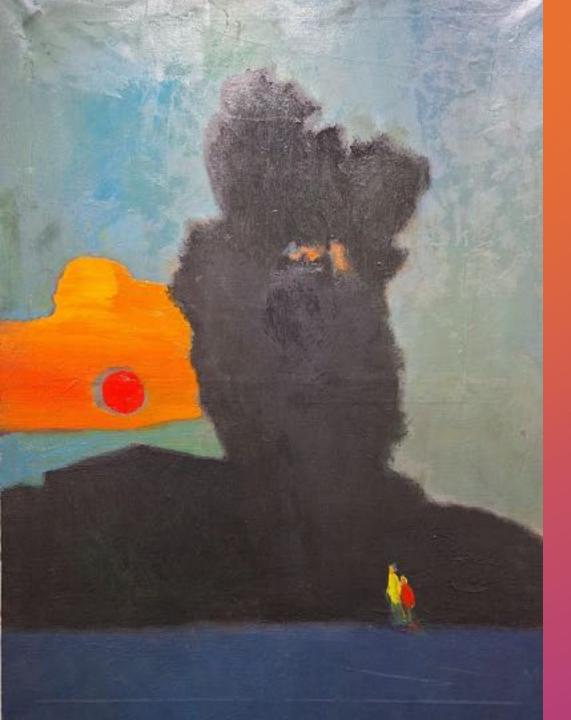
What did it feel like to notice and name those glimmers?

Glimmers vs.

- Subtle positive stimuli that evoke feelings of safety, connection, or calm
- Encourages feelings of peace, joy, comfort, or hope
- Activates the parasympathetic nervous system (rest and digest)
- Strengthens resilience and supports emotional healing through mindful attention to small, uplifting moments
- Creates positive ripple effects: tiny glimmers accumulate, reinforcing a more hopeful and balanced outlook on life

Triggers

- Negative stimuli that activate a stress response or trauma memories
- Induces feelings of fear, anxiety, anger, or distress
- Activates the sympathetic nervous system (fight, flight, freeze)
- Identifying triggers helps to work through trauma
- Creates negative ripple effects: emotional escalations, impulsive responses, negative thought patterns, and destructive behaviours



Glimmering fits perfectly well within the SFA framework: it's all about shifting the focus, exercising noticing for emotional healing and creating micro-moments that sparks a meaningful preferred change!



Thank you@!



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Also, an intercultural coach and facilitator, a manager with many years of experience and a (keynote) speaker with good listening skills[©]!

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