



Metacognitive Training (MCT)

MCT 4 B – To Empathise ... I

© Moritz, Woodward, Stevens & Hauschildt (6|22)

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How can I empathise with another person ...?

???



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Example: A person crosses their arms.

Why?





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- **Knowledge about the person** → Does the person tend to be arrogant or shy?
- **Environment/situation** → When a person crosses their arms in the winter, he/she is probably cold!



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- **Environment/situation** → When a person crosses their arms in the winter, he/she is probably cold!
- **Self-observation** → On what occasions do I cross my arms? (**Caution!** Do not immediately infer from yourself to others)



How can I empathise with another person ...?

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- **Knowledge about the person** → Does the person tend to be arrogant or shy?
- **Environment/situation** → When a person crosses their arms in the winter, he/she is probably cold!
- **Self-observation** → On what occasions do I cross my arms? (**Caution!** Do not immediately infer from yourself to others)
- **Facial expression:** → Does the person look angry or friendly etc.?



Why are we doing this?

Studies show that many (but not all!) people with psychiatric problems (especially psychosis) have problems with the following:

- Difficulties detecting and evaluating the facial expressions of others (e.g. sadness, happiness).



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Studies show that many (but not all!) people with psychiatric problems (especially psychosis) have problems with the following:

- Difficulties detecting and evaluating the facial expressions of others (e.g. sadness, happiness).
- Difficulties deducing the motives/future activities of other persons from current behaviour.



How problems with recognising emotions promote misinterpretation during psychosis – examples

Stress and feelings of being in danger can lead to distorted perceptions of other people:

- A neutral facial expression is misinterpreted to be a cold, disregarding look.
- Encouraging words from your friends are not believed.
- A nervous face of a commuter on the bus is misinterpreted to be a warning (e.g. impending assault).

Can anyone contribute a short personal experience?



Task 1



Please name some human emotions/feelings

???



Please name some human emotions/feelings

- Joy
- Surprise
- Fear
- Sadness
- Anger
- Disgust
- Pain



Emotions/feelings

Sometimes, it is easy to understand how someone else feels ... especially when you know the context ...

???



???



???



???



???



???





Emotions/feelings

Sometimes, it is easy to understand how someone else feels ... especially when you know the context ...

Sadness



Anger



Happiness



Disgust



Surprise



Pain





1.



2.



3.



4.



5.



6.

It is more difficult when you do not know the person or the circumstances.

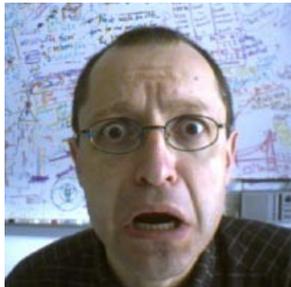
Please try to identify the emotional expression in pictures 1 to 6.



1.



2.



3.



4.



5.



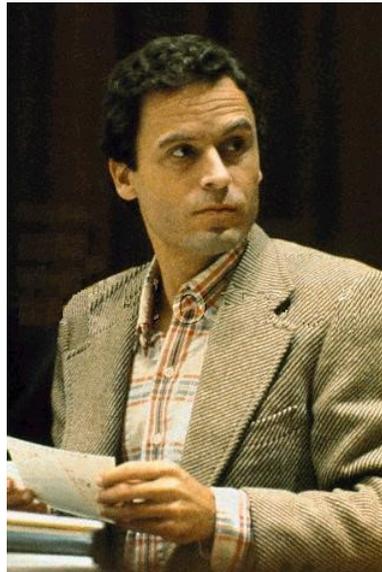
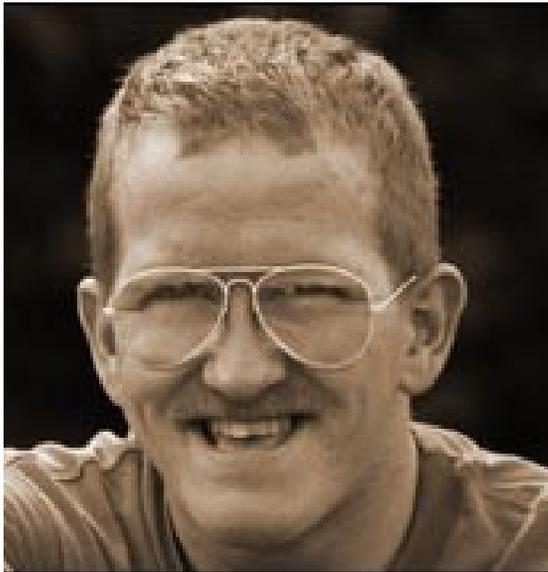
6.

1. Happiness
2. Surprise
3. Fear
4. Sadness
5. Anger
6. Disgust



Can we make inferences about a person's character or profession based on their appearance alone?

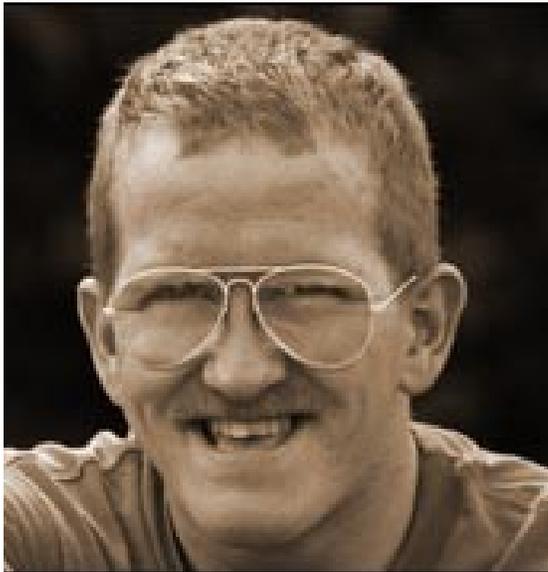
Who of these 4 gentlemen is an actor, an athlete, a psychotherapist or a serial killer? How confident are you?



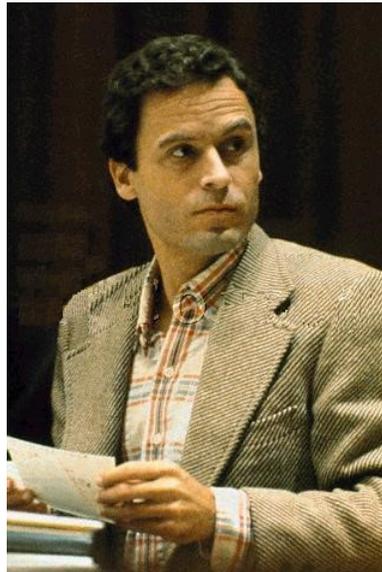


Did you know?

Often, our stereotypes dominate our first impressions. For example, not all actors are attractive and not all murderers look brutal!



Eddie "Eagle" Edwards:
Ski-jumper



Ted Bundy:
Serial killer



Harald Effenberg:
Actor



Alfred Adler:
Psychotherapist



When in Rome, do as the Romans do!

Common misinterpretations of gestures

gesture/mimic	How is this gesture interpreted here vs. elsewhere?
	<p>???</p>
<p>Intimate body contact</p> 	<p>Appreciated or inappropriate?</p>



When in Rome, do as the Romans do!

Common misinterpretations of gestures

gesture/mimic	How is this gesture interpreted here vs. elsewhere?
	<p>North America, Europe: “O.K.”, “fine”</p> <p>France, Belgium, Tunisia: “null”, “worthless”</p> <p>Japan: “money”</p> <p>In some countries this is a humiliating gesture for homosexual men.</p>
<p>Intimate body contact</p> 	<p>Appreciated or inappropriate?</p>



When in Rome, do as the Romans do!

Common misinterpretations of gestures

gesture/mimic	How is this gesture interpreted here vs. elsewhere?
	<p>North America, Europe: “O.K.”, “fine” France, Belgium, Tunisia: “null”, “worthless” Japan: “money” In some countries this is a humiliating gesture for homosexual men.</p>
<p>Intimate body contact</p> 	<p>Appreciated or inappropriate?</p> <p>Depending on the (sub-)culture, intimate body contact is considered inappropriate (e.g. older persons in Western countries) or normal (e.g. younger persons, South Europe) when greeting someone. While hugs and kisses on the cheeks are rarely exchanged between men in Western cultures, this is normal in many Arabian, South European and former communist countries (“socialist brother kiss”).</p>



Common misinterpretations of gestures across cultures

Gestures/ Behaviour	Possible misunderstandings
<p data-bbox="104 572 257 611">Clothes</p> 	<p data-bbox="621 572 1421 618">Misunderstandings adolescents ↔ adults!</p>



Common misinterpretations of gestures across cultures

Gestures/ Behaviour	Possible misunderstandings
<p>Clothes</p> 	<p>Misunderstandings adolescents ↔ adults!</p> <p>Short dresses or tight fitting clothes are quite normal for many adolescents in Western countries but are regarded inappropriate or provocative for older people or people from other cultures.</p>



Task 2

- On the following slide, you will see a picture (or part of a picture).
- Please try to figure out what the person in the picture is thinking or doing.
- Please discuss with the group how confident you are in your evaluation.



What does this person feel or do?
How confident are you?

Cutout!



1. Street musician
2. Man having his foot stepped on
3. Street fight
4. Man receives bad news



Passion!



1. Street musician
2. Man having his foot stepped on
3. Street fight
4. Man receives bad news



What does this person feel or do?
How confident are you?

Cutout!



1. Woman at the dentist
2. Woman on the ghost train
3. Woman in the delivery room
4. Cheerful Ladies night



Joy!



1. Woman at the dentist
2. Woman on the ghost train
3. Woman in the delivery room
4. Cheerful Ladies night



What does this person feel or do?
How confident are you?

Cutout!



1. Boy screaming for help after an earthquake
2. Demonstration (Uganda)
3. Player waves the Israeli flag
4. Singer in a gospel choir



1. Boy screaming for help after an earthquake
2. Demonstration (Uganda)
3. Player waves the Israeli flag
4. Singer in a gospel choir



What does this person feel or do? How confident are you?

Cutout!



1. Young woman is shouting something to her incarcerated boyfriend
2. Bargaining for best price at market
3. Hysterical fan
4. Singer performing live show



Tension!



1. Young woman is shouting something to her incarcerated boyfriend
2. Bargaining for best price at market
3. Hysterical fan (Tokio Hotel)
4. Singer performing live show



What does this person feel or do?
How confident are you?



1. The athlete has been caught taking performance enhancing drugs
2. Player misses a very close chance
3. Man on the toilet
4. Man praying



1. The athlete has been caught taking performance enhancing drugs
2. Player misses a very close chance
3. Man on the toilet
4. Man praying



optional: Video Clip

optional: Video clip presentations that address today's topic are available at the following web site:

http://www.uke.de/mct_videos

After the video, you may discuss how it is related to today's topic.

[for Trainers:

Some movie clips contain language that may not be appropriate for all audiences and across all cultures. Please carefully pre-screen videos before showing]





What does this person feel or do?
How confident are you?

Cutout!



1. Exhausted marathon runner
2. Unconscious man
3. Monk deep in prayer
4. Dschinghis Khan (Mongol emperor)



1. Exhausted marathon runner
2. Unconscious man
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4. Dschinghis Khan (Mongol emperor)



What does this person feel or do?
How confident are you?

Cutout!



1. Angry police man
2. Conductor
3. Musician in a funeral procession (New Orleans)
4. Train conductor



1. Angry police man
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What does this person feel or do? How confident are you?

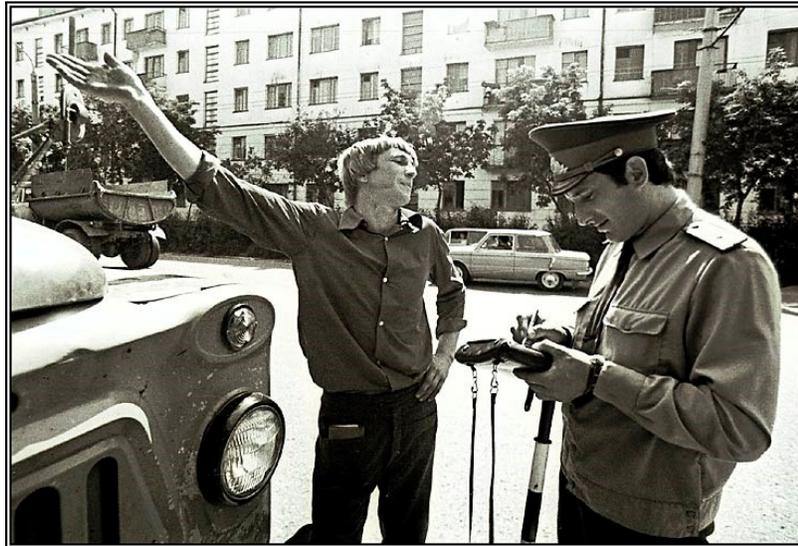
Cutout!



1. Man complains about parking ticket
2. Conductor introduces his orchestra
3. Actor receives great applause
4. Ballet rehearsal in street clothing



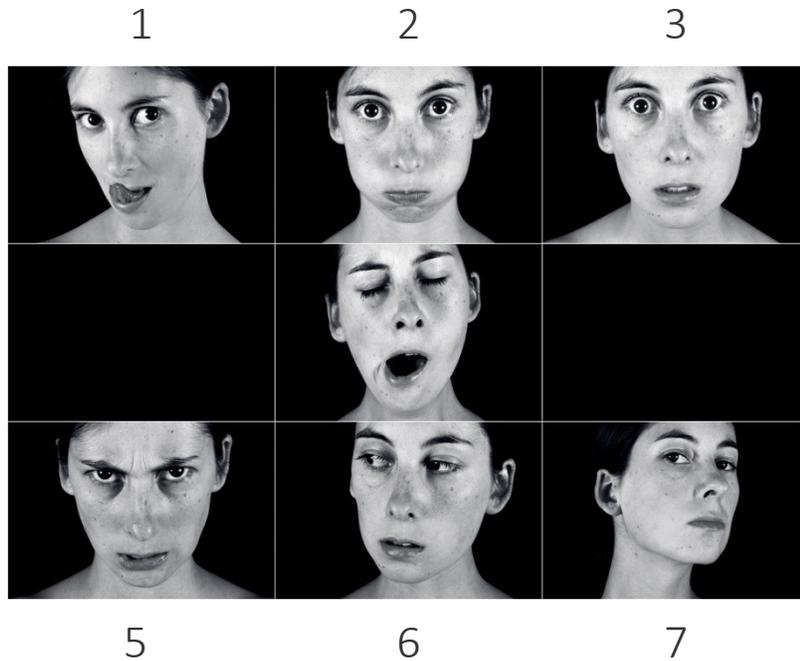
Anger!



1. Man complains about parking ticket
2. Conductor introduces his orchestra
3. Actor receives great applause
4. Ballet rehearsal in street clothing



The seven deadly sins



Gluttony

Lust

Greed

Pride

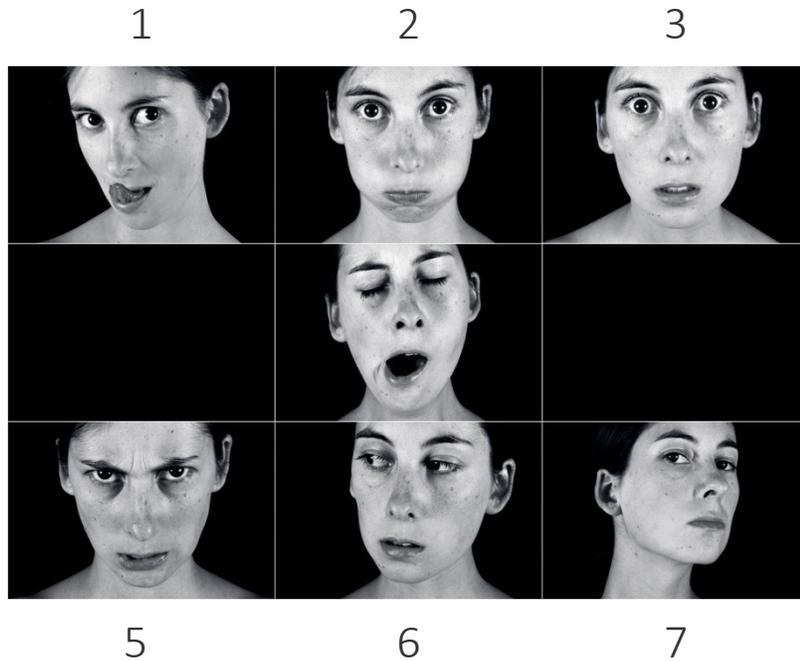
Sloth

Envy

Rage



The seven deadly sins



1. Lust
2. Gluttony
3. Greed
4. Sloth
5. Rage
6. Envy
7. Pride



What does this person feel or do?
How confident are you?

Cutout!



1. Laughing Woman
2. Woman was just told that the plane her husband was on is missing
3. Woman enjoys someone else's misfortune
4. Woman is told that she failed the exam



Happiness!



1. Laughing Woman
2. Woman was just told that the plane her husband was on is missing
3. Woman enjoys someone else's misfortune
4. Woman is told that she failed the exam



What does this person feel or do?
How confident are you?

Cutout!



1. Player can't believe his lucky goal
2. Anger about referee's decision
3. Disappointment about failed goal
4. Substitute is bored



Anger!



1. Player can't believe his lucky goal
2. Anger about referee's decision
3. Disappointment about failed goal
4. Substitute is bored



First conclusion!

- Facial expressions and gestures are not always definite!



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- Many people do not show facial emotion, by nature or due to illness (e.g. Parkinson's disease), which makes it hard to deduce their inner feelings.



First conclusion!

- Facial expressions and gestures are not always definite!
- Many people do not show facial emotion, by nature or due to illness (e.g. Parkinson's disease), which makes it hard to deduce their inner feelings.
- Additional information (situation, prior knowledge about that person, asking the person directly, if possible) should be considered before facial expressions and gestures are interpreted.

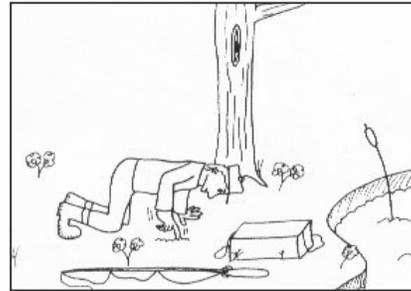


Task 3

- A sequence of pictures is shown to you.
- The pictures 1-3 are shown in reverse order, that is, picture 3 is presented first.
- After each picture is shown, you will be asked which out of 3 alternatives logically completes the sequence.



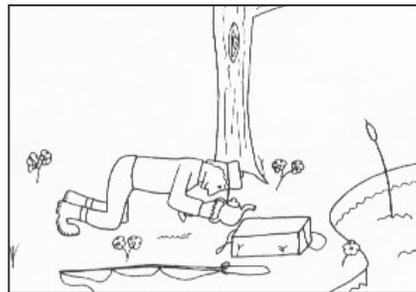
What is the intention of the man?



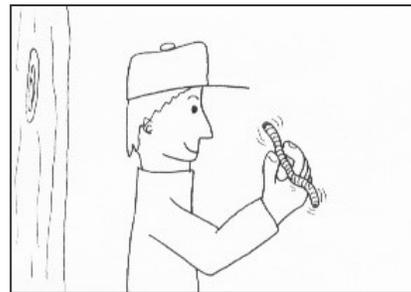
3

How does the story above proceed?

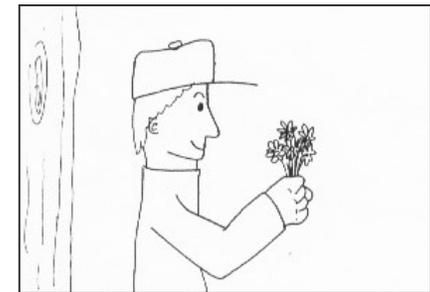
Please discuss the likelihood of the following options:



4a?



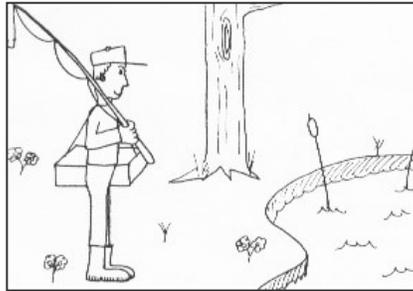
4b?



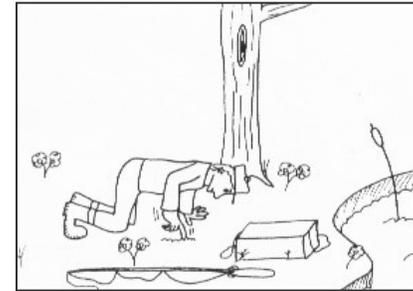
4c?



What is the intention of the man?



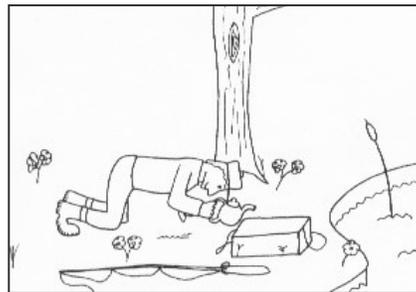
2



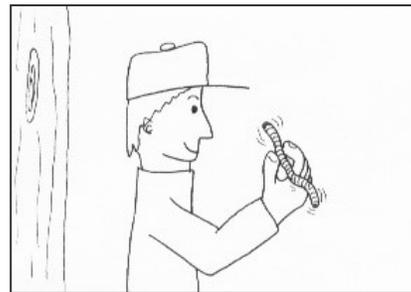
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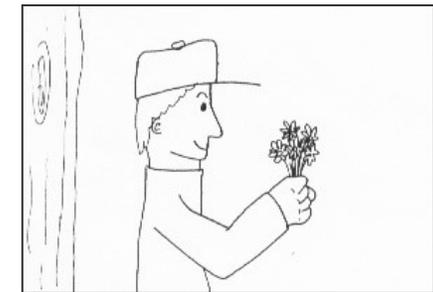
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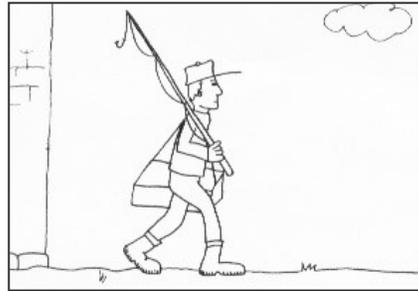
4b?



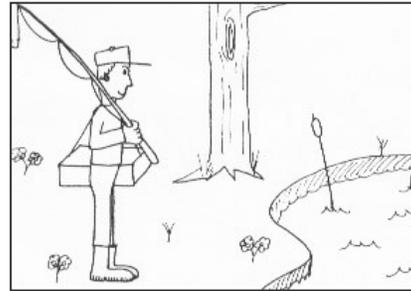
4c?



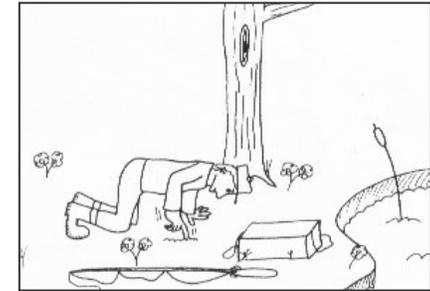
What is the intention of the man?



1



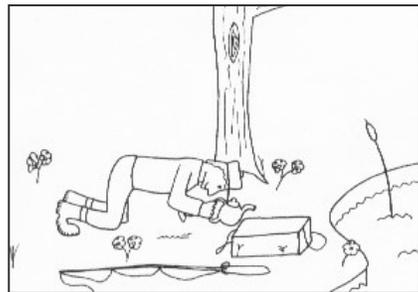
2



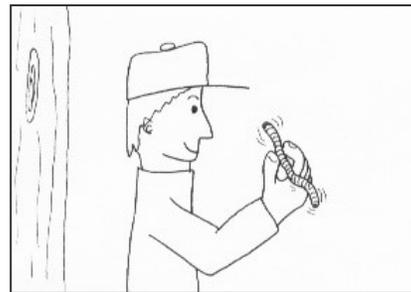
3

How does the story above proceed?

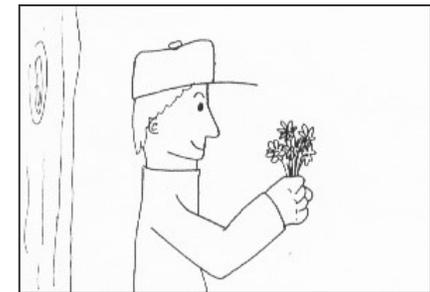
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4a?



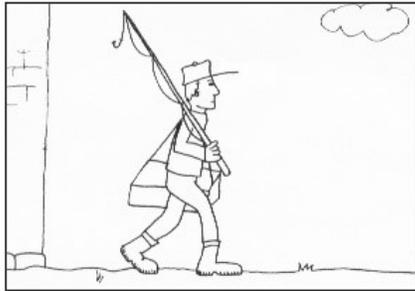
4b?



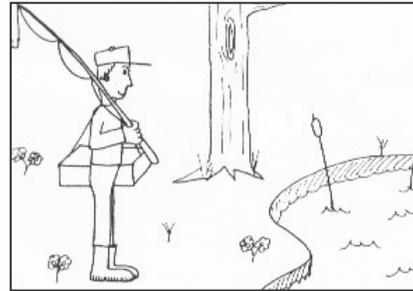
4c?



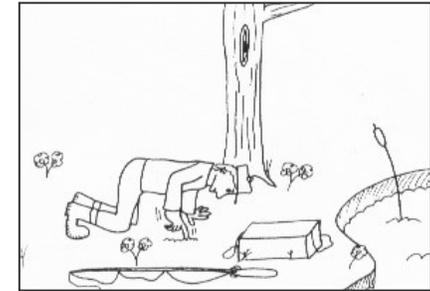
The correct answer is 4b!



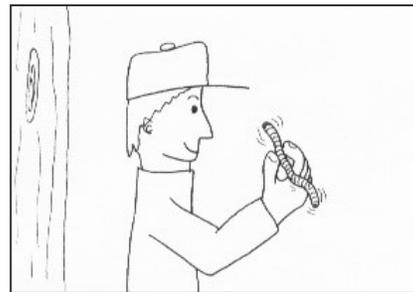
1



2



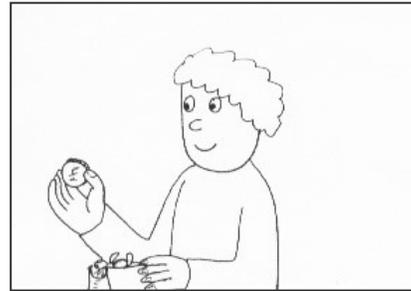
3



4b



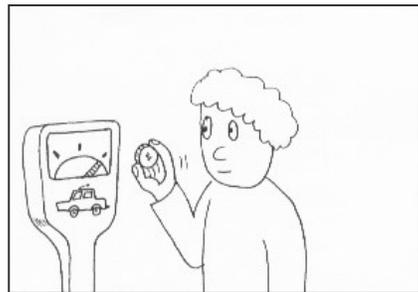
What is the woman planning to do?



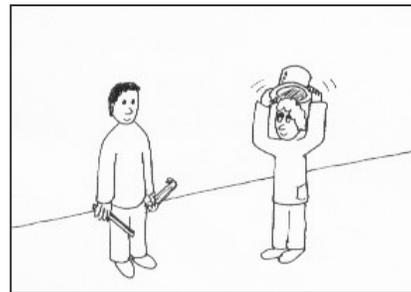
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



4b?



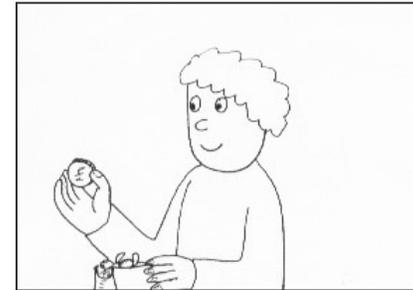
4c?



What is the woman planning to do?



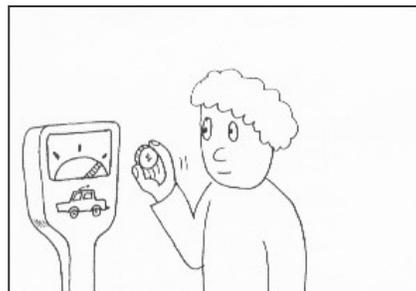
2



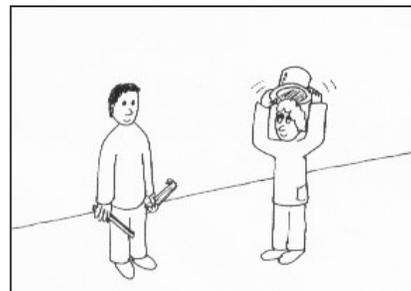
3

How does the story above proceed?

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4a?



4b?



4c?



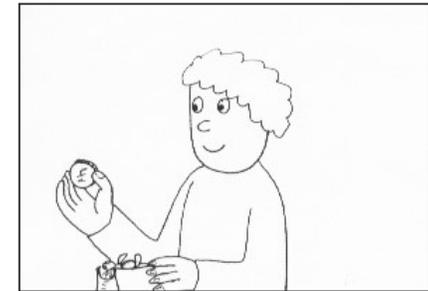
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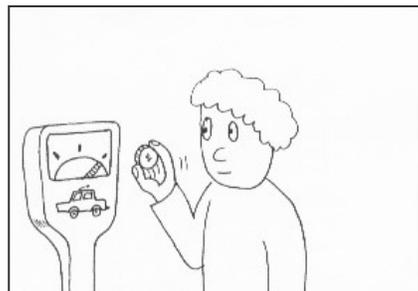
2



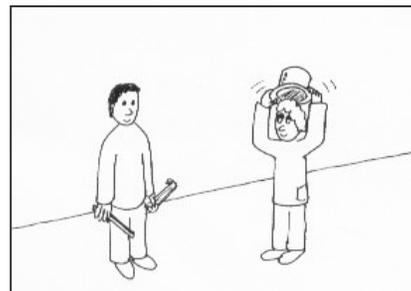
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How does the story above proceed?

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4a?



4b?



4c?



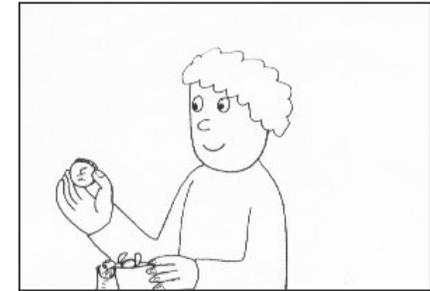
The correct answer is 4c!



1



2



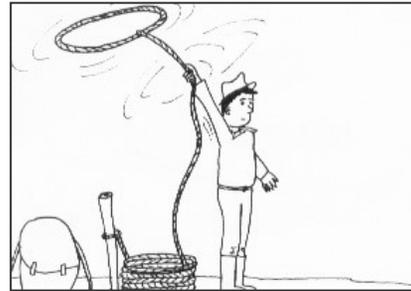
3



4c



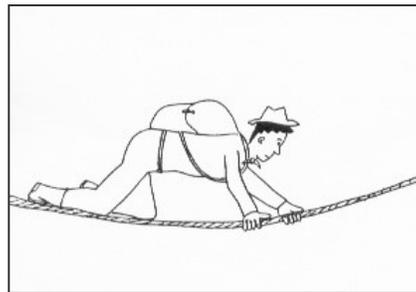
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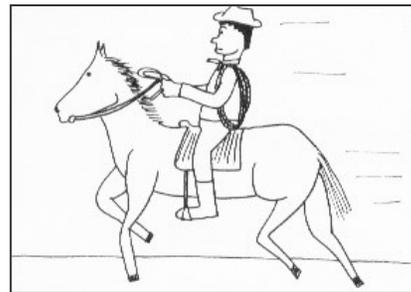
3

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4a?



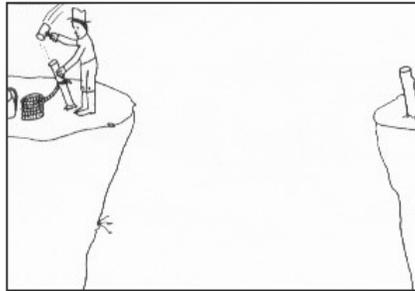
4b?



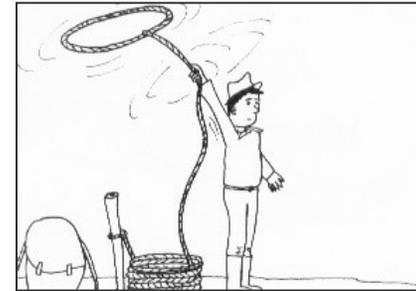
4c?



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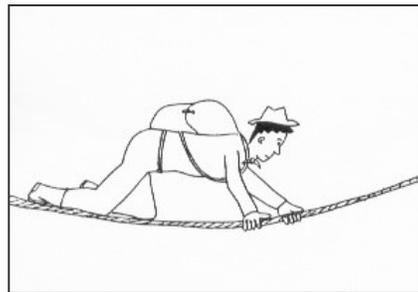
2



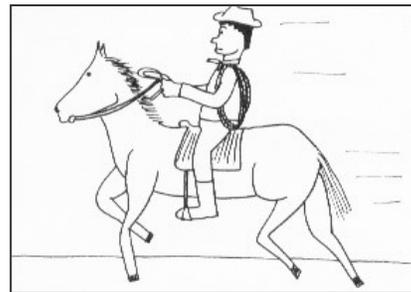
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4a?



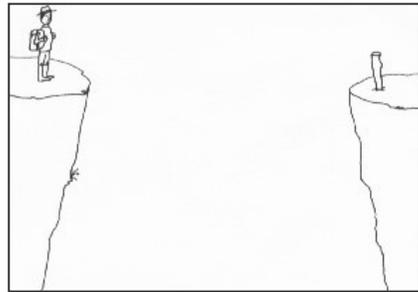
4b?



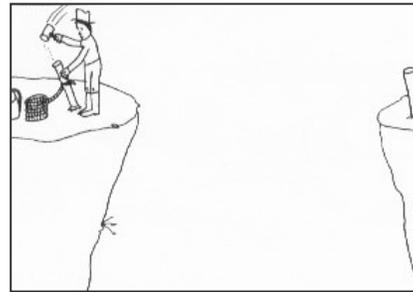
4c?



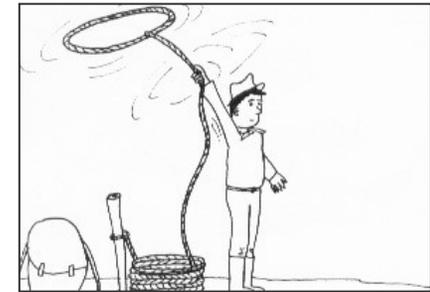
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1



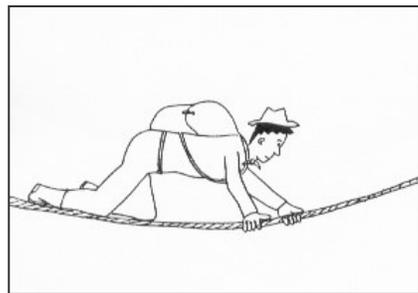
2



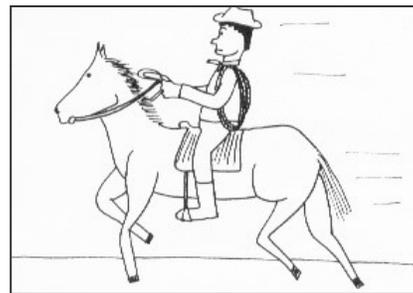
3

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4a?



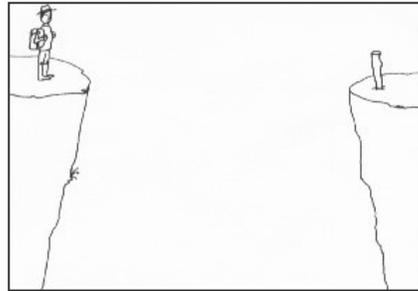
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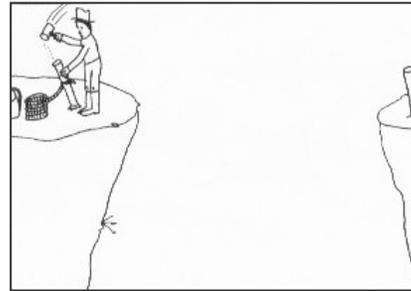
4c?



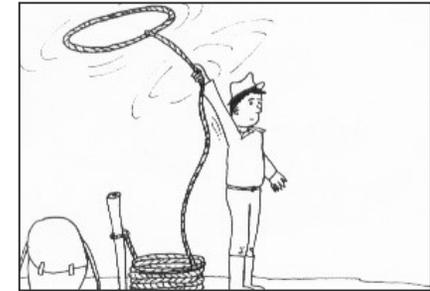
The correct answer is 4a!



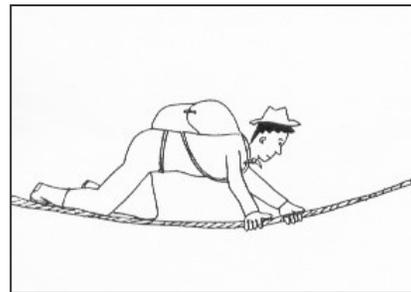
1



2



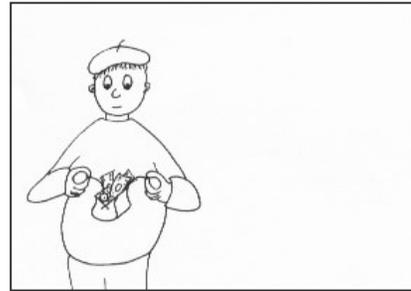
3



4a



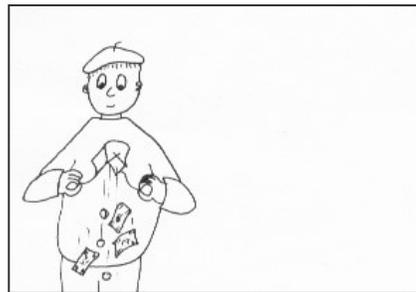
What is the man planning to do?



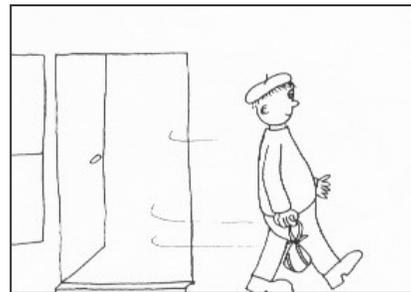
3

How does the story above proceed?

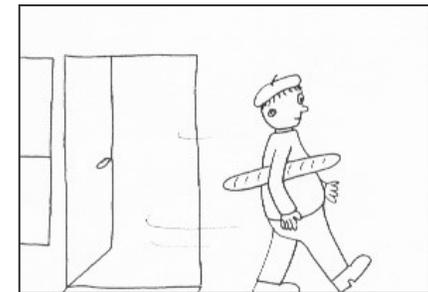
Please discuss the likelihood of the following options:



4a?



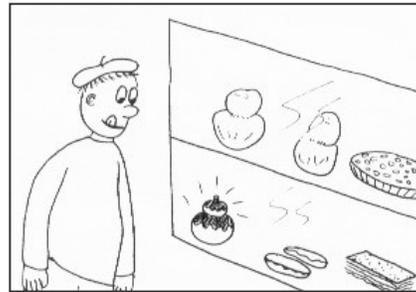
4b?



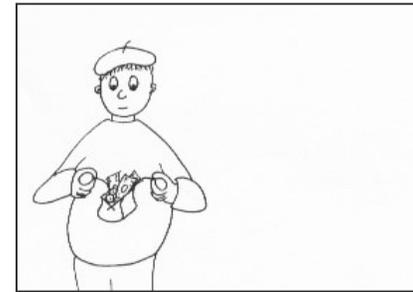
4c?



What is the man planning to do?



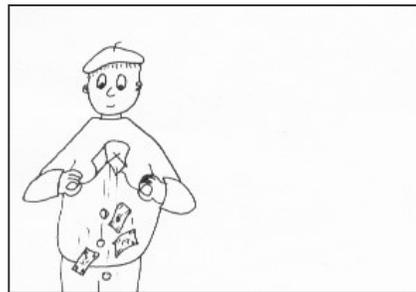
2



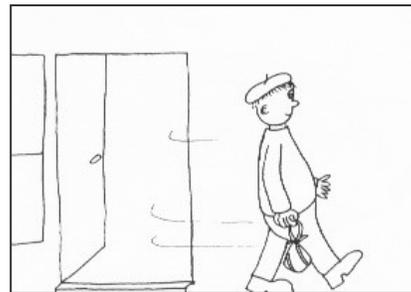
3

How does the story above proceed?

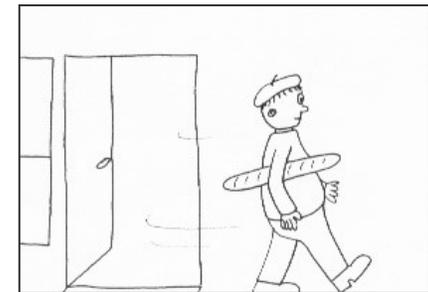
Please discuss the likelihood of the following options:



4a?



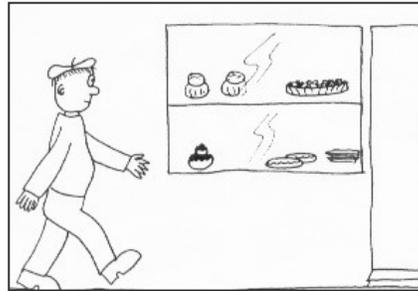
4b?



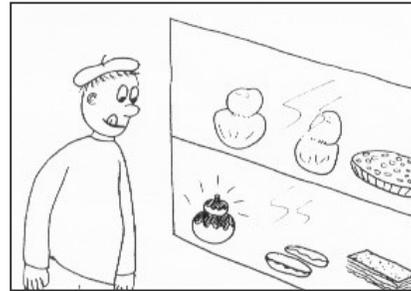
4c?



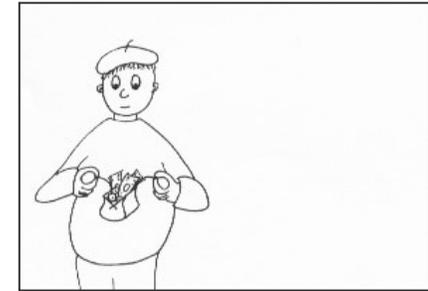
What is the man planning to do?



1



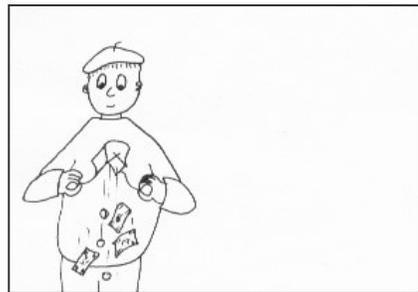
2



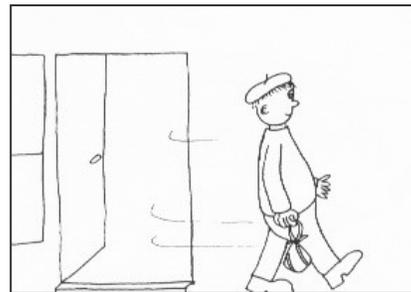
3

How does the story above proceed?

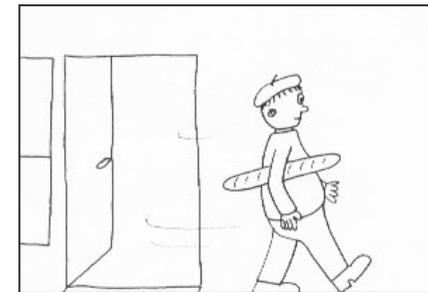
Please discuss the likelihood of the following options:



4a?



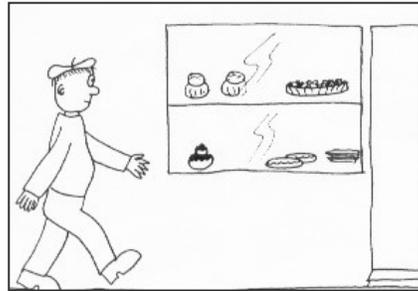
4b?



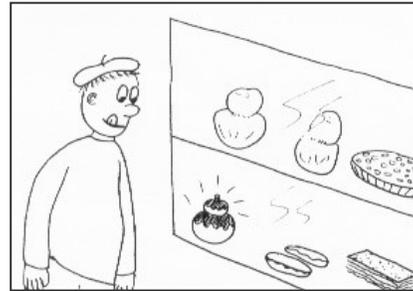
4c?



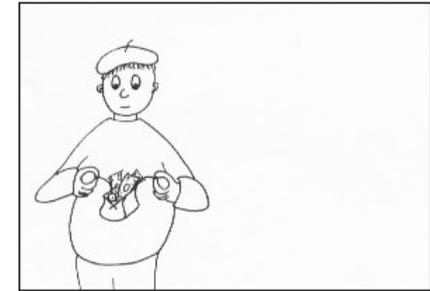
The correct answer is 4b!



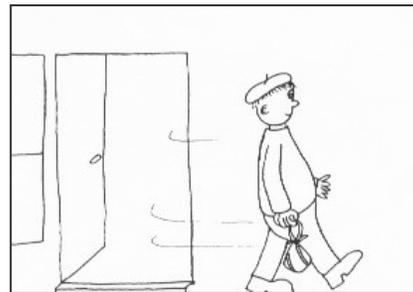
1



2



3



4b



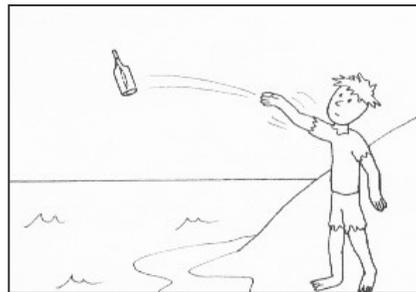
What is the man planning to do?



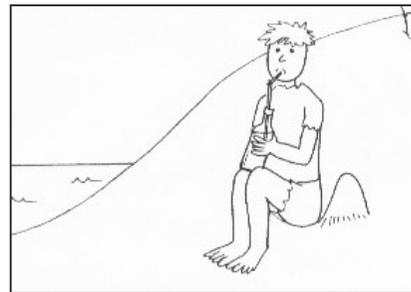
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



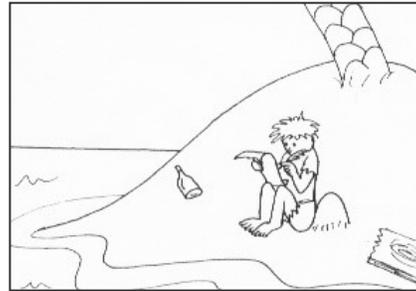
4b?



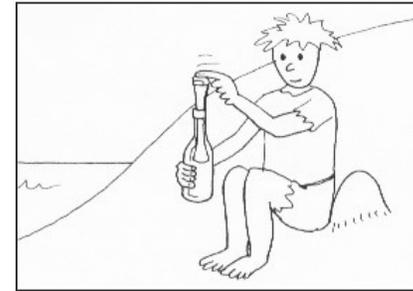
4c?



What is the man planning to do?



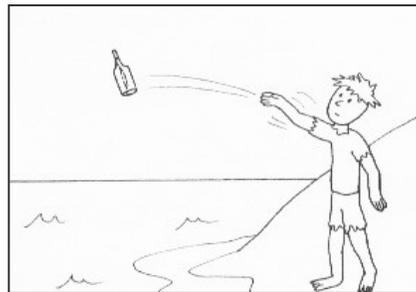
2



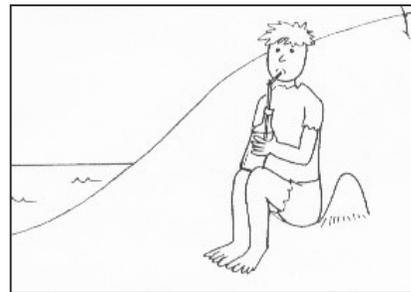
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



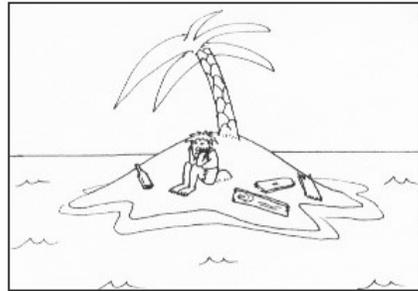
4b?



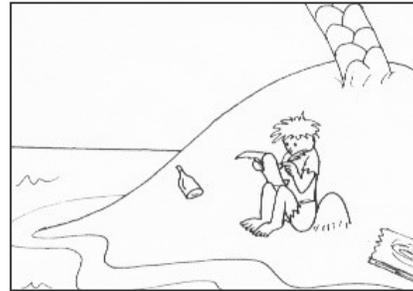
4c?



What is the man planning to do?



1



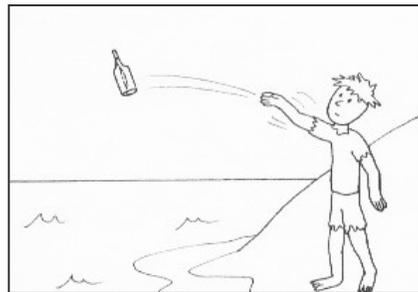
2



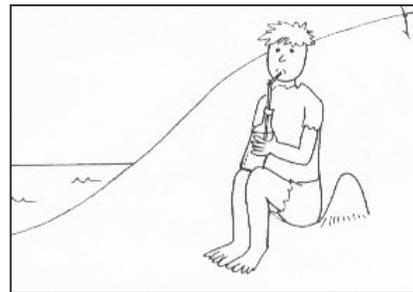
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



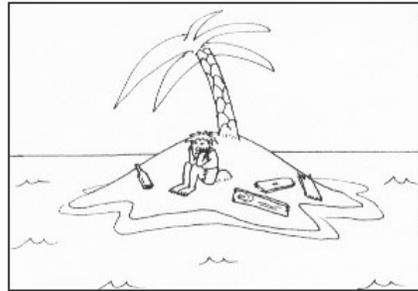
4b?



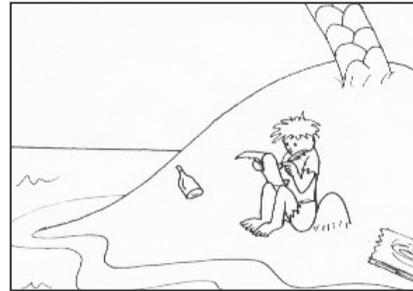
4c?



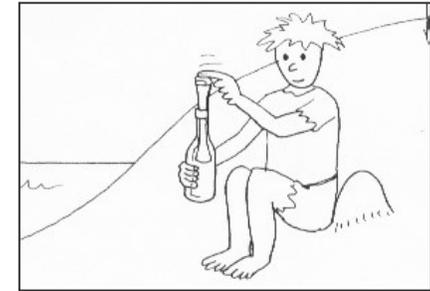
The correct answer is 4a!



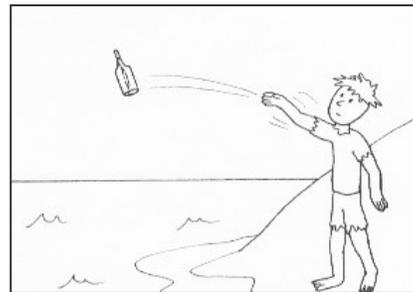
1



2



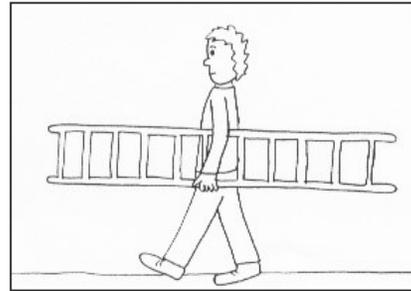
3



4a



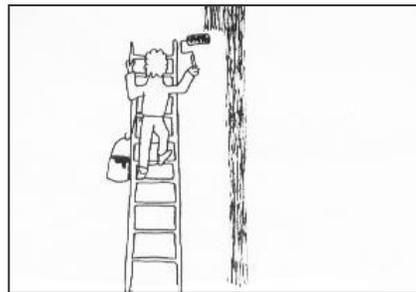
What is the intention of the man?



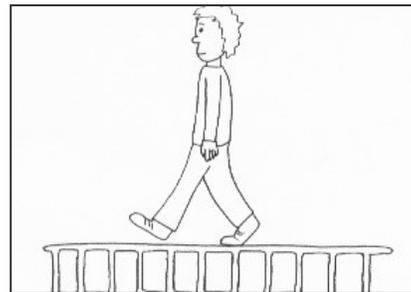
3

How does the story above proceed?

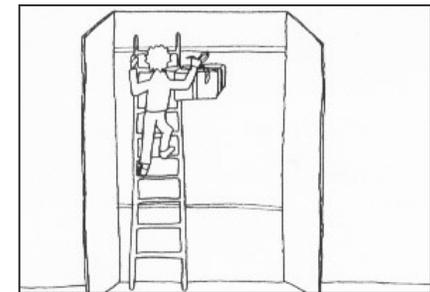
Please discuss the likelihood of the following options:



4a?



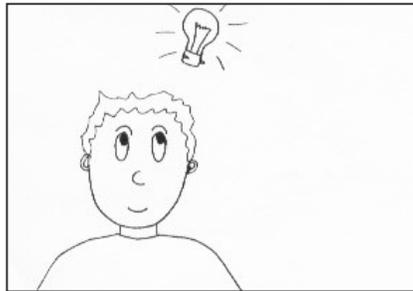
4b?



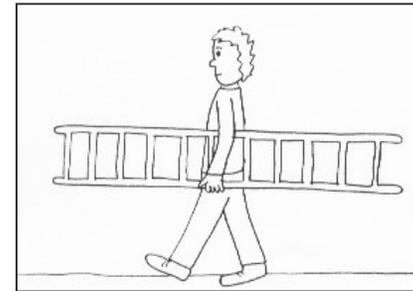
4c?



What is the intention of the man?



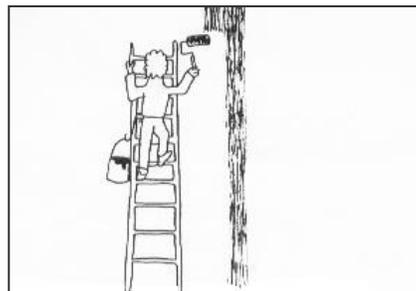
2



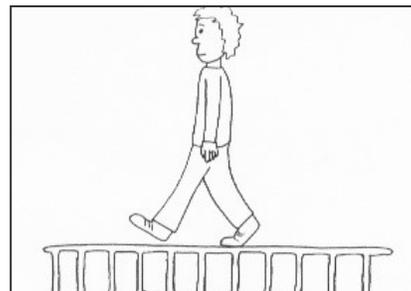
3

How does the story above proceed?

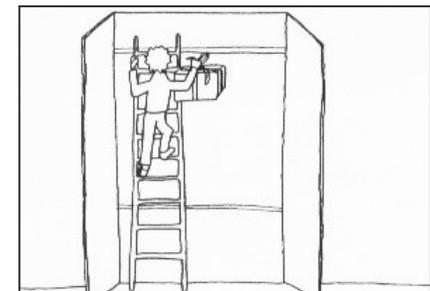
Please discuss the likelihood of the following options:



4a?



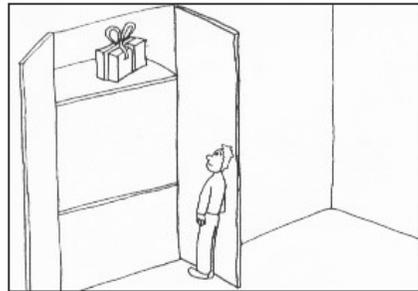
4b?



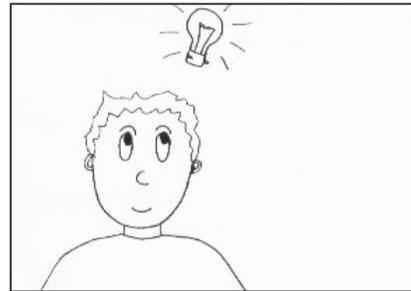
4c?



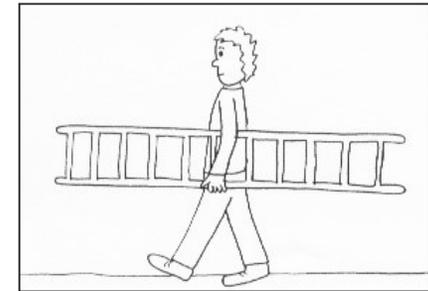
What is the intention of the man?



1



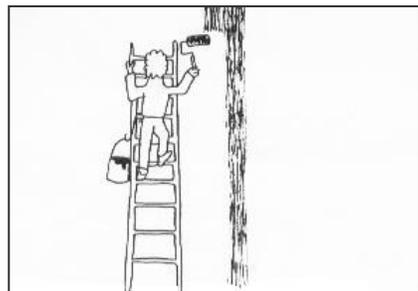
2



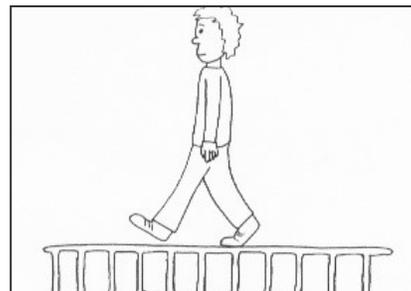
3

How does the story above proceed?

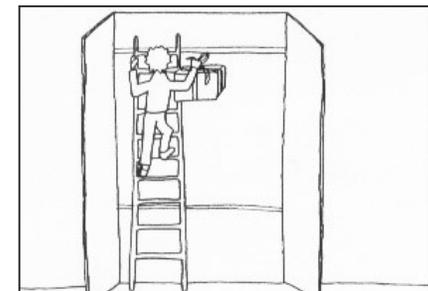
Please discuss the likelihood of the following options:



4a?



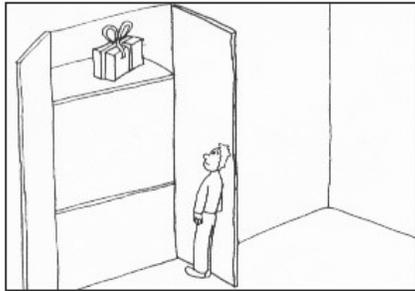
4b?



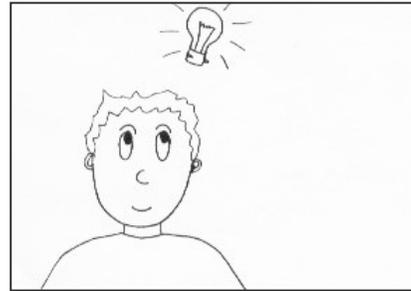
4c?



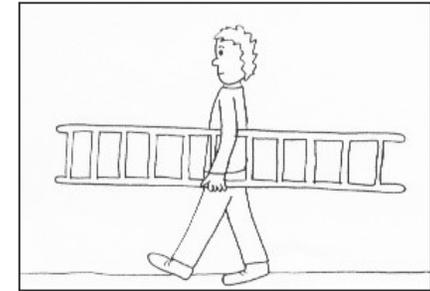
The correct answer is 4c!



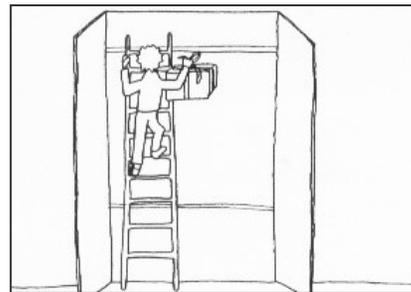
1



2



3



4c



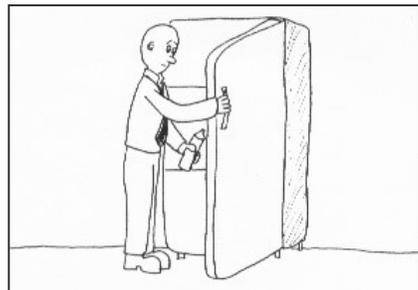
What is the intention of the man?



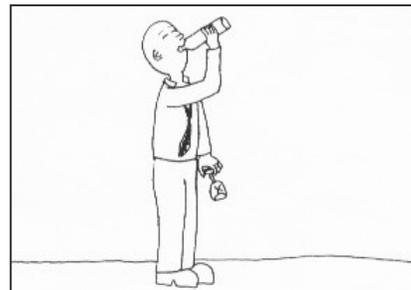
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



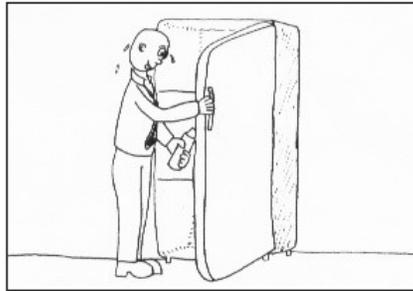
4b?



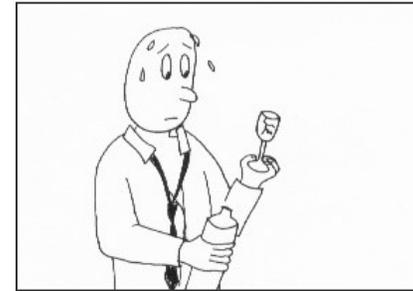
4c?



What is the intention of the man?



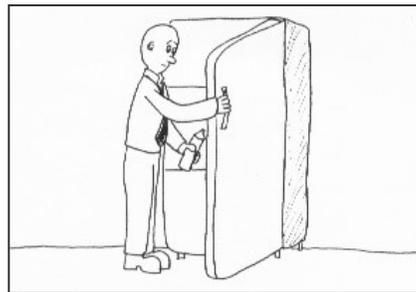
2



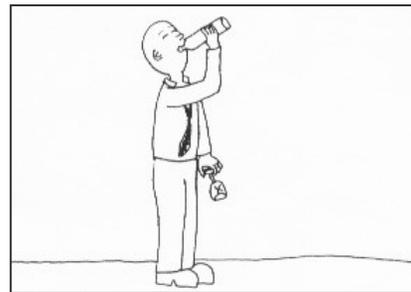
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



4b?



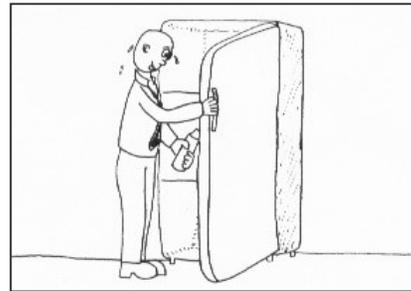
4c?



What is the intention of the man?



1



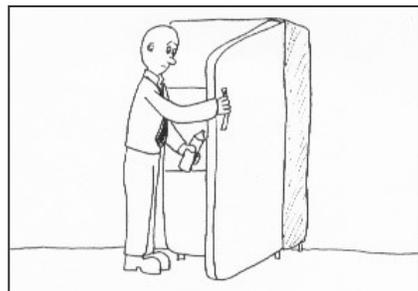
2



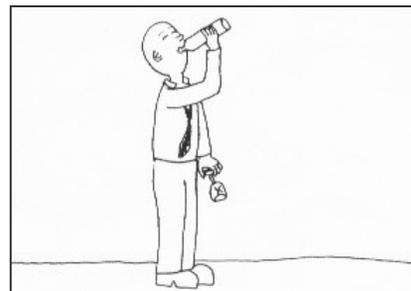
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



4b?



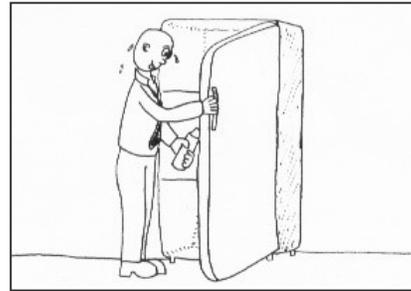
4c?



The correct answer is 4b!



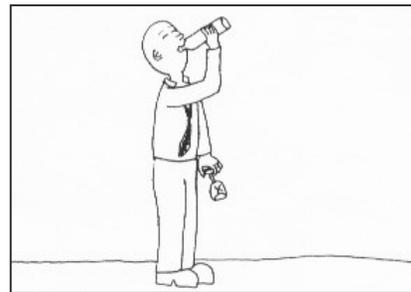
1



2



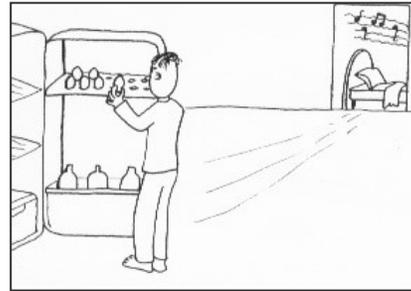
3



4b



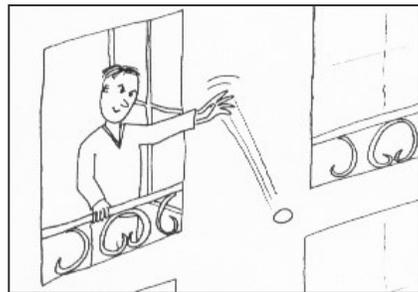
What is the man planning to do?



3

How does the story above proceed?

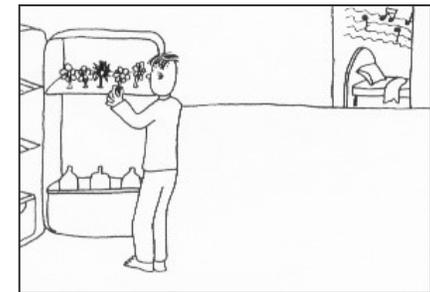
Please discuss the likelihood of the following options:



4a?



4b?



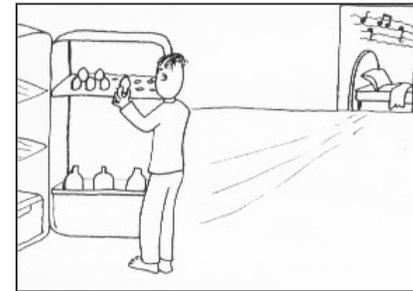
4c?



What is the man planning to do?



2



3

How does the story above proceed?

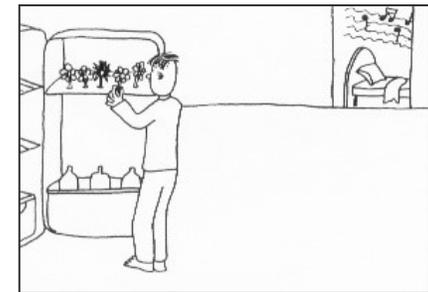
Please discuss the likelihood of the following options:



4a?



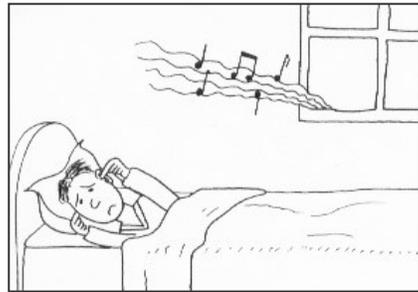
4b?



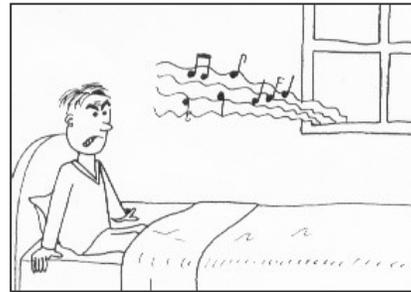
4c?



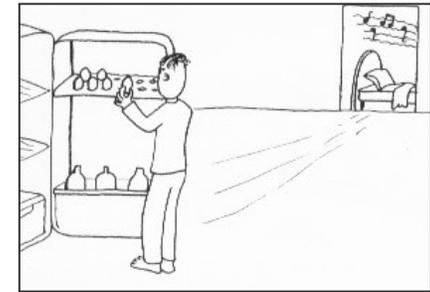
What is the man planning to do?



1



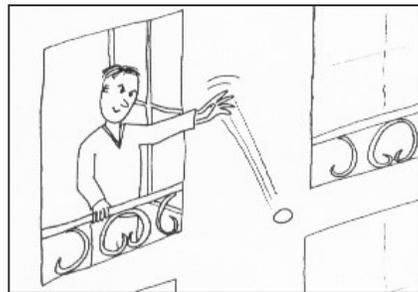
2



3

How does the story above proceed?

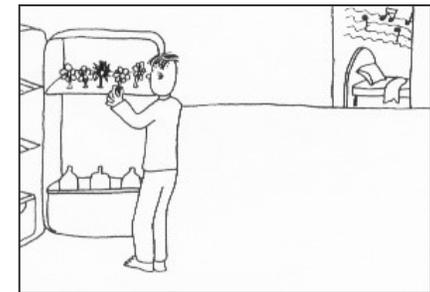
Please discuss the likelihood of the following options:



4a?



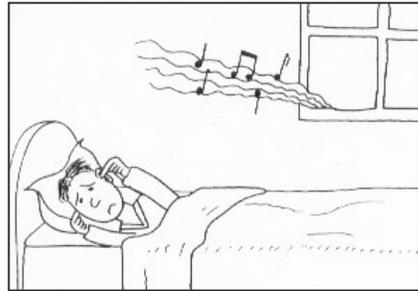
4b?



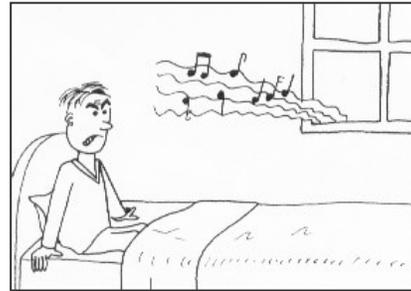
4c?



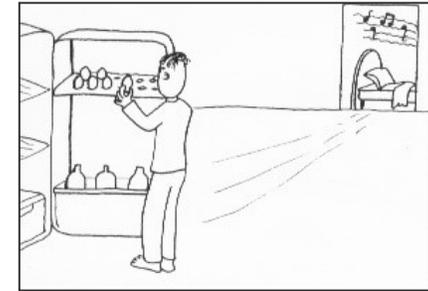
The correct answer is 4a!



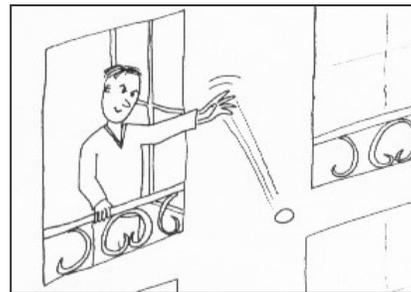
1



2



3



4a



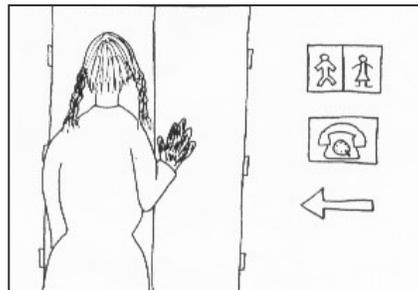
What is the intention of the man?



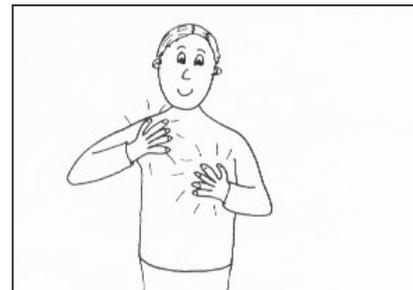
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



4b?



4c?



What is the intention of the man?



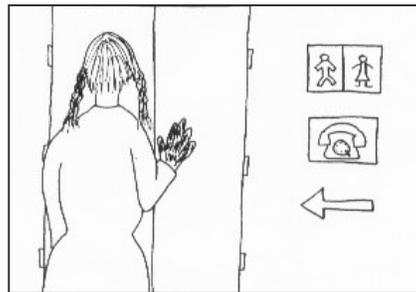
2



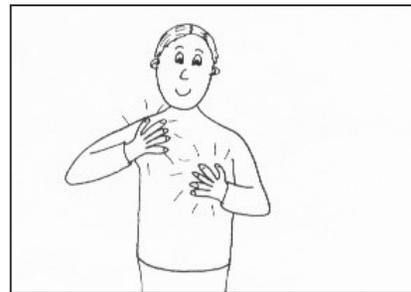
3

How does the story above proceed?

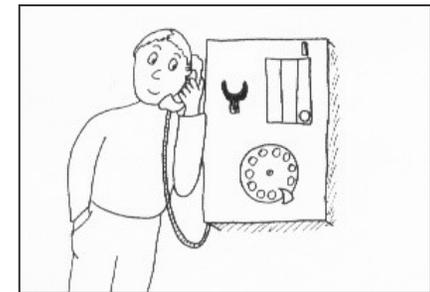
Please discuss the likelihood of the following options:



4a?



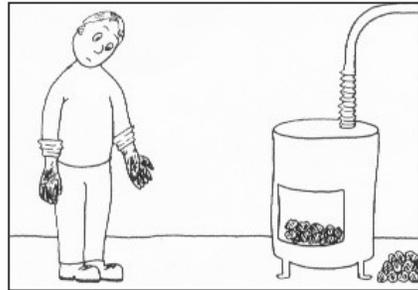
4b?



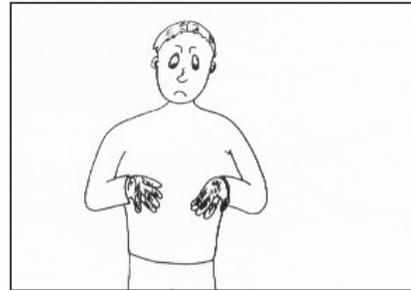
4c?



What is the intention of the man?



1



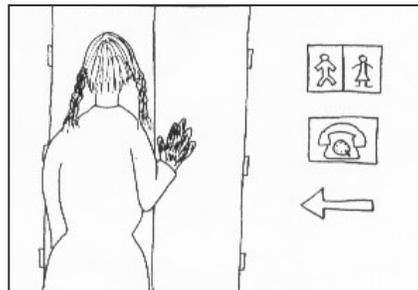
2



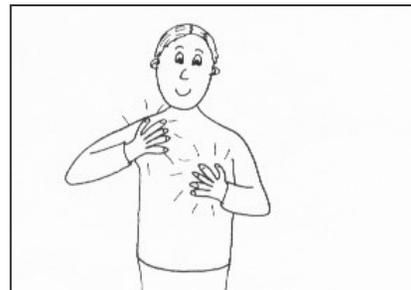
3

How does the story above proceed?

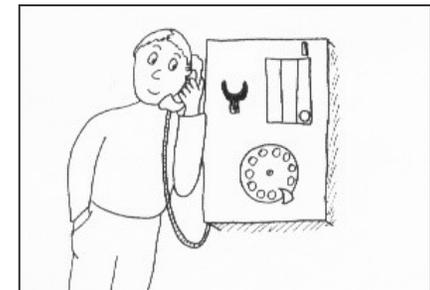
Please discuss the likelihood of the following options:



4a?



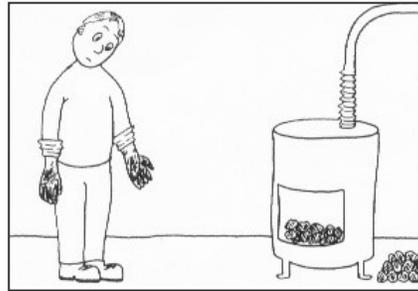
4b?



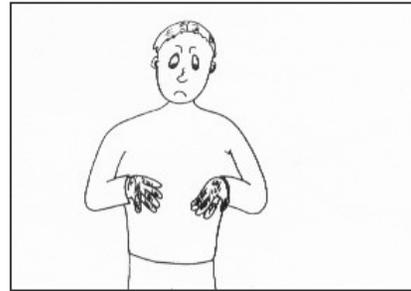
4c?



The correct answer is 4b!



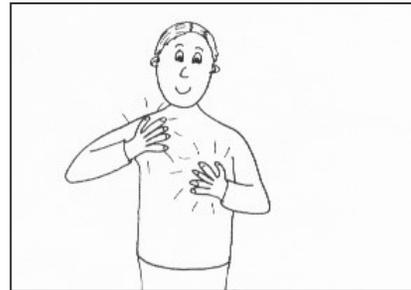
1



2



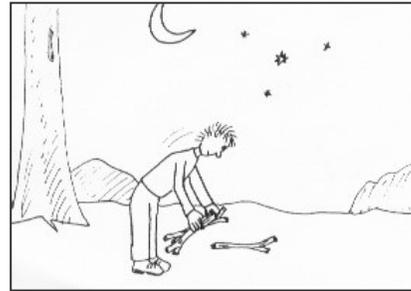
3



4b



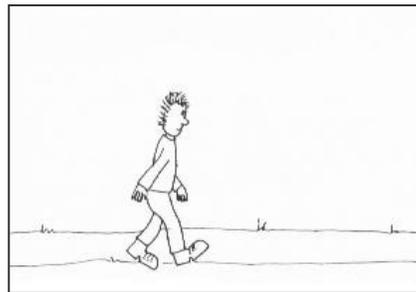
What is the intention of the man?



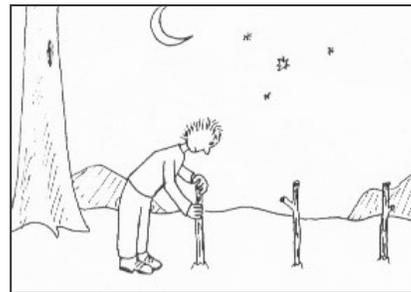
3

How does the story above proceed?

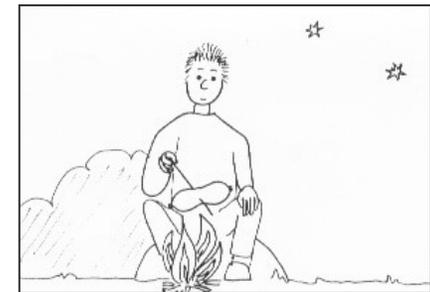
Please discuss the likelihood of the following options:



4a?



4b?



4c?



What is the intention of the man?



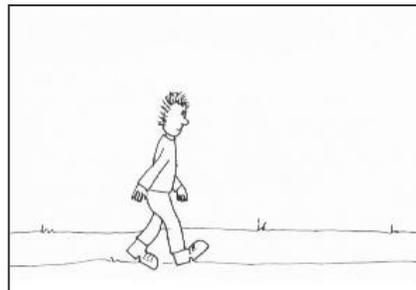
2



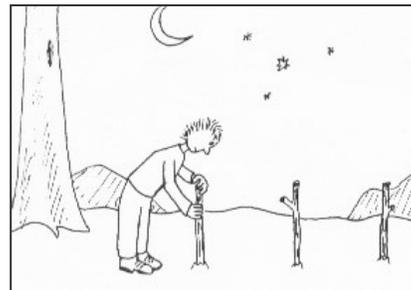
3

How does the story above proceed?

Please discuss the likelihood of the following options:



4a?



4b?



4c?



What is the intention of the man?



1



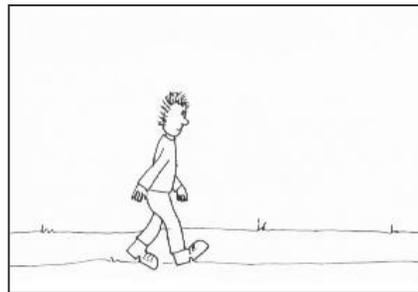
2



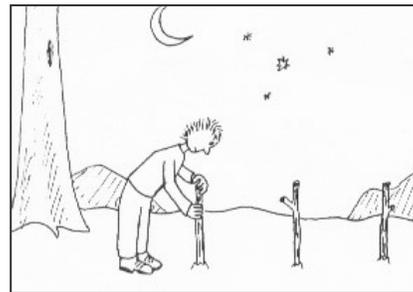
3

How does the story above proceed?

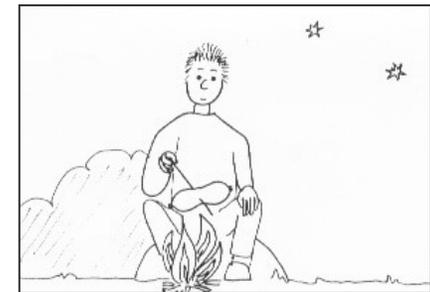
Please discuss the likelihood of the following options:



4a?



4b?



4c?



The correct answer is 4c!



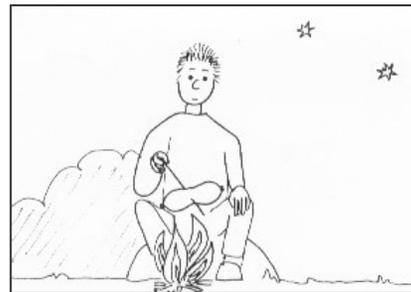
1



2



3



4c



Summary

- You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.



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- You should only draw firm conclusions about another person if you know the person well or if you have observed the person in different contexts.
- To evaluate complex situations (like the ones just presented), it is crucial to consider all available information.
- The more information is considered, the more likely you are to make a correct judgement.



Task 4

- You will be shown a sequence of pictures that tell a story.
- The pictures will be accompanied by three possible outcomes.
- Your job is to determine which of the three outcomes is most likely to be the conclusion of the story.



What is the intention of the boy in red?



- A. To ignore his friend.
- B. To help his friend.
- C. To learn how to grow a fruit tree.



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What is the boy in red doing?



- A. Picking some flowers for his girlfriend.
- B. Capturing a bee to make honey.
- C. Playing a trick on his girlfriend.



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What are the boys planning?



- A. To ask the lady out on a date.
- B. To buy some candy.
- C. To rob the store.



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Transfer to everyday life

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- The more information is considered, the more likely you are to make a correct judgement.



What does this have to do with psychosis?

During psychosis, people tend to misinterpret or over-interpret facial expressions or actions.

Example: Virginia hides in her room for days because she thinks Nazis are after her.

Background: She met a bald man who had indeed given her a nasty look.

But: Maybe the man really gave her a nasty look but that does not mean that he is after her!

Caution: Not every man with a bald head is a Nazi. He does not have her address and has no reason to be after her.



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A lot of things are in the eye of the beholder. Our emotions impact our perceptions.

Especially when we are afraid or under a lot of pressure, our environment may seem hostile or threatening.



Thank you for your attention!

for Trainers:

Please hand out worksheets. Introduce our app COGITO (download free of charge).



www.uke.de/mct_app





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---	---	---	Produced for the MCT/Anfertigung für das MKT; © Arbeitsgruppe Neuropsychologie	Crossed arms /Verschränkte Arme
underthehat	flickr	When a friend dies	CC	Context: Mourning (2 women in mourning, black & white) /Trauer Kontextbild (2 Frauen in Trauer s/w)
meghantosh	flickr	super anger grrr	CC	Context: Anger /Wut Kontextbild
loungerie	Flickr	flickr marriage	CC	Context: happiness (wedding)/Freude Kontextbild (Hochzeit)
-bartimaeus-	Flickr	Oh my God!	CC	Context: disgust (disgusted man)/Ekel Kontextbild (angeekelter Mann)
j03	flickr	suprise!	CC	Context: surprise (surprised woman)/ Überraschung Kontextbild (überraschte Frau)
signither	flickr	In pain!	CC	Context: pain (injured athlete)/Schmerz Kontextbild (verletzter Sportler)
Andrei State	Homepage Andrei State	---	PP	Man with 6 different facial expressions/Mann mit 6 verschiedenen Gesichtsausdrücken
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---	Homepage Harald Effenberg	Harald Effenberg	PP	Harald Effenberg



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We presume that the photographer like the depicted Alfred Adler died more than 70 years ago and that the picture is now in the public domain.				Alfred Adler
Homies In Heaven	flickr	Hit Singles and #1 Jamz	CC	Hand gesture/ Handbewegung
wilbanks	flickr	HPIM1731	CC	Socialist brother’s kiss/Sozialistischer Bruderkuß
Kanaka’s Paradise Life	flickr	Miniskirt Chicks	CC	Women in mini skirts/ Frauen im Minirock
Roland Vollmar	fotocommunity	Street	PP	Street musician/Straßenmusikant
Nico Gaycken	Mary Lou’s	- - -	PP	Cheerful women’s night/Fröhlicher Frauenabend
Andreas Mümken	fotocommunity	Das war mutig.....und die ganze Welt schaute zu...	PP	Athlete sways the israelian ensign /Sportler schwenkt die israelische Nationalflagge
philippe leroyer	flickr	Tokyo Hotel Groupie - 14Jul07, Paris (France)	CC	Hysterical fan/Hysterischer Fan
Bastian Beuttel	fotocommunity	private moments_8	PP	Man on toilet/Mann auf der Toilette



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Frédéric de Villamil	flickr	[untitled] Semi Marathon de Paris 2008 – Selection	CC	Marathon runner/ Marathonläufer
dsb nola	flickr	The Black Men of Labor & The Treme Brass Band	CC	Musician in a funeral procession (New Orleans)/Musiker im Trauerzug (New Orleans)
Vladimir Rolov	fotocommunity	Überall das Gleiche :)	PP	Complaint about a parking ticket /Beschwerde über ein Parkticket
Maria B	fotocommunity	Die sieben Todsünden	PP	Different facial expressions (7 death sins) /Verschiedene Gesichtsausdrücke (7 Todsünden)
---	---	---	Privatbesitz	Fun with the bride (laughing woman) /Spaß mit der Braut (lachende Frau)
Andreas Mümken	fotocommunity	Wie...keinen Elfer....	PP	Athlete (angry about referee’s judgment) /Sportler (Ärger über Schiedsrichterentscheidung)
Yves Sarfati	---	---	PP	Several sequences in black and white:fisherman, street musician, mountain climber, bakery, message in a bottle, ladder, thirst, noise, dirt, camping / Verschiedene schwarz- weiße Bildersequenzen Angler, Straßenmusikant, Bergsteiger, Bäckerei, Flaschenpost, Leiter, Durst, Lärm, Schmutz, zelten
Martin Brüne	---	---	PP	Several coloured sequences:apple tree, bee, burglary/ Verschiedene farbige Bildersequenzen Apfelbaum, Biene, Diebstahl