

Activity 1.2

How does my life look today?



It's time to describe how your life looks today using the same 'See, Hear, Feel' approach that you used in the previous exercise.

Answer the following questions:

When you describe your current life, as you are living it today, what do you see?

Think about:

- *What locations come to mind? Home? Work? Recreation?*
- *Where are you? Describe your surroundings. What can you see from where you're standing?*
- *Who is there with you?*
- *What is missing? Who is absent?*

When you describe your current life, as you are living it today, what do you hear?

Think about:

- *Are there voices? Whose are they?*
- *What words are being spoken? In which language? What is their tone? What emotion do they convey?*
- *What are the sounds from your surroundings? Or is it silent? Is there traffic? Are you in nature?*

When you describe your current life, as you are living it today, what do you feel?

Think about this in two separate ways - emotionally & physically:

- *What emotions do you have? How strong are they? What's causing them?*
- *What do you feel from your surroundings? What weather is on your skin? The temperature?*
- *Does your body have contact with any surface? How does it feel? Warm? Cool? Comforting?*

As an alternative, consider what isn't working for you about your current life?

- *What places don't you like going to?*
- *Which people (specifically or a 'type' of person) detract from your life?*
- *What feelings do you dislike?*
- *Which sounds don't you enjoy?*