

Transforming Old Patterns

Allowing yourself just three minutes

Draw a representation/picture of:

- 1. yourself as you present yourself to the world**
- 2. your 'dark' or shadow side**
- 3. yourself as you remember when you were really true to yourself, when you felt at your most alive and 'in tune'**

Choose a partner. Decide 'a' and 'b'; 'a' talks, 'b' listens

Speaking in the first person describe your first picture
e.g. "I'm stiff-looking, I haven't any feet"
"I'm well-groomed, I have a flashy car!"

Turn that picture over and do the same exercise for the second and third pictures (take about three minutes to describe each one) turn over the preceding picture before going on to the next one.

Change roles i.e. 'b' talks, 'a' listens

Discuss how each of you could integrate your shadow so that you can be more truly yourself. What fears or hopes do you have about it?

(Source: Material sourced by Lindy Gibbon)