



CONNECTING TO YOUR FUTURE SELF

This exercise is about picturing yourself in a future situation that could be difficult for you. You may wish to write your responses to each question below. Do your best to really picture yourself in that future situation and communicate with that future version of yourself.

1. YOUR FUTURE

Call to mind a painful situation you anticipate having to face in the coming days...

2. BEING THERE, NOW

What would you see or hear? Can you envision yourself there?

3. SPEAK

Can you here-now, in this moment speak to your future self in pain? What words or gestures can you share with your future self?

4 . R E C E I V E

How does the future vision of yourself receive those words/gestures?

5 . Y O U R N E E D S

What tone of voice or posture do you use with the vision of your future yourself?

What might you in the future situation need as you're in pain?

6 . V A L I D A T E

Share from your heart, here-now that you know it's hard, maybe really hard for that vision of your future self.