

HOMEWORK during the break

During the break, please identify “YOUR CHRONIC ILLNESS” – it does not have to be a physical condition. Look for a ‘Reality Gap’ in your life. The gap between two realities. On the one side, reality you hoped for or wanted. On the other, what you observe or have achieved. What do you feel has been missing in your life?

Notice what shortcoming you believe holds you back:

- Do you wish you were more talented/good looking/ smart?
- Do you wish your upbringing was better? Your parents had more money/ status?
- Do you wish you drunk/smoked/ate/gambled less or exercised/studied/participated more?
- Do you wish you had fewer thoughts about something?
- Do you wish you didn’t have to go through a loss?
- Do you wish _____?
- Do you wish _____?

Notice what your beliefs are about what it cost you:

- Would you then achieve more?
- Would you then be more successful?
- Would you be better connected or have better relationships?
- Would you then _____?
- Would you then _____?

Consider what you tried to do to fix/control/solve this? Did it work? How long for?

Notice what thoughts, emotions, bodily sensations show up for you when you are immersed in this experience.

What would you need when you are in this place? When you allow the experience of something you’ve been missing dearly to show up – what is that like for you? What would help you here?

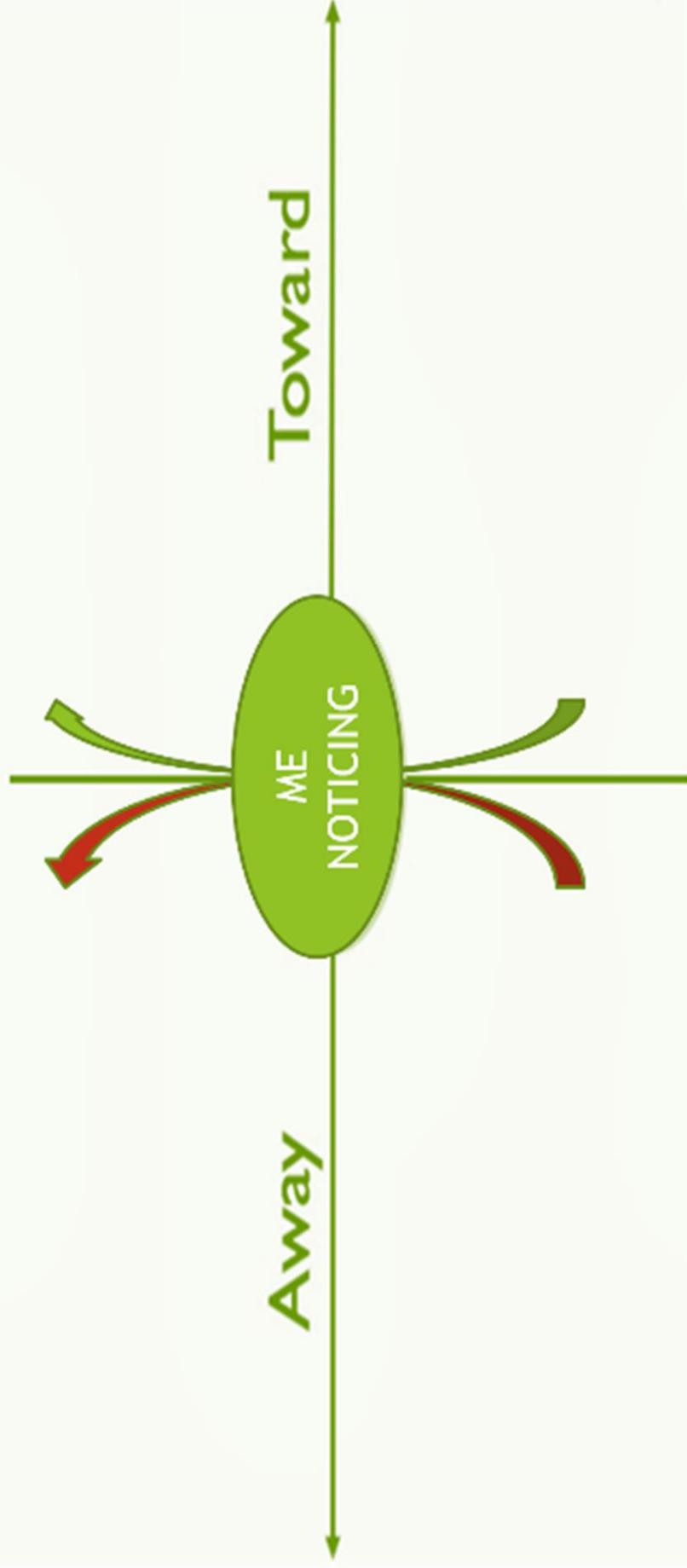
As you go through this exercise, notice the urge to stop it, or a craving to do something else. What is the function of the urge? If you buy into it, what is it trying to do?

Discuss this with a partner. Notice similarities of the experiences. Notice how the partner responds to their struggle. Notice the differences. Are they paying attention to the same things, or are there differences?



... your mind matters...

5-Senses Experiencing



Mental Experiencing