



A FUN THING TO DO WITH FRIENDS AND FAMILY

NOTE: When you see ò Pause to give them some time. Approx 6 seconds. Don't rush read slowly.

You:

Okay, do you have your notebooks? Now I'm going to say some things and I want you to write down the first thing that comes into your mind.

You're walking through the woods. What kind of a day is it? ò

Describe the woods, are the trees far apart or close together? ò The trees are they far apart or close together ò

You come to a stream in the woods, Describe the water. ò

How do you get across the stream? ò

Continue walking through the woods you find a house through the woods. Describe the house ò

You want to know if anyone is inside the house. How do you find out if anyone is inside the house?...

How do you find out?...

Continue walking through the woods. A bear suddenly appears in your path, a bear. What do you do?...

Continue walking until you discover a wall blocking your path. A wall.
Describe the wall ã

How do you get to the other side of the wall? ...

When you get over the wall, what's on the other side? What's on the other side of the wall?...

You've got it all? Okay. You have just taken a psychological test hahaha Sneaky. This is what psychiatrist and psychologist do to you because you don't know what your answers mean but they know.

So now I'm going to tell you what it means.

You're walking through the woods. What kind of a day is it? What kind of a day it is represents your outlook on life? Did we have nice sunny days? Whatever kind of day it was represents your outlook on life.

The distance between the trees represents your association with people and family. Do you keep them at a distance, or do you let them get close? How far apart were your trees?

These things will reveal a lot about you. The stream I always find very interesting. The stream represents how you look at sex (What kind of streams did we have?)

How you get across the stream is your attitudes about sex too.

Let's go on to the next one. The next one is the house. You come to the house. The house represents your inner self. (What kind of houses did we have?)

How did you find out if anyone was inside the house? It represents if you are you approachable. This is you, remember the house is you. Are you approachable?

Now the bear. Okay, you saw the bear on your path. The bear represents your fears. And what did you do when you saw the bear? You see what you do when you see the bear represents how you overcome your fears when you see the bear. I didn't say how big the bear was. How you face your fears.

Now we're coming to the wall. The wall is the obstacles we put in our way. And the kind of wall that you see represents many things. It can be a stone wall; it could be a brick wall. In England they have hedge. Some see a metal wall. How large or small is your wall?

I asked how you get to the other side. How do you get to the other side? How you get on the other side represents how you overcome your obstacles. I didn't say how tall this wall was. You make it as tall as you want. You make it as wide as you want. Some people climb right over. They don't see any obstacles. Some put a ladder up, some just make a door. This reveals so much about you.

So, on the other side of the wall is the future. Most people on the other side of the wall see a meadow ahead a castle or something. Beautiful flower gardens but what does it mean if they get to the other side of the wall and all they see is more woods? It means more of the same. The future is no different from the past they just left.