

CREATE YOUR SNOW GLOBE

Think about a painful event from your past. It might be an experience that represents one of your core beliefs or an event that was particularly painful for you. Answer the following questions:

Where is the scene for your snow globe?

Who are the people in your snow globe?

What does your snow globe scene mean to you?

What emotions are tied to your scene?

Now that you've captured a scene from your past in your snow globe, can you recognize that the painful emotions that surface when your core beliefs get triggered are tied to your past? Then, can you bring your awareness back to the present, resisting the urge to engage in a behavioral reaction? Can you remind yourself that your negative thoughts and powerful emotions are from the past snow globe?