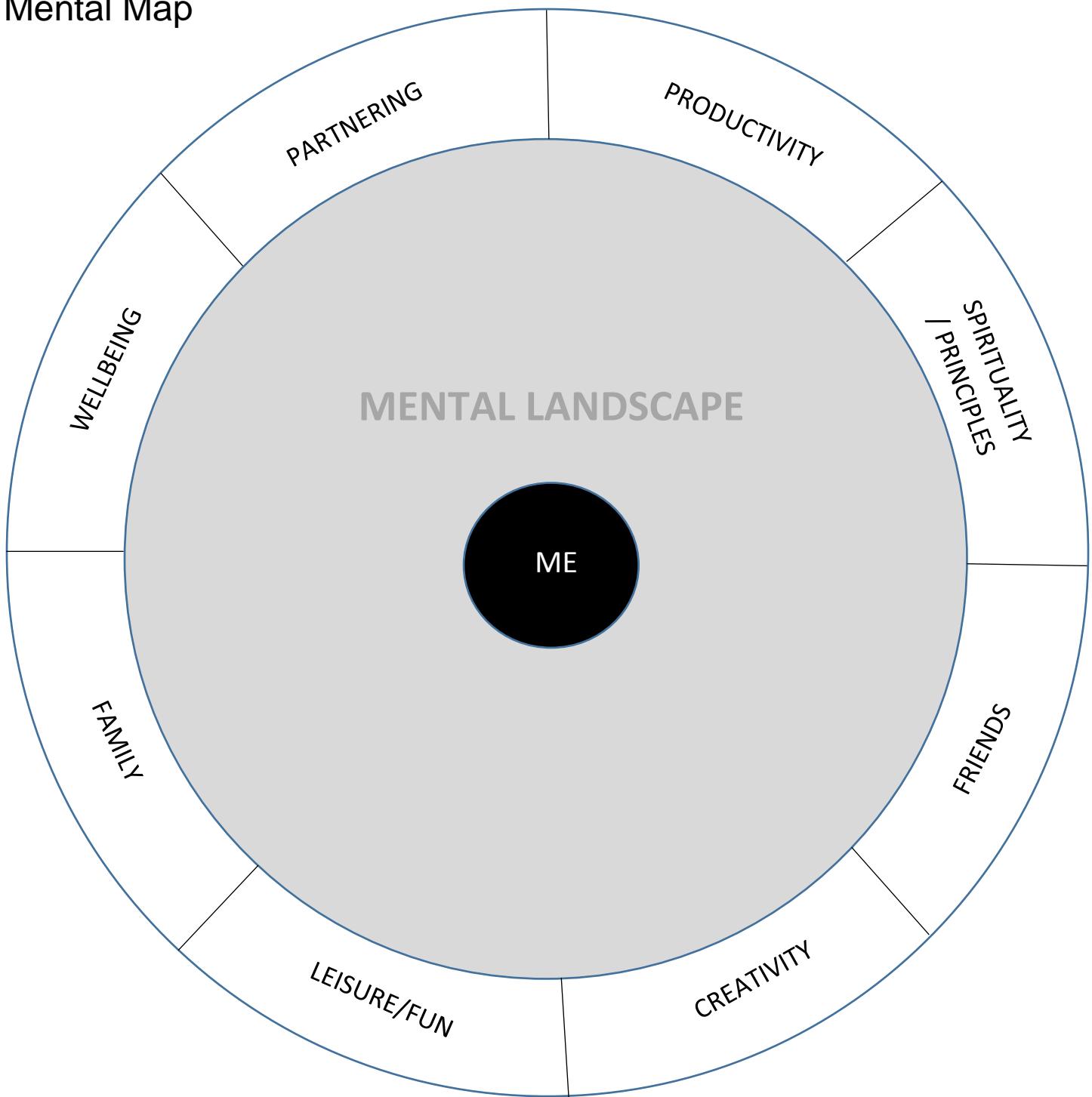


Mental Map



Valued Directions

Select 1-3 valued directions on the map (circle or highlight the directions you want to go). If you are working in a group, share and talk about these choices.

- Which directions might have the greatest payoff in the long run?
- What directions have you taken that have resulted in the greatest vitality in the past?
- Is there a direction that might result in greater self-respect?

Define the direction: Give some details about what you are wanting to move toward?

- What would you like to develop or change about this aspect of your life?
- Can you give specific examples of what you would do more or less of if you made progress towards this value?

Mental Landscape Metaphors

Develop a metaphor to represent the landscape your mind imagines when it thinks about moving in your chosen directions. When you think about the distance between where you are and where you want to go how would you describe that “landscape”. Different landscapes pose different challenges and opportunities. Metaphor can sometimes help suggest ways we can navigate these challenges and take advantage of our opportunities.

Rainforest – Dense, hard to see where you are going, dangerous and easy to lose your way.

Desert – Not many resources, exposed, harsh, lonely.

City – Busy, hectic, demanding, opportunity and risk.

Ocean – Uncertain and changing demands, storms, and unknown monsters lie below the surface.

Natural Disaster - Volcanic eruption, tsunami, tornado, drought... Unexpected, difficult to prepare for, catastrophic with ongoing “clean-up”

Mountains – Slow going, changing landscapes, rapid changes in the weather, easy to get lost.

Minefield – Risks are underground. Unexpected catastrophic events happen without warning and “blow everything up”.

Know Your Landscape – People often respond to challenging landscapes by trying to avoid or ignore them, but this actually makes them less aware and able to negotiate the challenges (like putting a blindfold on).

- What features of this landscape are you most focused on?
- If you shift your focus from what is threatening, is there anything in this landscape that might be useful or supportive – what has helped you make it this far?
- Have you been here before? What happened? What was helpful?
- Is there anything about this landscape that gets you to return (offers something you want, feels safe, better than the alternative...)?
- Are there guides for this landscape? Who are they? Does anything make you reluctant to trust a guide?
- What are your priorities for action in this landscape (keep moving forward, pause, gather resources, self-care...)?
- Do you have some old maps (rules) about what to do in this landscape? Go it alone. Stay put. Pretend it is not happening. Feel stupid / shamed / self-critical that you are here. Don't trust. Don't talk.

- How old are these maps?
- What do you know about what experiences helped you draw those maps?
- Do you want to base the rest of your life on those experiences?

Notice a Few Things

- Would these directions be valuable enough that it would be worth experiencing some pain, fear, or doubt in the process of making progress?
- If life is not just about the destination but also the journey, what might you want to pay attention to and experience along the way?
- How would you prefer to travel (have to / want to, accepting, brave, resilient, with others, etc.)
- What would be a first step in this journey from where you are right now?
 - Why do you think that would be a constructive first step?