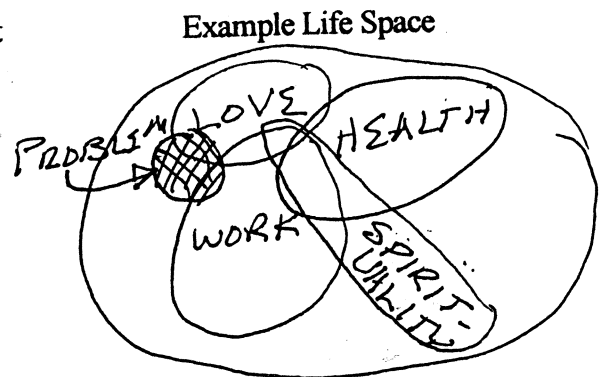


MINDFULNESS AND CREATIVE UNCERTAINTY

Using Mindfulness to Map a Life Space and construct a Counselling Intervention

1. Draw a life space map for yourself. This should be a freehand circle enclosing most of the space of a sheet of paper.
2. Now draw four smaller circles within the life space. Each circle should represent four aspects of your life: 1) work/learning; 2) health, 3) intimacy/love/play, and 4) spirituality. Before you draw them, reflect upon the importance of each of these aspects in your present life and their interconnection with each other. Then place them in your life space accordingly.
3. Next, choose and define some issue in your current life and place it in your life space where you think it fits in relation to the four aspects—it may be entirely contained in one, overlapping in several, or spread throughout all four. It may occasionally seem to exist outside of all four.



4. Apply the following mindful activities to the issue/problem you have identified.

- a. Does the problem seem to you to exist completely, mostly, partly, or not at all in [your psyche/body], [in relationships you are in with others or the world], or [in the context/environment around you], or somewhere else altogether?
- b. Is your problem not at all, partly, mostly or completely In the past? present? future?
- c. Have you ever faced this problem before? How were you able to overcome or live with it?
- d. What is it about this problem that you find yourself thinking about over and over?
- e. What physical/emotional/mental/resources can you call upon to face up to this difficulty?
Or wish you had, but don't have? Material resources?
- f. If you were a person from another planet looking at your life space and the difficulty you are encountering, what three insightful observations would you make that might start an impulse to overcome this difficulty?
- g. State your problem in the form of an analogy or metaphor. What is it like? For example "It is like a terrible summer storm—I have to put up with a lot of thunder and I get blown away by what I hear....etc..
- h. Picture yourself somewhere in the future and you are no longer bothered by this problem. How is your life different? What did that 'future' self do to rid itself of the difficulty?
- j. If tomorrow you had a magic wand, what is one small change you could bring about with your wand to improve your problem situation? Is the change in: you(mental, emotional, physical), environment, relationship, other?