

Application:

Week 1: Confession/Catharsis

- a) Identify the issue you wish to work with
- b) Discuss this issue with an unbiased friend, counsellor and/or simply journal the issue in your diary. If you do see a friend or counsellor, journal your thoughts in detail afterwards. (You will need this journal entry in the following weeks to work with the issue)
- c) Describe your thoughts and feelings as regards this issue in detail. Notice your physical reactions and sensations when you speak or write about this issue.
- d) Capture in your journal any dreams that you have during this week.
- e) Capture in your journal any memories or fantasies/daydreams that you experience during this week. Take note of any synchronicities.