



## Application:

### **Week 2: Elucidation**

Please carry on journaling this process as you work through these steps. It is very important to maintain journaling and capturing your thoughts. Do not be too selective, write it all down.

- a) Read and reflect on your journal entry the presenting issue.
- b) Identify memories connected with the issue and any other thoughts and associations that arise. Reflect on these in relation to your issue.
- c) If you have any dreams whilst doing this, identify the feelings that you experience in the dream and the associations with people/objects/places in the dreams. Reflect on these in relation to your issue.
- d) If you have any fantasies/daydreams, reflect on these – were they compensatory to your issue or how do they amplify the problem/issue?
- e) What role (if any) does your relationship to your parents play in the dynamic of this issue? I.e. how does the issue reflect the way your parents related to you or you to your parents?
- f) Reflect on how you feel about yourself in relation to the issue.
- g) Reflect on what you think the issue is trying to tell you/teach you.
- h) What is the role you play in triggering the dynamic related to this issue?

Remember to continue journaling through these steps.