



CENTER FOR TRUE HEALTH

Map Across

- Think about something you're motivated to do.
- Now think about something you aren't motivated to do.
- Notice where the pictures are in your mind. Usually the pictures are in different locations.
- Notice the difference in the pictures (is one in color or in black and white, close or farther away, is the picture clear or grainy/fuzzy, is there a frame around it or not, is there a sound attached, is it a movie or still).
- Can do slingshot or click and drag, like on a computer.
- Take what you don't want to do and move it into the location of the thing you love to do.
- Notice how it changes the feeling.
- Blank the screen and then repeat 4 or 5 times, clearing the screen each time.