

Writing Exercise

The purpose of this exercise is to help you gain greater perspective on yourself and your life. It is difficult to gain perspective when we are in the thick of things.

When things are tough in our lives, we cling on to familiar thoughts, ideas and behaviours. Crises ask us to let go, and change.

In this exercise, think of the rock cliff on the coast line of a turbulent ocean. Narrate this story from the perspective of the cliff. This cliff sees your life and sees the ordeals you are facing. This cliff understands that these challenges are like the waves that constantly crash upon her (or him) and smooth its rocky walls. This cliff comments on how she (or he) perceives what you can learn from this, how you can grow and what you may heal by doing so.

Feel free to use more paper: