

Process chart – getting out of the box

The aim of the process:

To re-examine and explore the places we feel we are stuck in and are "in the box"

To question these places and observe them and take an unpredictable – but very precise step, that will help you to get out of the box: mentally or physically.

Choose an area from your life where you feel you are stuck and would like to get out of the box (relationship/parenting/work related/family/money/sex etc...)

Place the cards facing up, then choose 4 cards that represent this feeling:

We invite you to pause and to observe the cards you chose.
Leave these cards open and continue:

Now choose only one card (from the 4) that is the most accurate and meaningful for you and place it on the chart.



Place the rest of the cards facing down and pick 2 random cards, place them on the chart and ask:

What is preventing me from going outside the box?

What do I have that will help me breakthrough?