

EXERCISE 5: How my life tree looks today

For each of the tree's 4 parts, both write and draw how you experience your life tree today. How strong and vital are your roots? How thick is your trunk? How well-developed are your branches? Are some of them weaker than others? What kind of soil is your life tree growing in?

Use words, pictures, symbols and colours.

If necessary, use a bigger piece of paper.

Show your picture to your partner/friend, and talk about it with him or her.