The Future and Present

Imagine that you are the person you want to become, and you have made the changes in your life that you want to address in counseling. Answer the following questions **as if** you have successfully completed therapy and addressed all your issues.

1. How do you feel?
2. What are you saying in your head about you?
3. What are you saying in your head about others?
4. What are you saying about your life?
5. What are you gaining and what have you gained?
6. What are you giving up?
7. How can you sabotage what you have gained? What will you do to go back to your “old ways”?
8. What will you do instead of sabotaging yourself?

Now answer the following questions regarding what is going on **today**.

1. How are you feeling?
2. What are you saying in your head about you?
3. What are you saying about others?
4. What are you saying about your life situation today?
5. What are you gaining by the life you live today?
6. What are you giving up?
7. How are you sabotaging yourself?
8. What will you do instead of sabotaging yourself?