

TASK: BACK TO THE FUTURE

HEY. HOW ARE YOU TODAY? ARE YOU STILL THINKING ABOUT THE BAD THINGS THAT ARE STUCK IN YOUR HEAD? IT'S HARD SOMETIMES TO BRING YOUR THOUGHTS TO THE PRESENT, AND ESPECIALLY TO THE FUTURE!

BUT IF YOU COULD SEE INTO THE FUTURE, WHAT WOULD YOU HOPE TO SEE AND MORE IMPORTANTLY HOW WOULD YOU HOPE TO FEEL? HAVE YOU EVER IMAGINED YOUR LIFE FREE OF THE BAD THOUGHTS AND THE NIGHTMARES? WHAT IF WE GO ON AN IMAGINARY JOURNEY INTO THE FUTURE TO TRY AND BETTER UNDERSTAND WHAT'S HAPPENED IN THE PAST AND THE PRESENT?

IMAGINE THE JOURNEY INTO THE FUTURE AS A WINDING ROAD. MAKE A LIST OF ALL YOUR HOPES FOR THE FUTURE, FOR EXAMPLE, NO NIGHTMARES, BEING ABLE TO LIVE LIFE WITHOUT BAD THOUGHTS IN MY HEAD. PUT THESE AT THE BEGINNING OF THE JOURNEY. THEN CONSIDER THESE QUESTIONS:

1. **WHAT WOULD I DO IF I COULD SEE INTO THE FUTURE?**
2. **HOW WOULD I FEEL?**
3. **WHAT WOULD I HAVE DONE TO REACH THIS PLACE?**
4. **WHO WOULD BE THERE WITH ME?**
5. **WHAT WOULD BE DIFFERENT TO NOW?**
6. **WHAT WOULD HAPPEN?**

ISN'T IT GREAT JUST THINKING ABOUT THE FUTURE INSTEAD OF FOCUSING ON THE PAST AND THE PRESENT? IT'S A PLACE FULL OF HOPE WHICH HASN'T BEEN TOUCHED YET!

GO AHEAD AND PLAN A JOURNEY TO A BETTER FUTURE, A FUTURE WITHOUT TROUBLES. DISCUSS THE THINGS YOU NEED TO DO IN ORDER TO REACH THE FINISH LINE. OF COURSE, THERE WILL BE OBSTACLES ALONG THE WAY. HOW ABOUT NOTING THESE ALONG THE ROUTE SO THAT YOU'RE READY TO FACE THEM AS THEY APPEAR? HOW WILL YOU OVERCOME THESE OBSTACLES?

SAMSON DREAMS OF THE DAY WHEN HIS MIND WILL BE FREE OF NIGHTMARES AND TROUBLES. A DAY WHEN HE WILL BE FREE TO HELP ON THE FARM WITHOUT REMEMBERING HIS GRANDFATHER'S ACCIDENT ON THE TRACTOR. ARE THERE BETTER DAYS AT THE END OF YOUR JOURNEY?

THERE'S NO RUSH! TAKE YOUR TIME TO GET PAST THE OBSTACLES SO THAT YOU CAN REACH THE FINISH LINE!

