



Have you ever been here?

Discovery & Dialogue Guide

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Have **you** ever been here?



Place a checkmark to indicate the places you've visited.

- The Factory of False Beliefs
- The Canyon of Confusion
- The Dump
- The Bonfire
- Fog of Fear
- Critics' Corner
- Valley of Denial
- The Gusts of Guilt
- Reality Checkpoint
- Bitterness Boulevard
- War Zone
- Shame & Blame Lane
- Reaction Station WYOU
- Addiction Lagoon
- Mire of Misery
- The Fires of Anger
- The Portal of Grieving
- Dark night of the soul tunnel
- Streams of Gratitude
- Survivor Village
- River of Dreams
- Beaches of Bliss
- Light of Truth
- Spirit Spa
- Soul Friends Sanctuary
- The Sky of Grace



Discovery (individual) - Reflect or write on a separate sheet of paper or digital device

- What emotional place(s) have you visited/been to?
- What life lessons, insights, or wisdom did you realize?
- Is there a place you've *not* been to but feel drawn to experience? Why?
- What emotions are you most familiar with? How do they guide or inform your daily life?

Dialogue (group)- Group members are invited to share their answers to the questions above.

NOTE TO FACILITATOR: Allow each group participant to determine their level of participation: whether active listening or vocal sharing.

Invite participants to:

- listen intently and compassionately as others share
- notice any additional insights that emerge for *you* from their narratives
- quietly send loving-kindness to each person in the group