

## Then and Now

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This exercise invites you to compare how you are today with how you were when you were younger and to notice how you have changed over time.

### **Part 1**

Look through some photos of yourself at different ages. If you do not have any photos, then imagine snapshots from scenes in your past.

Choose the images that stand out for you and notice what feelings and memories emerge for you as you look at them. For each photo or mental snapshot, write some feeling words to describe yourself as you were then and perhaps give each image a title.

### **Part 2**

I suggest that you do the next part of the exercise on a walk because the movement of your body may help you to get your thoughts flowing.

The basic question is: How were you then? (sometime in the past.) And how are you now?

To answer the question, try using the following phrasing and some of the prompts:

*Then I used to ... (be/ have/ enjoy/ feel/ think/ value/ believe/ struggle with/ hope for ... )*

*Now I ... (am/ have/ enjoy/ feel/ think/ value/ believe/ struggle with/ hope for ... )*

See what emerges, without trying to force anything. Just see what comes.

### **Part 3**

See if you can put your body into a physical shape that expresses, firstly, something of the person that you used to be and, secondly, how you are now.

Consider how open or closed you are, your facial expression, your sense of personal power and so on.

Is there a movement, a dance or a way of walking, that also expresses how you used to be and how you are now? Feel the contrast.

This is just for you, so don't be shy.

### **Part 4**

In your mind, find two symbols that represent you then and you now. Paint a picture of them both and place them side by side. Then go through the questions in *How to Explore the Meaning of your Picture*.

### **Part 5**

What are your learning points from this exercise? See "*How to draw out your learning*".