

"Observer-Self" Practice

Ayla Sellers, MA, AMFT, RYT - Registered Associate Marriage and Family Therapist

Grab pencil and paper. Make 4 equal boxes on the page by folding or drawing lines*. In each box, draw a tree trunk and branches without leaves
**(or use the images on page 2).*

Add leaves or weather elements to show each tree in one of the four seasons.

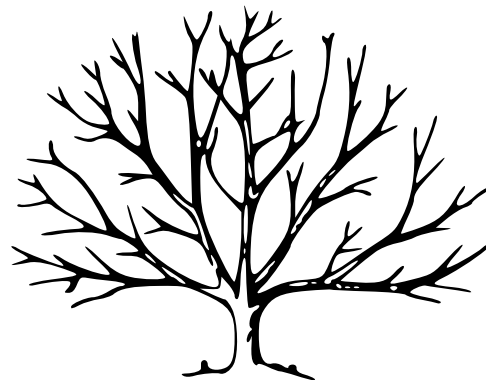
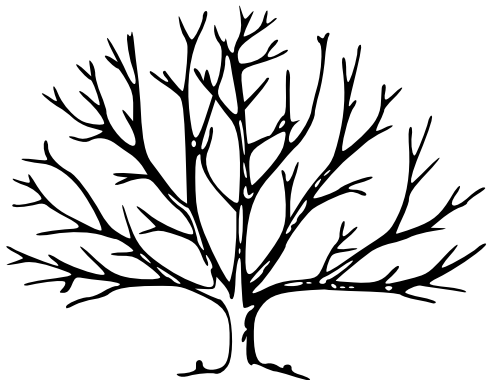
*What are you like during each season?
How do you change throughout the year[s]?*

Look at that paper. *That tree changes throughout time, but is always the same tree, resting in the earth.*

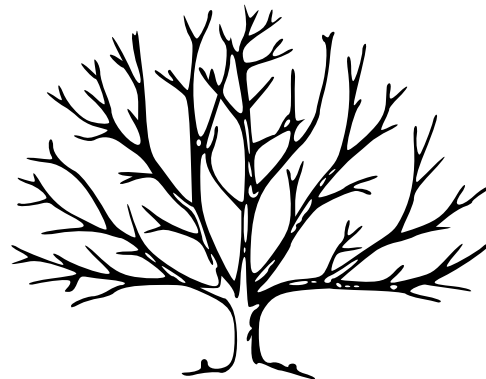
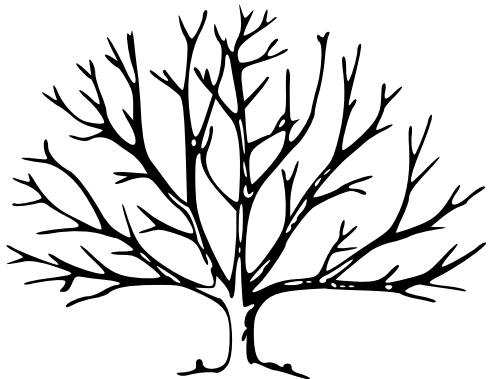
Think of yourself. *Are you the way you appear in different seasons or are you a constant presence responding to & experiencing changes?*

What is that part of you that's always there, observing and experiencing the changing "weather"?

ACT "Observer-Self" Practice



Ayla Sellers, MA, AMFT, RYT - Registered Associate Marriage and Family Therapist (#153182)



We are more than our experiences...

*Root into the present moment as you
allow some space
for thoughts & feelings to grow, change and fall away...*

For more visit: www.rootedhalotherapy.com/resources