

Square-Peg Awareness Exercise



Artwork by Zero G Danno
Exercise by Karen Caterson

You'll need paper and pen - and about 15 minutes of quiet, uninterrupted time - to do this self-help game to enhance paradigm shifting.



Before you do anything else - get comfortable.

Take a few deep, calming breaths. Let tension float away.

When you feel ready - glance at the two graphics on this page.

What do you notice about the art work? Describe what you see - with no feelings attached. Just a description.

Now look back at the graphics - what feelings does it evoke? Is one feeling stronger than another? Can you tell what the feeling is related to (color, shape, a thought that the art work brought up...)?

Look away for a few moments. Take a few deep, calming breaths. Now look back at the art work.

What does it "say" to you? What does it mean?

How can you apply what the art work "says" to you to your daily life?

A big Thank-You! to Dan, from Zero G Danno.com, for these great graphics!!

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