

8.12a The Green Man Exercise

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Name: _____ Date: _____

Sketch a picture below of what you saw when you did the Green Man exercise. It doesn't have to be too detailed if you can tell what the picture represents.

8.12b Reflections on the Green Man

Name: _____ Date: _____

What did you see in the tree? Use what you drew to answer these questions:

What does the picture you saw in the tree symbolize to you? What is the emotional quality of the picture?

What does the picture you saw tell you about your current emotional state?

How does the picture you saw relate to living in your True Self?

What is the overall message your image gives you?
