



QUICKSAND REFLECTION - A MINDFULNESS EXERCISE

Metaphorical Connection

- Connect the quicksand metaphor to your struggles. How does resisting intensify the difficulty?
- Consider the shallowness of quicksand – are your worries deeper than they appear?

QUICKSAND REFLECTION - A MINDFULNESS EXERCISE

Letting Go Journaling

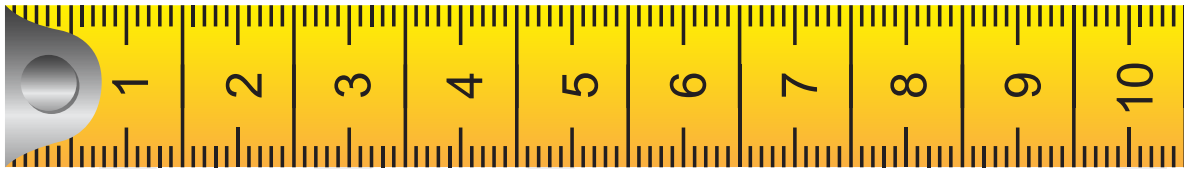
- Journal about the experience of letting go. Imagine yourself floating above the quicksand, detached from worries.
- Describe the sensations and emotions associated with releasing the struggle.



QUICKSAND REFLECTION - A MINDFULNESS EXERCISE

Anxiety Rating

- After completing the exercise, use a scale of 1 to 10 to rate your anxiety.
- 1 = Very Anxious, 10 = Very Calm and Disengaged from Worries.



Closing Reflection

- Consider how this metaphorical exercise influences your perspective on struggles and worries.
- Reflect on the power of acceptance and mindfulness in navigating life's challenges.

