

CURRENT REALITIES

PURPOSE:

So many times the response you give to someone's question of what's happening with you . . . as "not much ... " or "Same old ... same old ... " Current Realities is an exercise in learning to touch base with one's Self, and acknowledge what has been happening in your Life, and to stay current, not focused in our "past" history.

This process brings you up to date, and fully into the moment, ready to move ahead with what IS happening HERE and NOW!

PROCEDURE:

Each person in the family takes 1 minute to tell every one what has been happening with them IN THE LAST 24 to 36 HOURS This is just headlines . . . no details, or long drawn out stories **JUST THE FACTS, MAN!**

EXAMPLE: "I was really busy getting ready to come to Seminar. I did my wash, packed and set everything out so I wouldn't forget anything. I have been really excited about coming . . . looking forward to seeing my friends. I was wondering what the new camp was going to be like. I made arrangements to be picked up early because I was too hyper about coming and couldn't wait. The trip up was fun, and a really pretty drive, too. I'm looking forward to the experiences we will have . . . and I guess that's it."