

# The Green Man Exercise

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, as long as you can tell what the picture represents:

# 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?

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

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

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What is the overall message your image gives you?

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