

Module 1: On the Surface

Session 1: The Clutter



Today we discussed the following:

- ❑ You introduced your self –read it over does it reflect who you are?
- ❑ Created a collage on things that clutter your life
- ❑ Looked at thoughts associated with this collage and the feelings you had while creating this collage
- ❑ Looked at the direction you want to take
- ❑ Discussed other programs taken
- ❑ Thoughts surrounding addictions
- ❑ Addiction as a disease
- ❑ Addictions in the family
- ❑ The 4-rooms—physical, emotional, psychological/mental and spiritual

PORTFOLIO ASSIGNMENT



At the end of each session will be a portfolio assignment—you have also been provided with a portfolio book. In this book I want you to create what addiction looks like to you.



There is no right or wrong answer and this is not about being an artist. You can do a collage, draw stick men or whatever you wish—you just have to make sure that you are able to put something down.