FORM 9.12

Traveling to the Future

We often feel anxious and sad because we have a hard time imagining how things could be better in the future. This is partly because we get so focused on something happening right now or on our feelings right now. But let's imagine that you get into a time machine that takes you to a future where things are better. Use your imagination. What could you be doing that could make things better a year from now? What experiences could you have that would be better? What relationships could begin or become more meaningful for you?

What new experiences could you have?
What new relationships could develop?
Are there things that could happen that would make things better?
Can you imagine being happy? How?
Form a visual image of feeling better a year from now. Describe a story about your life in that future time.

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