

At-a-glance Guidelines for the Pillars of Life Technique without the Play of Life figures

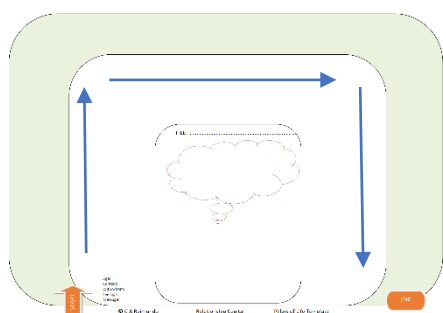
Print the template (page 3) preferably in A3 format for more space. We also encourage you to print it on an A1 page so that you can continue to add memories, drawings or photos as they come to you.

Find a comfortable place to sit. (You may like to have a cup of tea or coffee.) Close your eyes and breathe in and out three times. Think of something you are grateful for in this moment.

I am grateful for: _____

Allow happy, encouraging and life affirming memories to come to mind. These are not only intellectual memories, remember as close as possible, the emotion of the situation that is coming to you. There can be people, books, films, experiences that are important; moments that gave you strength, a sense of love, identity, caring, hope, faith. **If unhappy memories come, dismiss them for now** for the purposes of this exercise. You may recall a sad memory but you'll depict that **ONLY** if you recall a good memory or outcome on that moment, so you only write that. This technique has been designed for the Play of Life (a 3d Simulation technique) to be used in workshops run by Play of Life facilitators. This is an adaptation.

In replacement of the Play of Life figures we will use your index finger to point.



1. Place your finger on the "START" arrow. This represents the beginning of your life (*or the beginning of your marriage, friendship, career etc.*) The end of the pathway is where you are now, in the present.

2. From the "Start" arrow, trace around the inside of the grey pathway with your index finger. Slowly trace through your history chronologically. Keep tracing and allow the memories "to come to you". Continue looking at the stage and where your finger is placed.

Trust the process. Don't try to "remember" events, they will come to you. You may need to start again a few times before the memories start to flow.

3. **Stop when you remember the first happy memory. Describe your first memory** using a pen or pencil draw a dot/circle/square/stick figure of your choosing to represent the interaction with you at that time. Do this within the first white square. Do not write this in the shaded square.

Keep it simple. The memory that comes to mind may not always involve another person. You may have walked into someone's home and heard a message something like, "You are safe here." You may have just scaled a mountain and heard a message, "You are strong and capable." Depict the interaction in your own way.

4. **Linger there for a while and record the following information** right beside the mark or picture you created. If you prefer, write a number and record it on a separate sheet of paper:

- *Age at that time*
- *Context and situation*
- *Name of the person/s involved*
- *Principle feelings/emotions*
- *Message I received using direct speech.* E.g. "You can do it. I believe in you."

The person may not have said anything aloud to you but an important life-giving message was transferred to you as if it had been said: Write the message as you "heard" it using direct speech.

5. **Continue tracing** along the pathway. **Stop** when another happy, life-giving memory comes to mind **and depict** that memory. **Record the details** of the memory beside the new scene you have created.

6. Continue the process until you come to the end of the pathway representing where you are today.
7. **Looking at this overall picture** as if it were a movie or a novel, **give it a title**. Focus on this reality to stimulate your spirit of gratitude and the awareness that you are not alone.

Life is not always happy.

8. **Think of a moment/situation when you feel or have felt really bad**, not- valued, less than capable, unloved or unlovable. Bring that moment into the present. **Look at the white box** in the middle of the template, just below the cloud. **How do you feel in this “bad” feeling?**

You may like to illustrate how you feel in a simple way. Stay with that feeling for a moment.

When you are in this position and feeling this way, **which memory, from the ones you’ve recalled would help you to break that negative feeling, IF you bring it to your mind and heart?**

Look at the messages of affirmation you have recorded on the pathway of the template. Choose one, or a combination of them, that, IF you bring that message to mind will move you into a “better place”. **Record the message of affirmation in the cloud** on the template. Now, **bring to your awareness how you feel having brought the affirmations to mind.**

Look back over the memories and affirmations and imprint them in your heart. Remember them often.

Keep this template somewhere safe. Continue adding good memories whenever you remember a new one. Bringing the Pillars often to your mind will help you develop a strong platform for life.

A grateful spirit will help you to enjoy life to the fullest and to be strong in moments of difficulty. The Pillars of Life will not change the events in your past but can change the lens with which you see the past, the present and the future.

You may like to say thank you or contact the person you remembered. If they are not with you anymore, you may like to keep this in your heart or mention to someone that also knows them and tell them how you thought of that person with gratitude. E.g. someone from your family is not with you anymore, you may contact someone in your family and mention that you remember that person with care.

If you can’t remember anything positive, don’t worry. This is very common, but persist.

The memories are inside you and we know that because you’re alive and with us. – V. Frankl

This technique was developed by Dr. Carlos A Raimundo and is based on Psychodrama theory (Sociometry, Logotherapy, Viktor Frankl – Man’s Search for Meaning).

*Fill your minds with those things that are good and that deserve praise:
things that are true, noble, right, pure, lovely and honourable”*

- Middle Eastern Proverb



Age:
Context:
With whom:
Feelings:
Message:

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Relationship Capital

Pillars of Life Template



TITLE:

