

WHAT ARE YOU CARRYING?

Spend some time thinking through all the people, circumstances and situations you are carrying.

As you begin this process, I wonder what other things are revealed that you had forgotten?

What are the different layers of emotions you feel about these things?

Are all of the things you are carrying yours to carry or have you swept up other people's stuff and thrown it in your bag too?

What needs to go back in the bag and be carried for a little while longer?

What doesn't need to keep being picked up and put in the bag and carried around?

You might like to write or draw on the bag or just use it to look at and imagine.

