

# The Matrix

Here and now  
Behaviour & sensations

OUTER

3

What do you do to  
escape unpleasant  
thoughts and feelings?

4

What actions can you take  
to move closer to what is  
important to you?

*I observe*

FROM

What don't you want  
to think about?  
What don't you want  
to feel?

2

What is important to  
you in your life?

1

TO

INNER

Private experiences  
thoughts, feelings & memories

