Session 1: The Sailboat Metaphor

1. Homework Exercises

Going Deeper Into the Sailboat Metaphor

This session was all about getting to grips with the Sailboat Metaphor, which will be our companion right through this programme. So, to make sure you can get the most out of the Sailboat and all it contains, take some time to familiarise yourself with the link between, in particular, the compass, captain, and emotions. Then allow yourself some time to consider what it would look (and feel) like to be the captain who uses the compass in the best possible way.

Exercise 1

To familiarise yourself with the sailboat metaphor, consider the following questions and write your responses in the provided spaces. You can tackle each question by clicking the question tabs. Try not to rush your responses, and be honest in your self-assessment – in other words avoid giving responses you think are the ones you *should* give rather than themes you want to give – no-one else will see your responses unless you choose to share them.

Question 1:

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Question 2:

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Question 3:

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Exercise 2

In this exercise you are will envision yourself as a captain who uses their compass in the best possible way to guide their journey. You'll start by considering how you, the captain, *currently* use, think about, and interact with your compass (your current relationship with emotions). Then, in question 2, you'll think of yourself as a skilled captain, using your compass wisely to guide your journey in the best possible way. Finally, in question 3, you'll reflect on what completing this exercise revealed to you.

Question 1:

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Question 2:

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Question 3:

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