

PREPARATION PHASE
Action-Able Exercise P8:
See your Tempted Self

Imagine your Tempted Self and create a simple picture using images or words to help you see this character clearly. Focus on the distinctive features so you can tell who's who. How will you tell the difference between the Inner Critic and the Tempted Self? Again, decide about gender. Does Your Tempted Self loom over you in height, or is it small and mischievous? What is your Tempted Self holding or wearing? How can you show the dopamine-fueled anticipation? There might be drool involved or something else to show its intense emotion. Use a speech bubble to show what the Tempted Self says to provoke your lapse. Sketch, write or collage online images to see your Tempted Self clearly.

Tempted Self

