E-BOCK

FOR YOUNG PEOPLE

HOLISTIC BOOK FOR SELF-REFLECTION AND MENTAL HEALTH



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Find us on:









ABOUT THE PROJECT

The project "Become who YOU are" (BeYOU) is designed to empower young people aged 16 to 25. It provides comprehensive educational, vocational, and social guidance through a training programme to help young individuals shape their personal and professional futures. The Training Programme is targeted at coaches, trainers, educators, facilitators, counselors, and other experts working with young people to exchange and acquire new knowledge and skills of the innovative therapeutic methods based on destinoterapy, a holistic CRAFT programme, and the 3E method (EMBODY. EXPRESS. EMPOWER: Realise yourself). One of the project activities is guiding young people on their paths to self-discovery and self-development through face-to-face workshops conducted in project partners' countries. By means of the workshops, the participants had the opportunity to take a close look at their deepest fears and all the obstacles preventing them from becoming who they genuinely want and need to be. The participants were also aware of the limiting beliefs and learned a technique to replace them with new ones that would help them on the path to their self-realization and self-improvement.

KEY OBJECTIVES

BeYOU focuses on the following objectives:

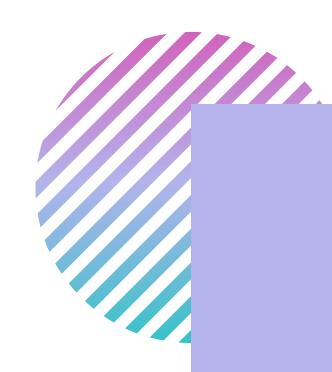
- Youth Empowerment: Equipping young people with tools for informed life and career choices.
- Inclusion: Enhancing the inclusion of young individuals, especially those with fewer opportunities.
- Innovation: Creating an innovative model for comprehensive youth development and sustainable socioeconomic growth.
- Capacity Building: Improving partner organizations' skills in delivering effective training related to self-actualization.

TARGET GROUP

The primary target group is young people aged 16 to 25, particularly those at a crucial juncture in making life and career decisions. The project aims to engage participants from diverse backgrounds, including those with fewer opportunities, NEETs, youth with migrant backgrounds, and individuals with disabilities.

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WHATIS IT ABOUT?

Hey there!

This e-book is all about YOU leveling up your life, both personally and professionally. Think of it as a toolbox filled with simple exercises and mind-blowing methods, it'll help you discover who you truly are and what you're capable of achieving.

Think of it as your own secret handbook filled with innovative hacks (think mind-blowing tips and tricks) to unlock your full potential. It shows you three awesome methods created by experts:

- **Destinotherapy:** Imagine a choose-your-own-adventure for your emotions! This helps you explore different paths and understand yourself better.
- 3E Method (EMBODY. EXPRESS. EMPOWER): It's all about getting in touch with your body, mind, and voice to become the boss of you!
- CRAFT methodology: This one helps you craft your own unique story and overcome challenges like a superhero!

These methods are like super tools that combine different techniques to help you heal, grow, and feel amazing. *\top They're all connected, because just like mind, body, and soul, they work best together!

The coolest part? This book is your personal playground! You can adapt the exercises to fit your life, whether you're chilling at home or crushing it at school. Plus, there are tons of tips to boost your confidence, figure out your strengths (and maybe some weaknesses), and deal with stress like a champ.

So, if you're ready to become the best version of yourself and reach for your biggest goals, dive into this book! It's like having a personal coach cheering you on every step of the way. Remember, anyone can use this guide, no matter where you're at in your journey. You got this!

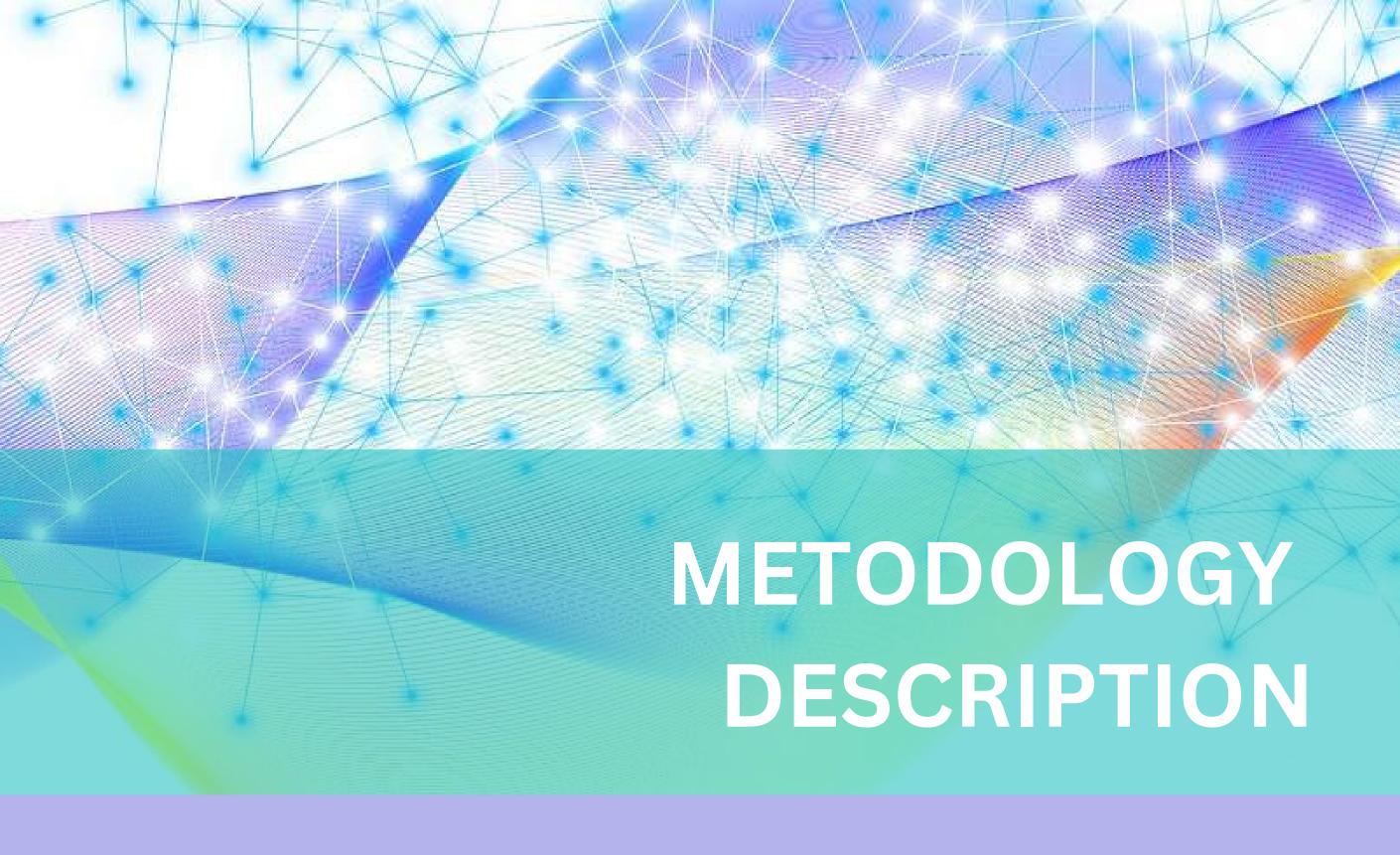
Bonus: This book is like a choose-your-own-adventure too! Skip around, do the exercises that speak to you, and make it your own personal growth journey.



DESTINOTHERAPY

Developed by DivieniChiSei APS, ITALY

The best way to make your dreams come true is to wake up - Paul Valery



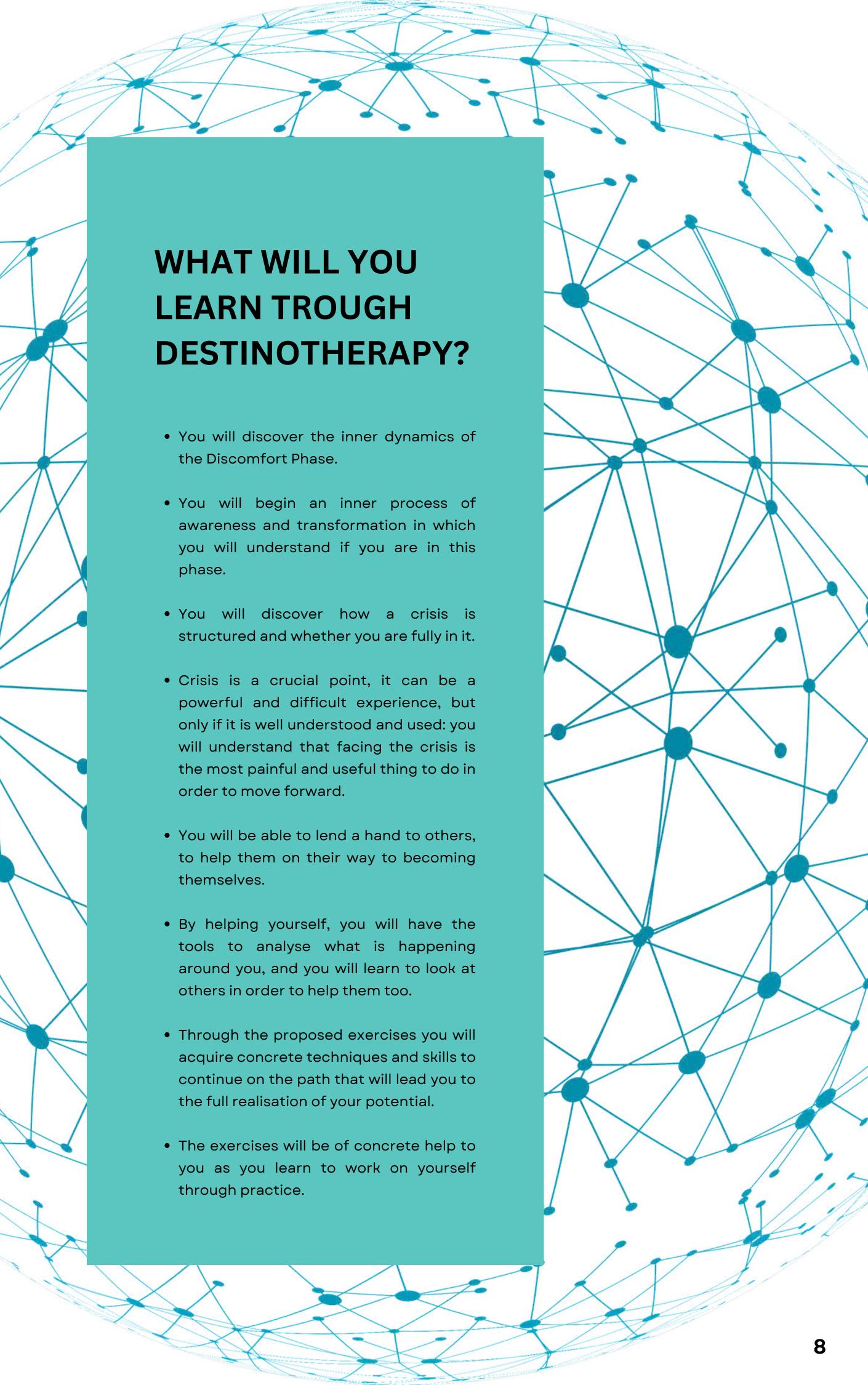
Destinotherapy: The Method

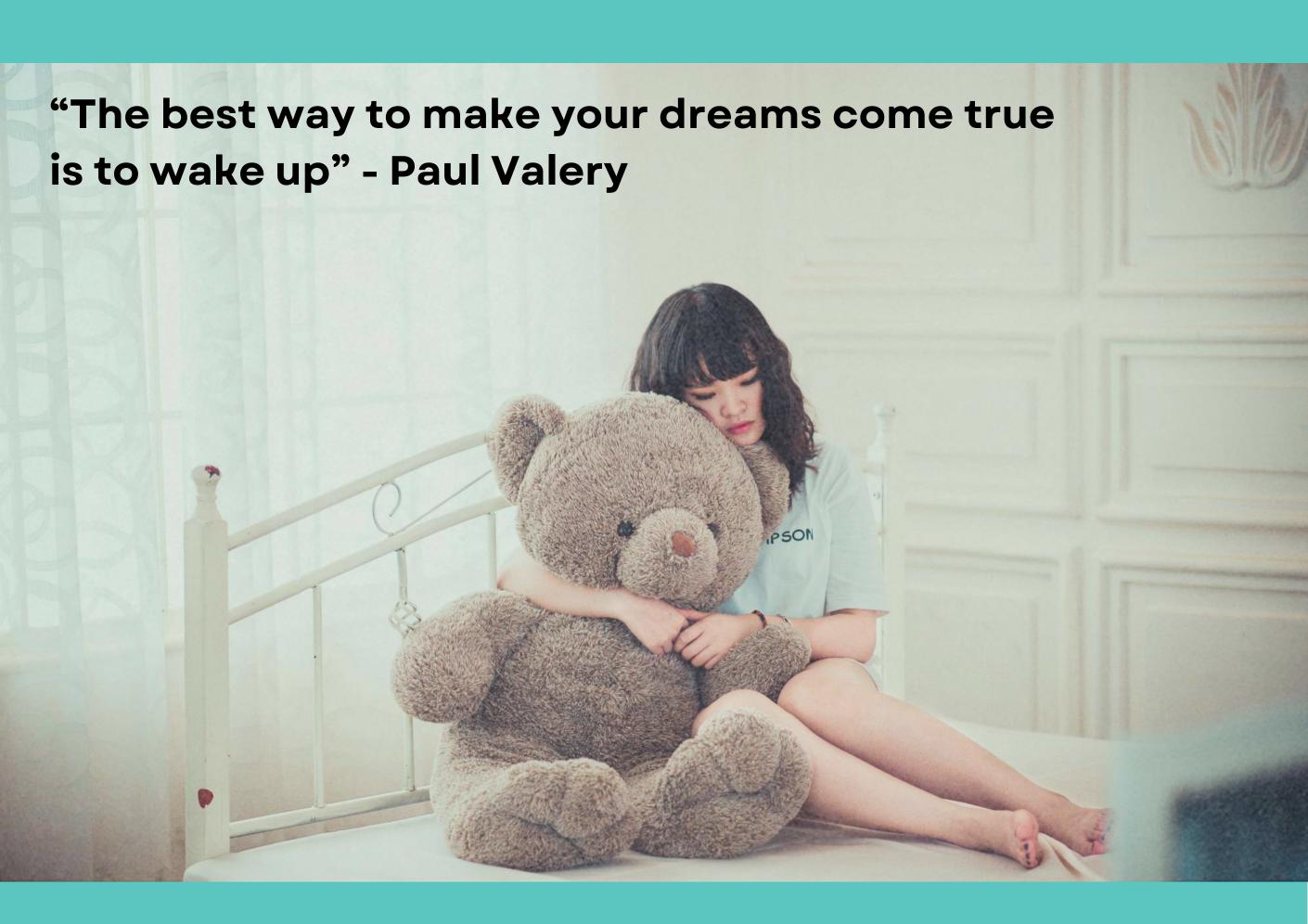
Many times in our lives we feel the need to take stock of what has happened, to stop, to pause a mechanism that not only destroys us, but often simply does not seem to allow for silence, reflection, and analysis. It is true that what we experience does not immediately need an explanation or a meaning in order to be real, just as it is true that the objection that this society throws at us is true: you cannot explain everything, you cannot believe that everyone is extremely aware of what they are doing.

This is the point: not all of us are aware of what we are and the choices we make, but behind every choice, there is always an explanation, a reason.

Destinotherapy is based on the idea that each of us is born with a precise and Unique Project, an Ideal Destiny to fulfill an Existential Purpose. But then something gets lost, we no longer see the path, and we lose our guide: the more or less serious anxieties and neuroses of everyday life lead us away from our destiny. So it is only by correcting every factor of imbalance that we can succeed in seeing that purpose manifest again. And it is in this new light that 'symptoms' cease to be simply annoying limitations on subjective well-being. They become first signals, messages, and, finally annoying alarms about a deviation from the original path that leads to self-fulfilment. But the question is, why do certain moments of discomfort suddenly cause anxiety and demotivation?

This is the signal of progress that we can use to move forward in our existence in a better state. Every crisis is a stalemate, but it is positive, it can be used to feel the emptiness and to be still, it is a spirituality that stops looking for an answer and urges us to act. Some people spend their whole life navigating through the discomfort: they hope to get out of it by going back, but going forward and going through all the fatigue of the crisis helps to understand that in order to evolve you have to reach the point of no return. Each of us can have a period of anxiety, stress, or more or less serious disorders, depending on the case, but if sometimes the discomfort is discontinuous, the moment can come when the discomfort becomes continuous. This is the first stage of becoming yourself.





THE PHASIES

PHASE I: Discomfort

In the case of permanent discomfort, one or more disturbances occur that affect the person.

This evidently happens in stages: first insomnia, which gives way to physical complaints (e.g. gastritis, migraine), until a state of anxiety sets in. It is also the case that the complaints can be seen in a single disorder, which may seem more benign, but which conceals a great deal of resistance.

So what determines the duration and frequency of these episodes? On the degree of maturity of the discomfort, on how much, how and why it affects us.

LET'S FIND OUT TOGETHER WHAT AND HOW MANY DEGREES OF DISCOMFORT THERE ARE!

THE THREE DEGREES OF DISCOMFORT

Initial degree: Evolutionary readiness

In the first degree, the discomfort is painless and apparently imperceptible. It is observed in people who do not question themselves, who appear to be enthusiastic about life, even though they are actually in a state of 'evolutionary stand-by. They are content with basic needs, distancing themselves from their inner emptiness with superficial entertainment or the accumulation of material goods, and even those who appear successful may hide this discomfort.

The discomfort often manifests itself in nocturnal, dreamlike moments, but when we wake up we are unable to recognise it and tend to forget the discomfort that suggested information to us during the night.

Intermediate degree: Embryonic dissatisfaction

In the second degree, there is a feeling of embryonic dissatisfaction. The lack of meaning in life is vague but manifests itself as stress or anxiety. Physical problems may occur, contributing to psychological malaise. The question "Why me?" arises, and sleep may be less restful.

Advanced degree: Mature Dissatisfaction

At the third level, dissatisfaction becomes constant and mature. In addition to real problems, intangible deficiencies are perceived. More intense disorders such as panic attacks and depression may appear. Organic and endocrine problems may manifest and the delay in recognising and dealing with the phase of advanced dissatisfaction may lead to disorders and illnesses that affect the quality of life. A crisis at this point becomes desirable.



Notes by Dr Rosario Alfano:
At this stage, there can be no
exercises because the individual is
not yet aware of the path he is
about to take and is not yet
inclined and responsive to any
exercise.

Only those who are external to those who are on the path can, through subjective modalities and acting as personal mirrors, stimulate and accelerate the transition to the crisis phase, highlighting the individual's stasis. At this stage, the individual is rarely able to perceive his or her situation; it will often be necessary for others to provide awareness.

PHASE II: The Awakening Crisis

We are in the second phase: the Awakening Crisis

The malaise intensifies and, unlike the previous phase, affects not only the mind and body but also the spirit. Suffering is linked to a deep lack and the question is no longer "Why me?" but "What for?". It becomes clear that the symptoms are merely the consequence of a lack of answers. It is important to note that at this stage the discomfort is not caused by external factors but by the lack of an internal response. Again, there are different degrees.



THE THREE DEGREES OF CRISIS

First degree: Inner deficiency

The symptoms seem similar to those of advanced malaise, but I now know that external factors are not to blame. I do not attribute the malaise to bad luck, negative events or physical or mental conditions. I am now aware that my malaise is due to something I am deeply lacking, primarily in my inner self and consciousness. I feel a lack of correspondence between my inner disposition and my present.

Intermediate level: intolerance of the status quo

At this level, symptoms persist or increase, and there is a growing intolerance of routine and daily role. The intolerance can be towards people around us, at school, university, work, family or friends. Reality becomes like a dress that is too tight and irritates the wearer.

Advanced level: Introspective Frenzy The Dark Nights of the Soul

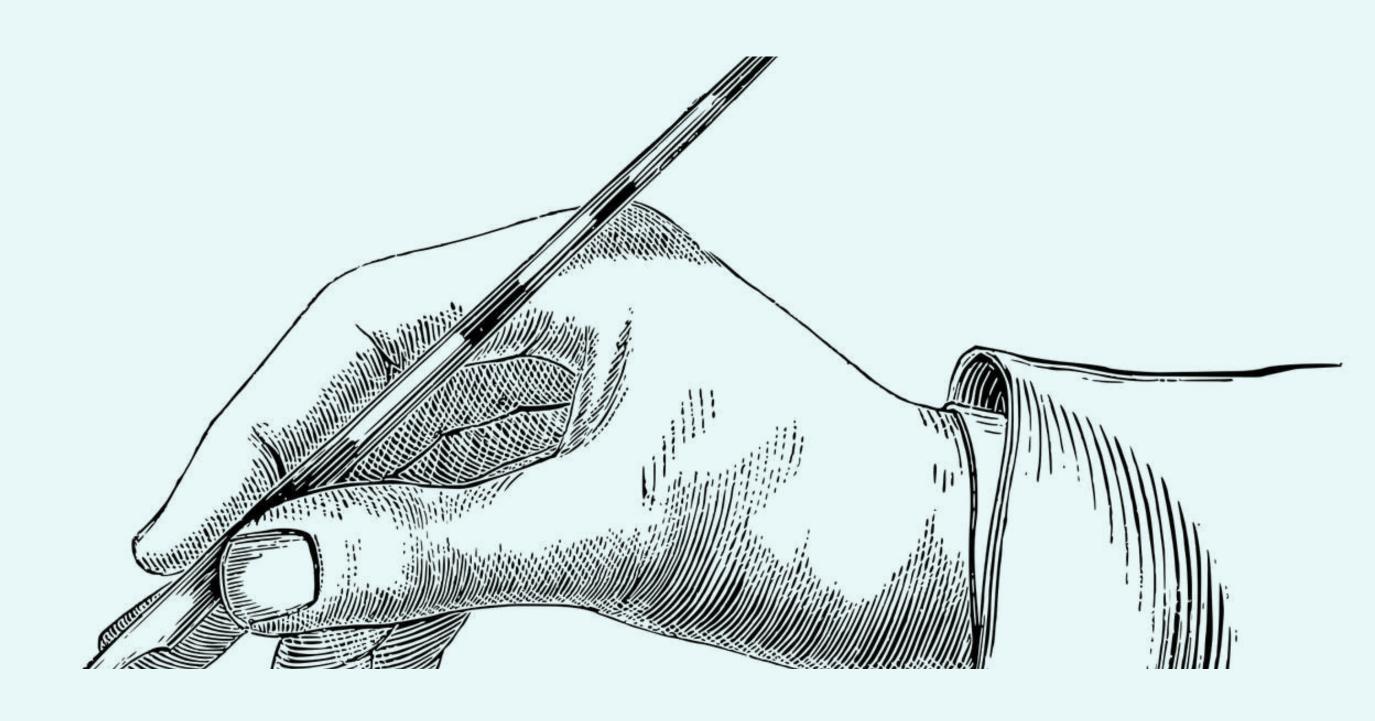
Symptoms intensify with sleeplessness, gloom and a desire for isolation. There is an urgent need to name this inner lack and to seek answers through introspection, self-analysis, spirituality or psychology. The search for meaning becomes a priority, and there is a willingness to work on oneself, experimenting with new techniques and processes to get out of pain and closer to happiness.

The dark nights of the soul

In the advanced stage of crisis, there are two 'dark nights'.

First, there is the night of the senses, the most critical point, the moment of maximum disturbance of the senses. Then there is the night of the spirit, and one is attacked by the lack of even spiritual, metaphysical, and religious points of reference.

EXERCISES



EXERCISE 1

Reflection on the crisis (questions to ask yourself)

- Can your current crisis be seen as a moment of opportunity for transformation and personal growth?
- What goals can you set at this time to align yourself with your destiny and move through the crisis constructively?
- How can relationships support you during the crisis?
- How can you cultivate relationships that reflect your path to self-actualisation?
- How can you take care of yourself emotionally and physically during this difficult time so that you emerge stronger and more centred?
- How can your passions guide you through the crisis?
- How can you integrate what you love to do into your healing and growth process?

- What aspects of yourself can you explore and develop during the crisis for meaningful personal growth?
- How can your work contribute to overcoming the crisis and aligning with your deeper purpose?
- How can you shape your future in a positive way, even in the face of crisis?
- What steps can you take now to get closer to your long-term vision?
- How can you practice gratitude even during a crisis?
- How can it help you maintain a positive, centred perspective on your destiny?
- How can you see your current crisis as an opportunity to face and overcome challenges in harmony with your destiny?

EXERCISE 2 - VISUALIZATION



Visualization: The search for your authentic nature

1. Preparation

- Find a quiet place where you can sit or lie down comfortably, without distractions.
- Close your eyes and breathe deeply for a few minutes to relax.

2. Visualization

- Imagine yourself in a beautiful place surrounded by nature. It could be a forest, a beach, or any place that brings you peace and serenity.
- Walk through this environment and notice the details around you: the colours, the sounds, the smells. Suddenly a source of radiant light appears in front of you. This light represents your authentic nature, your deepest essence.
- Move closer to this light and feel its positive energy surrounding you. Observe how this light reflects your true nature, your talents, your passions and your purpose.

3. Self-analysis questions

- In the presence of this light, ask yourself, "What are the most authentic qualities of myself that are emerging in this moment of crisis?"
- Observe how your authentic nature responds to the current challenges and consider how you can honor this part of yourself in your healing journey.

4. Integration

 Close the visualisation by thanking your authentic nature for sharing its light with you.
 Note any feelings, visions or insights you experienced during this exercise.

5. Final consideration

- Slowly open your eyes and consciously return to the present.
- Reflect on what you experienced during the visualisation and make a note of the perceptions you find significant. This visualisation exercise can help you connect with your authentic nature, allowing you to gain a deeper understanding of yourself in a moment of crisis. Continue to explore these reflections and use what you have learned to guide your decisions and actions as you face life's challenges.



PHASE III: THE CALL

You are about to embark on a crucial journey: understanding your calling is crucial to moving in the right direction. Who are you really? What is your essence? Should your calling emerge: music, art, science, medicine, defence of the weak, writing, nature, food, beauty? Can you be an excellent teacher, a brilliant student, an upright judge, a talented engineer?

It is time to confront yourself and make changes if you are following a path that you do not feel is yours. You may have chosen a course of study or a job that does not really suit you, the result of compromises and wrong choices. You may have the wrong partner or inauthentic friendships to avoid loneliness. Maybe you live in a place you don't love, but you accept it.

Now that you are about to realise your calling, be prepared for stressful moments. Be prepared for all that you are and have been cannot continue to exist around you and within you. It is a matter of surrender and rebellion.

Rebel against those who have tried to suppress your authentic feelings and embrace the real you. Your feelings are the lifeblood of your calling, they nourish it and allow it to flourish.



Osho says:

"Showing your feelings and being yourself is difficult because for thousands of years you have been told to suppress your feelings. It has become part of the collective unconscious. For thousands of years you have been told not to be yourself: be like Jesus, be like Buddha, be like Krishna, but never be yourself. Be someone else. You have been taught this over and over again, for centuries, and with such insistence that it has seeped into your blood, into your bones, down to your marrow. A deep denial of yourself has become part of you.



YOUR calling

We will guide you through a practice of deep listening, decoding and transcribing your call. You will use techniques of intuition, verification, redefinition and perception, repeating the cycle until your call is as clear as spring water.

LITT'S BIFGINI

Once you have accepted the message, a journey begins that will transform your existence. You will be called to temporarily cut your roots, as the Italian writer Pino Cacucci says: "Roots are important, but we have legs made to go elsewhere".

You will feel fear and anxiety, which is normal when "the journey begins where the rhythm of the heart is exposed to the wind of fear" (Fabrizio Resca, Italian traveler and writer). But alongside the fear there is curiosity, the enthusiasm of the child, the excitement of promise and discovery about yourself, about others, about the universe. You will be challenged by the opposing forces of fear, doubt, and reluctance, and you will need to constantly practice the three evolutionary practices of removal, change and development.

Understanding who we are: the 3 ways

The call, or vocation, manifests itself in three different ways. For some, it is a voice or a sound message announcing their purpose, while others see the call as an image or scenario outlining their future. Some experience the call through physical sensations such as shivers or convulsions. Each mode has its advantages and disadvantages: the first may be the lack of a clear vision, the second the lack of a useful obsession, and the third may make the person more instinctive without a reference scenario. Despite the differences, each way is sufficient to accept one's vocation. In Destinotherapy, one can practice specific exercises to hear, see and feel one's vocation.

Pseudo-calls or external commands

Discomfort - external commands

In the Discomfort phase, influential people dictate who you must become and what you must achieve to be happy, turning these dictates into External Commands. The next Crisis marks the beginning of personal emancipation, during which you may encounter pseudocalls or External Commands in disguise.

Compromise, risks and solutions

Compromise can be good when it achieves a harmonious balance, but it becomes impairment when it leads to a degradation of your original design. If you have already made compromises, you can 'fix' them or, if possible, eliminate them. Dealing with compromise can also take time and effort.

Pseudo-Calls - Siren Song and Compromise

The siren song may present itself as seductive or alarming advice, but both are more subtle versions of external commands. Compromise, as a result of promises made to someone else, can lead to choices that do not truly reflect one's true self.

Undoing the compromise

On the journey to your destiny, siren songs and compromises may temporarily distract you, but the true call will powerfully replace them. If you are stuck in one of these states, you can reduce the damage by making space for your call to awaken, even if life has moved on.

This path of awareness will guide you through the critical stages of your evolution, allowing you to recognise and answer your true call.



EXERCISE FOR THE CALLING

The signs of childhood

- To begin this exercise, it is important that you find a moment to go back in time.
- Use scenes that you remember from your childhood: reacquaint yourself with the emotions and feelings of the first 6/7 years of your life.
- Don't worry if they are only fragments, flashes, help yourself to photos.
- Look for clues to your vocation, as if you were a detective, look for your passions, the costumes you wore, the phrases you said, the games you played.
- Ask your family members what they remember about what you wanted to be when you were growing up, because perhaps among the things you said most often was the seed of your vocation.
- To continue with this technique, which will help you to deepen your vocation, I will show you how to think through a small diagram.



- Start by dividing a sheet of paper into three columns and in the first column write the word MUST, in the second column write the word CAN and in the third column write the word WANT.
- In the I MUST column, write everything that concerns you that contains the word I MUST. This is the column that fulfils not your needs but someone else's needs, implicit or not implicit orders that you have received during your life.
- In the I CAN column you write all your conditioning, your insecurities. When you feel the
 possibility of doing something but cannot express it directly as a will.
- In the WANT column, write down all the things that concern your instincts. Here, at the end of the exercise, you will find a clue to your vocation: we are looking for clues to answer the question "What is my vocation?



PHASE IV: Rejection and the Shadow

Having embarked on the journey to your calling, you will face the challenge of rejection. It will be a period in which you will have to deal with uncertainty, fear and demotivation. The key to overcoming this phase is to keep returning to the moment when you felt the call, and to regain those feelings of authenticity.

But rejection will not be the only obstacle to overcome. You will also face a 'dark test'. During the journey, as well as moving forward, you will also have to 'descend' into yourself. Here you will open the door that leads to your dungeon and explore the darkness and the deepest layers of your consciousness. You will find a part of yourself that is shrouded in shadow, containing thoughts and emotions that you have avoided facing.

This entity, called the Shadow, is fundamental to your happiness and survival. It is not inherently negative, but rather a matter of interpretation and integration. The Shadow holds the roots of your rational part, and the process of lovingly integrating this part allows you to reclaim your most complete and authentic nature.

Don't be afraid to find something scary, something dark, something ugly.

Discover what there is to discover. Whatever you encounter, understand it and integrate it. It is part of you. Remember that Goethe wrote: Where the light is brightest, the shadows are deepest. So even if your shadow is very black, rejoice, it means that you are a soul potentially full of light.

The Destinotherapy method offers many techniques to help you through this phase.

You will experience fear and embarrassment, you may feel anger and other unpleasant emotions. But all this will give way to wonder, to the feeling of joy typical of those who reunite with a loved one. At the end of the process you will feel whole, complete, richer, authentic, ALIVE.

Self-sabotage and destiny: recognising and removing negative resistance to self-actualisation

When embarking on the journey towards your calling, you may encounter resistance represented by the opposing forces present in the Rejection and Shadow phases. These resistances can be positive in that they act as slowing signals that require further reflection on your calling, or negative in that they tend to sabotage your path. It is important to recognise and understand the nature of these resistances.

Positive resistance may manifest itself as physical signs such as cramps, shortness of breath, temperature changes, which indicate the need for further investigation of the call. It can also manifest as a feeling of being surrounded by an energy field, suggesting that time is needed to process the discovery.

Negative resistance, on the other hand, arises from the desire of the derived self to maintain the status quo. It is expressed through doubts, fears and apprehensions related to past experiences. Addressing this resistance involves balancing the mind and body through meditation and contemplation exercises. Clearing these blocks is essential to the path of Self-realisation.





EXERCISERejection and Shadow

In this stage, we can rationalise, translate and understand fears, doubts and resistances that do not have specific characteristics through the following questions. Try to ask yourself these questions several times a day and then read your answers again.

- What am I afraid of: _____
- What are my doubts:
- What makes me indolent towards the call I have guessed ______

Key elements of creating a life plan

Overcoming doubts and fears

At this point, you have faced your inner resistance and embraced your authentic nature and talents without reserve.

Setting specific goals

Clearly identify goals that reflect your individual purpose, including short-term and long-term goals.

Prioritise and sequence

Establish a priority order for your goals, recognising which must be addressed first to facilitate the success of others.

Allocate time and resources

Determine the time required to achieve each goal and allocate the necessary resources, such as time, money and effort.

Identify allies

Identify people, communities or external resources that can support you on your journey.

Skills to acquire

Identify the skills or knowledge you may need to achieve your goals, and be prepared to acquire them.

Overcoming limitations

Identifying current limitations and strategies to overcome them progressively, integrating lessons learned.

Appropriate tools

Identifying tools or resources needed to support the achievement of goals.

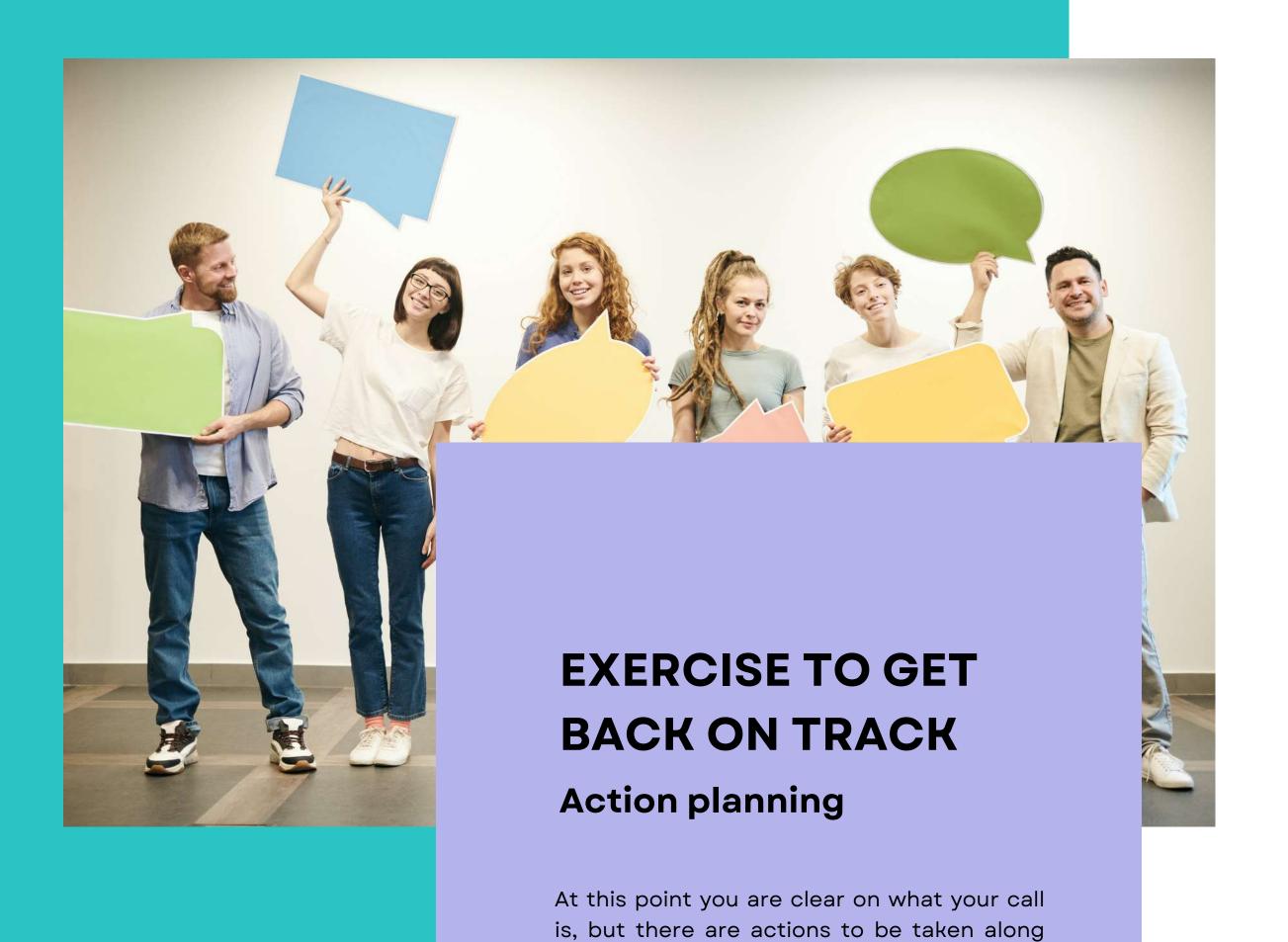
Advanced NLP Goal Management Techniques

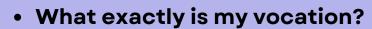
Uses advanced NLP techniques to enhance visualisation, internal language and cognitive strategies to increase the likelihood of success.

PHASE V: Getting back on track action planning

In the fifth phase of
Destinotherapy, once doubts,
fears and resistance have been
overcome, the focus shifts to
defining a concrete life plan.
This plan not only includes
specific goals, but is also based
on advanced NLP (NeuroLinguistic Programming) goal
management principles to
maximise effectiveness in
realising your talents and true
nature.







• What is preventing me from reaching it?

with the necessary mental clarity. You need

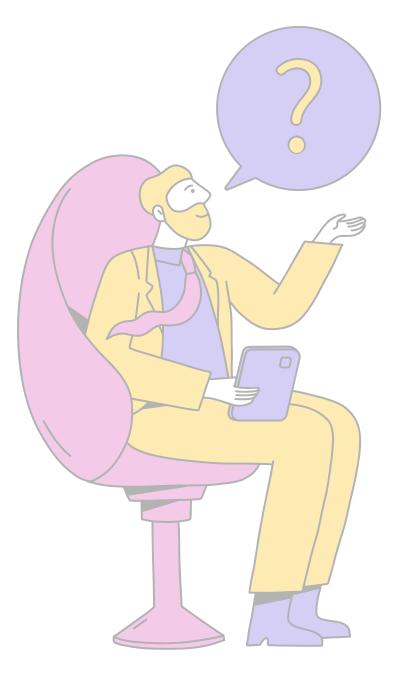
to think in stages and be able to time your

actions. You can start by answering the

- How can I remove the obstacles?
- How quickly can I reach my calling?
- What resources do I have?
- What resources do I lack?
- How can I acquire the missing resources?
- Who can help me?

following questions:

- What are the first three actions I need to take?
- In how much time do I have to do these three actions?
- Am I sure this is what I want for my happiness?
- Who will be at my side when I fulfil my vocation?
- Who will I risk losing?
- What will the world gain when I have realised my calling?
- What sacrifices will I be willing to make?



PHASE VI: Becoming Yourself Discovering Your Talents

In the practice of Destinotherapy, reaching this stage is a crucial step on the path to self-actualisation. At this stage the self-actualised person has accepted who he or she really is, both in action and in essence. However, this process is not only about adopting new patterns of living but requires a deep work of harmonization between the new and old ways of living, so that the positive and meaningful aspects of the past are preserved.

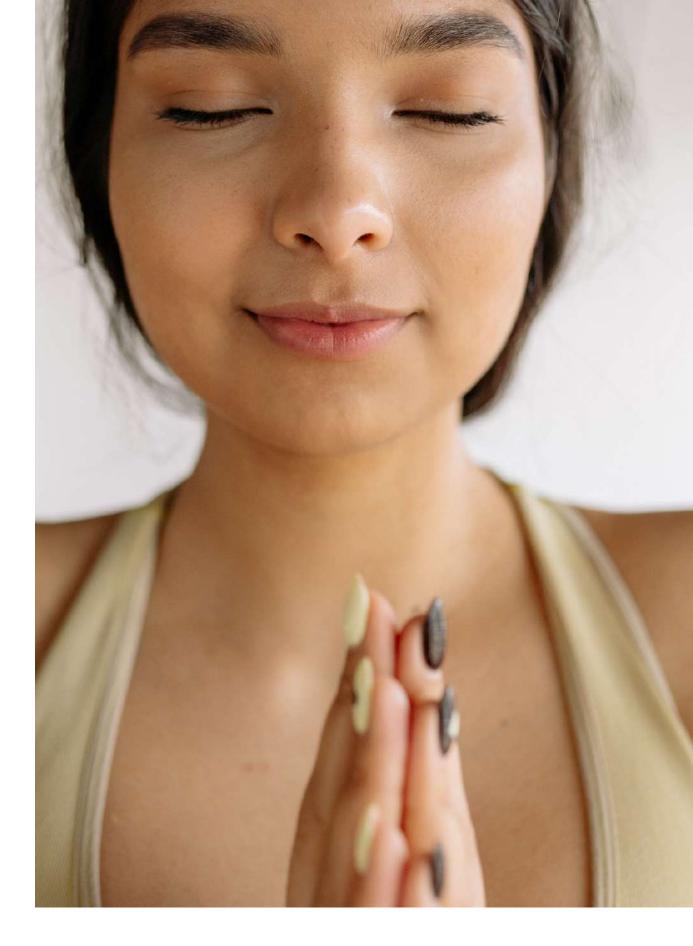
Harmonisation of life patterns:

During this phase, the self-actualised person actively engages in balancing the new way of life with the positive elements of the past. This involves identifying and integrating aspects that are in harmony with his or her authentic nature.

Maintaining relationships and affections:

The self-actualised person recognises the value of established relationships and affections built up over time. In this context, the person is committed to maintaining and enriching those relationships that make a positive contribution to his or her life.





Positive impact on society:

The transition to the new way of life is directed towards preserving and embedding the positive impact the self-actualised person has had on society to date. This may involve identifying specific contributions that can continue to be a source of inspiration and well-being for others.

Deep reflection:

This phase encourages deep reflection on the coherence between the new path and the core values of the Self-Fulfilled Person. This process of self-inquiry helps to ensure that any change is consistent with the person's authentic essence.

Balance between old and new:

The ultimate goal is to achieve a harmonious balance between the old and new ways of life. This not only preserves the significant heritage of the past, but also enables a gradual and sustainable transition to a future aligned with the individual destination.

In summary, this phase is a call for awareness, reflection and integration. Through this process, the self-actualised person can fully embrace their authentic nature without compromising valuable aspects of their past journey.

Advanced Visualisation Exercise

Reconciling the Old and the New

This visualisation exercise is designed to enhance the integration of the old and new aspects of yourself, thus fostering a process of deep reconciliation.

Preparation

Find a quiet place, free of distractions, where you can concentrate fully on the exercise. Make sure you have a notebook and pen to write down your reflections.

Deep relaxation

Sit or lie down comfortably. Close your eyes and begin to breathe deeply, focusing your attention on your breath. Imagine a golden light that wraps around you, bringing a feeling of calm and serenity.

Scene of the Old Self

Visualise your old self in a familiar and comfortable scene. Observe yourself, your actions, relationships and highlights of your past life. Pay attention to details that evoke feelings of belonging and familiarity.



Scene of the New Self

Imagine now your New Self in a bright and inspiring environment. Visualize the way your new way of life manifests, incorporating the most authentic aspects of yourself.

Observe the new relationships, activities, and values that characterise this stage of your life.

Bridge of Reconciliation:

Imagine a bridge connecting the two scenes. This bridge represents the gradual and conscious transition from your old reality to your new one. Walk across the bridge with intention, reflecting on how you can honour the past while embracing the future.

Dialogue With Your Old Self

Approach your Old Self at the past scene. Begin a loving dialogue, expressing gratitude for past experiences and sharing enthusiasm for change.

Conscious integration

Walk across the bridge with your old self, merging the two realities. Watch as the old and the new begin to integrate into one harmonious path of growth

Exploring the Harmonised Future

Now imagine your future self, unified and harmonised. Visualize how this merging creates a more complete and authentic version of yourself. Explore the new way of living, focusing on how you can bring the most significant aspects of the past into your present and future.

Personal Commitment

Close the visualization with a personal commitment. Write down in your notebook the concrete actions you will take to maintain this integration in your daily life.

Gradual Awakening

Gradually return to the awareness of your present breath. When you feel ready, open your eyes.

Final reflection

Write down in your notebook the sensations, images, and insights that arise during the exercise. These reflections can guide you in your ongoing integration process.

This advanced visualization exercise is designed to foster a deep reconciliation between the old and new selves, creating a conscious and loving space for integration and continued growth.



Developed by Association Euni Partners, BULGARIA

METODOLOGY DESCRIPTION

DISCOVER YOUR TRUE SELF WITH THE BE METHOD

Imagine you're playing a video game where you're the main character. You're given a mission, and you have to figure out how to complete it. But there's a catch: you don't know the rules of the game, and you're not even sure who you are or what you're capable of.

That's kind of like how we all feel sometimes. We're constantly bombarded with messages about who we should be, what we should do, and how we should act. But we don't always know what's true or false, and we're often afraid to be ourselves.

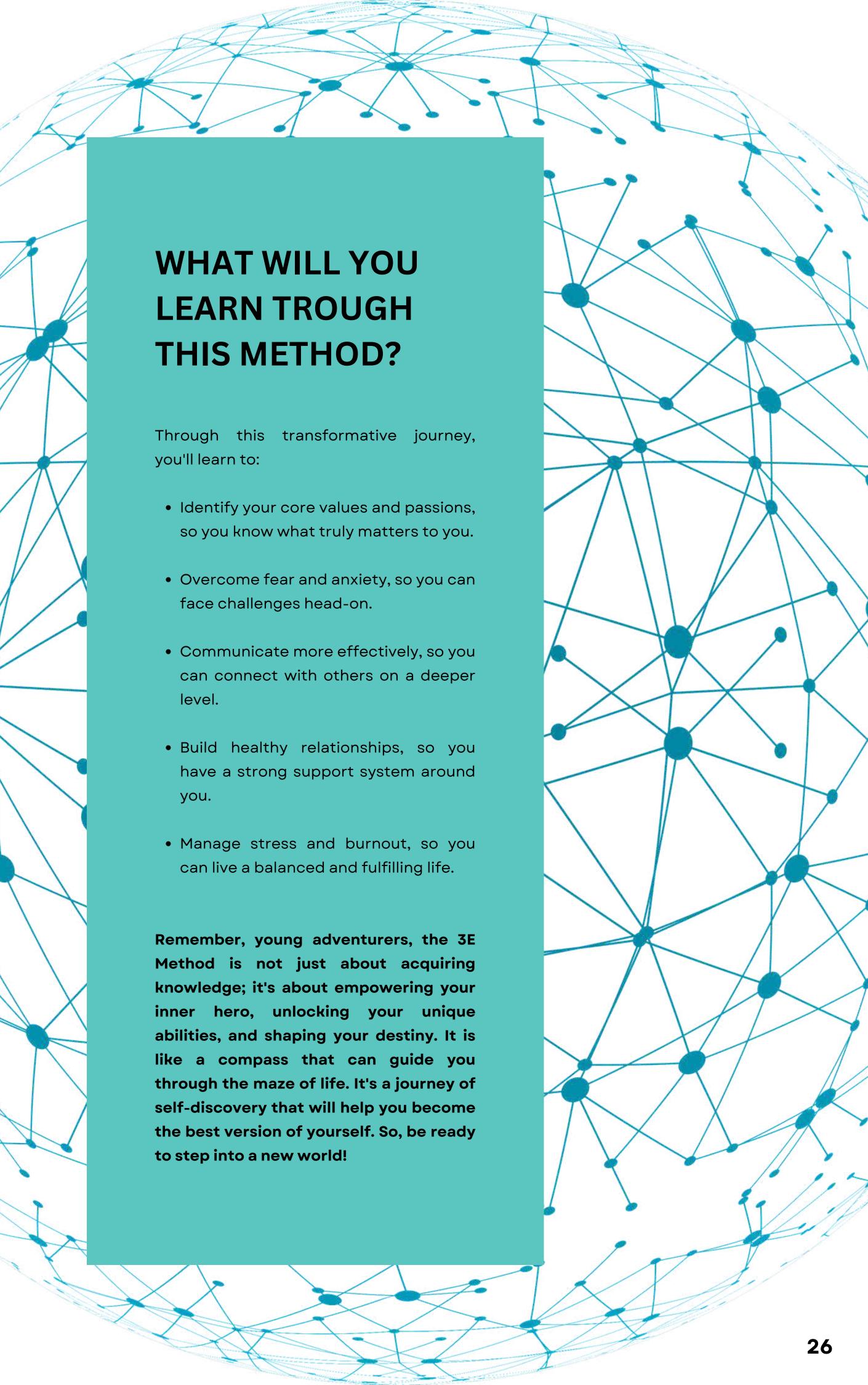
The 3E Method is a way to break free from all that noise and discover who you really are. It's a process that helps you identify your true feelings, fears, and beliefs, and then release them from your subconscious so you can finally be your authentic self.

The method is based on the idea that we are all made up of our thoughts, emotions, feelings, experiences, and beliefs. These things shape who we are and how we interact with the world. But sometimes, we have limiting beliefs that hold us back from living our best lives.

The 3E Method helps you identify these limiting beliefs and then challenge them. It also teaches you how to express yourself in healthy ways, so you can feel more confident and connected to yourself.

The overall goal of the method is to empower you to take control of your life and create the future you want. You'll learn how to set goals, make decisions, and cope with challenges in a healthy way.

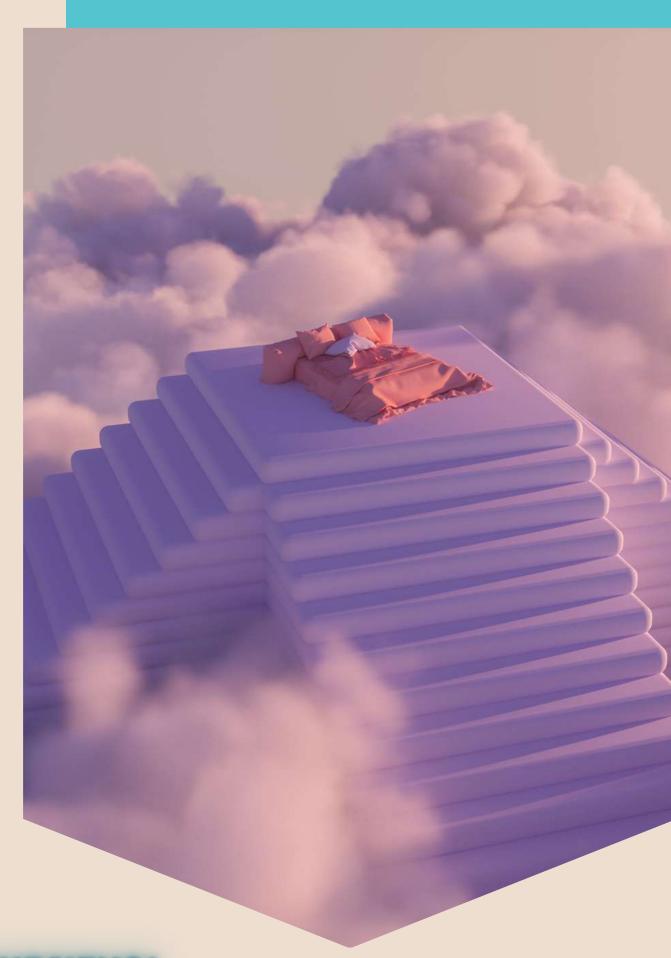
So if you're ready to break free from the expectations of others and discover the true you, the 3E Method is the perfect place to start.



ACTIVITIES

IMPORTANT

Before starting the activities read carefully the description of each activity and prepare the materials needed for it. Please keep in mind that you need to have a Notebook where to write down any "Aha!" moments, questions, or observations.



ARE YOU READY TO BEGIN YOUR JOURNEY?!

ACTIVITY 1

Meet your biggest fear DIXIT Cards Activity

This activity, through the symbols of Dixit Cards, can help you identify, explore, and connect with your deepest fears, fostering empathy, and understanding, and empowering you to overcome them.

Remember, fear is not a sign of weakness. It's a natural human emotion that serves as an alarm system, warning us of potential danger. However, when fear takes over our lives, it can prevent us from pursuing our dreams and living our best lives.

The path to overcoming your fears is not always easy, but it is definitely possible. With courage, self-awareness, and support from others, you can face your fears and embrace a life of freedom and self-expression.

Remember, you are not alone in this journey. There are people who care about you and want to help you overcome your fears. Take the first step today and begin to unravel the power that fear holds over you.

WHAT YOU NEED TO PREPARE IN ADVANCE:

- Notebook,
- pen,
- DIXIT cards (you can find DIXIT images online).
- If you like drawing you can also prepare markers or crayons

HOW TO DO IT

Meet your biggest fear DIXIT Cards Activity



Use your laptop or smartphone and type in your search engine: DIXIT card images. Let the search show the results. Do not look at them for now. You will need the cards in a few minutes.

Find a quiet place where you can relax and focus on yourself, and nobody will disturb you. Mute your phone and any other distractions.

Now, give yourself enough time and think of your biggest fear. What is it that keeps you from becoming the best version of yourself? (there could be more than one). What emotions come to the surface when thinking of that fear? Do you feel any tightness or tension in your body when you think about it?

Now, go back to your laptop/ smartphone, look at the DIXIT cards, and choose 3 images that represent your biggest fear. Don't rush into this - take your time to find the cards that resonate with you.

When ready, take your notebook and write down everything that comes to your mind. You can write, draw, or doodle, audio journal - whatever feels right to you to express everything connected to your fear.

Here are some questions that may help you reflect on the activity and write down the answers:

- Which is your biggest fear?
- Why did you choose these cards?
- What do these cards represent?
- What emotions and feelings arose? Can you tell the reason for that?
- Is this fear connected to anything else in my life?

Remember that there are no right or wrong answers. What matters is that you are honest with yourself and explore your fears. Just trust the process.

You can do this exercise as often as you like. If you get stuck, take a break and come back to it later. You can also share your journal with somebody whom you trust most and discuss your experience and "Aha!" moments.

ACTIVITY 2

The Hero Archetypes test by Carol S. Pearson)

Through this test, you can recognize patterns of your beliefs and unconscious stories and improve your self-understanding. When we are aware of the archetypes that are active in our lives, it gives us another level of awareness about our lives and relations to other people, our character, and which ones may need nurturing or further development.

PRACTICE

What you need: A notebook and a pen.

Note that for this exercise it is necessary to use the documents attached in the annex.

THE TEST CAN BE FOUND IN ANNEX 1, PAGE 42

- 1. Begin by completing the Archetypal Test, which consists of 36 questions. At the beginning, it is described exactly how you should answer. It is important to be completely honest with yourself and answer honestly, not as you might think you should answer.
- 2. Once you are done with the answers, you should transfer them to the following table:

INNOCENT	ORPHAN	WANDERER
Nº 5	Nº 1	Nº 3
Nº 9	Nº 8	Nº 6
Nº 14	Nº 13	Nº 11
Nº 17	№ 20	Nº 16
№ 23	№ 30	Nº 22
№ 27	№ 32	Nº 36
Total	Total	Total
WARRIOR	MARTYR	MAGICIAN
WARRIOR Nº 4	MARTYR Nº 7	MAGICIAN Nº 2
Nº 4	Nº 7	Nº 2
Nº 4 Nº 10	Nº 7 Nº 19	Nº 2 Nº 12
Nº 4 Nº 10 Nº 15	Nº 7 Nº 19 Nº 21	Nº 2 Nº 12 Nº 24
Nº 4 Nº 10 Nº 15 Nº 18	Nº 7 Nº 19 Nº 21 Nº 31	Nº 2 Nº 12 Nº 24 Nº 26

You may copy the table into your notebook if you wish and write the number of your answer against each question number (№).

- 3. Calculate the total of your answers for each category and enter them in the Total field.
- 4. Look at the total of each archetype. If you have a total between 0 and 9, it means that this archetype is inactive in you. If your total is between 9 and 15, it means that the archetype is balanced. And if you have a total between 15 and 23, it means that the archetype is hyperactive in you.
- 5. Read the meaning of each archetype below and you will know exactly what you have to work on in order to achieve balance in your life.

Description of the Archetypes



The INNOCENT



The Innocent's perceptions are that he lives in Heaven. Life for him is pleasant because everything he needs is provided. The closest equivalent to the Innocent are childhood, romantic love, or some experiences of union with the Cosmos when one feels truly happy.

Innocence is a natural state for a child, but if this state continues into adulthood, the behavior becomes negative, narcissistic, irresponsible. The Innocent continues to believe that others are obliged to provide him with conditions in which he can continue to live in his paradise. If others do not do this, the Innocent feels insulted, abandoned, betrayed and becomes irritable, angry and cynical towards others.

The Innocent is not a heroic archetype. When you want to live in paradise, you need clear goals, tasks, work for which you are responsible, and awareness that if you don't do it, there will be corresponding consequences. When the archetype of the Innocent is not active (less than 9 points), this means that we need to nurture the child within in order to balance it - allow more spontaneity, a more playful attitude towards life, and dream. When hyperactive (over 15 points) - this means that we are probably way too naive and need to assume more responsibility in order to balance it.





The ORPHAN

When the Innocent realizes that the world is not what he imagined, he moves into the energy of the Orphan. The orphan is a character in a complicated position. The biggest threat to him is the disillusionment from his previous ideas about Heaven.

When hyperactive this archetype manifests in turning to drugs, alcohol, consumerism, frivolous entertainment, abusing their relationships with other people, using work or religion to numb the pain and create a false sense of security.

Therefore, the Orphan's goal is to find safety for himself. He is afraid of being abandoned or exploited by others. He is waiting for deliverance and salvation from outside - some mentor who will solve his problems. His emotions are uncontrollable, but often hidden. In the event of physical health impairment, the Orphan seeks immediate healing and restoration. He lacks the will for patience and perseverance. He is tormented by being poor and unhappy.

To get out of this scenario, one needs to overcome the accumulated negative behavior, to be recharged with hope, even some small return to innocence.

Description of the Archetypes



This character is found in fairy tales about the beggar who becomes a prince, or about Cinderella, who goes from being the servant of the wicked stepmother to the lover of the prince who marries her.

While the Orphan seeks salvation from suffering, the Martyr welcomes suffering with open arms, believing that it will bring him redemption.

The purpose of the Martyr is kindness, responsibility and attracting the attention of others. What he is afraid of is being selfish and rude. His whole demeanor is to propitiate and sacrifice himself to save others. He brings himself joy when he suffers for the sake of others. He takes care of them, makes sacrifices and suppresses his personal emotions so as not to affect others.

The martyr observes his rules for physical health, endures privations and discomforts. He perceives his work as unpleasant but necessary. His belief is "It is better to give than to receive, it is better to be poor than to be rich". When the archetype of the Martyr is not active (less than 9 points), this means that we need to pay attention to the way we treat others - most probably we have lost the balance and become a bit too self-centered. When hyperactive (over 15 points) - this means that in one or several areas of our lives we neglect our own needs over those of others to an extent that has become unhealthy for us.



The WANDERER

We can find the archetype of the Wanderer in the tales of the knight, the traveler, the explorer who sets off alone to explore the world. In such tales, the hero always finds some treasure - this is the reward for the lonely journey undertaken.

The wanderer takes his life as an adventure. His goal is independence, autonomy, and self-sufficiency. What he fears is being a conformist. Seeks his inner God without looking for a mentor. He explores everything himself and in his own way. He lives alone, but he doesn't feel lonely.

The wanderer experiences his emotional states stoically. Take care of his health. Seeks his own vocation at work, rises independently, relying on his own strength and highly values independence.

When the archetype of the Wanderer is not active (less than 9 points), this means that we are lacking the initiative to make changes in our lives and leave the comfort zone even if the situation we are in does not serve us.

When hyperactive (over 15 points) - this means that we are taking the adventurer too far, risking to create a lot of trouble through our urge to leave everything behind and start over anew. In order to balance it, it is important to look around us and take into consideration the effect that our decisions have on other people and circumstances before we make the move.

Description of the Archetypes



The WARRIOR

A warrior is the definition of heroism. This archetype teaches us how to assert physical and mental strength and how to assert our identity in the world around us.

The character of the Warrior includes self-defense, the desire and ability to fight, knowing where he is and where other people start, the ability to assert himself, the ability to judge which ideas are more appropriate and more useful. The warrior discerns the good energies and uses them to strengthen the spiritual.

The warrior aims to be efficient and seeks to avoid inefficient thoughts and actions at all costs. He has a vision, observes principles and knows how to discipline people in the name of their observance. He is highly motivated to achieve and thus develops intellectually.

In his relationships with other people, the Warrior always seeks to change something in them. He knows how to control his emotions, follows regimes regarding his health and fitness. He works diligently, purposefully. He is convinced that his achievements should be related to displays of confidence, courage and respect.

When the archetype of the Warrior is not active (less than 9 points), we are actually lacking the drive to develop, succeed and excel. Whenever we are lacking the motivation to perform a task, discipline comes in quite handy, therefore it is a good way to get ourselves back on track.

When hyperactive (over 15 points) - the Warrior has the tendency to become too competitive, even greedy or ruthless. Don't forget that it is the journey that matters most, not the destination.



The Magician is an archetype that gives birth to creations – creates something that has never existed before. He is not a shaman, a witch, or a wizard. He believes that he is part of unraveling the divine meaning of life, so he accepts life as both an adventure and a responsibility.

The main goal of the Magician is truth, wholeness, balance. His biggest fears are being alienated from others, as well as from himself. He believes that alienation disturbs the general balance in life - his own and that of others. In the name of this, the Magician seeks to persuade and unite.

The magician perceives his work as a vocation. He is convinced that it is a reward in itself. He feels rich with both a little and a lot. If he experiences joy, freedom and faith, the Magician takes this as a supreme achievement. This archetype appeals to anyone who has recognized the essence of the divine and respects different views on knowing it.

When the archetype of the Magician is not active (less than 9 points), we are detached from our spiritual self and are struggling to achieve the peace and joy in our life.

When hyperactive (over 15 points) - the Magician has the tendency to deny his shadow and sees himself as superior to others. Therefore, instead of coming from a place of love and respect, instead he tries to persuade and convert others to his ways.

Remember that this test measures your current state and it may change over time. Generally, we all exhibit each of the archetypes to a greater or lesser degree at different times in our lives. You can use the test any time you need guidance on what stage of life you are in and what you are focused on



ACTIVITY 3Sculpture of oppression

The purpose of this exercise is to show you how to identify the main factors, which prevent you from becoming the best version of yourself.

PRACTICE

What you need: A notebook, a pen or pencil, If you like to draw, you can get markers.

It is necessary to read the instructions completely before performing the practice. Please keep in mind that this practice and the next one are connected. So, give yourself enough time to perform the 2 exercises one after the other.



Find a quiet place where you will be undisturbed, maybe play some relaxing music if needed. Give yourself time to relax. If it's more comfortable for you, you can lie in bed.

Close your eyes, take a few deep breaths in and out to release any tension in your body and to calm the mind.

When you feel completely relaxed, mentally visualize in front of you a big picture. See what the picture looks like, does it have a frame, and what color is the frame.

Now, imagine that you are in that picture, surrounded by all the obstacles that, in your opinion, prevent you from achieving your biggest dream. They can be people, circumstances, beliefs, etc. If possible, imagine everything in detail.

- What are the predominant colors in your painting?
- What is your expression?
- What are other people's expressions if they are in your picture?
- What is the size of the characters in your picture?
- What exactly are they doing?
- What emotions arise in you?

When you are ready, open your eyes and recreate your picture in the notebook in your preferred way. You could draw it, sketch it, or just describe it in words. Write down any thoughts or realisations that came during the practice. Remember, there are no bad or wrong feelings. If you feel anger, or sadness, or any other intense emotion just let it go through you without any judgment.

When you are ready, move on to the next exercise.

ACTIVITY 4

Sculpture of a dream

The purpose of this exercise is to realize that you have the power to change yourself so that you no longer have any obstacles to the realization of your greatest dreams.

WHAT YOU NEED

- Notebook,
- pen or pencil,
- If you like to draw, you can get markers



Again it is necessary to read the instructions completely before performing the practice.

While still in a quiet place in a relaxing pose, close your eyes again and visualize the same picture from the previous exercise.

Then imagine that you have the power to change the picture so that it reflects your greatest dream already realized, and visualize yourself doing it. Watch exactly how it changes. Note that you have the power to influence only yourself.

How would you change yourself to change the circumstances so that your dream becomes a reality? Remember your image, your behavior, and your actions. Pay attention to how you feel in this situation.

Don't forget to write down or draw everything you see in your notebook. After opening your eyes you can think about how these changes can transform your real life. This is what you really need to do.





ACTIVITY 5

Become who you are - guided practice see yourself in 10 years

The purpose of this practice is to help you release accumulated negative feelings and emotions and to discover another part of yourself that you don't know well yet, to reconnect with yourself and your future self.

WHAT YOU NEED

- Notebook
- pen or pencil
- If you like to draw, you can get markers.



Now you are welcome to use your imagination again, but if it is possible, try to complete the exercise while reading the steps described below. If you find it difficult, you can do it again by reading the instructions completely and then closing your eyes. If you have completed ACTIVITY 3 and ACTIVITY 4, you already know how important it is to be in a quiet and peaceful place during the entire practice.

LET'S START

- 1. Imagine that you are walking through a large green meadow. Try to visualize the atmosphere and everything around you.
- 2. You see an open bag in front of you, approach it.
- 3. Imagine taking all of your negative emotions and feelings out of yourself that you've ever had.
- 4. Place them in the bag and close it.
- 5. Continue on the path and forget about the bag forever.

CONTINUATION

Become who you are - guided practice see yourself in 10 years

- 6. Now you see a house in front of you. Pay attention to what it looks like, how big it is, what color it is, does it have a yard in front of it, and are there trees or anything else?
- 7. Go to the gate of the house. Tap on it.
- 8. Imagine your future self opening up to you and smiling at you. This is you, but what you look like in 10 years. Take a good look at yourself. How do you look? How do you feel? Are you happy, calm or confident in yourself?
- 9. Your future self (the best version of you) invites you in, check out what the house looks like inside. Walk around all the rooms. What do you see there? How many floors are there? How are they furnished? Are there other people besides you?
- 10. Your future self invites you to sit in the living room. He/she offers you to drink your favorite drink together. You get comfortable and start talking. Tell him/her anything you want, and you can ask him/her anything. Stay together as long as you like.
- 11. When you have finished your conversation, you leave. He/she walks you to the door and you hug each other.
- 12. You walk out the door and take one last look at him/her. You both wave at each other with smiles on your faces. And then you go.

When you are done with this practice, you can pick up your notebook again and describe or draw everything you experienced. After journaling on what you saw and experienced during the encounter with your future self, take note of the following:

- What are the qualities that the best version of yourself possesses?
- What is it that you need to gain in order to embody the best of yourself?
- What is it that you need to let go of in order to become the best version of yourself?
- What is it that you need to do(what are the steps) in order to embody the best of yourself?

You can perform the practice every few months and compare the experience.

ACTIVITY 6 Muscle testing

Muscle testing Code is a technique that uses our body's energy to communicate with us about our limiting beliefs. It is a safe and effective way to identify and release these beliefs so that you can create more positive and empowering thoughts. Through this method, we can access the subconscious mind by examining the response of our muscles to certain statements.



Limiting beliefs are the negative thoughts or ideas that we have about ourselves or the world around us. These limiting beliefs can hold us back from achieving our goals and living a happy and fulfilling life.

Through the Muscle Testing Code, we can access the subconscious mind and identify what is holding us back from becoming our best version.

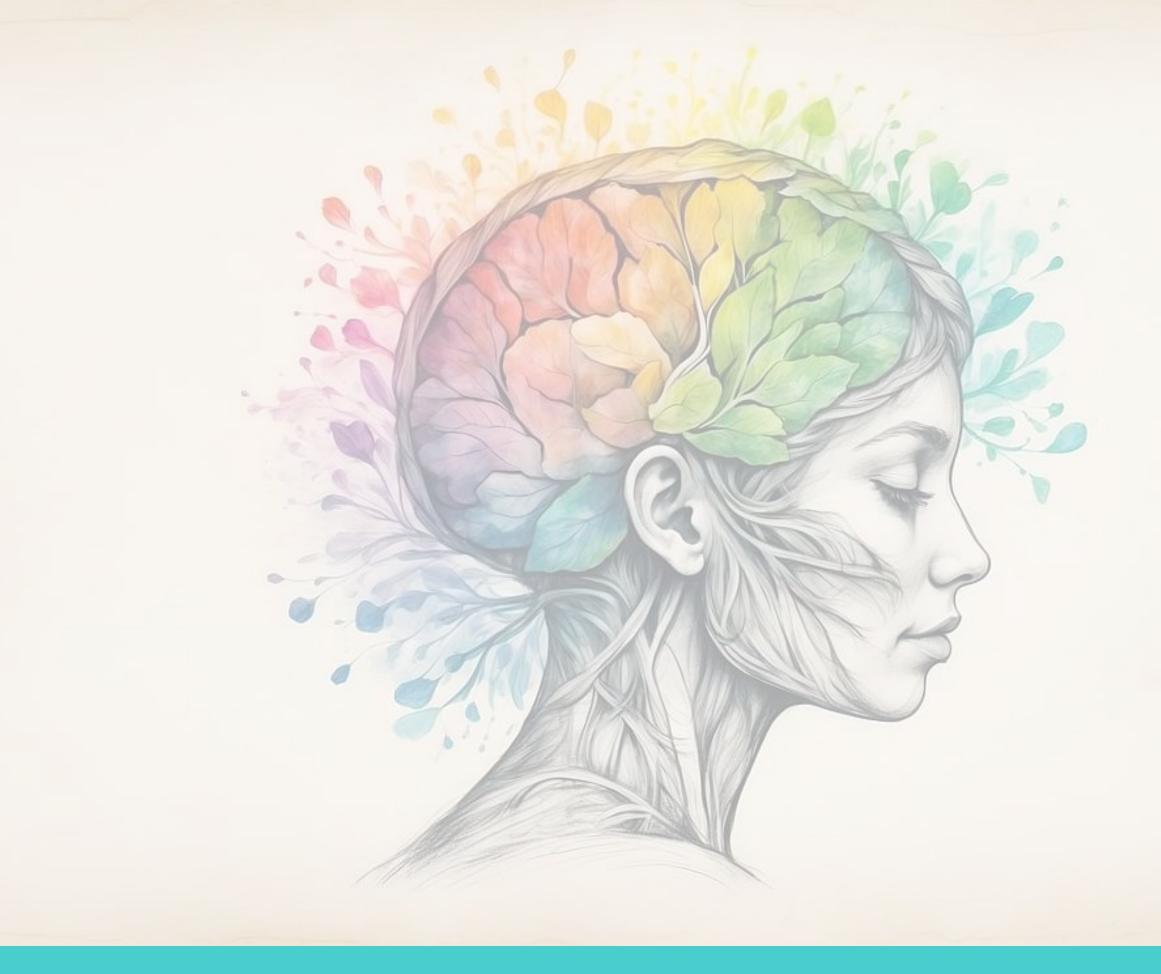


In order to check whether certain beliefs are supported by your unconscious, you will need to formulate the belief as a statement and see the body's response (hands). For example, "I am not good enough" If your hand is strong, the answer is yes. If your hand is weak, the answer is no.

HOW DOES IT WORK

Muscle Testing Code

Muscle testing code is a technique introduced by Bradley Nelson. This technique helps you to get answers from yourself, from your higher self and subconscious mind. When you think about a limiting belief, your body will give you a signal whether your conscious and subconscious mind are aligned. Sometimes, on a rational level, we may be telling ourselves stories, which are not supported by our subconscious belief system. This can be measured by muscle testing. There are many ways to do so, but here we will teach you how to do it by yourself.



One of the self-testing ways is called the Finger circle technique. Here is what you need to do:

1.Preferably, you may perform the technique sitting on a chair, with legs placed next to each other (do not cross them). Take a few breaths in and out and relax your body.

- 2. Prepare your statements in advance.
- 3. Bring your index finger and thumb of your dominant hand together to form a circle.
- 4. With your other hand form the same circle and then link both circles together, as it is shown in the picture below:



5. Say the statement out loud and then with your weaker hand pull the fingers of your stronger hand when trying to resist the pulling. Pay attention if the resistance is strong or weak.

IMPORTANT

Before starting make a few attempts to try how this works. Use statements that you know that are true or false. For example: Say "My name is (and say your real name)" then say again "My name is (and use another name: George)". Pay attention to how strong the resistance is in both cases.

Now let's try the technique:

- Form the 2 circles with your hands.
- Say the statement "I am confident in my abilities" and pull the fingers of your strong hand with your weak hand.

If the resistance is weak, it means that you do not believe that you are confident in your abilities. If the resistance is strong, it means that the statement is supported. These are subconscious beliefs and often we are not aware of them. But with the help of this method, we can identify what stays behind our fears and insecurities and we can transform it.



IMPORTANT

There are more self-testing techniques besides the Finger circle technique, that you can try. Find the one that feels natural to you.

When you test how this technique works you can start working on your limiting beliefs. Here is what you need to do:

- After completing the practice Sculpture of oppression you already have a clue about the challenges in your life that are preventing you from achieving your goals and dreams. You probably wrote them down in your Journal/ Notebook.
- Go back to the description of the Finger Circle technique at the beginning of the exercise.
- Say out loud one statement you think is valid for you and perform the described practice.
- You can try first with the statement: "I believe that I have the necessary skills, qualities, and qualifications that can make my dream come true". If you discover that this belief is not supported, think about what exactly you need to achieve it. You may think that you need to develop more confidence and persistence, or go for another degree, or change your mindset, or your social circle. Whatever it is, write it down.

- Then make the statements more specific.
 For example: if you think that you need to believe in yourself more, you may transform it into "I believe in myself" or "I am confident in my abilities"
- And then test each statement.

Here is a list of the statements you can test for yourself:

- I am good enough.
- I am worthy.
- I deserve to be loved.
- I am happy.
- I believe in myself.
- I am confident.
- I am attractive.
- I do not fit anywhere.
- I deserve to have friends.
- People secretly do not like me.
- I can achieve my goals. I deserve to achieve my goals.

ACTIVITY 7

Rewriting limiting beliefs

This method is developed by Robert M. Williams and it is called PSYCH-K for changing limiting beliefs. It is a simple and effective way to improve self-esteem, reduce stress, and achieve personal and professional goals by identifying our limiting beliefs and patterns of thinking that are holding us back from reaching our full potential.

PSYCH-K is a combination of muscle testing, affirmations, and brain balancing techniques. Once a limiting belief has been identified, it can be replaced with a positive affirmation. The brain balancing techniques used in PSYCH-K are designed to help the mind accept the new affirmation. These techniques include eye movements, hand positions, and breathing exercises.

Here is how to perform this method:

- Find a quiet place, where you will not be interrupted.
- Formulate your positive affirmation, based on the limiting belief that you have already identified. For example: if you have a limiting belief that you do not deserve to be loved, transform it into a positive affirmation "I deserve to be loved. I am worthy."
- Sit on a chair, with both legs placed to each other and resting on your legs.
- Take a few deep breaths to relax your body and mind.
- Then, cross the ankle of your left leg over the ankle of your right leg.
- IMPORTANT: Keep in mind that if your dominant side is right, place your left ankle over your right ankle, and vice versa. If your dominant side is left, cross your right ankle over your left one.
- Then cross your hands, while placing your dominant hand underneath. Please see the image below:





- Now, close your eyes with your legs and hands intertwined and start repeating your positive affirmation" For example: "I deserve to be loved. I am worthy." Do this for several minutes and pay attention to every thought that passes as a background, while repeating the affirmation to yourself. When you feel a change in your body, or when you accept that affirmation as yours you can open your eyes. (do not think about it too much. You will know and feel when is the right time to stop).
- Give yourself another 2-3 minutes to notice the change in your body.



Developed by Dr. Pilar Posadas de Julián CELEI Regenerative Education, SPAIN

METODOLOGY DESCRIPTION

The CRAFT program, whose acronym corresponds to the 5 elements that comprise it: Consciousness, Relaxation, Mindfulness, Happiness, and Transcendence, is a holistic program, created by Dr. Pilar Posadas de Julián, which contemplates the globality of the human being.

It is designed to enhance the capacities with which human beings are endowed by nature, and which contribute to their physical, mental, and emotional well-being. The theoretical and experiential foundations of the program are mindfulness, emotional intelligence, positive psychology, and yoga, whose benefits for improving quality of life, personal well-being and social relationships are being supported by a growing body of neuroscientific studies.

The program synthesizes the contributions of neuroscience in symbiosis with these disciplines, providing tools and resources that can be easily integrated by the person to apply them both in their daily life and in the workplace.

The benefits of the program have been endorsed by various scientific publications, which you can consult at the following link https://www.conscienciarte.com/articulos/

WHAT WILL YOU LEARN TROUGH THIS METHOD?

Benefits

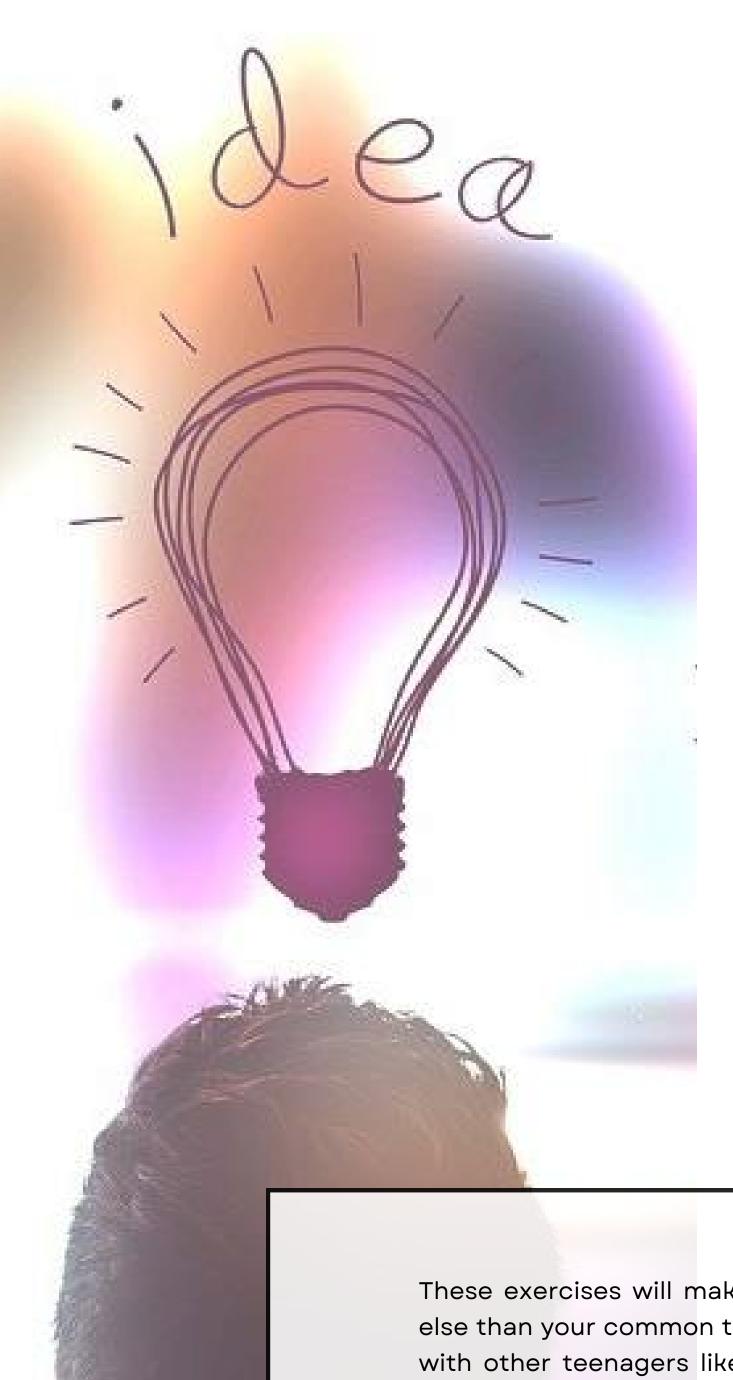
Increased self-awareness: This meditation practice helps individuals gain a deeper understanding of their thought patterns, emotions, and bodily sensations, leading to improved self-awareness and introspection.

Stress reduction: Focusing on the present moment and internal experiences helps individuals detach from external stressors, resulting in reduced anxiety and stress.

Emotional regulation: Through awareness of one's emotions, one can learn to observe and regulate them effectively, fostering emotional wellbeing.

Improved concentration: This practice enhances the ability to concentrate by training the mind to remain focused on internal sensations without becoming easily distracted.

Cultivation of mindfulness: By training the mind to be present and observe without judgment, this meditation practice cultivates mindfulness, enabling individuals to live more fully in the present moment.



ACTIVITIES

Remember, it's important to approach meditation practices with respect for individual preferences and comfort levels. Some individuals may this find practice more challenging or uncomfortable, so it's crucial to create a safe and non-judgmental space for participants to explore their inner experiences.

These exercises will make you focus on something else than your common thoughts and create a bond with other teenagers like you. Use them when you are feeling your thoughts are making you feel you are not in control.

Count on the services of professional psychologists to help you deal with your emotions. These activities can help you manage your emotions and create bonds with other people your age who are going through similar situations but they are not a substitute for any therapy based on scientific knowledge.



MINDFULNESS SESSIONS

In these sessions, learn mindfulness techniques to reduce stress and anxiety. Focus on your breathing and practice being present in the moment.

LET'S BEGIN!

ACTIVITY 1

Balloon Tranquility Race

Sit in a circle with other participants with an inflated balloon between your knees. The goal is to walk slowly without dropping the balloon while concentrating on your breath. Inhale with one step, exhale with the next. The first to cross the finish line without dropping the balloon wins.

ACTIVITY 2

Guess the Breath

Sit in a circle with eyes closed. One person starts breathing in a specific way (e.g., fast and shallow or slow and deep). Others guess how they're breathing. Share your guesses after each turn. This helps focus on breathing and physical sensations.

ACTIVITY 3

Object Relaxation

Place various objects with different textures, sizes, and temperatures on a table. Close your eyes and pick an object without looking. Touch it, exploring its characteristics while concentrating on how it feels in your hands. Describe the sensations in your mind and then share your experiences with others. This game helps practice mindfulness toward sensory details.

EMOTION JOURNALING

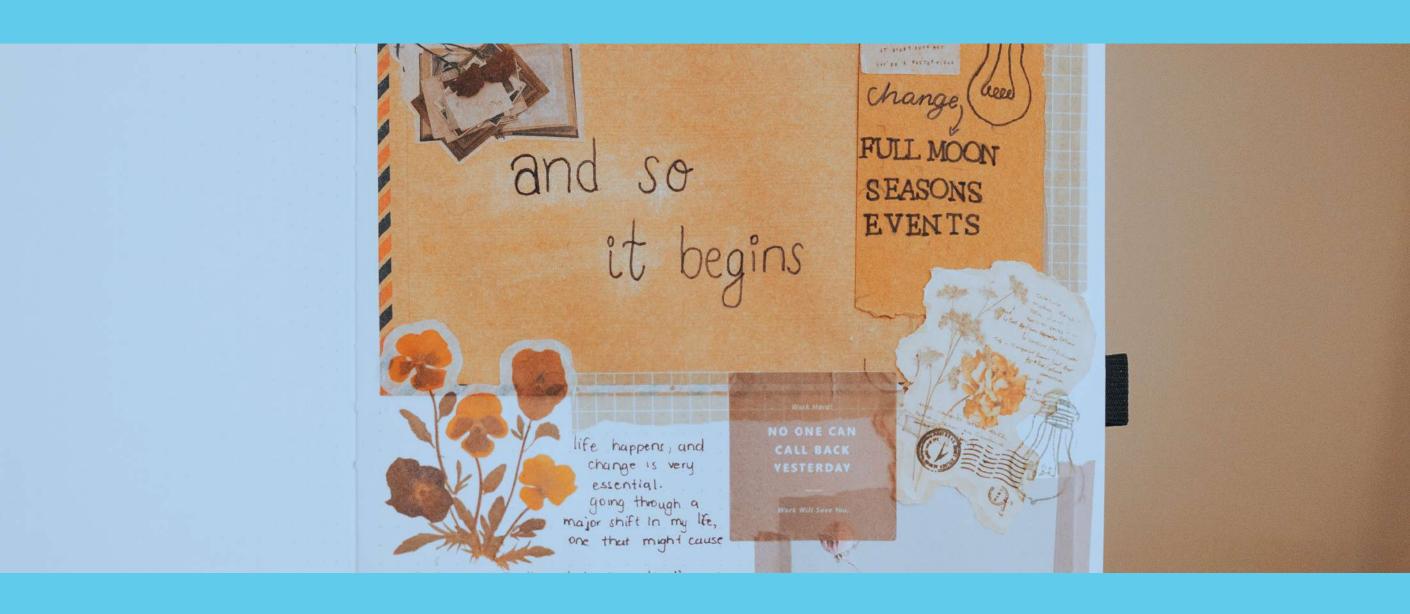
Keep a journal to express your emotions, thoughts, and experiences. This helps you understand and process your feelings.

LHTS TRY

ACTIVITY 1

Emotion Journal with Drawings

Instead of writing, draw your emotions in your journal. Use colors and shapes to express your feelings. Don't worry about being an artist; the focus is on emotional expression. Drawing allows for a more creative and visual exploration of emotions.



ACTIVITY 2

Emotions in a Bottle

Fill a clear bottle with water and some colored glitter. Gently shake the bottle and observe how the glitter moves within the water. While watching, think about your emotions of the day and how they feel. This activity helps visualize and process emotions in a unique and relaxing way.

ACTIVITY 3

Gratitude Journal with Images

Create a "gratitude journal with images" instead of focusing on negative emotions. Draw or find images in magazines that represent things you're grateful for each day. Paste these images in your journal and write a brief note about why you're grateful for each one. This helps maintain a positive perspective.



GROUP SUPPORT

In a supportive environment, share your experiences, emotions, and challenges, providing each other with understanding and empathy. You are not alone, there are thousands of young people like you experiencing similar realities.

ACTIVITY 1

Encouraging Word Circle

Sit in a circle and establish an order for giving encouraging words. Each person gives an encouraging word or positive affirmation to the person on their right. For example, you can say, "You are brave," "You are strong," or "You are kind." Continue until everyone has received encouraging words. This game builds trust and positivity within the group.



ACTIVITY 2

Emotional Support Drawing

Provide blank sheets of paper and colors. Each group member draws a picture representing the emotional support they provide to others. Then, everyone share their drawings and explain what they represent. This encourages empathy and understanding among participants.



ACTIVITY 3

Conflict Resolution Role-Play

Divide the group into pairs or small teams. Each person plays a role in a conflict situation, and they work together to find constructive solutions to the conflict. This game helps practice effective communication and problemsolving skills. Remember it's a game to help you cope with conflict situations, don't take or make any comments that make participants feel they are "under attack".

BREATHING TECHNIQUE

Adolescents learn various breathing techniques to reduce stress and anxiety, focusing on their breath as a means of relaxation.

ACTIVITY 1Tranquil Candle Race

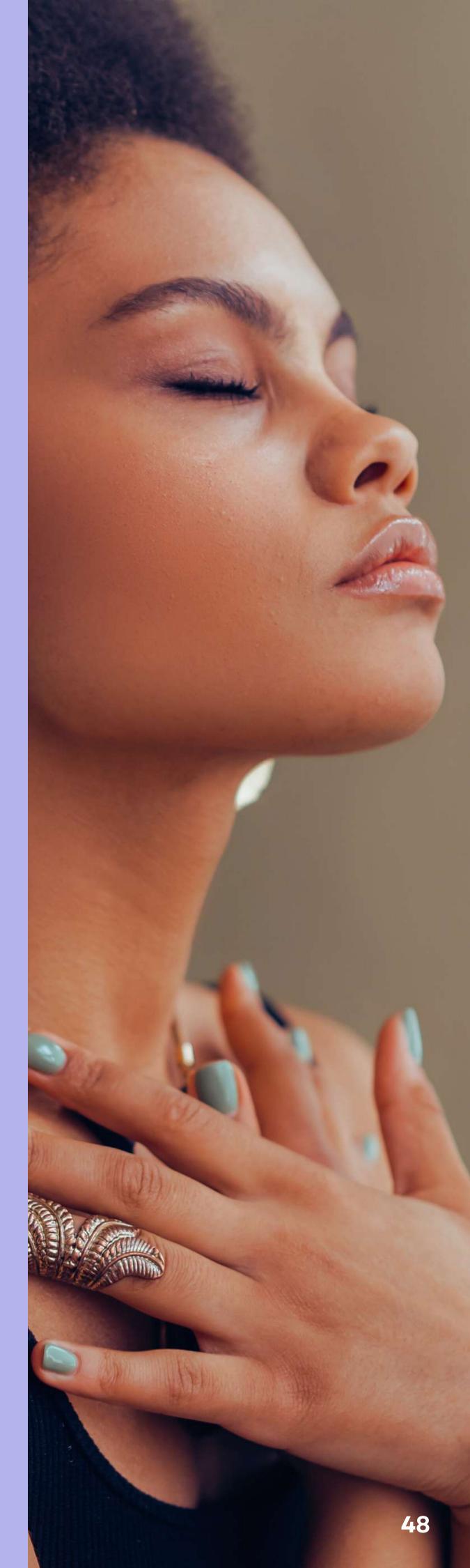
Light a candle in a quiet room and observe it. Imagine your breath as the gentle breeze that keeps the flame steady. Try to keep the candle flame steady while inhaling and exhaling slowly. This will help you focus on just one task. After many practices this experience can be of use when feeling anxious: remember to focus on just one thing and your breathing.

ACTIVITY 2Breath Bubble Race

Use a bubble bottle or bubble machine if available. Inhale deeply and exhale slowly, blowing bubbles. Try to make the bubbles float as far as you can. Use music that help you concentrate. This game helps you focus on your breath and relax to the rhythm of the music.

ACTIVITY 3Guess the Breath Tune

Select a song you like and "breathe" it. Inhale and exhale in time with the song's rhythm. You can do this alone or with friends on-site or via video call. Breathing to music helps you concentrate on your breath and enjoy its calming effects.



PHYSICAL EXERCISE

engage in physical activities like running, swimming, dancing, or yoga to release tension and improve mood.

ACTIVITY 1Parkour Obstacle Race

Organize an obstacle race in a nearby park using benches, trees, or any available obstacles. Compete against your friends and have fun while exercising. Sport is a very effective tool for bonding with your friends. They will be a great support for you and you will be a great support for them if you create a loving and caring relationship.

ACTIVITY 2 Dance Jam

Put on music and create a simple dance routine or improvise moves while following the beat. You can do this alone or with friends. Dancing not only improves flexibility and strength but also promotes relaxation and emotional well-being. The laughs you can have while dancing, each with his or her own interpretation of the rhythm, will help you to enter into a state of well-being and strengthen ties

ACTIVITY 3Partner Yoga

Find a friend or family member and practice yoga together using online videos or apps. Partner yoga not only enhances flexibility and strength but also fosters relaxation and emotional well-being.



ANNEX 1

ACTIVITY 2

The Hero Archetypes test

This test is inspired by the Archetype test of Carol s. Pearson, for identifying the Hero Archetype in people

A test to detect the dominant archetypes in us

Indicate how often the following statements reflect your attitudes by rating them from 0 to 4:

Never = 0;
Rarely = 1;
Sometimes = 2;
Often = 3;
Always = 4.
1. I don't trust people because everyone is after something
2. I believe that when I change my attitude, the circumstances around me
change
3. The most important thing for me right now is to understand myself. I am not
sure who/ what I am and what I want to do
4. I am very ambitious and strive to prove myself and succeed
5. I do not worry because I am safe and cared for
6. I am alone most of the time, but I am satisfied that I can manage on my
own
7. It is how much you give that is important, not how much you get
8. I often feel disappointed and/or betrayed by people
9. No matter what happens I know everything will be okay
10. I have a competitive spirit and I love to win
11. I don't want to live up to people's expectations, so I change my life, no
matter how scary it may seem
12. I learn about my own shortcomings by what annoys me in others
13. The world is unfair and cruel, but I've found my own way to distract myself
from the hardships - play games for hours / go shopping / drink more, etc
14.I believe people are good and I approach them with trust
15. I don't allow myself to be treated inappropriately and fight to protect
myself if necessary.

- 16. I started a new job/ training/ relationship because my stressful life was limiting me. __
- 17. I expect to be loved and cared for. __
- 18. I spare no effort or resources to fight for the causes I believe in and against those that are wrong or harmful. __
- 19. I often give people more than I receive. __
- 20. I will be happy when I meet a person who will care about me and admire me. __
- 21. The weaker and the disadvantaged need me. __
- 22. I love to experiment, challenge myself, and learn more about myself and the world. __
- 23. If I don't pay attention to troubles they don't affect me. __
- 24. I feel good when there is a balance between how much I give and how much I receive. __
- 25. I want to achieve a lotand have my name remembered. __
- 26. More and more I see that the world outside is like the world inside me. __
- 27. I know that I will always get everything I need to be happy. __
- 28. My world has changed radically since I changed. Years ago, I wouldn't have imagined things would turn out so well. __
- 29. I think I am smarter, or better educated, or stronger, or more disciplined, or harder working, than others. __
- 30. I'm angry that other people's lives are so much easier than mine. __
- 31. I give my all but do not expect to be rewarded or appreciated for what I do.
- 32. If I were rich, all my problems would be solved. __
- 33. I feel good about myself and am grateful for my life. __
- 34. I would like to be appreciated more, but I don't demand it of people. __
- 35. I was born to help and contribute to causes I believe in. __
- 36. I sometimes avoid or sabotage intimacy with other people in order to stay true to myself. __

RESOURCES

DESTINOTERAPHY

- www.destinoterapia.it,
- www.divienichisei.it
- https://www.youtube.com/@DestinoTerapia
- ebook: Trova la Tua Strada con gli Archetipi di Jung (Italian edition), Author: Rosario Alfano
- ebook: La Sequenza della Felicità: Le 9 Fasi per Divenire te Stesso. (Italian edition), Author: Rosario Alfano

ADDITIONAL SOURCES

- Carl Gustav Jung: Jung's thoughts on psychology, archetypes and the process of individuation provide a fundamental theoretical basis for Destinotherapy.
- James Hillman: Hillman's work on the soul, image and archetypal psychology is an important reference point for Destinotherapy. His view of the image of the soul and the daimon is particularly relevant.
- Roberto Assagioli and Psychosynthesis: Assagioli's psychosynthetic model, which emphasises the integration of psychological, spiritual and existential aspects.
- Ancient Philosophy and Neo-Platonism: Destinotherapy draws on ideas from ancient philosophy, particularly Neo-Platonism, which holds that the soul chooses its own destiny before birth.
- Relaxation and awareness exercises mentioned in the methodology are derived from the practice of meditation, yoga or stress management techniques.

3E METHOD (EMBODY.EXPRESS.EMPOWER: Realise yourself)

- https://www.carolspearson.com/about/the-pearson-12-archetype-system-human-development-and-evolution
- https://www.youtube.com/watch?v=rNGssAsz7gY&t=444s

CRAFT METHODOLOGY

- CRAFT PROGRAM for international students: https://www.celei.org/craft-program/
- Scientific publications that endorse the CRAFT methodology: Artículos conscienciarte



Publications that support the CRAFT methodology

- 1. Medina, L., Posadas, P., and Ortega, J.L. (2019). Learn English to the rhythm of Bach: An ecletic methodology for learning English based on the Suggestopedia and the CRAFT Programme. The International Journal of Pedagogy and Curriculum. Common Grounds, pp. 1-12.
- 2. Posadas, P. (2018). Mindfulness para músicos. Programa CRAFT. Educación musical: Recursos para el cambio metodológico. Procompal Publicaciones. Málaga, pp. 221-226.
- 3. Posadas, P y Bartos, L.J. Mindfulness, Yoga and Emotional Intelligence for Artistic and Language Education: The CRAFT Program. The Arts in Society. Common Grounds (en prensa).
- 4. Posadas, P. (2019). Técnicas de Conscienciación Cuerpo-mente para la Educación Musical. Conscienciación postural, Relajación, Mindfulness y Yoga. Educatori. Granada.
- 5. Posadas, P. (2019). Programa CRAFT. Mindfulness, Inteligencia Emocional, Psicología Positiva y Yoga en Educación. Educatori. Granada.
- 6. Posadas, P. (2019) Little Red Riding Hood, la Loba and the Music. Cuento músico-teatral bilingüe inglés-español. Recurso pedagógico CRAFT. Granada, España: Educatori
- 7. Posadas, P. (2019) La Edad de las Corcheas. Un viaje mágico por la notación y la historia de la música. Cuento músico-teatral plurilingüe inglés-español. Recurso pedagógico CRAFT. Granada, España: Educatori
- 8. Bartos, L. J., Funes, M. J., Ouellet, M., Posadas, M. P., & Krägeloh, C. (2021). Developing Resilience During the COVID-19 Pandemic: Yoga and Mindfulness for the Well-Being of Student Musicians in Spain. Frontiers in psychology, 12, 642992. https://doi.org/10.3389/fpsyg.2021.642992
- 9. Bartos, L. J., Funes, M. J., Ouellet, M., Posadas, M. P., Immink, A. M., & Krägeloh, C. (2022). A feasibility study of a program integrating mindfulness, yoga, positive psychology, and emotional intelligence in tertiary-level student musicians. Mindfulness, 13(10), 2507-2528. https://doi.org/10.1007/s12671-022-01976-7
- 10. Bartos, L. J., Posadas, P., & Krägeloh, C. (2022). Perceived benefits of a emote yoga and mindfulness program for student musicians during COVID-19. The Humanistic Psychologist, 1-27. https://doi.org/10.1037/hum0000277
- 11. Cásedas, L., Funes, M. J., Ouellet, M., & de Quesada, M. G. (2022). Training transversal competences in a bachelor's degree in translation and interpreting: preliminary evidence from a clinical trial. The Interpreter and Translator Trainer, 1-18. https://doi.org/10.1080/1750399X.2022.2148964
- 12. Posadas, P., & Bartos, L. J. (2022). Mindfulness, yoga, emotional intelligence, and positive psychology for artistic and language education: The CRAFT program. The International Journal of Arts Education, 16(2), 13-43. https://doi.org/10.18848/2326-9944/CGP/v16i02/13-43
- 13. Bartos, L. J., Posadas, M. P., Wrapson, W., & Krägeloh, C. (2023). Increased effect sizes in a mindfulness-and yoga-based intervention after adjusting for response shift with then-test. Mindfulness, 14(4), 953-969. https://doi.org/10.1007/s12671-023-02102-x

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