Rocking Chair Assignment

The gift of imagination can provide many things for us. This assignment encourages you to transport yourself through to periods of time in the future. Take an honest look at what impact your addictive behaviors will have on your loved ones and your relationship with them, (spouse, children, grandchildren, etc.) in the future. Describe what it would be like 5 years from now, then 10 years from now, 20 years and so forth.

In 5 years I will be _____ years old. My children will be _____ years old.

If I continue in the direction of addictive behaviors my life would look as follows:

In 10 years I will be ____ years old. My children will be _____ years old.

If I continue in the direction of addictive behaviors my life would look as follows:

© 2009 INNERGOLD COUNSELING BY GORDON S. BRUIN, M.A., L.P.C. • REVISED APRIL 22, 2009

In 20 years I will be ____ years old. My children will be _____ years old.

If I continue in the direction of addictive behaviors my life would look as follows:

I'm 80 years old sitting in a rocking chair reflecting on my life.

This is what I see if I don't change the direction my life is heading.

I'm 80 years old sitting in a rocking chair reflecting on my life.

This is what I see if I do change my life's direction now.