

Exercise:

Think of a time when you got “stuck” on the dance floor and lost sight of the bigger picture:

Getting on the Balcony

- 1) Who/What kept you on the dance floor?
- 2) How did they keep your attention on the dance floor (consciously or not)?
- 3) If a similar situation were to happen again, how might you make some time for yourself to step off the dance floor and get on the balcony instead?
- 4) Are there any negative consequences you're afraid of that make it hard for you to get on the balcony?