



Cora Rennie

Decision-Making Exercise

**This is an exercise that was once shared with me by a friend which I believe has origins in Family Constellations
You don't need to have any knowledge or experience in Family Constellations to feel results*

You will need:

- private time and space, without interruption or distraction
- room on the floor to move around (a few steps in either direction)
- two or three pieces of paper

Spend a few minutes to calm/open your system, in whatever way works best for you. Play soft music or birdsong. Look outside too the trees, notice the horizon, or look into the corners of the room you are in. Take a few deep breaths, gently stretch. Come into your feet, your pelvis, your heart.

Set the intention to be open and have information come to you in any way you can receive it. Let yourself be surprised.

Get clear on what decision or choice you are having difficulty making. What are the options you have to choose between? ie: it could be: option A, B or C (and maybe C is an option you don't yet see or know about), or it could be: option A or NOT option A

Have a piece of paper to represent each option. You can write something about each option on it's respective paper. Or use a colour or shape to visually represent each.

Decide, in the room, what direction represents "life" or "future" and what direction represents "stagnancy" or "the past."

Place each paper on the floor in the room.

Take some time. Step onto the first piece of paper. What do you notice in your body? How comfortable (or not) do you feel? What sensations or emotions come up? Does your body want to move? How or where does it want to move? Where do your eyes want to look? Do you feel you are oriented towards "life" and "future," or not?

Step off the paper. How do you feel near the paper, beside the paper?

Do the same with each paper. Once you've stood on and beside each one, feel free to go back onto each one again and notice if anything feels different now. For sure one paper will have your body experience feeling better and more "life-giving" than the other(s). Notice if you have feelings about which option spoke to your body.

I would love to hear your feedback on this exercise! email me at info@craniowithcora.ca