

# THINK NOW, THINK BACK EXERCISE

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Set a timer, and write for **three minutes** about how you're feeling right now when you think about your current distance learning situation. Take note of any thoughts, emotions, or physical sensations that you are feeling. Do this in a stream-of-consciousness style – you can write in full sentences, or simply write down words, phrases, or even doodles of what's going on in your brain. Get it all out on the page.



Think back to a time when you felt similar feelings. Describe the situation or event that caused those feelings. What happened?

What was the final result? How did you cope?

How did that situation or event affect you going forward?



If the situation had a negative result, what did you learn from it? How could you apply that learning to how you're feeling now?

If the situation had a positive result, how can you duplicate that result now?

