PAC-exercise

What do you think? What do you need to do? What rules do you have?

- 1. What is it like to be in this adult position?
- 2. What do you choose?
 What do you need? What does the situation need?
 What can you do? What helps you in the here and now?
- 3. What are you going to do?

What do you feel? What are you afraid of?



