

# **"Observer-Self" Practice**

*Ayla Sellers, MA, AMFT, RYT - Registered Associate Marriage and Family Therapist*

Grab pencil and paper. Make 4 equal boxes on the page by folding or drawing lines\*. In each box, draw a tree trunk and branches without leaves  
*\*(or use the images on page 2).*

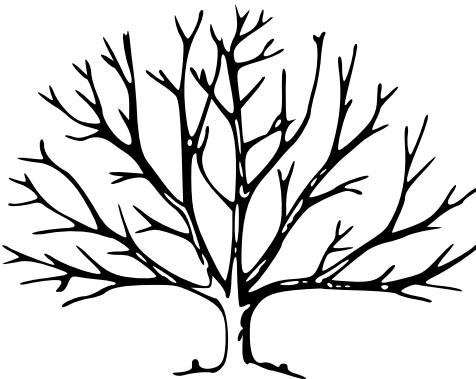
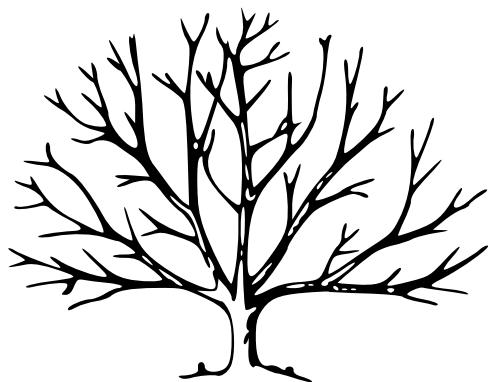
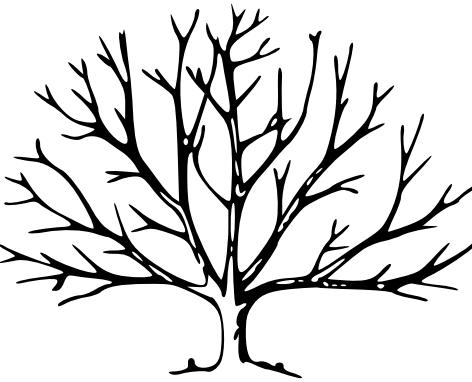
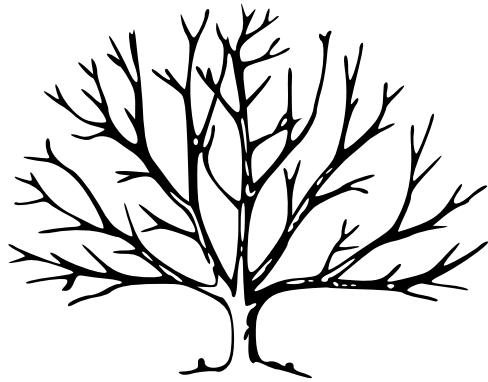
Add leaves or weather elements to show each tree in one of the four seasons.

*What are you like during each season?  
How do you change throughout the year[s]?*

***Look at that paper.*** *That tree changes throughout time, but is always the same tree, resting in the earth.*

***Think of yourself.*** *Are you the way you appear in different seasons or are you a constant presence responding to & experiencing changes?*

***What is that part of you that's always there, observing and experiencing the changing "weather"?***



Ayla Sellers, MA, AMFT, RYT - Registered Associate Marriage and Family Therapist (#153182)

*We are more than our experiences...*

*Root into the present moment as you  
allow some space  
for thoughts & feelings to grow, change and fall away...*

*For more visit: [www.rootedhalotherapy.com/resources](http://www.rootedhalotherapy.com/resources)*