LOOK AT A PERSONAL PHOTO YOU ARE DRAWN TO AND FOCUS ON IT.

Notice what emotions come over you as you do this. If you concentrate full what memories surface? Do any of them surprise you? Let them come without judgement. These memories may include scents, sounds, tastes, or the touch of something. You may encounter a memory that had been completely forgotten. Notice what you are feeling and thinking without trying to control it in any way. Feel free to let go of anything you don't want to hold onto. The more you focus on the photo, the more you are likely to become drawn into it and the more you will feel. Stop when you have had enough. Notice whether you want to have that photo around you more as a result— or if you feel less drawn to it. Write down your feelings.