

woman in the tower: an imagination story

once upon a time, a woman lived in a tower for _____ (duration).

she had to leave the tower.

- she might have been forced out by circumstances or by someone else
- and/or the tower might have become a prison for her
- and/or she was too bored and lonely there
- and/or the tower was actually making her sick
- and/or her time in the tower may simply have been completed

the tower looked like this outside: _____

and like this inside: _____

there were initially some advantages to living in the tower:

it was _____ in the tower,

she had _____ in the tower,

and she felt _____ in the tower.

despite these, she decides to leave the tower.

conditions outside of the tower are very different from inside the tower.

inside the tower, she usually feels _____

while outside the tower she might feel _____

conditions outside the tower are also very different than they were, when she went in.

when she entered the tower, the world outside was _____

but now it might be _____

when she used to look out from her tower window, the landscape looked like this:

now when she steps outside the tower, the landscape looks like this:

far away from her, she thinks she can see:

there are also things out there she can't see, even though she knows they're there.

some are dangers: _____

some are resources: _____

does she have a specific destination in mind? if so, it is this kind of destination:

if she does not have a specific destination in mind, she intends to start her journey by doing this:

what are her immediate challenges, in leaving the tower?

1. _____

2. _____

3. _____

what can she bring with her from the tower that will be useful?

1. _____

2. _____

3. _____

what can she obtain from outside the tower, that will be useful?

1. _____

2. _____

3. _____

she comes to see you for counsel, because you are a wise guide.

there are some things of which you'd like to warn, and others of which you'd like to reassure.

you can suggest some basic tools and strategies, and help her know what skills she'll need, and what to expect on her journey.

what does she look like? _____

what is she wearing? _____

what is she carrying? _____

is anyone with her? who? _____

do you think she'll return to the tower?

- no, she has finished with the tower and is putting it behind her.
- once in a while, on a temporary basis, to hide or take shelter in it.
- later on in her journey, to reclaim and refurbish it, maybe to share it.
- involuntarily, if the worst happens, as a captive. not pleasant, but a possibility.
- only to destroy it, and turn the stones and land to better uses.

as a wise guide, what will you advise her?

interpretation - things to think about

- *does the story you made up, above, have a happy ending? is it a scary story?
how does the story make you feel?*
- *does the wise guide have good advice for the woman from the tower?
how confident is the woman that she could follow the advice?
how does the wise guide regard her? how does the wise guide feel about her?*
- *what is your tower? what has been imprisoning you?
what does the story tell you about the elements of your own tower, and your desire to escape it?*
- *what customs and familiar ways do you think you'd have to sacrifice, in order to leave your tower?
in the story, what difficulties and benefits follow from such sacrifices? in the story, is the woman able to stay out of the tower, after she leaves? these may point to your own current hopes and fears.*
- *what elements would you choose to take away with you, which are important to you, from your tower?
would you take the same approach as the woman in the story? why or why not?*
- *what do you want to be your ultimate destination?
how does it compare and contrast with the one in the story?
if the woman in the story had no destination, why not? how is this different from your current situation?*
- *what tools/skills would you need, to seek your destination?
how would you recognize when you have finally reached your destination?*
- *do you feel able to follow the kind of advice given by the wise guide?
how do you feel about the guide's regard of the woman?
who is the wise guide in your life right now? how are they helping or hindering you?*