

5.7.24

WISE process - MAN.

Look on his face. like me every day - leg ache; back ache.
Stabbed in the back (emotionally)

Look on face from that -

F: let down; disappointment

Whatever he's tried to do hasn't worked

He's been let down

Looks relatively strong - symbolises him being emotionally
strong till let down. Stabbed in the back

Emotional

Eyes closed; closing over the situation

F: oh really?

Dragging him down.

No sign of injury; lump on back

Stance of being stabbed in the back.

Disappointed; let down

R: Hatred

Emotionally scarred; hurt; worthlessness

tried to help but turned around + gone back to him

R: throwing body back; oh really?

HG - arms open up

not empty; betrayed.

Why me? you asked for help.

R: offer his hand; I'm here

hesitant to jump in again if a problem arises

strike a fork in me I'm done - it's over

Hands up; block; deflect; self-protection; I'm done

challenge too overwhelming; I'll block + distance myself.

cautious; wary

S: stomach - calm

head - brain in circles

Pain in chest. Heart torn in half: broken hearted.

Pain suddenly stopped. Nothing

head - laughing; joking; Craig + I doing things together

Romans there.

Chloe not there → chest pain back

Heart torn in half; dull ache.

H4 - fists pulled apart. Someone pulling heart apart.

Emotional: can only fight for so long - you won.

opp. : H4 fingers interlocked.

warm feeling; comfort; calm; still ocean.

Reflections

see calm.

Chloe - heart breaking - horrible face came over - pain back.

Craig + I + Raymond - all together felt good.

Kids the biggest winners / feelings. Chloe - v. 2-faced;
stabbed you in the back.

Thinking a lot of going off for a w/e trip camping.