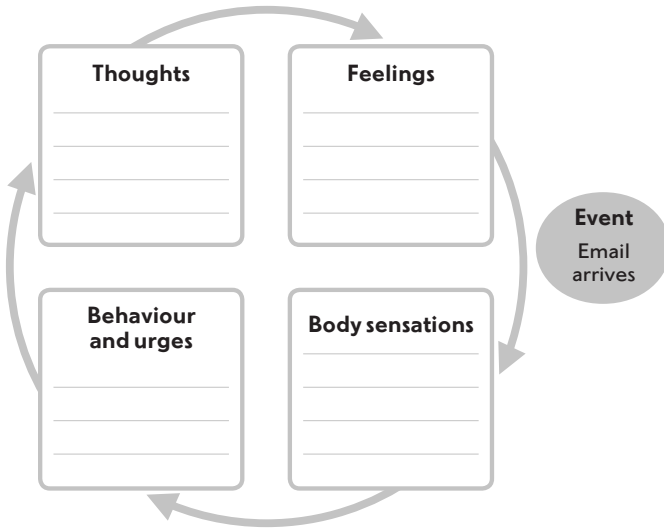


An exciting email!

You may have received an email before now, from someone in a foreign land. He or she says they want to give you a million pounds. All you have to do is just send your bank details so they can put the money into your bank. We are guessing you did not believe this email, but we would like you to really imagine you *did* believe it. Close your eyes and imagine getting this email and really buying it. We know you are not so gullible, but just for a moment let yourself imagine you really believe you are going to get a

The Wheel of Experience

million pounds. Now fill in the segments below about what body reactions, thoughts, feelings and behaviour and urges you have.



What have you noticed? Sometimes it can be difficult to identify feelings and what goes on in our bodies when they happen. We'll work on this further on in this chapter. Now repeat the exercise for how this Wheel of Experience would look if you did your usual thing and did not believe the email:

