***“The Older, Wiser Self”***

***Imagine that you have grown to be a healthy, wise old woman and you are looking back on this period in your life. What do you think that this wonderful, old, wiser you would suggest to you to help you get through this current phase of your life?***

***What would she tell you to remember? What would she suggest that would be most helpful in helping you heal from the past? What would she say to comfort you? And does she have any advice about how therapy could be most helpful?***

***Write a letter to the “older, wiser, self” telling her what you are struggling with right now. Then take the role of the “older, wiser, self” and respond with a letter offering comfort, advice and helpful instructions for getting through this period of life based on what she has learned from old age.***