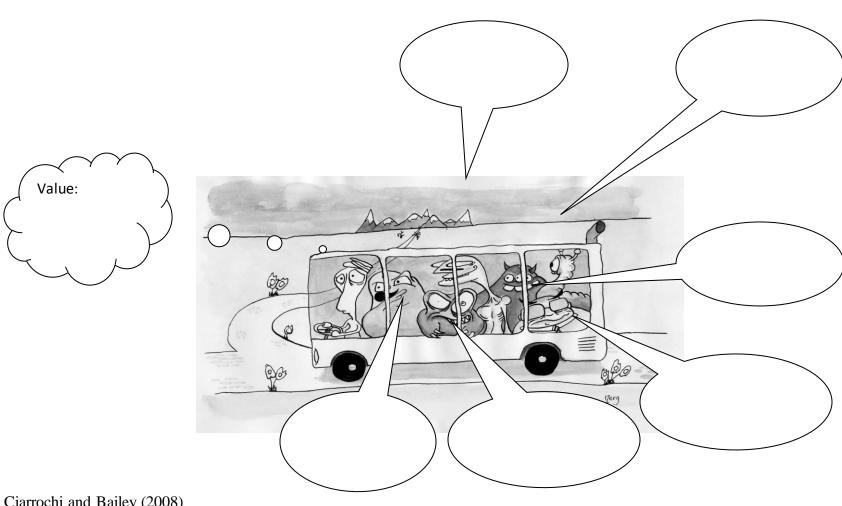
## Client Exercise: Passengers on the Bus

Identify the direction you would like to go (your value) and write it in the space provided. Now identify the "passengers" on your bus—the difficult thoughts, feelings, memories, and sensations that, if you listen to them, will guide you off of your valued path.



Ciarrochi and Bailey (2008)