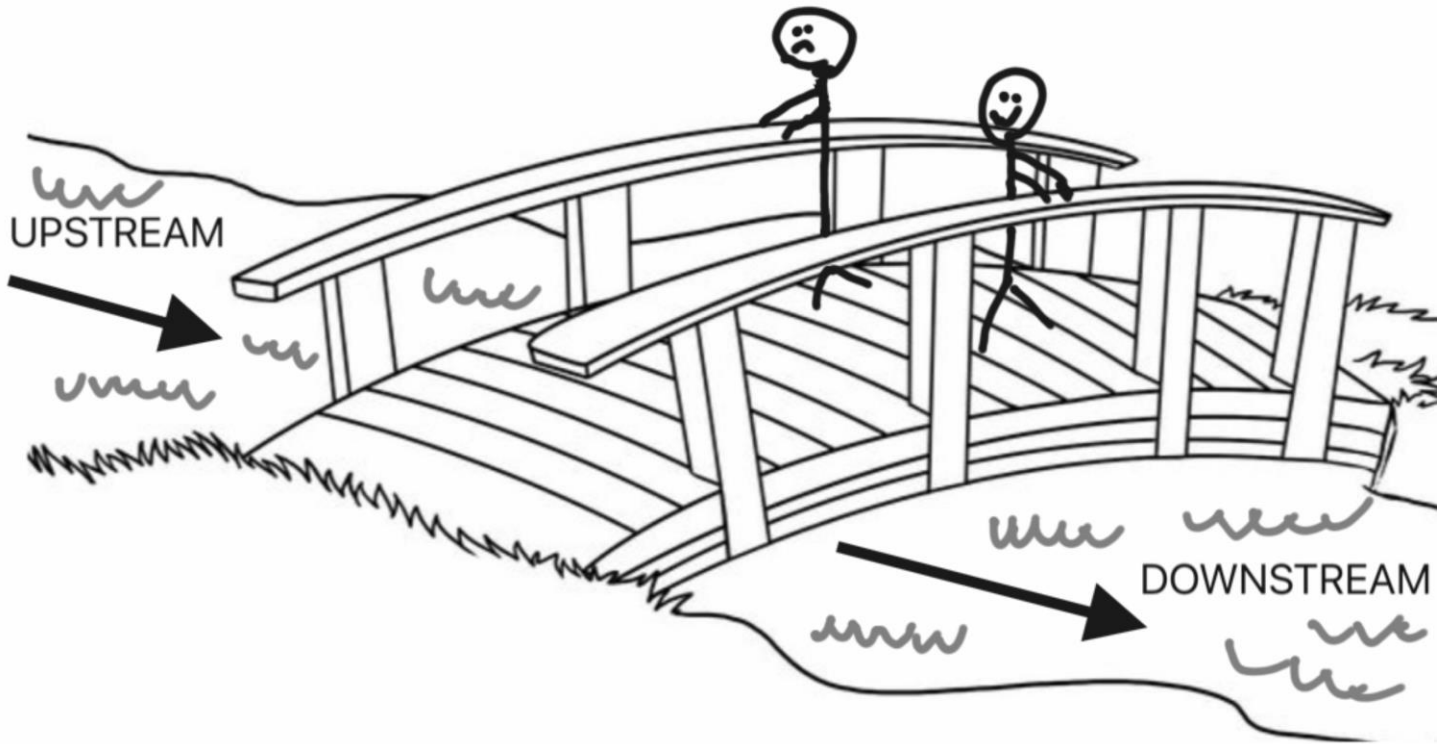


Upstream Downstream

[From Which Side Of The Bridge Are You Choosing To View Your Life?]



UPSTREAM FOCUSING BACKWARD	THE PRESENT	DOWNSTREAM GAZING FORWARD
Past	<p>PRESENT</p> <p>TODAY</p> <p>HERE AND NOW</p> <p>THIS MOMENT</p> <p>AUTHENTIC</p> <p>REALITY</p> <p>YOUR CHOICE</p> <p>NEW NARRATIVE</p> <p>FLOATING WITH THE CURRENT</p> <p>COGNITIVE AND EMOTIONAL DECISIONS TO BE MADE.</p> <p>JUMP INTO LIFE AGAIN!</p>	Future
Pain		Pleasure
Experience		Expectations
<i>History</i>		<i>Hope</i>
What you did		What you are doing
Old		New
Yesterday		Tomorrow
What was done to you		Acceptance
Past performance/failures		Present successes
<i>Rearview mirror</i>		<i>Headlights</i>
Over		Ongoing
Deception, Denial and Delusion		Truthfulness, Acceptance, Reality
Smell of dead fish		Fresh outlook, playful
Memory		Opportunities
Restrictions		Potential
<i>Punitive boundaries</i>		<i>Kind trust</i>
Limitations		Possibilities
Negative Appraisals		Positive judgement
Failures		Victories
Regrets		Healing
Painful endings	New beginnings	
Trauma	Mindfulness, inner peace	