

## The story

**1** You are travelling on a boat. There is a terrible storm and the boat starts sinking. You are thrown into the water and lose consciousness. When you next open your eyes, you're lying on the beach of a small island. **Describe the island in as much detail as you can.**

- Where is it?
- What's it like? (vegetation, etc.)
- What's the weather like?

**2** You get up and discover that you aren't injured. **Describe what you are wearing.**

- What are you wearing on your feet?
- What are you wearing on your top / bottom half?

**3** **What do you decide to do first?**

- Look for other possible survivors?
- Look for food or water?
- Make a shelter or fire?

**4** You walk up a nearby hill and you can see that there is a clearing in the middle of the island and what looks like water. You decide to try and find the clearing but to get there you need to walk through a forest. **Describe the forest in detail and how you'll get to the middle of the island.**

- Is it easy / difficult to get through the forest?
- Is there a path?
- Is it dark or light?

**5** You reach the middle of the island and you see a house. You look through the windows. **Describe the house in detail.**

- What's it like inside and outside?

**6** You continue walking until you come to a lake. **Describe the lake and what you do, and why.**

- Do you immediately jump in and have a swim?
- Do you walk around it?
- Do you get into the water slowly?

## The interpretation

**1 the island** = where in the world you would ideally like to live. Did you see palm trees and tropical vegetation? Was it hot? If so, you'd probably like to live in a warm, tropical climate, etc.

**2 the clothes** = how you feel about the way you look. The fewer clothes you're wearing, the happier you are about your body and the way you look.

**3 actions** = the action you do first shows what your priorities are in life, e.g. if you decide to look for other survivors this probably means that you're a caring sort of person who tends to think of other people. If you choose to look for food / or water first, this could mean that you're someone who is quite self-centred. If you decide to make a shelter or fire it may mean that you're a practical person who tries to solve problems in a logical way.

**4 the forest** = the way you see life. If the forest is easy to get through and there's a clear path, then this could mean that your life is well-planned and

organized. You know exactly what you want to do and how to achieve it. If there's no path marked and you have to cut your way through the vegetation to make one, this could indicate that you are a person who sees life as a struggle and does not have clear goals. The darker the forest is, the more negative you feel about the way your life is going.

**5 the house** = what you expect from life. If you describe a very simple, basic house this could mean that your needs in life are equally simple. If you describe a very big, luxurious house this probably means that you would like to have a very extravagant life style.

**6 the lake** = your attitude to love and relationships. If you walk around the lake but don't go into the water this could mean that you are afraid of committing yourself in a relationship. If you go into the lake this could show the way you deal with new relationships. Do you jump in head first (you're a risk taker) or do you walk into the lake very slowly and carefully?