

The story

It's a beautiful summer's day and you decide to go for a long walk. After a short while you reach a forest, and you decide to walk through it.

1



Describe the forest in as much detail as you can.

- Is it dark or light?
- Is it beautiful or scary?
- What are the trees like?
- What else can you see?
- How does the forest make you feel?

3



You continue walking, and go deeper into the forest. Suddenly you see a bear. **Describe the bear in as much detail as you can.**

- How big is it?
- Is it friendly or unfriendly?
- What does the bear do? What do you do?

2



You start walking through the forest, and you come to a house. **Describe the house in as much detail as you can.**

- What style is it?
- Is it light or dark?
- How many bedrooms are there?
- Is there a fence? If yes, what is it like?

4



You carry on walking and come to a gate. You open the gate, and find yourself in a garden. **Describe the garden in as much detail as you can.**

- Is it wild or tidy?
- Is it well looked after or abandoned?
- What's in it?

5

You come out of the garden. To your right, you see a very high wall. **Describe the wall in as much detail as you can.**

- Can you hear anything behind it? If yes, what?
- How does it make you feel?

The interpretation

- The forest** = how you see your life at the moment, e.g. the darker and scarier the forest is, the more negative you feel about life right now.
- The house** = how you see yourself, e.g. the lighter the house, the more optimistic and positive your personality. The number of bedrooms = the number of people you want close to you in your life. No fence = open-minded and extrovert.

- The bear** = your attitude to love and relationships. The smaller and friendlier the bear, the more affectionate you are, and the more positive you feel about love. Running away from the bear = you are frightened of commitment.
- The garden** = how you see your country at the moment. The more cultivated and bright the garden, the more positive your view about your country.
- The wall** = the way you see the afterlife (i.e. life after death). If you hear happy voices singing behind the wall, you have an optimistic view of the afterlife.