

Magic Wand

The Magic Wand Question: Suppose you had a magic wand. You wave this wand, and all the thoughts and feelings you have been struggling with are no longer a problem for you.

What would you do differently? What sort of things would you start doing or perhaps do more of? What sort of things would you stop doing? How would you behave differently towards others? Towards yourself? What would you do differently at work, at home, on the weekends?