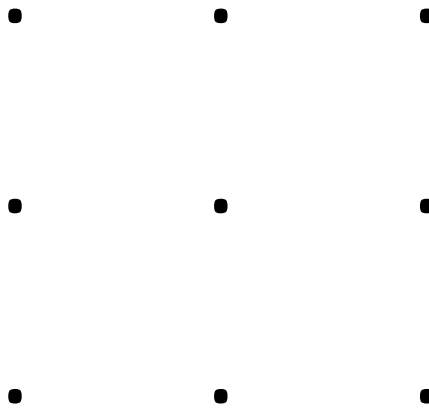


## The Nine Dots Exercise



Please try to connect all 9 dots by making 4 straight lines without lifting your pen/pencil. You are not allowed to retrace along any of the lines you have drawn.

**Teaching point:** I may ask them to do this at home if there is no time in class. The learning is about perception, thinking outside the box. I also ask them how they're feeling before doing the task, during and then when and if they've figured it out. There's often a great deal of resistance and habitual tendencies arising during this exercise.

It verges more towards MBCT but I still think it can be valuable in the MBSR course as another way of identifying patterns and creating space.