



DOORS CLOSED DOORS OPEN

"THE ONLY THING THAT IS CONSTANT IS CHANGE"

The goal of this exercise is twofold. First to make you aware that the end of something is also the beginning of something new. The end of something positive is not only negative, but can also create room for something positive again. It will help you to become aware that this requires a shift in perspective from focusing on what is not there anymore, to seeing the potential of the future. Second, the exercise will make you aware of what currently prevents them from adopting a more optimistic outlook when doors close. This insight can be used to develop a more positive outlook for future "closing door events".

This exercise's purpose is not to downplay the negative event so it is important to acknowledge the emotions, the pain and heartache you experienced however the point is not to hold on to them, but to create awareness of the positive potential that arises as a result from the closed door.

Doors Closed

Think about a time in your life where someone rejected you or you missed out on something important or when a big plan collapsed. These would be points in your life where a door closed.

Doors Opened

Now think about what happened after: what doors opened after? What would have never happened if the first door didn't close? Write down these experiences in the spaces below (write as many experiences as possible that come to mind).

DOORS CLOSED DOORS OPEN

Door Closed

Doors Opened

REFLECT UPON YOUR EXPERIENCES AND RESPOND TO THE FOLLOWING QUESTIONS:

- What led to the door closing? What helped you open the new door?
- How long did it take you to realize that a new door was open?
- Was it easy or hard for you to realize that a new door was open?
- What prevented you from seeing the new open door?
- What can you do next time to recognize the new opportunity sooner?
- What were the effects of the door closing on you? Did it last long?
- Did the experience bring anything positive?
- Which character strengths did you use in this exercise?
- What does a closed door represent to you now?