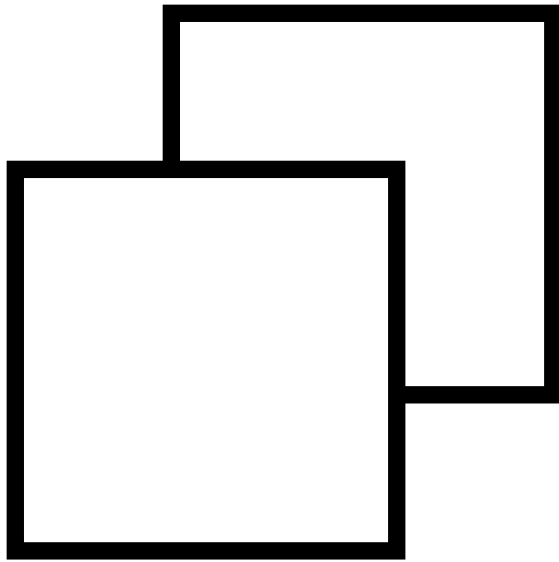




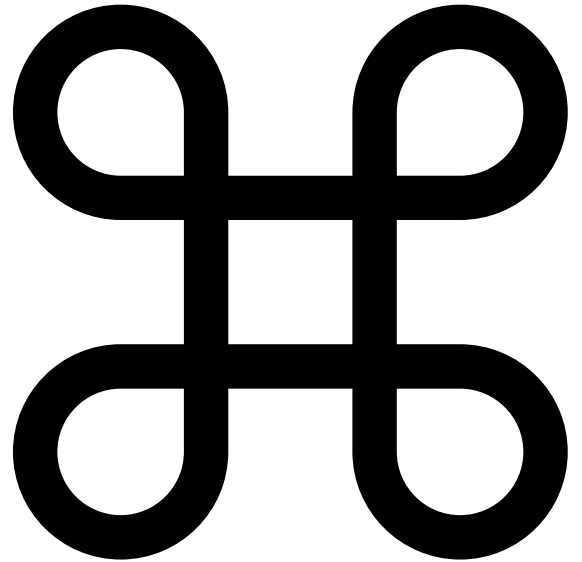
DRAWING FROM MEMORY

Create a simple drawing using various shapes, or you can use the ones below to get started. Take 3 mindful breaths to settle your amygdala and focus your attention on one drawing. Look really carefully and study the details of the drawing. Remove the image from your sight. Using your hippocampus, try to remember the picture and on a piece of paper, draw what you remember seeing. Then compare your drawing to the original image. Do they look the same or different?

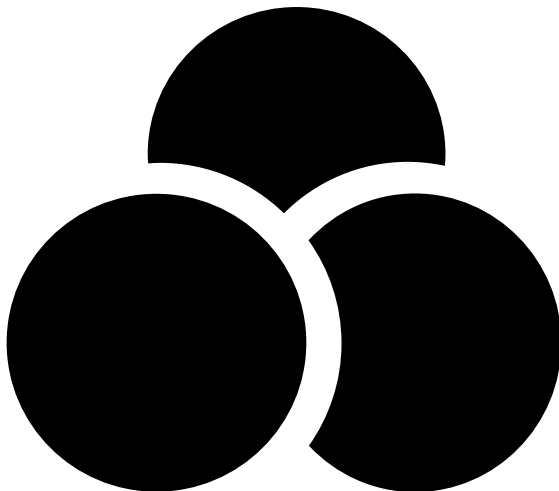
1



2



3



4

