

# Transcript

## Template 5 – SE[E] – Envision

With template 5, which is basically the same as template 4, except that it adds the whole action of envisioning, not only giving evidence or seeing the way it was, but it goes from what it was and what was not conducive to what could be, so imagining it.

If instead of having the experience more on the non-conductive side that you could experience it from the conducive side.

So it's like asking what would it have been if I were calm or serene. You know, and very relaxing my body and, I would have been able to think rationally or I would have had done. good fact-finding, I acted respectfully, for example, from a healthy notion of myself connected from the inside and using supporting mechanisms for happiness.

So essentially, it's doing at Step 5, which is with the mnemonic SEE, is doing the whole analysis and adding envisioning as an additional step. Now it could be done in any sequence, so you could actually just say evidence what was and then do the envisioning, the imagining or right away going to the imagining and envisioning what it could be or could have been.

Afterward say what it was and how I actually experienced it.