



Reality Ride

ADAM BELLIS



Introduction

Agenda

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Group Norms

IceBreaker

Reality Ride Content

Final Notes

Finished!



Group Norms



What is your name?



What 5 things would you save if your house is on fire? (Your family and pets are safe:)



IceBreaker

Reality Ride



What is reality?



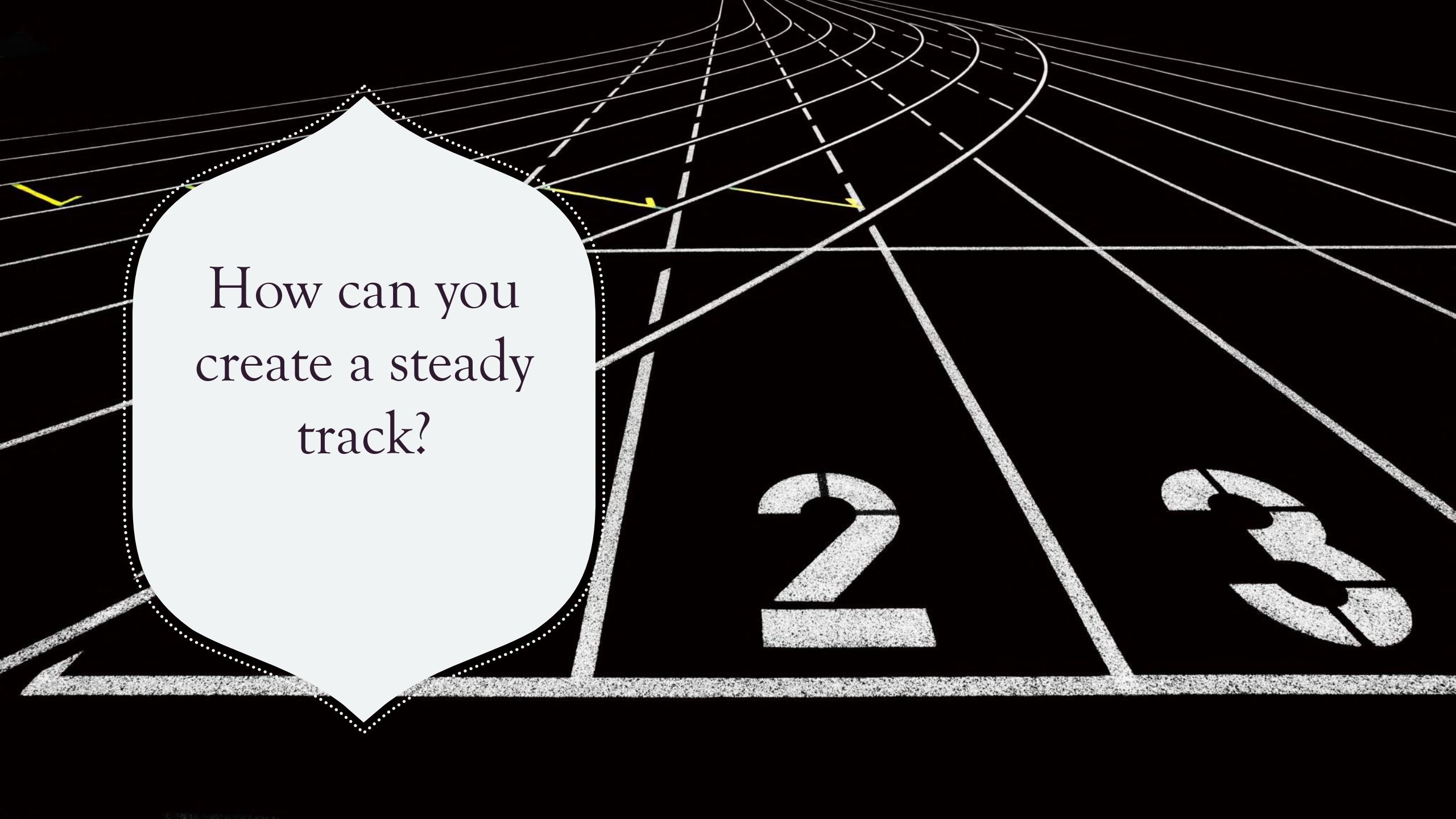
What does reality look like in your own life?



How have you dealt with reality?

A black and white photograph of a railway track with a switch. The tracks are made of metal rails on wooden sleepers, with gravel ballast. A white V-shaped graphic is overlaid on the image, pointing downwards towards the switch. The text "Steady & Chaotic Tracks" is written in a white serif font across the upper part of the image.

Steady & Chaotic Tracks



How can you
create a steady
track?

2

3

The background consists of several overlapping paper-cut human head silhouettes in shades of light blue and white. Most of the heads have a large black question mark on their forehead. One head in the foreground has a blue line-art lightbulb on its forehead, with short lines radiating from it to indicate it is lit. A white, rounded rectangular frame with a dotted border is positioned on the right side of the image.

Mental Regulation

Our Choices
Matter!



A close-up photograph of a person's hand holding a dark blue pen over a document. The document contains several tables with columns of data, some of which are blurred. A white, rounded rectangular callout box with a dotted border is positioned on the right side of the image, containing the text "Final Notes:".

Final Notes:

Finished!

