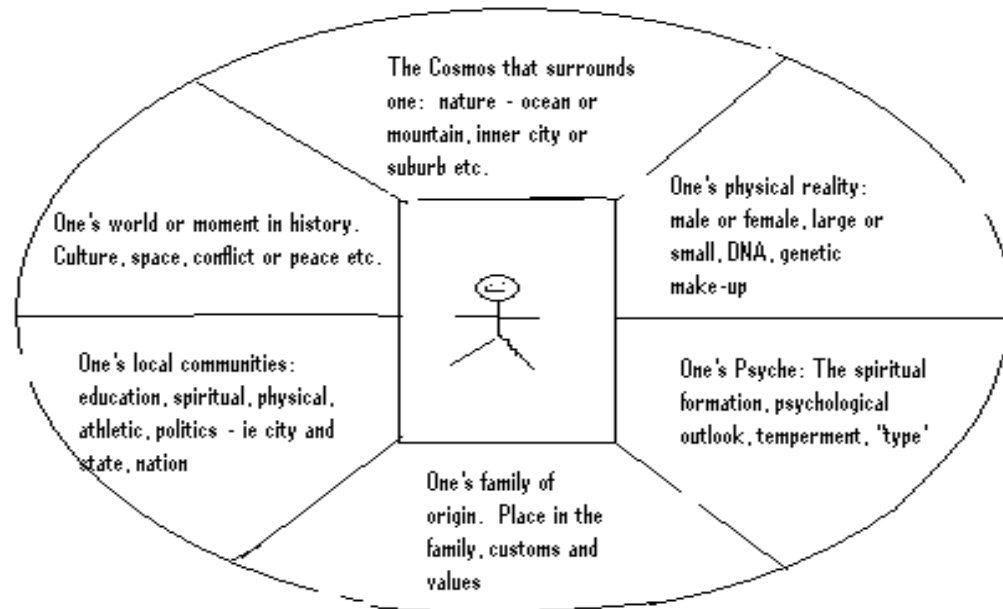


*Exercise on Ecological niche*

One's "Ecological Niche": The given's of one's life at the moment. Some of this can change and develop. Some is given and largely unchangeable. Look at the Chart segments on the filled in page and then turn to the blank page and briefly describe your own ecological niche. Determine what is given and largely unchangeable by you (realistically) and what could be shifted, or changed by you or others. Imagine Jesus as a companion or friend and show him the diagram that you have filled in. Does he have any response? Can you identify your thoughts and feelings about each segment. (Be careful not to judge your feelings, simply identify them.) I suggest that you journal your thoughts and feelings about this exercise.



Fill in the Chart below

