

TRANSFORMING DEMONS EXERCISE

In “Harry Potter and the Prisoner of Azkaban”, the students learn to overcome their fears by imagining the thing they fear most taking on outlandish and ridiculous forms. Ron imagined the spiders he feared trying to chase him on roller skates and falling flat on their faces; Neville imagined Professor Snape wearing his grandmother’s hat and clothes. The ensuing laughter then banishes the demon. Using the same principle, visualize the fears or other emotions that keep you hoarding in the form of a demon and give the demon a humorous twist.

Name Your Demon _____

Description _____

Transform your demon with laughter _____

Transform your demon by channeling its energy _____

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Description _____

Transform your demon with laughter _____

Transform your demon by channeling its energy _____

[Hoarding Index](#) | [Home](#)