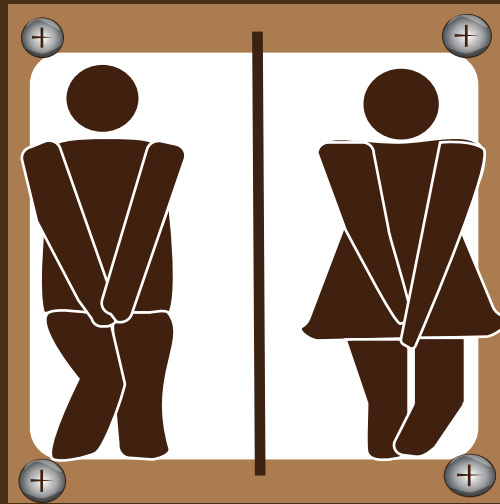


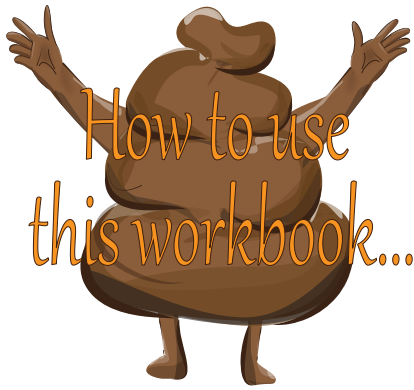
# Don't Hold



## Their Poop

# Workbook

By. C. J. Hathaway



Before we get into understanding how dung is being dumped on you, I think that it is important to understand how to use this book.

### Oops Poops:

Within the E-Book I will refer to examples in my life when I was exposed to someone else's poo. These examples are here to help you recognize similar situations that you have experienced. I want you to then use such examples to complete the contents of this workbook.



### Bathroom Break

### Bathroom Breaks:

In effort to connect with the "Oops Poops" above you will complete several bathroom breaks. Bathroom breaks are areas of self reflection to help you process what went down. This is also a place for you to begin working through the tools learned within the e-book.

### Dropping a deuce:

These areas will define terminology and theories in more detail.

In this workbook you will expand on how you relate to the information given.

### Dropping A Deuce



Okay, so now you know how to use this book. Let's stir up some sh\*t.

# Dropping



# Deuce

**Passive Aggressive behavior: Indirect behavior.**

**Examples:** behavior might include avoiding direct or clear communication, making “beating around the bush” statements, blaming others, playing the victim, sarcasm about their feelings and the situation, backhanded compliments, and hiding anger.

*Your passive aggressive behaviors:*

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**Aggressive behavior: Hostile Behavior**

**Examples:** Verbal hostility, physical aggression, threatening, bullying, name-calling, shouting, and all out brawling.

*Your aggressive behaviors:*

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**Passive Behavior: Avoiding Behaviors**

**Example:** Avoiding conflict altogether, not sharing your inner thoughts, feelings, or opinions, lack of assertion, being overly agreeable, or shutting down completely.

*Your passive behaviors:*

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# Bathroom Break #1

If you realize your crummy feelings stemmed from an interaction with another person I want you to use this bathroom break to go back to that interaction and remember it as best you can.

**Take 3-5 minutes to reflect and list the following:**

1. What thoughts were you having in that moment? \_\_\_\_\_

\_\_\_\_\_

a. About yourself? \_\_\_\_\_

\_\_\_\_\_

b. About the other person? \_\_\_\_\_

\_\_\_\_\_

2. What emotions were you feeling? \_\_\_\_\_

\_\_\_\_\_

3. What emotions stayed with you throughout the day? \_\_\_\_\_

\_\_\_\_\_

4. Did you replay the scenario another time in your day? Did feelings arise when replaying the argument?

\_\_\_\_\_

\_\_\_\_\_

# Dropping A Deuce



When referencing back to my original "Oops Poops" you will see common responses I could have had to the parents who were expressing their emotional poo onto me. The listed examples are just a few ways that could have responded. Below I want you to thin about ways that YOU might have responded to the interaction.

**Think about similar experiences in your life and write 1-3 reactions that you may have had based on your past:**

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# Bathroom Break #2

What are common thoughts that you have when in a conflict with someone else? Do you blame or shame yourself? Do you blame and berate the other?

**Write those common thoughts here:**

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# Bathroom Break #3

What happens to you when you are feeling angry? Sad? Scared? Shame? Guilt?

What "physical sensation" occurs in your body when you feel these emotions?

## Write that down here:

Emotion: \_\_\_\_\_

Physical Sensation: \_\_\_\_\_

Emotion: \_\_\_\_\_

Physical Sensation: \_\_\_\_\_

Emotion: \_\_\_\_\_

Physical Sensation: \_\_\_\_\_

# Dropping



# Deuce

## Easy Self-Regulation skills:

- Square breathing 4 second inhale, 4 second hold, 4 second exhale, 4 second hold
- Start listing things you are grateful for
- Think of your pet (as long as its not an a-hole)
- Tap each finger to your thumb on both hands
- Drink some cold water
- Go for a walk
- My fave, hold some ice in your hand. When your hand is cold AF, its hard to feel anything else

**Other than the above, what self-regulation skills can you use to calm yourself?**

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# Bathroom Break #4

If you look back at the bathroom break #1 you listed common thoughts that you have when in conflict.

I want you to now write down positive messages that you can say to yourself in the moment to create an internal boundary.

**Common Negative Thought:**

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**New Positive Thought:**

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**Common Negative Thought:**

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**New Positive Thought:**

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**Common Negative Thought:**

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**New Positive Thought:**

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# Dropping A Deuce

Assertive Behavior: Characteristics of assertive behavior include openly expressing your feelings, using your voice, setting boundaries, remaining calm and present

Assertive behavior is when we can openly and honestly express our feelings about a interaction while still remaining respectful to the other person

Write how you can be more assertive:

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# Bathroom Break #5

Use your original Bathroom Break #1 and write down an internal boundary you could have given yourself and an external boundary you could have given the poop handler.

**Internal Boundary:** \_\_\_\_\_

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**External Boundary:** \_\_\_\_\_

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# Bathroom Break #6

**What was the environment or stimulus?**

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**How did your body feel?**

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**How did you react? Behave?**

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**How did the other person react?**

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**What emotions did you feel?**

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**What thoughts did you have?**

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# Bathroom Break #7

**How could you have confessed your wrongs?**

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**How could you explain how your actions were hurtful?**

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**How did your actions negatively affect the situation?**

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**How could you commit to not doing it again?**

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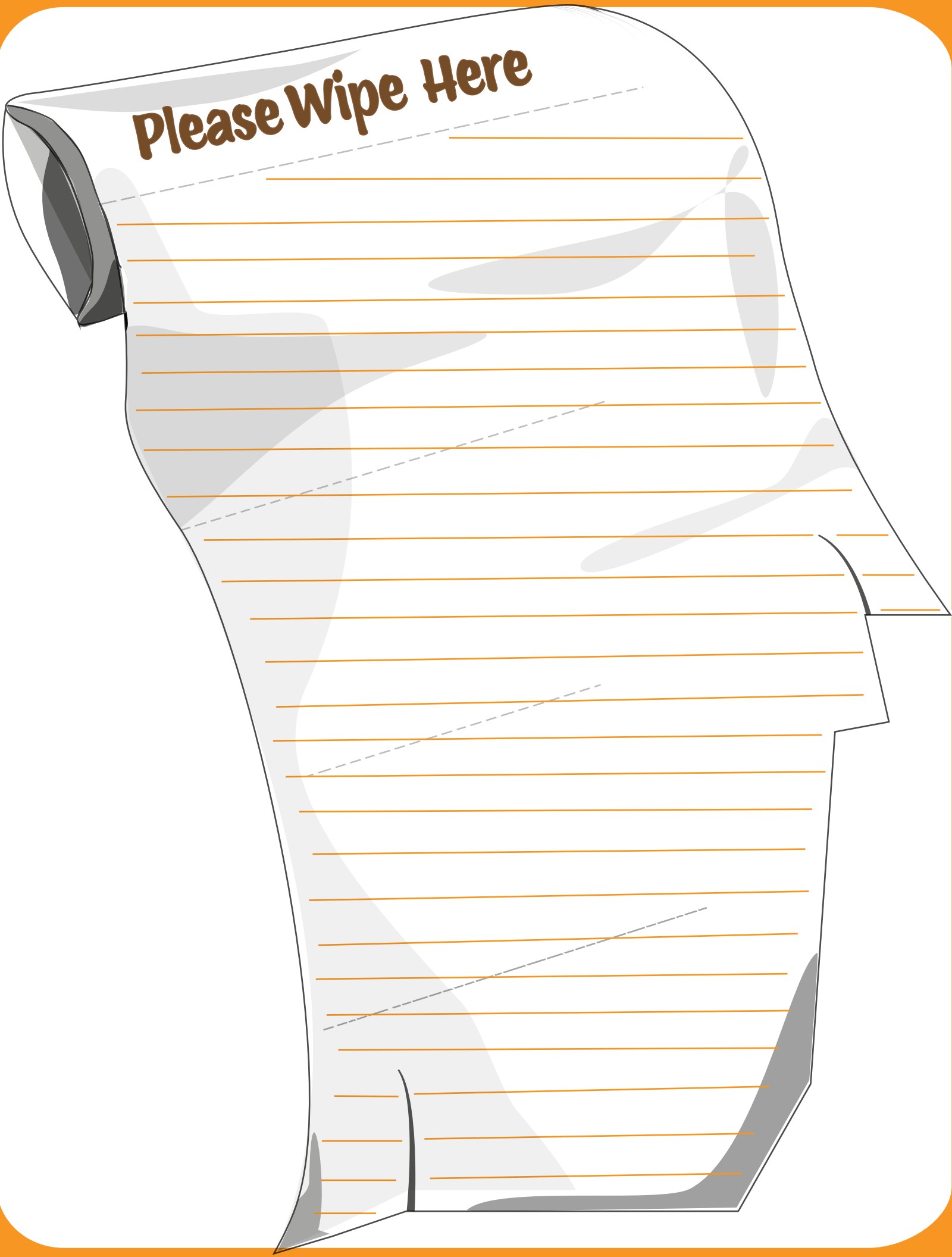
**What karma could you have engaged in?**

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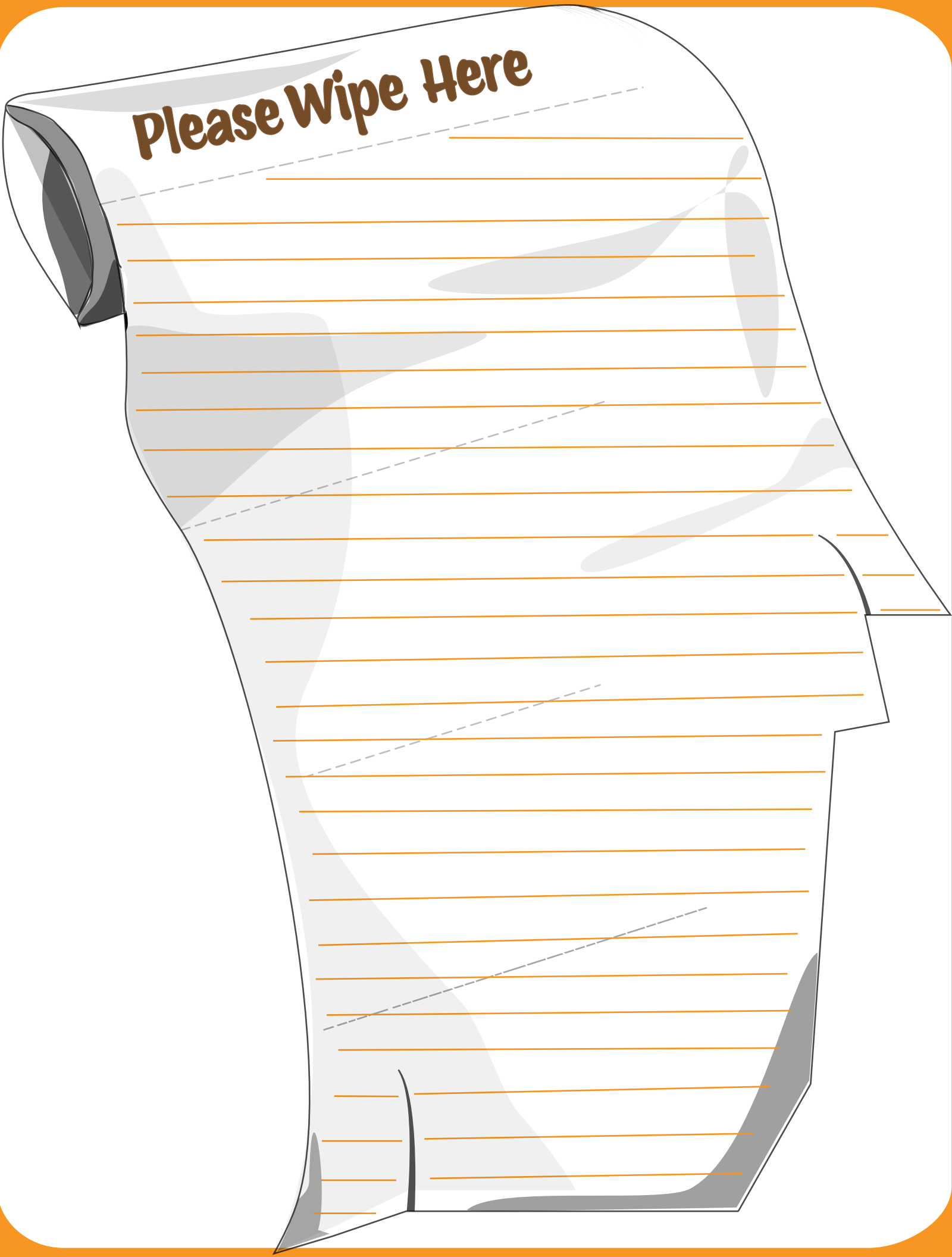
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