



MAINSRING
Counseling & Training Services



Jon Diggs, LPC

Jon Diggs, LPC is a Licensed Professional Counselor. He obtained a bachelor's degree in Psychology from Morehouse College and a Master's degree in Community Counseling from Argosy University.

As a psychotherapist and clinical consultant, he works to help individuals, families and businesses find their main-spring: something that plays a principal part in motivating or maintaining a movement, process, or change.

He believes the change process is best understood when we decide to be *kind* to ourselves.



Mainspring Approach

Jon believes that *Kindness* acts as a bridge between the heart and mind. This belief has evolved into the Mainspring Approach.

His three-step method: tell the truth, set intention and tell a different story has helped hundreds of people reach a space of healing through the practice of *kindness* towards self.

"It is my obligation, my purpose to do the work of kindness and share it with others. This is the meaning of Human-*kind*'.

Jon has transformed these steps into a self-directed workbook, giving you access to the same process that has helped many.

How do I use the workbook?



You get to decide the pace



You will need a notebook to journal
and complete assignments



It is recommended that you spend
1-2 hours on each chapter

What kind of activities are included in the workbook?



Journaling Prompts



Positive Self-Talk
Exercises



Thought Interruption
Techniques



Mindfulness & Reflection
Exercises

Getting Started

**This is a different type of
self-help experience**

**This is a love story
The main character is you**

The object of love is you



Getting Started

You'll learn how to be with all of you, even
the unwanted parts

Like any good story, there is beauty in
watching the main character become
stronger through each challenge and
triumph

No matter where this workbook takes you,
remember, it's a love story

With Kindness,
Jon



Radical Acceptance & Kindness



Rogerian Approach

You may not know it, but you are probably familiar with this approach.

Have you ever heard the phrase "meet people where they are"? It comes from the Rogerian Approach, also known as Person-Centered Therapy.

Carl Rogers stated that a person can change when they decide to accept self, just for who they are. It is then, that people can change.



Radical Acceptance

Therapists use radical acceptance to facilitate the change process:

1. Creating a welcoming space
2. Supports the process of remaining open to understanding a client's point-of-view no matter how radical or provocative the statement may seem
3. Willingness to offer a space of understanding & acceptance

Several therapeutic processes use a Person-Centered approach. Most people would agree that it is important for their doctor or therapist to (provider) *speak to them* and *not at them*. However, topics like *bedside manner* and *best-of-fit* remains a challenge for trainers to teach.

In 2016, Jon began training medical providers on the nuances of bias in a clinical setting. Everyone agreed that barriers to accessing care should be removed; however, unknown was, "How do we meet people where they are if our experiences are different?"

He would ask providers to think about how they would want to be treated if they were given life changing medical information. Lots of spirited debate occurred. It was difficult for providers to understand their clients' perspective because they had untreated trauma.

Gently, Jon began working the process of **radical acceptance**. He understood that it'd be difficult for any provider to meet someone where they are if they had emotional wounds needing to be healed.

It's hard to empathize with others if in your vulnerable moment it was met with shame, guilt and judgement.

Regardless of the person or profession, the pathway to becoming a more person-centered provider and/or the best version of self, rests in the idea of **being kind to self and being kind to others**. A kind internal dialogue creates a space for openness; free from shame, guilt and judgment. Kindness facilitates a dialogue (with others) of mutual understanding. The outcomes focus less on *right or wrong* and more about a practice of being gentle and generous with you.

To begin this process, we start with the principle:

All of you is Welcome.





Be kind to you

-Jon Diggs

All of you is Welcome

This is our **starting point**

It's about **you** making a **commitment**

More importantly, it's a **promise to self**

We don't know what's going to happen on this **journey**

We don't know what will be revealed

Truth: you're working to better understand how to be with all of you; even the unwanted parts that shame, guilt and judge you



