

MAINSRING

WORKBOOK

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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.

He has over 10 years of experience working with individuals and families coping with grief, trauma, HIV/AIDS, chronic illness, depression, anxiety, self-esteem issues, high-conflict relationships and LGBTQ issues.

As a psychotherapist and clinical consultant, he works to help individuals, families and businesses find their Mainspring.



MAINSRING 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:

1. Tell the Truth
2. Set Intention
3. Tell a Different Story

has helped people reach a space of healing by practicing *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 trained therapists and coaches in the Mainspring Approach. He has also transformed these steps into a workbook giving you access to the same healing process that has helped others.

"When we are kind to ourselves, we become our own best friend. We are able to listen to our truth without guilt, shame and judgement. This is self-love; and love is healing. This is a love story."

"Do the Work"

Have you ever heard a therapist or coach say, "Do the work"?

But what exactly is doing the work?

Who invented this phrase?



You may be wondering....
How can I do the work if I don't know what this looks like?

No worries.

I've designed a self-help workbook to help you understand and define "doing the work".



Workbook Activities

Journaling
Prompts



Thought
Interruption
Techniques

Positive
Self-Talk
Exercises



Mindfulness &
Reflection
Exercises



MAINSRING APPROACH

The Practice of Kindness Towards Self

Jon believes the process of change is best understood when we decide to be *Kind* to ourselves.

This self-help workbook will help you understand personal narratives; stories you communicate internally about who you are, where you come from, and how you present to others.

Understanding your story informs how you **feel** and **deal** when life starts to happen.

A fracture in your narrative will cause you to show up disjointed. In other words, the inability to use kindness, as a tool, to bring all parts of self together.

Just for a moment, imagine if kindness could speak. Kindness might say, let's create a space for the parts we want to hide or do away with - shame, guilt, anger, sorrow, grief. This is called, "Doing the Work."

MAINSRING APPROACH

The Practice of Kindness Towards Self

Kindness might say, "in order to understand you and your experiences, you must be willing to acknowledge all of you" and tell the truth.

This is called, "Doing the Work."

If you think about it, we all want to experience kindness because it creates a pathway to love and forgiveness even when we've done nothing to deserve it.

Imagine, if we were able to experience kindness towards self. It would compel you; it would propel you to bring all parts of self into harmony to deal with emotional pain and discomfort; and answer the question *What do I want for my life?*

The term *paideia* best captures the use of kindness, which is the cornerstone of the Mainspring Approach. Cornel West explains *paideia* in his memoir *Living and Loving Out Loud* as:

"Paideia concerns the cultivation of self, the ways you engage your own history, your own memories, your own mortality, your own sense of what it means to be alive as a critical, loving, aware human being."

STEP 1: CREATE YOUR KINDNESS DEFINITION



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FIRST, LET'S
LOOK AT AN
EXAMPLE

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EXAMPLE: CREATING A KINDNESS DEFINITION

Define Kindness:

To be considerate of others. Generous with love and friendship. Empathetic. Understanding.

I'm being Kind to others when:

When I listen-when I don't try to fix someone, but just listen. Forgiving people.

People are being Kind to me when:

When they go out of their way to do something for me-to make life easy on me (considerate). Listening to me without judgement. Understanding.

List the words/phrases that stand out in each section above (ie most important to you or word that was written frequently):

Considerate, love, friendship, listen, being present, forgiveness, giving freely (without strings attached.)




EXAMPLE CREATE A KINDNESS DEFINITION USING THE LIST OF WORDS OR PHRASES:


Kindness is being present, considerate and loving of others.

Kindness is being considerate of myself and others. Being willing to forgive myself and others.


Creating a space to be present with myself and others. This space is loving, free and forgiving.



1st try: the definition felt incomplete. I don't see myself in the definition



2nd try: I see myself in the definition. But left out love, free and forgiving



3rd try:
This is it !





IT MAY TAKE
A COUPLE
OF TRIES.

YOUR TURN.

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**KINDNESS MIGHT SAY,
“IN ORDER TO
UNDERSTAND YOU
AND YOUR
EXPERIENCES, YOU
MUST BE WILLING TO
ACKNOWLEDGE ALL
OF YOU”
AND TELL THE
TRUTH.**



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CREATING A KINDNESS DEFINITION

Define Kindness:

I'm being Kind to others when:

People are being Kind to me when:

List the words/phrases that stand out in each section above (ie most important to you or word that was written frequently):



**CREATE A KINDNESS DEFINITION USING THE LIST OF WORDS
OR PHRASES:**

**USING THE DEFINITION ABOVE, LIST A FEW AREAS IN YOUR
LIFE WHERE YOU COULD BE MORE KIND TO YOURSELF:**



CHANGE HAPPENS
WHEN YOU
UNDERSTAND THE
MISSING PEACE
BETWEEN WHO
YOU ARE AND
WHO YOU WANT
TO BE



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