



SEASON 4 HANDOUTS



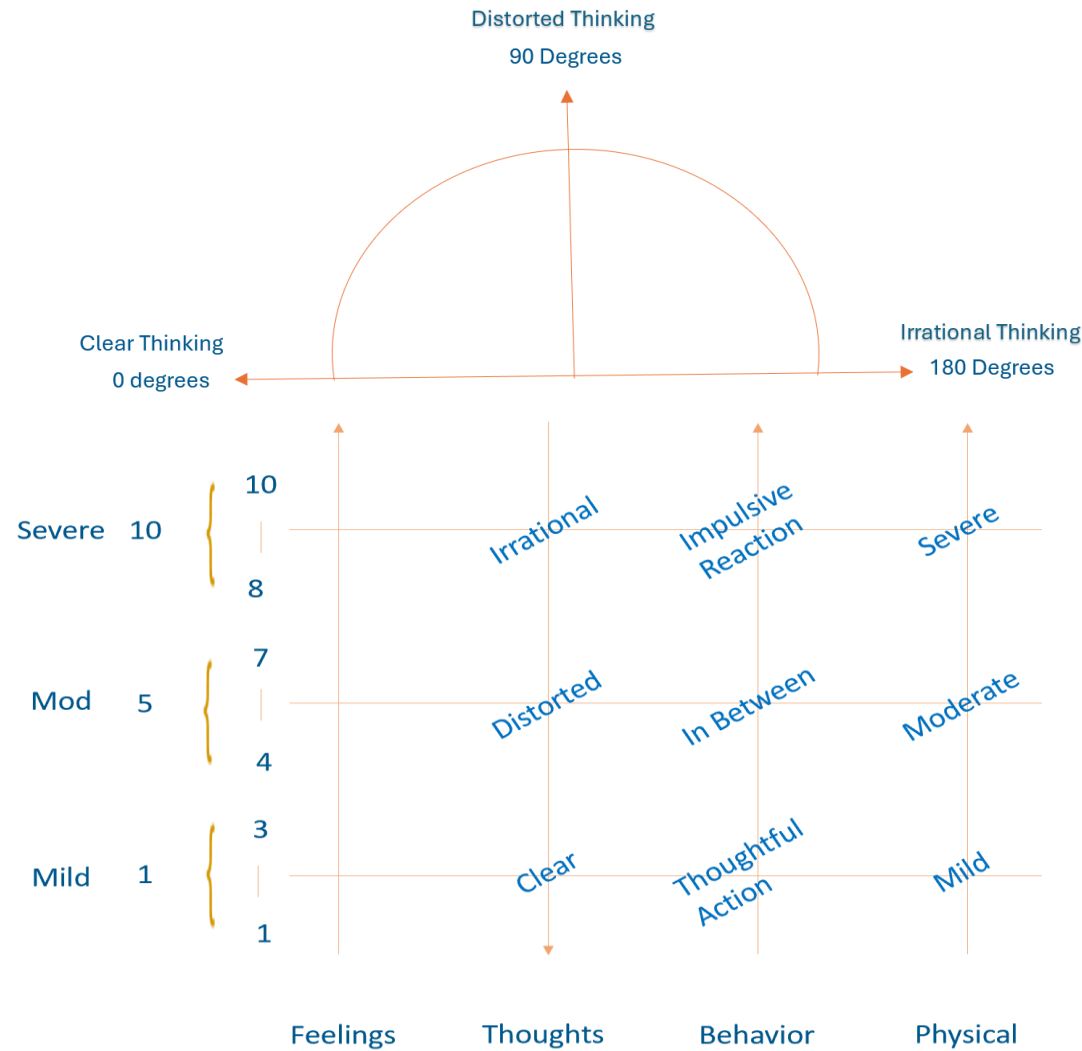
SELF-AWARENESS WORKSHEET

Gain insight and build self-awareness by using the columns below to practice writing out what happened in each area. Writing as much detail as possible helps you better understand your reactions. This activity is helpful for any event that you want to explore. We encourage you to explore uplifting experiences as well as challenging ones.

Situation <i>Include historical details that may contribute to being activated in this particular situation</i>	Thoughts <i>List any and all thoughts that come to mind without any judgment, criticism, or analysis</i>	Feelings <i>List any and all emotions and feelings you're experiencing, evaluating each on a scale of 1 - 10</i>	Physical <i>List all sensations you are experiencing in your body</i>	Behavior(s) <i>Include all you have done, are thinking about doing or aren't doing</i>

CORRELATIONS OF FEELINGS, THOUGHTS, BEHAVIOR & PHYSICAL SENSATIONS

There is a direct correlation between all areas of our psychological realm. Each area can help us gain insight which enables us to know what's going on with us at any given moment. To gain insight, look anywhere on the grid below. Sometimes we know what we're thinking, but nothing else. If we realize that our thoughts are irrational, we learn that our emotions are at an eight or above, our behavior could be impulsive, and our biofeedback will be strong. Maybe we feel a little bit of tension in our body. We may have distorted thinking at that point as well as some impulsive behavior and an emotion with the intensity between 4 and 7. This information can also help us when we observe others.





NINE STEPS OF FORGIVENESS

The practice of forgiveness has been shown to reduce anger, hurt, depression and stress and leads to greater feelings of hope, peace, compassion, and self-confidence. Practicing forgiveness leads to healthy relationships as well as physical health. It also influences our attitude which opens the heart to kindness, beauty, and love. Grab paper and pen and find a comfy spot and start writing.

1. Know exactly how you feel about what happened. Write down every feeling you're experiencing about the situation. Use the Gerrod Parrot Emotions & Feelings chart on the next page to help identify all emotions and feelings. Articulate what is not OK about the situation. Then, share your experience with a couple of trusted people.

2. Make a commitment to yourself by writing what you need to do to feel better. Understand that forgiveness is something you do for *yourself*, not for anyone else. It's a powerful act of self-love and healing.

3. Acknowledge what forgiveness *is* and what it *is not*. Forgiveness does not necessarily mean reconciliation with the offending person(s). It does not mean that you condone the actions or offenses. The mere fact that you seek to forgive implies that you experienced harm or hurt on some level by another person(s), which was not OK with you. Forgiveness means inner peace for you. And this is the benefit of doing the work of forgiveness. And it is work. We define forgiveness as "peace and understanding that results from processing hurt and pain and releasing blame." We let go of expecting an apology, amends, or tangible or intangible restitution. In short, we let go of them owing us anything, and we let go of revenge. We will know we are in the process of forgiving when we feel peace increase, we take the life experience less personally, and we change our "grievance story" or stop repeating the grievance story. Instead, it has become a learning lesson and possibly a blessing.

4. Get perspective on what is happening. Recognize that your primary distress is coming from the hurt feelings, thoughts, and physical upset you are suffering now, not from what offended you or hurt you two minutes or ten years ago. Write down possible beliefs or thinking patterns that have been activated that could exacerbate your distress over this situation. Use our **HANDOUTS** Tab at InsightMaximizers.com for resources on limiting beliefs, distorted thinking patterns, and irrational beliefs. Forgiveness is a powerful tool that helps to heal old and new hurt feelings.

5. Write down what you will do if you feel upset. Choose a technique that will soothe your body's flight or fight response, such as a simple stress management technique. Feel free to use your own personal technique or our **PAUSE** plan that you can find on the **HANDOUTS** Tab in InsightMaximizers.com.

6. Write about ways you can give up expecting things from others that they do not choose to give you. Recognize any "unenforceable rules" you have about how you or others must behave. Write about your personal boundaries and how you will uphold them. What will you do if they are tested or violated? What feels right for you? Write your vision for your life, your hopes, and dreams, vowing to put in place a plan, and to start working your plan. *If it's for you, it's up to you.*

7. Set an intention to "stop and swap." Replace the mental replays of a hurt by redirecting your energy and seeking new ways to get what you want. **Stop** obsessing over the experience that has hurt you and **swap** it with ways to meet your needs and achieve your goals. Alcoholics Anonymous suggests praying for the offending person(s) whenever they come to mind, to have all the things you want for your life, such as love, health, peace, joy, success, etc. Try it!

8. Write your gratitude list for your life today. You'll note the love, beauty, kindness, health, prosperity, and peace that you enjoy this day. Remember that a life well lived is your best revenge. Letting go of the focus on your wounded feelings is forgiveness. Forgiveness is personal power.

9. Amend your grievance story to remind you of your heroic choice to forgive. And vow to celebrate your big WIN in a unique way!

Adapted from <https://learningtoforgive.com/9-steps/>



Acceptance Activity

How to live the Serenity Prayer in Daily Life

For decades, the Serenity Prayer has been a source of strength, comfort and motivation. The first three lines are commonly heard; we suggest we use the whole prayer to build acceptance.

God, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.
Living one day at a time,
enjoying one moment at a time.
Accepting hardship as a pathway to peace,
taking, as he did, this sinful world as it is,
not as I would like it.
Trusting that he will make all things right,
if I surrender to his will.
That I may be reasonably happy in this world
and supremely happy in the next.

Name it. What is something that is on your mind that you wish you could change? It could be an event, a relationship, or a person that is upsetting or is just not working out as you had hoped. Write it down, including all the feelings that come to mind when you mull this situation over _____

Fill in the blanks. Using the long version of the Serenity Prayer as a guide, write specifics about your situation after each line of the prayer.

God, grant me the serenity to accept the things I cannot change _____



The courage to change the things I can_____

And the wisdom to know the difference_____

Living one day at a time_____

Enjoying one moment at a time_____

This hardship is a pathway to peace_____

Trusting that He will make all things right, if I surrender to His will_____

That I may be reasonably happy in this world. And, supremely happy in the next_____

Now What? Once you have completed this activity, share it with a trusted friend if you need or want the support. Next, take whatever action(s) you identified through this work. Be proud that have been able to accept your situation, person, place or thing!