

8 to Great Class - Night Three

Share ½ of the class's Dream Boards.

High-Way 3: Full Responsibility

As a recap of Get the Picture and Risk, watch the Amy Purdy video and look for examples of each.

What is a thermometer? Takes the temperature

What is a thermostat? Sets the temperature

Which do you want to be?

Full Responsibility is the KEY TO FREEDOM; who is ready to learn the key that will give you freedom in your life??

Why??? If you think someone outside of you is the key to your dreams, then you are basically in prison.

Find one person. Look at them and say.....

I am in charge of my life, and I am not in charge of yours. #1 on worksheet

We give our power away when we wait for someone else to change in order to be happy.

When you are 5ing, you can not attract the life of your dreams.

REMEMBER: WHAT WE THINK ABOUT WE BRING ABOUT.

BCing (blaming and complaining) -our lives are like they are because of the things we think about and focus on
#2 on worksheet

Once you are ready to get out of BCing, we can move on to ADing (acting/accepting and dreaming)
#3 on worksheet

When we BC, we are the victim

When we AD, we understand our power.

We can be powerless or powerful; the choice is yours!

Can one person make a difference?? Two moms in the KC area didn't like the language that two disc jockeys were using. Without knowing that each of them was doing this, they called the radio station and talked to the person in charge. They were told that that's what people want to hear. They didn't agree and were talking about it. They decided to do something. Let's brainstorm for a second about what they could do.

They talked to as many people as they could and asked people to come to a meeting. Guess how many people showed up? 100 - - What drives radio? advertising. They talked to advertisers and told the radio that if they had one week to change or the following advertisers were going to boycott their radio station. What do you think happened 1 day before the boycott was to begin? Yes, they had new disc jockeys. Can one person or a few people make a difference????

Were they BCing or ADing? Which one takes us to the top of the pyramid?

Do the box activity.. Do you know what your biggest problem is?????

Bad news - your biggest problem is in this box.

Good news - the biggest solution to that problem is also in that box.

When we admit that we are the problem, then the good news is that we are also the ? (Solution)
#4 on worksheet

The only think you need to change in order to be happier is YOU!!!

Note card - keep track of the times you blame and complain for one 24-hour period.
(Risk being honest with yourself)

Think about 3 people you admire, living or dead
Write down their initials and 1 or 2 things that you admire about them. #5 on worksheet
Now without writing initials, write down 3 qualities that bother you in other people. Be honest!

Psychologists have discovered that whatever we despise the most in other people is also a trait that is in us - -
it may be hidden or have a little different form - - - - 8 to Great saying - - - You spot it; you got it! #6 on
worksheet

One girl said that her mom should stop drinking, but she didn't drink

The question then is WHAT IS IT THAT YOU ARE RUNNING FROM?

Your mom (or any other person) can NOT keep you from being happy

We don't get what we deserve, we get what we expect. (Read circled quote in the middle of the page.)

How people treat us is a reflection of how we treat ourselves. (Positive self talk!)

ROCKY BALBOA VIDEO

Remember the 1/2 jerk - 1/2 jewel concept? If you really believe in that concept, then you believe that we are
equally as gifted as Einstein or Mother Teresa. But that also means that we are equally as broken as anyone
we have ever judged! WOW!!

So what is humility - - I am no better than you.

What is pride - I am no worse!

Think about our young adults. What if they went out into our world thinking - - - I am no better than anyone
else, and I am no worse. Would we have an empowered generation?????

When you see something that bothers you, you might want to think..... Why is this bothering me?
Might I have a similar quality?

Why is it that we can see the splinter in someone else's eye, but we can't see the board in ours.

When we even think about something, it makes us more aware that we might be doing it. Every thought is a request for more of the same. So, what is it that we want more of???

What we resist will persist, but what we embrace, we can erase

3 kinds of business - yours, mine, and God's.
Suffering occurs when we are in business other than our own

In 8 to Great we say - - - Don't should on yourself and don't should on others.

When we do, we are basically trying to control them, and they will rebel.

Think about one time that you've should'd on someone.

On the worksheet, write down one thing that bothers you about someone else.

Start by writing. ?????? should ??????

Isaac should pick up his room better.

Replace the name with I - change should to could - leave the rest

I could close the door and not worry about what is in Isaac's room!

So change your you should to I could

3 Questions of Full Responsibility

Is there an action that I can take?

Is there an action that I can stop?

Is there an action I can change?

If the answer is NO to all of these, then you just need to accept.

Action I can take?

Think about these statements

What we fear, we attract.

Whatever we push against, we get more of.

What we resist, persists.

WHY???? What we think about, we bring about!

Choose actions that empower you, not ones that will change someone else.

When we trust too soon, we are trusting someone to be like us.

We must trust people to be uniquely who THEY are.

Worksheet quote - Marianne Williamson - Our deepest fear is not that we are powerless.

our deepest fear is that we are powerful beyond measure.

If you quit something when you are 5ing, you will only find another 5ing opportunity.

Take Full Responsibility and get to 95ing. Then, you can stay or go - choice is yours

Read Letting Go page 113

If the "I should have known better" tape begins to play in your head, STOP IT!!! The fact is that you DIDN'T know better.

Move from shame to anger - anger to hope - Hope to joy

Write down 3 things that you normally blame and complain about.

Is there an action you can take?

Is there an action you can stop?

Is there an action you can change?

If the answer to all of these questions is NO, then what you do need to accept?

Just because we are older does not means that we've grown up.

Share sticky notes.

Share quotes.

BREAK

Feel All Your Feelings

If our most important job is to feel good, then we must feel. #2 on worksheet

Feelings can motivate us into greatness or plunge us into despair. Cause weddings or wars

Let's get one thing clear - there is no such thing as a bad feeling - feelings just are.....

Quit judging them.

Let's look at the feelings ladder on page 146 -7.

joy, empowerment, gratitude, love

passion, eager enthusiasm

optimism, hope

contentment

boredom

pessimism

frustration, impatience

disappointment

doubt

worry

blame, anger

hatred, revenge, jealousy

guilt, shame

fear, depression, despair

Think back to the scenario that we were just talking about in feelings when we could move from shame to anger - - anger to hope - - - hope to joy.

Look at anger – it isn't at the bottom. We assume the angry teenager has moved down the ladder when actually, he may have moved up from despair. WE ARE NOT IN CHARGE OF OTHERS. They need to want

to change. When we encourage others, remember that we cannot ascend this ladder in one leap. Try to get them to move up a couple of rungs at a time.

The alternate to feeling is to run from
addition to food
perfectionism
drinking
computer solitaire
pornography
even volunteering - if the meaning is to escape

Running from is running in circles - our feelings will eventually find us.

The underlying cause of ALL addictions is suppression/repression of feelings.

Emotions are energy in motion. #1 on worksheet

The worst thing you can do with emotions is to try and stop them.

Remember when MK was talking about when our children leave home. They get upset easily. Maybe it's because they don't want to cry or show us how worried they are to go out on their own.

What are two emotions that society "shoulds" on us about? MAD / SAD #3 on worksheet

We need mad to get energized to make a change; we need sad to release our pent up energies

Mad/sad show up at the same time in the same amount.

Are you emotionally constipated????? Really, think about it!!!

Think back to a time when you were angry. Weren't you also sad?

Think back to a time that you were sad. Weren't you also angry?

Start drawing the diagram on the board.

Mad is like fire. New word - angergy -(#4 on worksheet) passion about something that gives us energy to change.

Martin Luther King, Jr - it was on one of his angriest days that he was motivated to do his civil rights work

Mother Teresa - on one of her maddest days decided to do her work to help the poor.

When we have too much fire, we need water to help keep our balance.

Sad - water (holy water) - tears

Release #5 on worksheet

I do not have a problem with sad; just ask my family at a movie; we knew mom would be crying.

Did you learn as a child when NOT to ask your parents for something?

Dad is in a bad mood.

Leave Mom alone, she is feeling bad.

This makes us think that sadness is bad. Big girls don't cry; it make them look WEAK. I saw my father cry once, and weak was the farthest thing from my mind.

The healthiest, happiest, and most successful people feel both their mads and sads because they understand the power of feeling all of their feelings.

Remember, we are not our feelings. I am mad - - - NO - - - I am feeling mad. People might think I'm MEAN!

If we cover up our sads and only experience the mads, we get stuck in ?????? Rage #7 on worksheet

Common sayings - hot under the collar - hot temper

If we cover up our mads and only experience our sads, we get stuck in ????? Depression.

How much energy do we have when we are depressed? How much creativity? Hope??

We need both our anger and our release to stay in balance.

We can diminish rage/depression NOT by stopping our feelings, but by fully experiencing both mads/sads

How do I know if I am crying to get attention or crying to release. Well, we have a litmus test. Do you want others to see you cry? If so, it may be that you really just want attention.

*****THIS NEXT IDEA REALLY HIT HOME WITH ME!!

We have mad and sad bowls within us. When we don't empty our mad and sad bowls, it becomes like kerosene.

Sit up nice and straight; take in a big, deep breath. Now, let out only a little. Try to take in more.. It doesn't work very well.

So we have this bowl inside us that is full of kerosene.

Then when a match walks by, what happens?? BOOM!

Remember - it is never about the MATCH!!

When I first heard this, I thought - what do you mean? Of course it is about the match!

Did you ever wonder why one student can say something to you, and you don't get upset. Another student can say the exact same thing, and that student is in trouble. Has the student who would have been in trouble added to your mad bowls?

Let's also think about this in another way.

Has a student or a situation at school ever filled up our mad/sad bowl?

Tim said something to me one night that really hurt my feelings. Later, as I was getting ready for bed, I asked myself why his words had had that effect on me. The more I thought about it, I couldn't think about why. As I then thought about my day, I remembered that something had happened at school that had really bothered me. It was then so clear. It wasn't about what Tim had said. He was just the match, and my bowl was full of kerosene.

How do we empty our sad bowls?

Crying - we must allow ourselves to cry.

I don't call it a breakdown - - it's a break through

Rent a tear jerker and grab a box of Kleenex

Let me tell you about Jesse. He was a young kid with whom MK worked because he was a fighter in school. The school didn't know what to do with him. They asked MK if she would try. She was a little scared, but she asked herself - If I had no fear, what would I do..... Jesse told MK about all of the fights that he would have. He had no clue why he was stuck in such rage. MK asked him, "Who taught you NOT to cry?" When Jesse was 10, his nana was very sick. The family was at the hospital. Jesse's mother came out of the room and told Jesse that he needed to go in because if she stayed in the room, she was going to cry. So, 10 year old Jesse went and sat with his nana until she died, and Jesse didn't shed a tear. As he told the story to MK, the tears were streaming down his face. MK told Jesse that this holy water would put out the raging fire that was within him. Jesse NEVER fought in school again.

How do we get rid of our mads? - - - Scrooge wasn't born bitter. He was scorned by his fiance and chose to close off his heart so he wouldn't feel. The problem is that if we don't feel our mads and sads, then we also can't feel our ??????? GLADS!!!

Grab a pillow and hit it - - - - What are some other good options????

8 to Great suggests that when we are stuck emotionally, write 'em out, walk 'em out, talk 'em out, movie night 'em out, sing 'em out, golf 'em out

The root cause of anger is feeling disrespected. #8 on worksheet

The most respectful thing we can do for another person is to LISTEN - - NOT GIVE ADVICE #9 on worksheet

We have been given 2 ears and 1 mouth. How is your percentage?

I am inviting you to take a walk with someone in class that you don't know very well. One person needs to start out talking about how good he/she is with feelings. You don't have to share specifics about your feelings unless you want to. Do you release feelings, or do you stuff them in? The person listening shouldn't comment about this; just listen. After 2 minutes, switch and let the other person talk about how he/she is with feelings. You will only be gone for a total of 4 minutes.

Look at sticky notes from this chapter.

Look at quotes from the chapter.

When we feel ALL of our feelings, we will feel better!!!! :)

If you are surrounded by people who are judging you for crying, I might ask you to go out and find a new judge and jury! :)

BREAK

Honest Communication

Feeling your feelings leads you to want to share them! Whether it's the sads and mads or the I'm sorry's or the I love you's will you forgive me

We are going to learn some new ways to express; also we have some new ways to listen. We need to listen from your heart!!!

Communication comes from the words common and union

One lie always required another to cover it up.

8 to Great definition - -speaking your truth in a fully responsible and respectful way, and listening with respect and compassion to the thoughts and feelings of others.

The more honest we are with ourselves, the more we recognize when we're being less than completely honest with others.

Love is being authentically myself with you and encouraging you to be authentically yourself with me.

Love is NOT doing things for others.

Move beyond hearing to listening; learn to listen – not just waiting so you can get the next word in.

Of total communication, listening takes up 85%. #1 on worksheet

We listen 3 times as much as we talk

When we listen to words, we let our head get involved, and we want to argue.

Read Please Listen page 161

Common and damaging error as listeners is becoming defensive during an argument - - - -
Has that ever helped???? Of course not #2 on worksheet

I am going to teach you the skill to not get defensive in arguments. This is a skill that will help you get past their words and listen to their feelings.

Is it more important to be right, or to be happy? Is it better to win the battle, or to END the war? If you win the battle, you will always have another _____ (battle).

And here is the deal - - - - It all has to do with us! They don't have to change.

Getting defensive in arguments will only start an argument, and then the person feels disrespected and could possibly start raging.

Signs of rage - - - "You always - - - you never - - - you are such a - - - - (name calling)"
#3 on worksheet

Process 1: AVA Formula for Deep Listening (#4 on worksheet)

Acknowledge/Apologize: Go on, I'm listening - - - - (make sure body language is positive)
Try to give verbals - uh huh, go on, Is there more???? I can see you're upset
Don't say - - - I'm sorry you feel that way - - that gives the idea that their feeling isn't normal
Don't say - - - I understand because you probably don't totally understand.
Validate their feelings - You had every right to feel that way
Only if you see the holy water will you do the next phrase. Ask the million dollar question -
Does this remind you of anything????
Yes, this reminds me of the time I had to sit at the table - - - -

MK's story of her sister - - -

She and her sister hardly ever spoke. One day MK was in California for a training, and her sister was taking her there. MK said she was so excited to have her sister attend her training. She told her not to worry; she wouldn't embarrass her in front of anyone. MK's sister said, "Yeah, like I'm going to your stupid training." Now MK could have been defensive right away, and she said it was her first instinct. She decided instead to use the AVA Formula - Go on, I'm listening. Well, listen she did. MK's sister was three years younger than MK, and she had huge shoes to fill. She asked MK if she remembered when their dad told MK that there was NO college too good enough for MK. When it was her turn for school, their dad said, "There's the community college down the road. Do you think you can handle that?" Now her sister was brilliant, but grades didn't matter to her as she didn't want to travel in the same shoes that MK had. MK's response was, "You have every right to those feelings." And, they both started to sob! They are now best of friends! Does this story sound familiar????? It is powerful stuff!!!

Process 2: Sharing Fully Responsible Feelings

Look at page 167 - A - D; more responsible as you get to D

Process 3: Learning to Say No

Healthiest, happiest people good at saying no

No, I won't be doing that; thanks for asking - - - Let's say that together.

If you don't have no in your vocabulary, what does your yes mean?

Process 4: Asking for What You Want - pg. 169

Pre-step: "Have you got a minute?"

Step 1: "When (describe one place and time)....."

Steer away from you always; you never

Step 2: I felt a little....."

Step 3: "because....."

Step 4: "therefore....." (might not be needed)

End: "Thanks for listening."

MaryAnne taught us about this. Tim and I are great at coming up with possibilities. I don't have the right answer, but I can give you 20 things that might work. Well, one time she called with a dilemma. I started coming up with possible solutions. She said, "Mom, I have beaten myself up about this and the different things that I could have done. When I call with a problem, I need to hear you say that you love me and that you know that I can find a way out of this." WOW! I was really glad that MaryAnne cared enough about our relationship that she could ask for what she wanted. MaryAnne is now a chiropractor in Huntington Beach, CA. She and her fiancé have opened their own practice, and she has called with numerous issues. We tell her how proud we are of her, how much we love her, and that we know she will come up with a great solution. Now she says that she really wants to hear our solutions. We only give them when we are asked for them!

Process 5: Constructive vs Destructive Criticism

C is about B - behavior

D is about C - character

You always..... You never..... NEVER A TRUE STATEMENT

Constructive criticism is NOT shaming. It says what I DID was wrong, not that I AM wrong.

Process 6: Ending Third Party Communication #5 on worksheet

(gossip or triangulation or tristrangulation)

Activity X Y Z

Who can stop this??? EACH of them

Who is the biggest culprit????

Y - we don't carry a message that we don't agree with

X - go to Z

Y - go to Z

Z - (8 to Great phrase) do you agree????

Real trouble-maker????? Y And now you know Y

Powerful stuff??? Yes or No? Yes

Read page 191 – 192 about what a bully's life must be like. After I read this section to my students, I had a mother overhear her son tell a friend on the phone that he wouldn't want to be that person. We shouldn't take what they are saying to heart because we don't know what that person is going through in his/her life.

Process 7: Stopping Sarcasm

cutting remark intended to wound or demean? meant for fun???

verbal bully

butt of sarcasm also loses

mockery makes us feel inferior if we don't respond

sorry when we do

As the victim, if you aren't sure if they are meaning to demean,
wait until you experience it a 2nd time from same person

If 2nd time, Process 4 - - -

"Do you have a minute?"

"The other day when you said....."

"I felt that you were making fun of me....."

"because....."

"Let's take sarcasm off the table when we talk.

If you have a hard time communicating in person, write a letter

In the letter, tell them what you are grateful about them

Share your dreams for the relationship.

They might write back; either way, the door is open.

Being overly nice (when you are not being sincere) is not healthy.

Compliment in e-mail; never criticize with e-mail – Remember that caps in an e-mail is shouting.

Don't be afraid to admit when you are wrong. This is HUGE!!!

When the ancient Greeks would find a crack in the urn, they would fill them will gold! I hope that your Honest communication skills will help turn the cracks in your relationships to gold!!

Share sticky notes and quotes over chapter.