

LISTENER GUIDE TO SELF AWARENESS WORKSHEET

<p>FIRST SHARE A LITTLE ABOUT YOURSELF:</p> <p>What is your Enneagram number? <i>This info is helpful, but It is okay if you don't know the answer.</i></p> <p>(A) List a few things you like about yourself. I am: <i>Examples: (I am a good: Parent, Partner, Peacemaker, Advocate, Achiever, Creator, Scholar, Supporter, Fun maker, Producer/doer. I am: Easy going, principled, helpful, friendly, persuasive, one-of-a-kind, practical, frugal, loyal, dependable, fun, spontaneous, strong willed, goal-oriented)</i></p> <p>(B) List a few things you don't like about yourself. I can be: <i>Examples of not proud of adjectives: Lazy, Workaholic, Depressed, Arrogant, Suspicious, Manic, Gluttonous, Mean, Short tempered, Judgmental, Unreliable, Dishonest, Needy, Manipulative, Vengeful, Passive aggressive.</i></p>	<p>Listening Tips:</p> <p>1. Take notes so you can reference information later. Don't rely on your memory. 2. As you are listening, remain neutral. Say things like, "tell me more" and "what do you mean by that". Avoid saying things like, "I agree with you, that guy is a jerk!".</p> <p>You could share your own Enneagram number or lists to break the ice & establish rapport.</p>
<p>THE EPISODE:</p> <p>Pick one single episode that upset you and share what happened and how it affected you.</p> <p><u>The Facts:</u> Describe what happened. Share just the facts and keep the description short; only a few sentences if possible. Hold off on saying how you felt, that will come soon. <i>Examples: my neighbor said I wasn't there for her when she needed me, a co-worker pointed out my mistake in front of my team.</i></p> <p><u>Your Body:</u> How did your body feel when it happened? <i>Examples: tight chest, sick to my stomach, rapid breathing</i></p> <p><u>The Feelings:</u> How did you feel when it happened? Read the feeling word list below. Which feeling words fit best?</p> <p>(C) <u>The Story:</u> What thoughts did you have when it happened? Name all that apply but then circle the one that fits the BEST. Keep the story about you.</p>	<p>Listening Tips:</p> <p>Many people will want to talk about groups of triggers/episodes at this point. Encourage your person to stick to one episode/one trigger.</p> <p>Ex. "I hear that this has been an ongoing issue for you. We will talk about patterns later, but we want to start with just this one episode, this particular trigger."</p> <p>Note the feelings they name and star any that are surprising or may not seem obviously tied to this episode.</p> <p>Often people will point fingers and lay blame here. Try to redirect to keep the focus on their reaction and how they are impacted.</p> <p>For example, your person says "Johnny</p>

Examples: The story I'm telling myself is... "the person in my episode harmed me", "I never get what I want", "I am not important", "I am stupid", "I can't do anything right", "I can't trust anyone", "I have no support", "I am alone", "I am restricted from doing what I need to do", "I need people to do things the right way", "it's my job to take care of everyone"

(D) The Fear: Which fears below were triggered for you? See examples below:

- Fear of being bad or defective
- Fear of being unworthy of being loved
- Fear of being worthless or without inherent value
- Fear of benign without identify or personal significance
- Fear of being useless, incapable, or incompetent
- Fear of being without support or guidance
- Fear of being deprived or trapped in pain
- Fear of being harmed or controlled by others
- Fear of loss of connection or peace
- Fear of ...

(E) The Reaction: How did you react during the episode?

Fight Examples: I slammed a door, yelled, started a fight, called someone names

Flight Examples: I ended a friendship, I walked away

Freeze Examples: I couldn't move, didn't know what to say

Fawn Examples: I gave in, I pretended nothing was wrong, I cried

was trying to keep me from contributing to the project." Redirect to "I was thinking that I wasn't important enough to contribute."

This is a great time to prompt, "tell me more" or "what do you mean by that?"

Summarize/reflect on all that has been shared so far: Reference your notes. For example you could say: "I heard.."And then check your reflection:"Is that correct?" "Did that capture it?"

Emotional fear can trigger the fight or flight reflex just as strongly as physical fear.

EXPLORE:

Let's explore why this episode hurt you with the questions below.

What did I want/need that I did not get?

What did I expect that did not happen?

What obstacle or person stood in my way?

How [did I tell myself] I was judged, misrepresented, misunderstood, or accused?

Listening Tips:

Let your person select the questions that are most relevant to the episode.

How was my image threatened/my flaws exposed? (Review the list of things I don't like about myself from the beginning of the worksheet)

Can you tie all the feelings to the episode? If not, that's ok! Dig deeper and try to.

TRIGGERED! Rank from in order from 1 to 3, which trigger affected you the most?

Loss of Power and Control _____

Loss of Safety and Security _____

Loss of Love and Affirmation _____

Ask to explain why they ranked them in this order, and to dig deeper as to why.

PATTERN

Revisit the Episode. Have I felt this way before? As a child? As an adult? Describe...

What was the thought that you circled as fitting the best? Write it here:

What was the reaction you had during the episode? Write it here:

Let's pull it all together and connect the dots between the episode and your reaction.

I know I am okay when I (Insert A: list of roles/adjectives that you like about yourself)

When I believe the thought (Insert C: the thought you circled)

I am afraid that (Insert D: the fear)

and I react by (Insert E: the reaction)

If your pattern had a name, what would you call it?

Examples of patterns: "I can only be happy if (I am pleasing others, I am at peace, I avoid pain, I feel loved...)", "I only have worth/significance if I am (perfect, competent, unique, in charge, helpful, ...)", "I only feel safe when (I am in charge, I have support from people I trust, I have no weaknesses or vulnerabilities, ...)", "it is my job to"

Listening Tips:

Most people will recall times in their childhood when they experienced similar feelings or trauma.

Assist your person to fill in the blanks if they need help.

Restate/reflect on all you have heard so far. At this point, there is a good chance they will add more to what has been said. When we hear back what we have said, we often think of holes or more information.

CHALLENGE THE STORY/CHANGE THE REACTION

it is time to challenge the story by answering a few more questions. The story is a belief and that belief is causing pain and suffering.

Story: Insert through from Part C

1. Is it true?
2. Can you absolutely know that it is true?
3. How do you react, what happens, when you believe that thought?
4. Who would you be without the thought?
5. Turn the thought around...

The Work of Byron Katie website link:

https://thework.com/wp-content/uploads/2019/07/obaat_en_mod_6feb2019-r.pdf

Listening Tips:

To challenge the belief, the Listener will ask these questions that come from the Work of Byron Katie. Go to the website provided and download a copy of these questions.

Encourage your person to pause, be still, and meditate until they know the answer.

THE TRUEST TRUTH

The way we pick up beliefs along the way makes it suspect that they are the truest truth. If you stand outside your own head, is there a bigger truth than the one you tell yourself? The beliefs we carry are usually some synonym of "I'm not good enough". The truer truth is that we are. Why? Because we are one with and made from the unconditional love, peace, and support that is God. So the belief that caused you pain in this episode... is the belief helpful when we know it isn't the truest truth? Knowing this, how would you react differently if this happens again?

Listening Tips:

share some variation of this info, feel free to personalize it for you!