

You are Enough: Tony Wilson (Former Iowa Educator)

Hype vs. Truth. Hype has always existed (e.g. the world is round). Truth is needed to challenge it (e.g. Christopher Columbus). The same is true about our personal hype, or the stories we believe about ourselves.

What is the Hype you believe about yourself? What is the Truth you can replace it with?

The state of mind can be conceptualized through the use of analogy regarding a House.

Home: True, authentic self. Content; Peaceful; Secure.

Porch: Starting to move outside of our foundation. Unbalanced.

Yard: State of unhealthy emotions. Jealousy; Depression; Frustration.

Neighborhood: Controlling; Abusive; Judgmental.

Passport: Psychological unrest.

Thoughts – Feelings – Actions – Consequences.

List things that take you to the yard (e.g. Driver cuts you off on the road).

List your belief systems behind this (e.g. 1. People should wait their turns; 2. People who cut in line are rude; 3. Rude people don't deserve respect; 4. Rude people deserve to be chastised).

List your responses (e.g. You yell at the driver).

Would it make a difference if you knew that the person who cut you off is a panicked mom taking her sick infant to the hospital?

How/what can you reframe to remove the emotional charge? (e.g. Next time I see an aggressive driver I will remind myself that I don't know the story behind why they are driving that way. I can only control how I decide to drive and how I respond to the driving of others.)

Are any of your triggers surrounding what drives you to the yard rooted in unforgiveness? List things you carry from the past that would benefit from forgiveness.

Consider the areas in your life that aren't aligned. What is that you don't want? What do you want? What is the bridge between?

What is your ideal emotional state?

What helps you remain in your ideal state?

What is the impact of staying in that state?

Is it worth the effort?

What is the cost of not staying in that state?