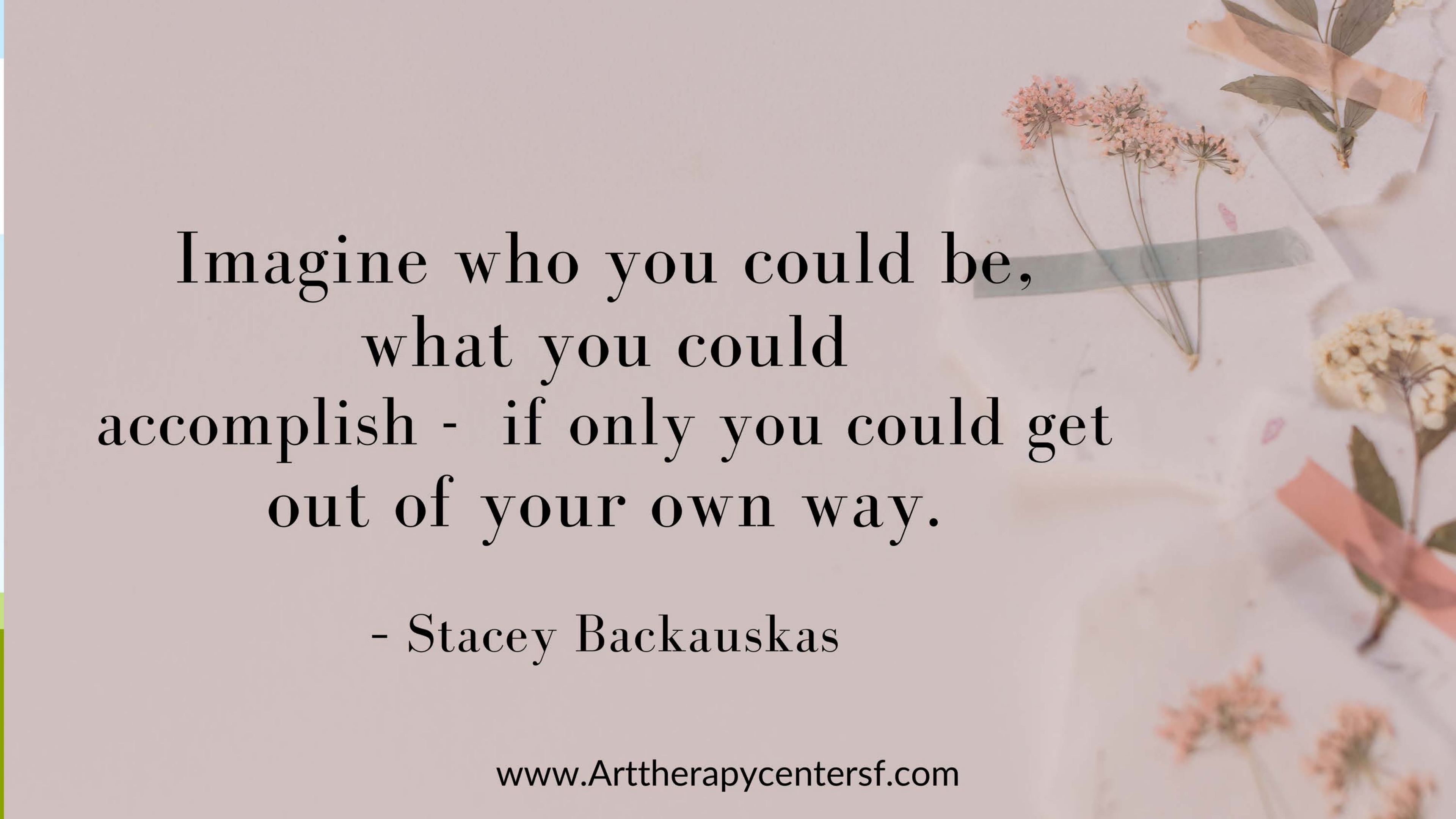


How to Get Out of Your Own Way

Week 1



The background of the image is a soft-focus collage. It features several dried, pressed flowers in shades of pink, peach, and cream. Interspersed among the flowers are various pieces of translucent, aged paper or vellum, some of which are layered over each other. The overall aesthetic is delicate and artistic, with a warm, muted color palette.

Imagine who you could be,
what you could
accomplish - if only you could get
out of your own way.

- Stacey Backauskas



Rate Yourself

On a scale of 0-10, how present are you right now?

0-1-2-3-4-5-6-7-8-9-10

0 = completely checked out, not present

3 = mostly not present, many thoughts about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about the past, future or distracted by thoughts

10 = completely present



What do you hope to get out of this
workshop?

Put your answer in the chat
or raise your Zoom hand.

Modern Creative Woman

- We are a fun, supportive learning community.
- We keep an open attitude.
- We modernize our thinking and behavior.
- We commit to creativity and creative thinking.
- We create a positive relationship to our thoughts.
- We focus on our values, purpose, and aligned actions.
- We practice knowing ourselves more so we can make our relationships and the world a better place.

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Housekeeping

Be kind, positive and respectful. Share solution-focused ideas about what works for you. Everyone is welcome here.

Classes are recorded and will be on the membership page. Your Zoom image does not appear there..if you talk, your voice/image will appear on the video.

This book and classes are for education and inspiration.
This is not therapy and participating does not constitute a therapeutic relationship.

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Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE

YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03

Presence



A decorative graphic on the left side of the slide featuring several pink cherry blossoms and many individual petals scattered across the light beige background. The petals are in various stages of bloom, some fully open and others as buds or falling petals.

Presence

- Present moment awareness.
- Higher self (self as context).
- Getting out of our own way: focus on behaviors that we want to add as well as the ones we want to eliminate.
- Example: reversing a train going 100 mph.
- Be more present for our dreams, relationships and communities.



Sometimes the best
way is to get out of
your own way.

– Carew Papritz



Why we struggle to get out of our own way

- Struggle comes from non-acceptance of what is.
- Acceptance does not mean we like or want what currently exists. Acceptance is a stance necessary for change.
- Acceptance means we are willing to engage in new behavior to be line with our values, wishes, and desires...even if it is uncomfortable.



What makes us struggle

- Struggle happens when we ignore our desires, dreams, pleasures, and wishes.
- Telling ourselves we are confused about what to do.
- Telling ourselves we can't do ____ because of someone else or a situation or the past.
- Refusing to acknowledge personal struggle and get support, seeing it as a personal failure.
- Failing to act = existential guilt.
- Time anxiety.



Turn and Face the Strange Changes....

- Changing has consequences.
- Choosing not to change is a choice with consequences.
- Trying to remain the same is a choice...and it never works. Trying to stay the same is impossible.
- Changing to become more ourself is a choice...and it is the direction for happiness and satisfaction.



Why Action can be Difficult

- Getting out of our own way requires seeing our behaviors that make our pain worse.
- Ego gets in the way of seeing our unhelpful behavior.
- Requires personal responsibility for our thoughts & actions.
- Requires letting go of trying to control others and anything outside of us. (Scary!)
- We can feel pressure to stay the same for others.
- Requires letting go of old habits.
- Being in the present moment, not the past.



What keeps us in our own way

- Keep focusing on the past (good times, unresolved guilt & shame, regrets, traumas).
- Past strategies for success or control worked so we keep repeating them without experimenting.
- Fear of change - "It will take too long, it might not work, better to be safe, I might make mistakes," etc.



Sometimes your ego
is your enemy
when it comes
to
self-development.

– Germany Kent



What stuck looks like

- Consuming without creating.
- Learning without doing.
- Thinking the same thoughts, feeling the same feelings.
- Non-acceptance of others and circumstances.
- Keep the same food, music, clothing, friendships, products, locations, personal environment, habits, etc.
- Feeling lonely, bored, confused, uninspired, irritated, or even depressed/hopeless.
- Holding on "too tightly" to relationships, memories, or being right.



How to you get in your own way? What is one behavior or thought that limits you?

Put your answer in the chat
or raise your Zoom hand.

Making Room for Hew Habits





Habits vs Rituals

- Habits can be in or out of alignment with our values.
- Habits are behaviors typically done without thought, often unconscious.
- Rituals are behaviors done with intention.
- Rituals can become habits with practice.



Habits & Rituals

- Brush teeth/wash face or fall asleep on the couch.
- Consistent or inconsistent exercise.
- Wake up early or sleep late.
- Journal or watch TV.
- Carefully prepared meals or mindless eating.
- A drink of water each morning or alcohol each evening.
- Plan your future or let it happen.
- Save or spend money.
- Prepare or "wing it".



Don't be the reason
you don't succeed.

– Germany Kent



Choose

- Would you choose your current habits again?
- For example, imagine taking everything out of your closet.
- Would you keep everything?
- Or would you decide some things are not worth keeping?



5 things to QUIT....

1. Trying to please everyone.
2. Fearing change.
3. Living in the past.
4. Putting yourself down.
5. Overthinking.

— Germany Kent



Holding on "too tight"

- Imagine you need to hold sand in your hand and move it to create a beautiful sand castle.
- Clinging tightly to the sand makes it difficult to carry much sand.
- Relaxing and opening your hand makes it possible to carry more sand.
- Adding water to the sand makes it heavier, but much easier to move and build with.



When was the last time you...

- tried cooking new food
- tried a new restaurant
- listened to new/contemporary music
- tried new/current clothing styles
- made a new friend
- tried a new type of art
- visited a museum or cultural center
- tried new physical exercise
- worked with a different or new professional/doctor/stylist, etc.
- bought new toothpaste, body/face soap



Sometimes
holding on is what
holds us back.

– Brittany Burgunder

Choosing your Attitude for your Presence





Presence

- Ability to make contact with the present moment, separate from your thoughts and feelings about it.
- Observing what is happening outside of you as well as observing your thoughts and feelings in the present moment.
- An open, non judgmental stance.



What do you most desire in your presence?

- calm
- energetic
- curious
- tranquil
- engaged
- at ease
- alert
- compassionate
- accepting
- loving



Present Moment Awareness















Art Response

- Create a doodle of your experience in the breathing exercise.
- Use lines to reflect your sensations and presence.

Self as Context





Rain Meditation









What was your experience of shifting
perceptions in the rain?

Put your answer in the chat
or raise your Zoom hand.

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you
more than enough time to
complete tasks this week.

1

Intentions

2

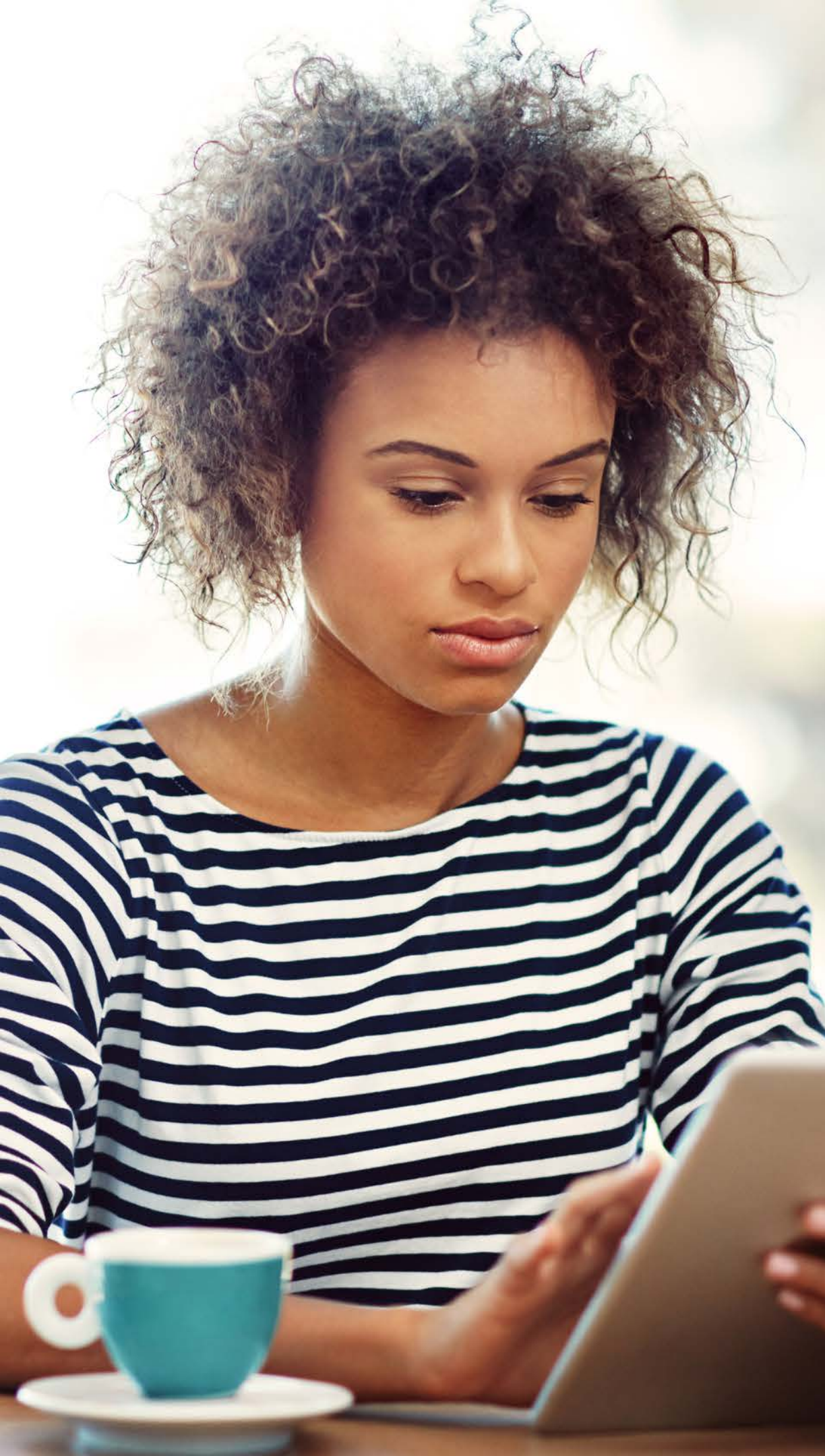
**First Things
First**

3

**Creative
Expression**

4

Reflection



Intentions

- What are your intentions for this workshop?
- Be specific about what questions you would like to answer for yourself.
- "How" questions are the best.



First Things First

- The first step to getting out of our own way is to see things clearly.
- To know ourselves and our contribution in the world requires us to make contact with the present moment.
- Paying attention to what is happening around you AND seeing reality as distinctly different from your thoughts and feelings about it..

A vertical photograph on the left side of the slide shows a field of pink cosmos flowers. The sun is low on the horizon, creating a warm, golden glow that filters through the petals and leaves. Some flowers are in sharp focus in the foreground, while others are blurred in the background.

First Things First

- What gets in your way today has nothing to do with what you experienced in the past.
- Rather, research shows your thoughts and perceptions about what is happening (or happened in the past) determine how you feel.
- Focusing yourself in the present moment frees you from the past in surprising and pleasant ways.



First Things First

- Practice noticing what is around you
- Rate yourself on your present moment awareness.
- Why will present moment awareness support your dreams and goals?
- What gets in your way?
- Who do you know who has "gotten out of their own way?" What do you notice about her?



Response Art

- Using lines shapes and colors, depict what is looks like when you are fully present and in contact with the present moment.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Avoid thinking too long about it and just be spontaneous.
- However you do it will be great!



Reflection

- Write freely.
- Reflect on what you have learned about your presence this week.
- How are you you are using your time to demonstrate what is most important to you?
- Avoid judging yourself for what you did or did not do this week.

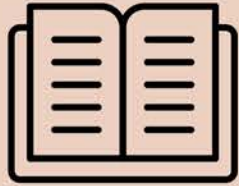


On a scale of 0-10, how present are you
right now?

What are your "before" and "after" scores?

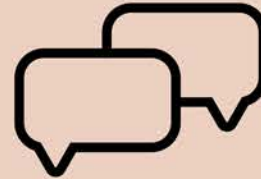
Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual, workbook, and bonus material.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 1

Read and complete Presence exercises.



Looking for More?

For supplemental inspiration about your values
and self kindness, find me each Friday at noon
PST on IG live @dramybackos

Packages and Coaching

Individual psychotherapy
(CA residents only)

www.arttherapycentersf.com



We convince by our
presence.

- Walt Whitman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!