



fresh start

week 2

fresh starts are possible
in every thought you
think.

if you don't like a
thought you are
having...consider all the
other possible ones.

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 is your current version of
your *Modern Creative Why*?

Raise your Zoom hand or put your answer in the chat.

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

WEEK
03

PURPOSE
YOUR
UNIQUE
VALUES

Modern Creative Model of Change

Stages apply to big & small goals.
Use these steps over and over.

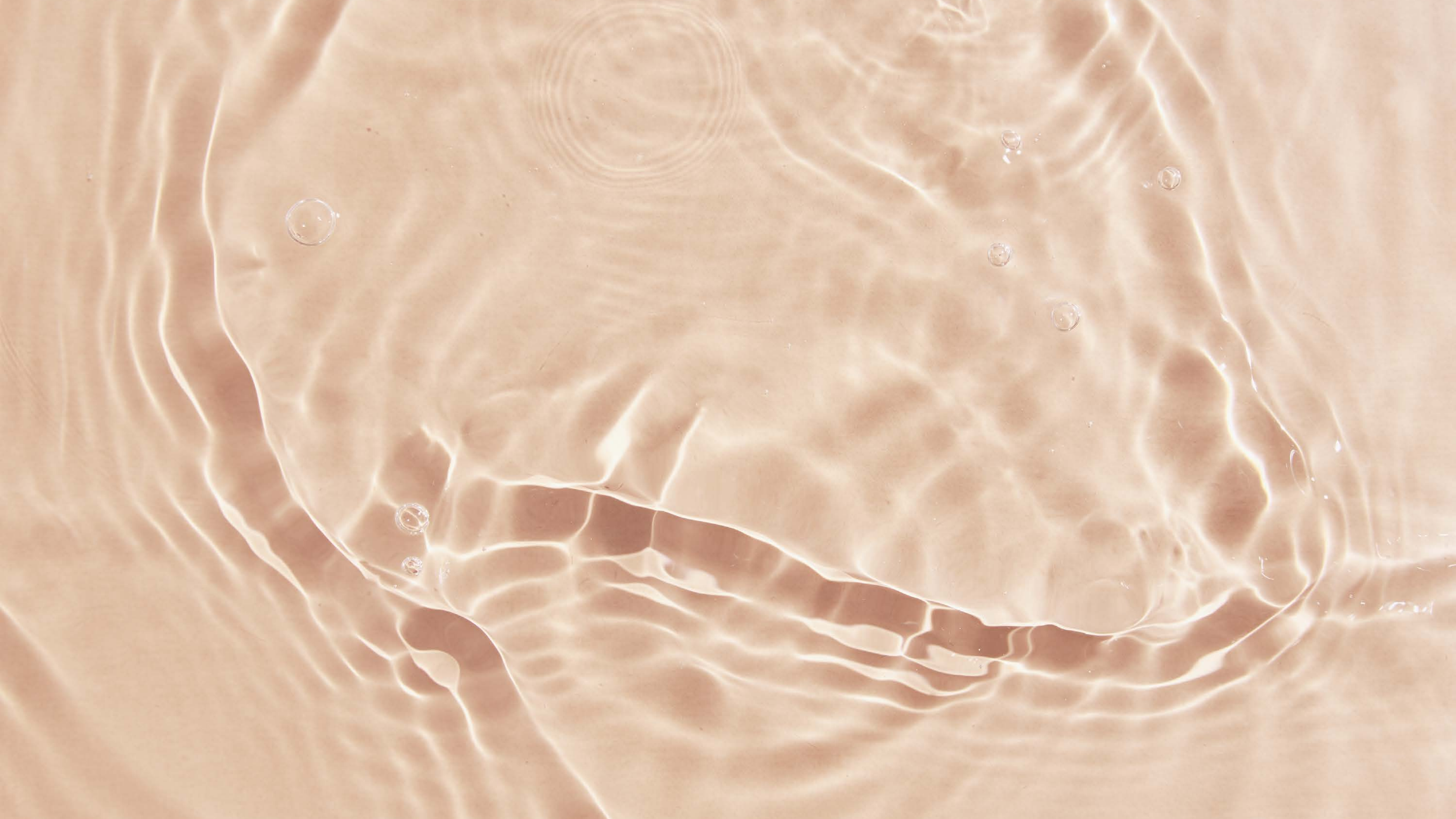


Mindful Moment









Mindset

(Acceptance & Relationship to Thoughts)





I. Acceptance

- Your ability to see things for what they are.
- Our brains learn to “chunk” information. Learning not to do this takes practice.
- Acceptance is a core concept in changing your self-talk and beliefs about yourself.

Acceptance does

NOT mean...

- ...that we **like** what we see, feel or think.
- ...that we **forgive** someone who wronged us.
- ...that we **approve** of what is happening.



Acceptance helps us...

1. Satisfying **relationships**: not taking things personally, not distorting comments to beat ourselves up, defend, or attack.
2. Rational **citizens** by giving ourselves space to see the big picture in our neighborhood, politics, groups and organizations.
3. Kind **humans**: eliminates self-judgements and self-criticism.



II. Relationship to Thoughts

- **Cognitive Defusion** gives us perspective and ease on what is happening in our brain.
- Verbal centers of our brain are the size of a peanut. It is unable to hold the whole picture.
- Defusion means we see thoughts for what they are - neurons firing in our brain.



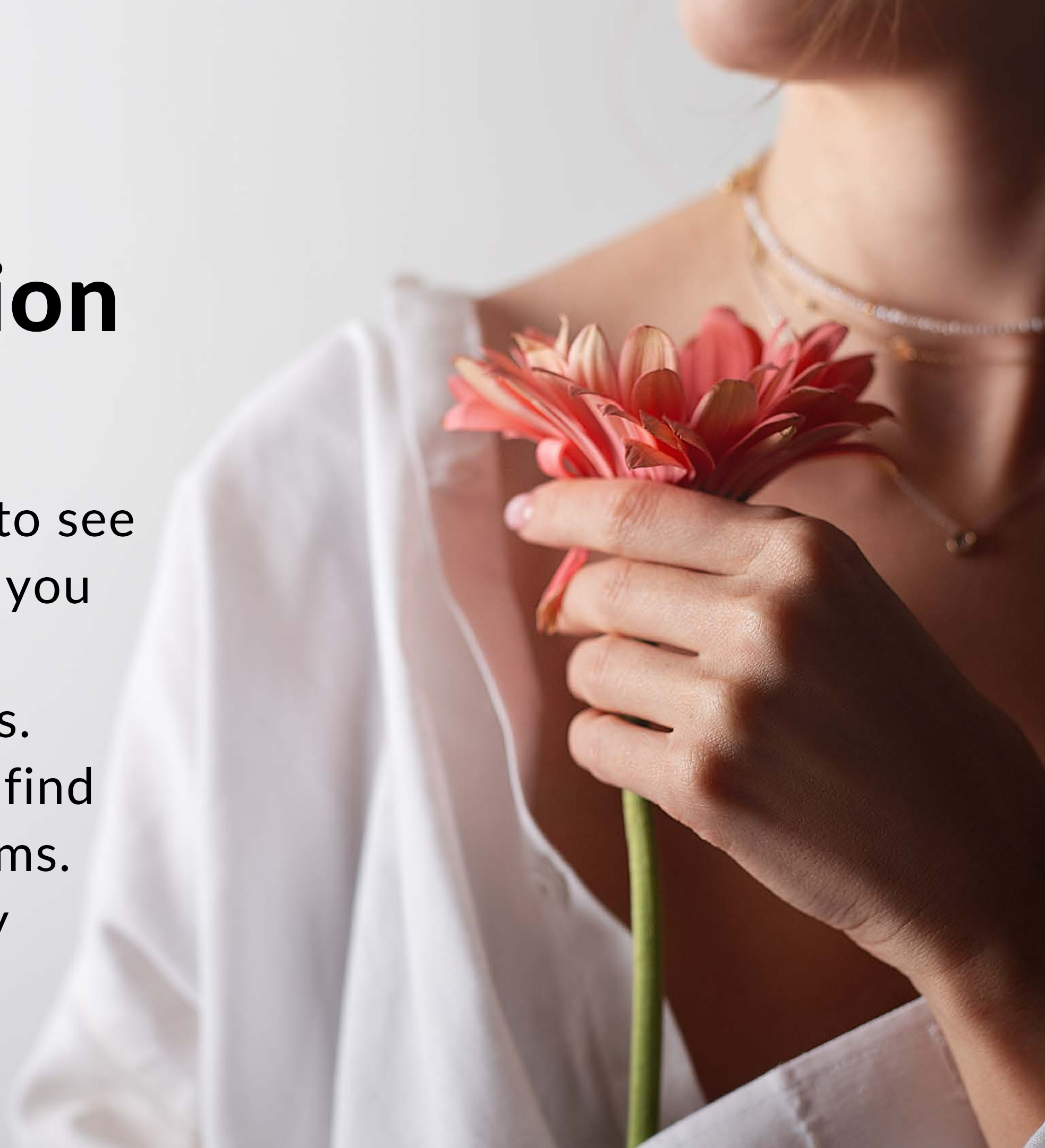
Fusion Examples

- Suddenly in a bad mood.
- Believing what we think about our writing.
- Believing what we think about the news, an experience, a product, a person, is the **Truth**.
- Withholding empathy and passing judgement (to self or others).
- Not looking for the big picture.
- The same thoughts & feelings over and over.



Cognitive Defusion Summary

- Gives your brain the opportunity to see thoughts for what they are, helps you eliminate jumping to conclusions
- Makes space for creative thoughts.
- A defused way of thinking lets us find solutions to our persistent problems.
- Example: brain storm (deliberately withholding judgement).
- Asking “what else might be true?”



So what can I believe?

- When you begin defusing from thoughts, it can be disorienting, confusing & even scary.
- You might feel like a boat adrift with no land in sight.
- You might be critical of yourself for not “getting it right.”
- You might have the urge to go back to what you have always thought (remember relapse is always part of the process).



**You can
believe
your
truths in
the now**



- Your values.
- Your thoughts you choose (instead of the old, automatic ones).
- Your current big-picture perspective.
- Your intuition.
- Your story as you tell it.

Remember



- No need to stop or eliminate thoughts.
- Defusion is seeing your thoughts for what they are - a biological process.



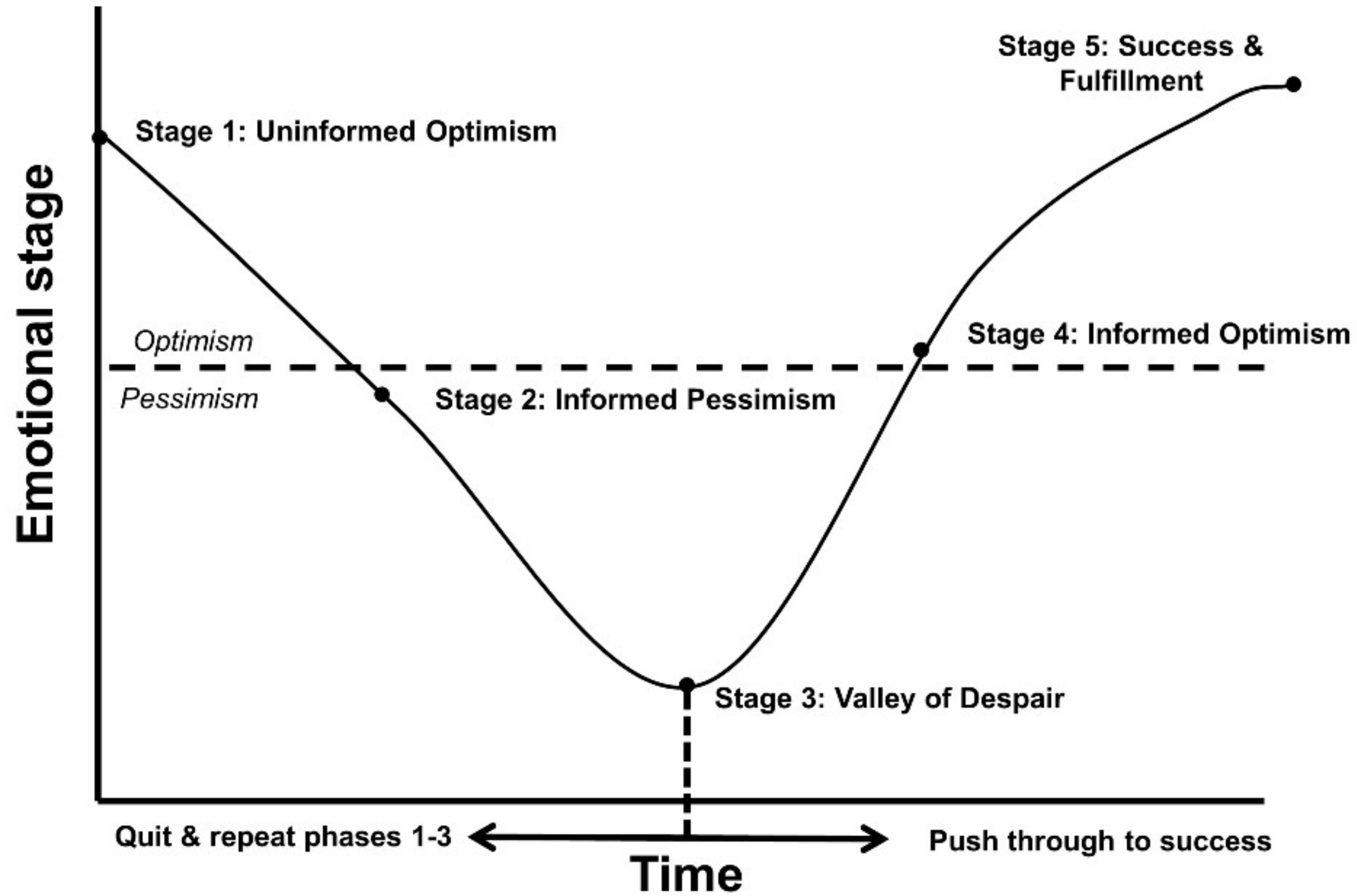
What are your most interesting,
exciting/scary value-based beliefs?
These are your truths of the now.

Raise your Zoom hand or put your answer in the chat.

Fresh Start Mindset



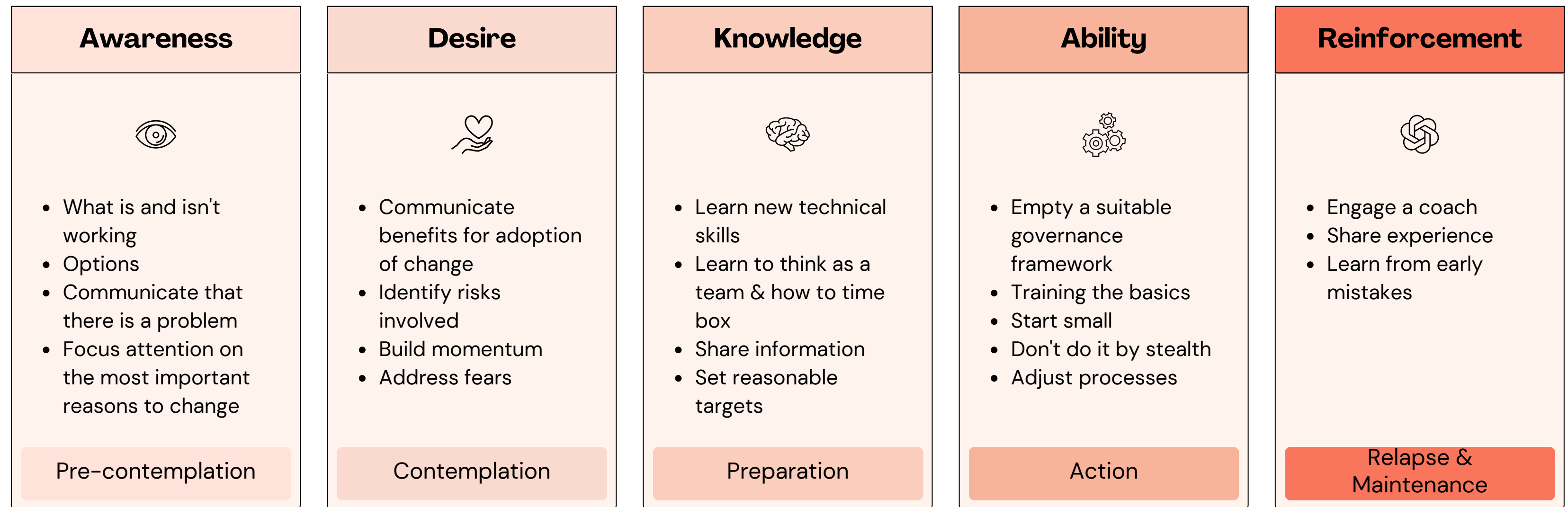
The Emotional Cycle of Change



ADKAR Change Model

(Hiatt, 2003) Tested in 900 organisations across 59 countries.

The goal of the ADKAR model is coaching and support to employees within organizations as changes are made.



acceptance, mindfulness, defusion, values, self as context, experiments

committed action, reflection, celebration

II. Meditation on Defusion



Defusing from old change thoughts?

1. Change is hard.
2. This work is too hard.
3. I tried but could not do it.
4. It is not worth all the effort.
5. I can't be consistent.
6. I'm scared to start.
7. What if I fail?
8. What will people think?
9. I don't like to do things where I am not instantly good at it.



Questions


- What is an old, pesky change thought?
- Give this thought a hug, thank your brain for keeping you safe.
- Would you choose this thought again?
- Pick one thought you like better.
- How would you NOT feel thinking the new thought?
- How would you feel thinking the new thought?
- What will you do differently when you believe this thought?
- Why is this thought and value important to you?

Questions

- What is an old, pesky change thought? (**I am bad with money**)
- Give this thought a hug, thank your brain for keeping you safe.
- Would you choose this thought again? (**Never!**)
- Pick one thought you like better. (**I exchange value for money**)
- How would you NOT feel thinking the new thought? (**broke**)
- How would you feel thinking the new thought? (**confident, secure**)
- What will you do differently when you believe this thought? (**budget**)
- Why is this thought and value important to you? (**family & business**)

**What is an
old, pesky
change
thought?**



A low-angle, upward-looking photograph of several tall skyscrapers against a clear blue sky. The buildings are made of glass and steel, with their lines converging towards the top of the frame. The lighting suggests it might be late afternoon or early morning, with some warm tones on the building facades.

**Give this
thought a hug,
thank your
brain for
trying to keep
you safe.**

**Would you choose
this thought again?**





**Pick one thought
you like better.**

**How would you NOT feel
thinking the new
thought?**



A low-angle, upward-looking photograph of several tall palm trees against a bright blue sky with scattered white clouds. On the left side, a portion of a white, multi-story building with many windows is visible. The perspective creates a sense of height and looking up.

**How
would
you feel?**

**What will you do differently when you
believe this thought?**



Why is this important to you?





What is your new thought?

Raise your Zoom hand or put your answer in the chat.

Affirmations



I am a woman who...

- Believes in the power of now.
- Embraces the truth of my now.



Finish the sentence in the chat:

"I am a woman who..."

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

**My Modern
Creative
Why**

2

**Mind Map
&
Big Picture**

3

**Defusing &
Self Limiting
Thoughts**

4

**Written
Reflection**

Research says...

Success follows a pattern:

If you have had difficulty with consistency in the past, don't worry! This time you will succeed using the best psychology research!

You will learn and use all of these tricks for success this month.





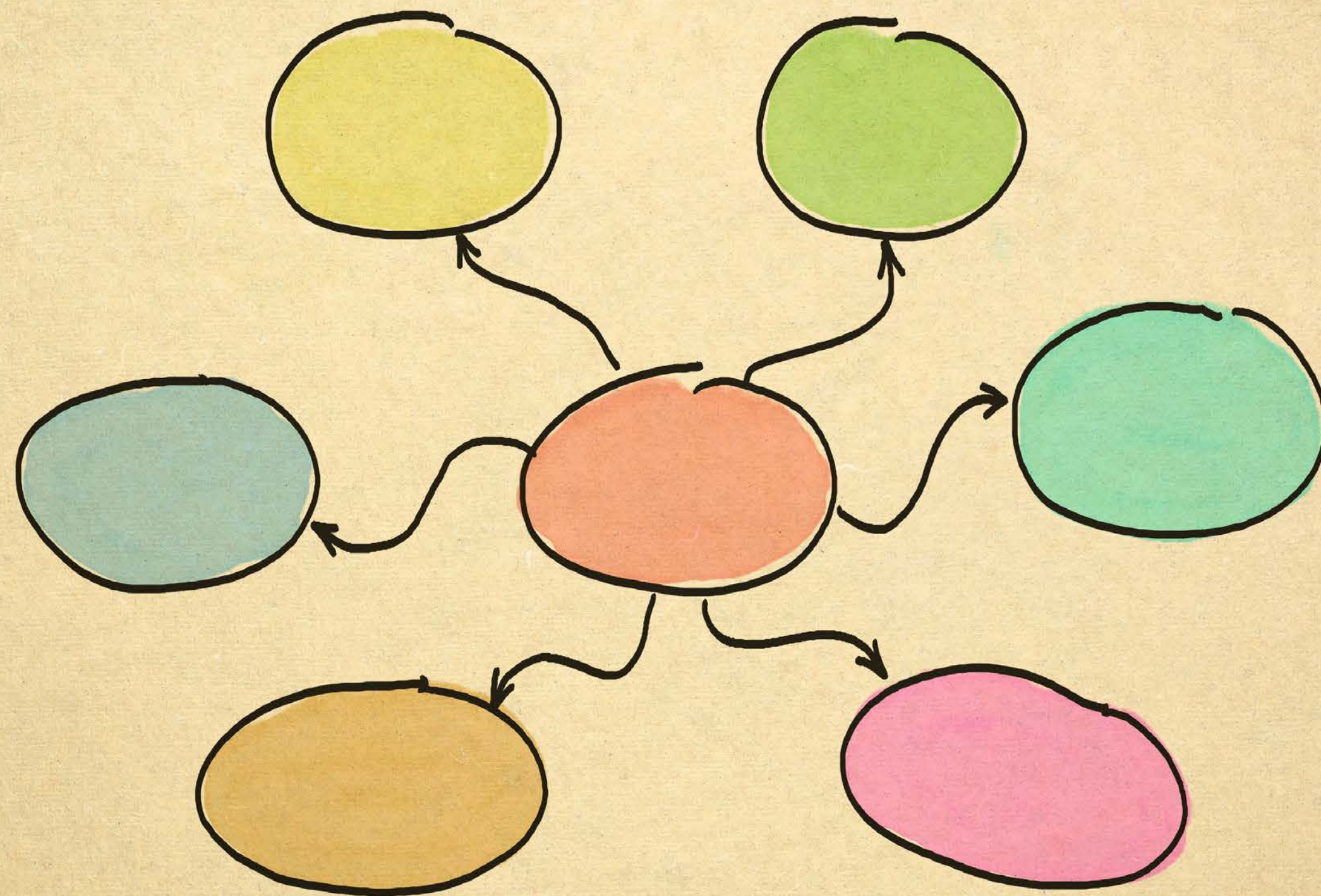
My Modern Creative Why

- Revisit your why.
- Write your why artistically.
- Make it big, bold and creative.
- Give it the loving, creative treatment it deserves.



Mind Map

- Connecting your why to other values.
- Work quickly and be spontaneous.
- You may have associations that you like and ones that you dislike. All are welcome.
- You can choose to carry forward whatever thoughts you choose and discard the rest.







The Big Picture

- Reflect on your big picture mind map.
- Consider how your “Why” fits into each area of your life.
- How does your Modern Creative Why relate to what you are most excited about?
- What you are here to accomplish?
- What unique values and desires do you possess?



Defusing

- What are the old fears you have about living your values?
- Write down all your fears and limiting thoughts below.
- Be sure to go onto the next page immediately after you complete this page to defuse from these thoughts.



Self Limiting Thoughts

- Do you see how self-limiting thoughts keep you from acting on your values and desires?
- Refer back to your “Why” mind map and write the truths of the now.
- Answer this Question: What is really true about your values, the big picture and how you want to be?



Reflection

- Reflect on what you noticed this week in your thoughts and mindset about defining your Modern Creative Why.
- What will you remember about this week?
- Avoid judging yourself for what you did or did not do.



**BREATH IT ALL IN.
LOVE IT ALL OUT.**

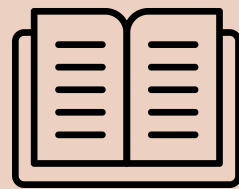


On a scale of 0 -10, how present are you
right now?

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

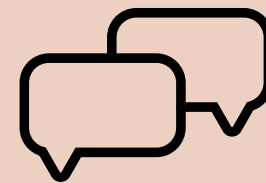
Put both numbers in the chat.

What To Do Next



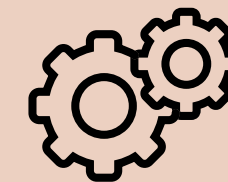
Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

To continue the conversation about your values and each month's topic, let's chat each Friday at noon PST on IG live @dramybackos

Book your Autumn VIP day or weekend.

Find The Modern Creative Woman wherever you listen to podcasts.

www.arttherapycentersf.com



What will you remember about
today's class?

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

it takes courage to push yourself to
places that you have never been
before... to test your limits... to break
through barriers.

and the day came when the risk it
took to remain tight inside the bud
was more painful than the risk it
took to blossom.

anais nin



Thank
you!