



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**

**PURPOSE**  
YOUR  
UNIQUE  
VALUES

WEEK  
**03**

# 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.



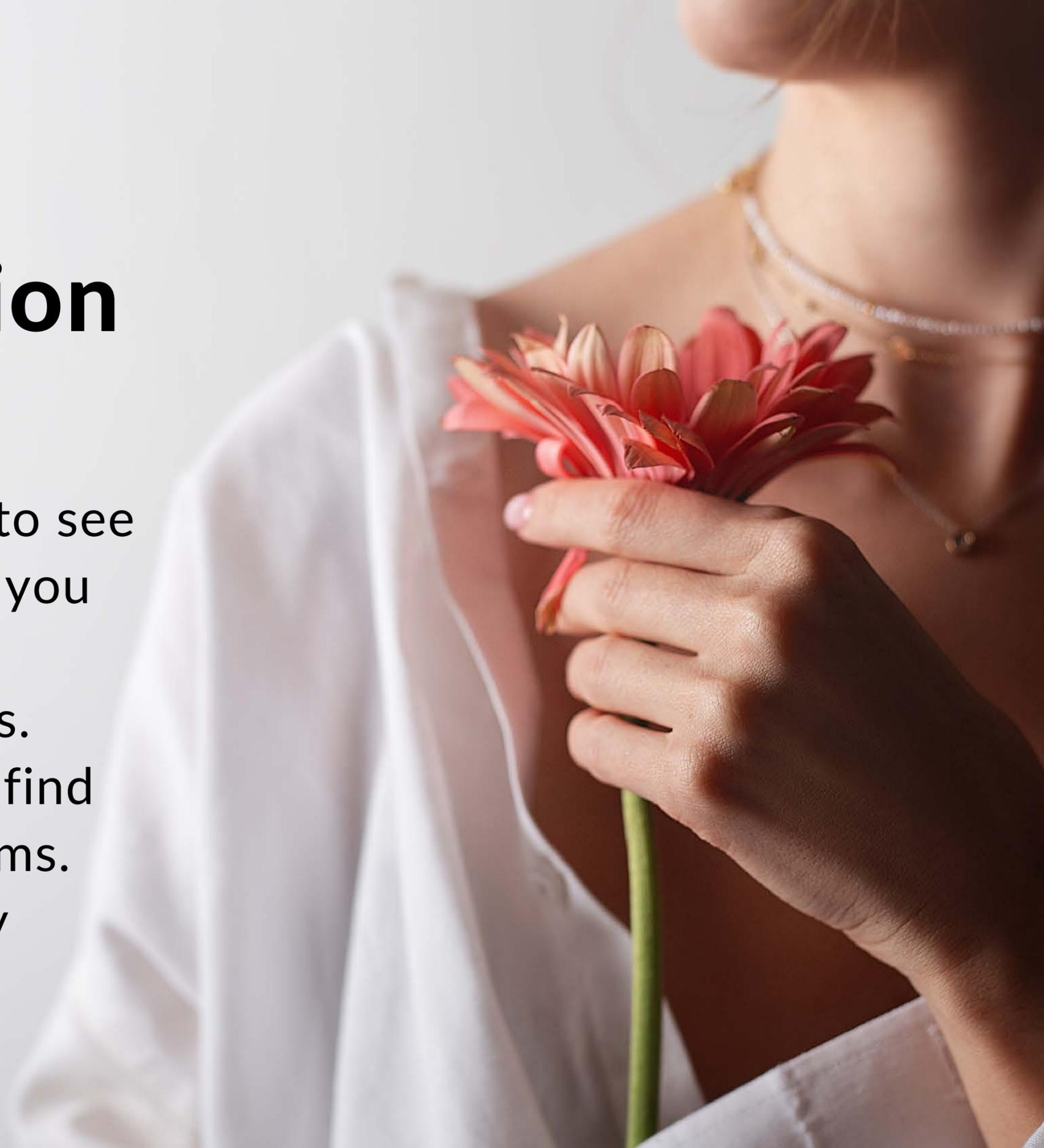
# Fusion Examples

- 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.



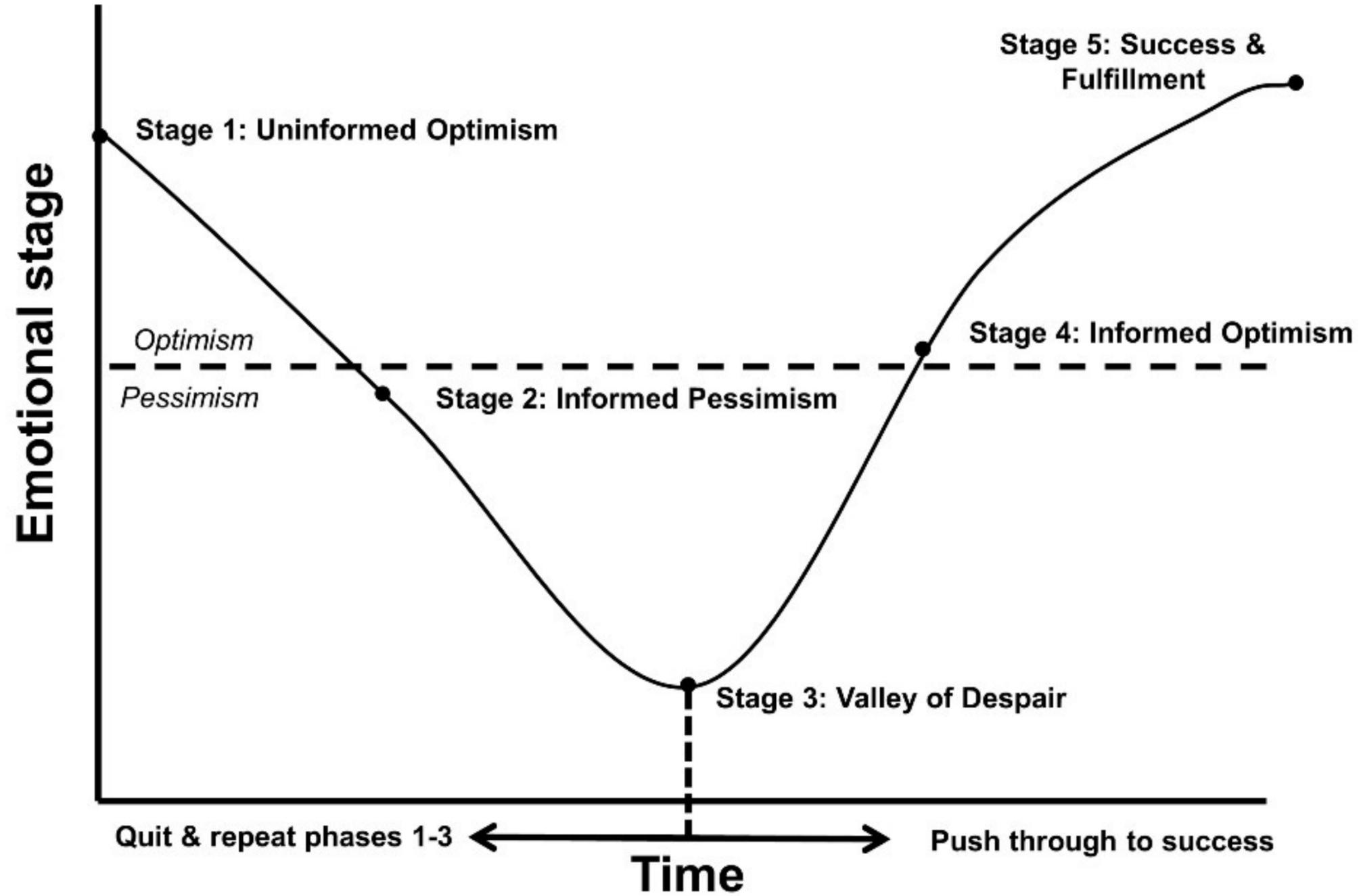
What are your most interesting,  
exciting/scary value-based beliefs?  
These are your truths of the now.

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

# Fresh Start Mindset



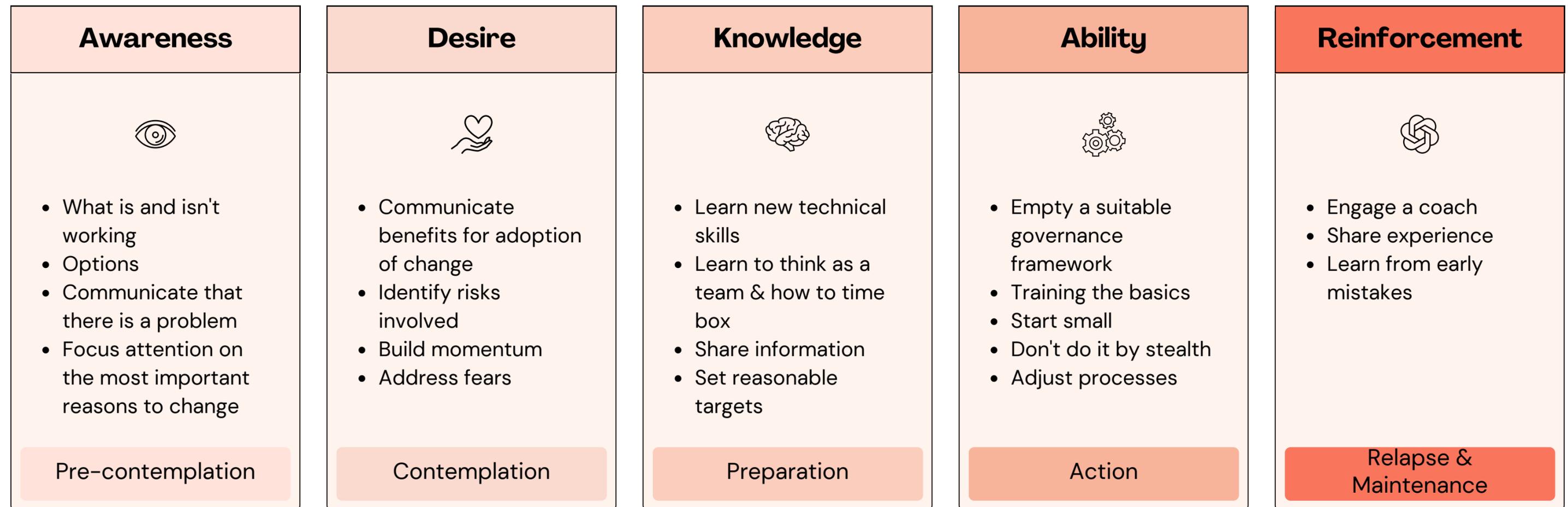
# The Emotional Cycle of Change



# 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?**





**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?**





**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.**

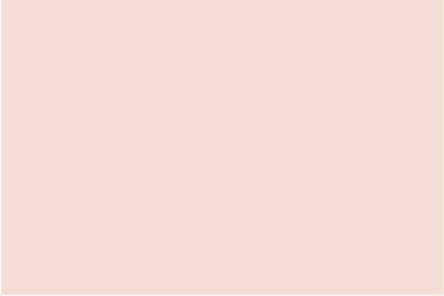


**Finish the sentence in the chat:**

**"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

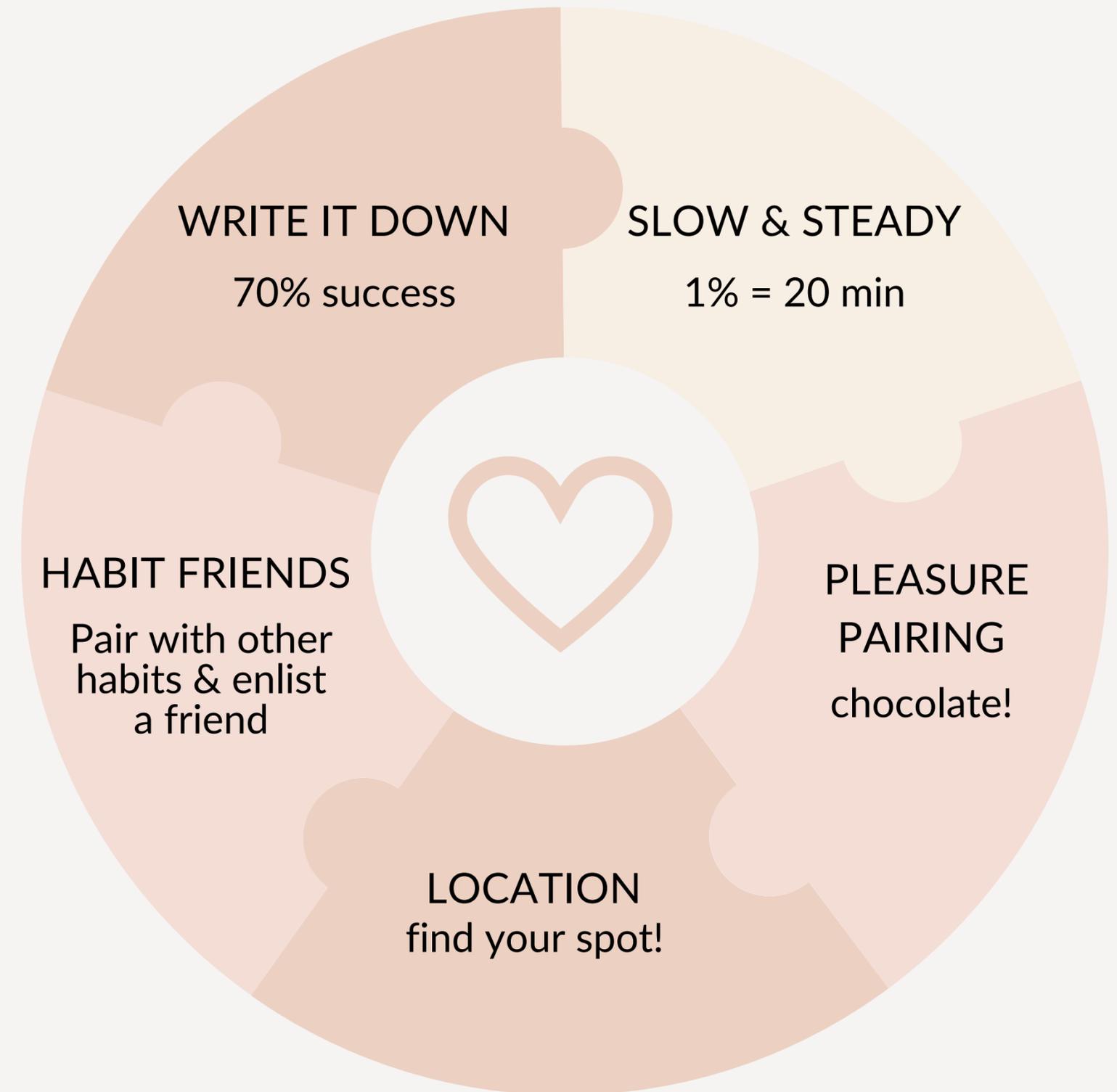
**Written  
Reflection**

# 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.





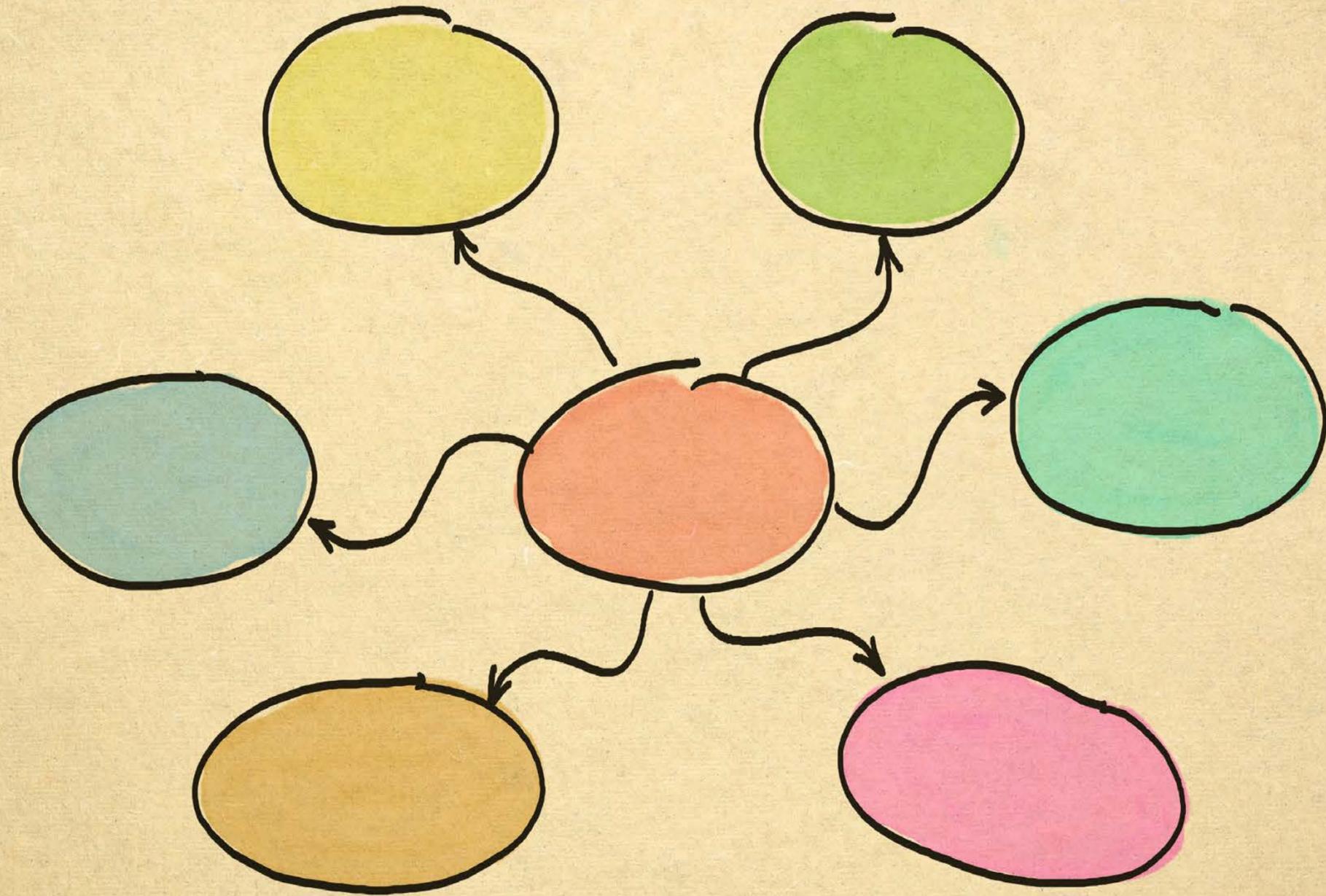
# My Modern Creative Why

- 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.**

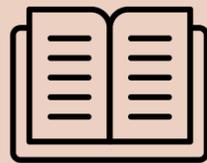


On a scale of 0 -10, how present are you  
right now?

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](http://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!