

Hello JOY!

Week 2

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Name one thing which brought you a
simple joy this week.

Put your answer in the chat.

What You Can Expect



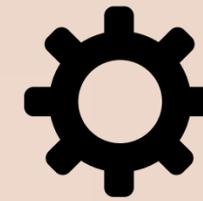
Knowledge

Understand how the mind uses joyful and kill-joy thoughts.



Tools for Change

Learn proven techniques to increase awareness of thoughts.



New Relationship to thoughts

Daily practice of writing, art, and scheduling.

Timeline

JOYFUL THOUGHTS

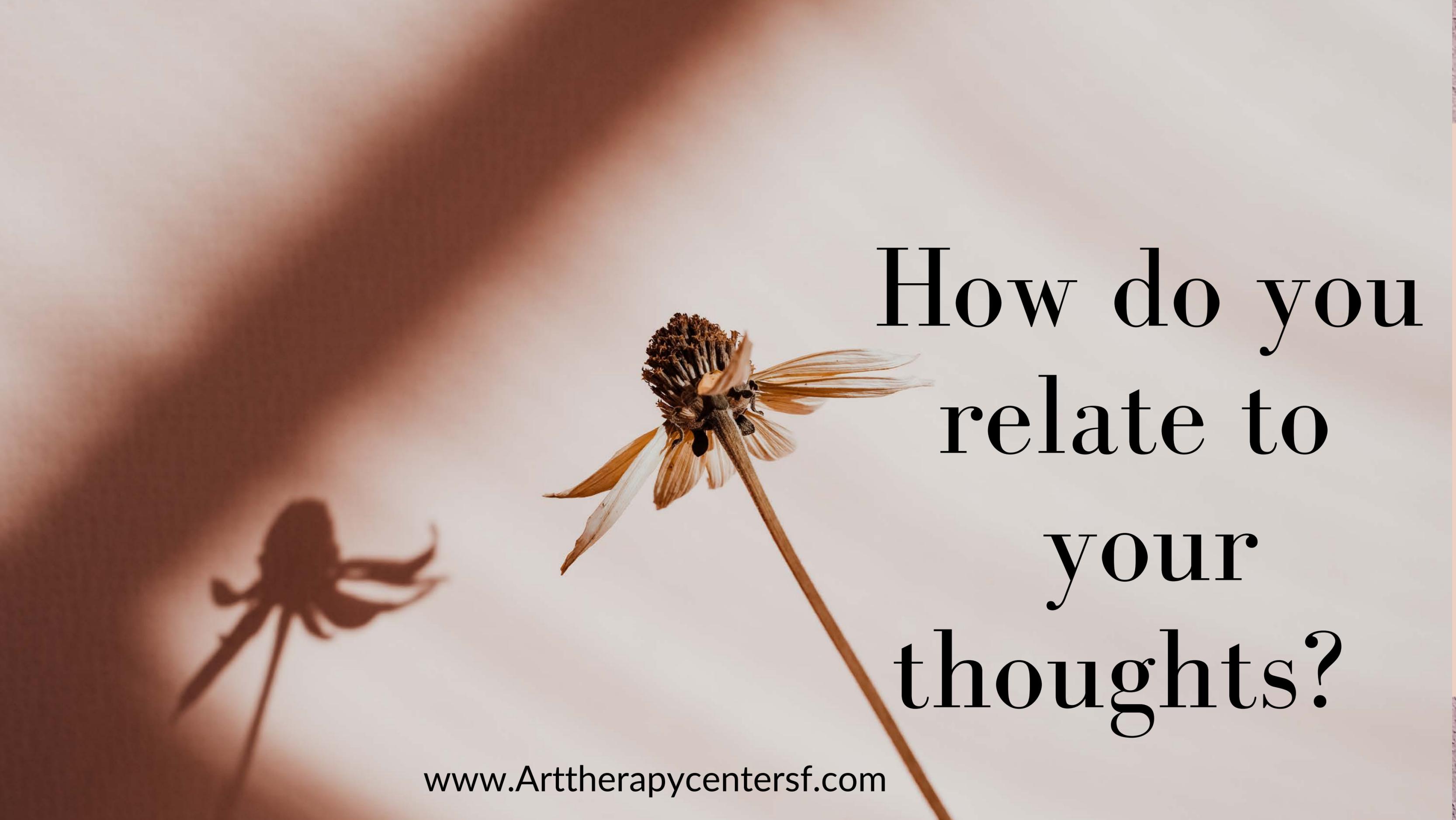
JOYFUL ACTION





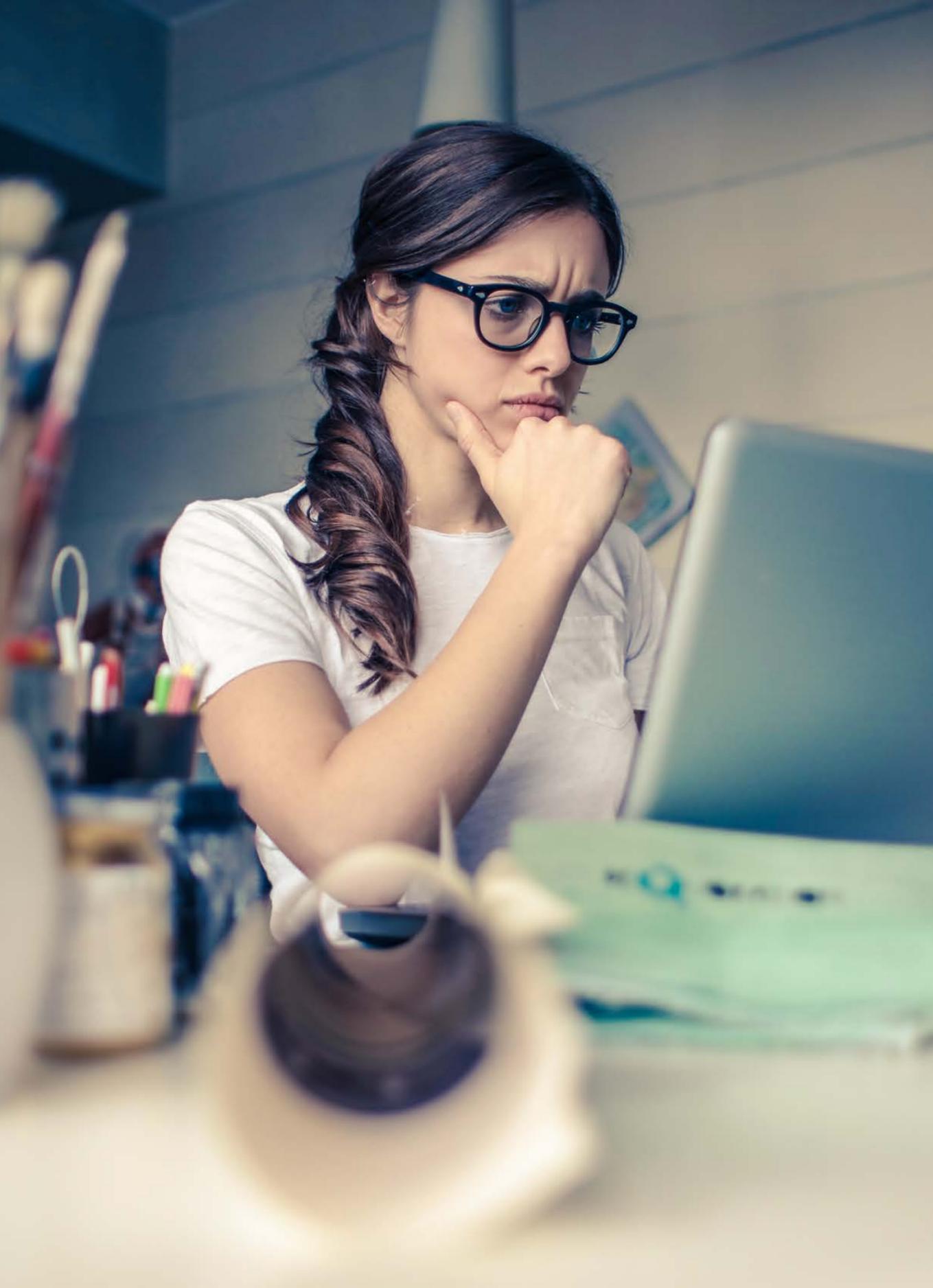
What delighted or surprised you
about your homework insights this
week?

Put your answer in the chat.



How do you
relate to
your
thoughts?

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Thought Relationships

- **Fused** - taking perspective from your thoughts.
- **Defused** - taking perspective from yourself and your values.



Cognitive fusion

- Believing thoughts are TRUE.
- Unable to separate from our thoughts - feels like reality.
- Feel removed from our senses, what we're doing, and people around us.

- Example - totally absorbed in a film.
- Example - a person with depression avoiding help because they believe their thoughts of worthlessness.



Drop the struggle to defuse

Instead of trying to change
your thoughts (through
avoiding, controlling, or
escaping them)...
change your relationship to
your thoughts.



Examples of Cognitive Fusion

- Self Sabotage. Behaviors that return us to baseline: get rid of things we are working towards.
- Impostor Syndrome. "They will find out I am not good enough."
- Upper Limit Syndrome. "Other people can be successful. Not me."



Thoughts can stop/slow us

Growth and change brings out your inner critic. It gets louder and more afraid.

The bigger the growth potential, the greater the thoughts of fear, doubt, confusion, uncertainty.



Fused Thoughts

- ❑ **Scarcity beliefs:** I can't afford that. That is for other people.
- ❑ **Fixed ideas:** I can't lose weight. I can't get ahead.
- ❑ **Imaginary judgement:** What will they think? They might not like me.
- ❑ **Denying responsibility & possibility of change:** It's their fault. Why does this keep happening to me? It's hopeless.



What is a limiting thought that gets in
your way of feeling joy or doing what
you want?

(scarcity, fixed ideas, judgment, deny responsibility/possibility)

Put your answer in the chat.

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Look at your thought.

You might have piles of evidence that it is "true".

However,
it is only a thought!

How does this thought
function?



Looking to
change your
thoughts?

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We are unable to avoid,
control or stop our
thoughts.

The struggle to do so
leads to more pain and
suffering.

So what can we do?



Drop the struggle to Defuse

- What we can do, is change our relationship to our thoughts.
- Drop the struggle.
- Relate to thoughts as just thoughts.
- Observe thoughts instead of believe them to be true.



Stop the tug of war

- Imagine a tug of war between you and a dog in the park.
- You are ready to go meet a friend for coffee and you are ready to leave the park.
- Drop the toy.



How?

1. Contact the present moment fully.
2. View your mental events as what they are, not what they appear to be.
3. Willingly ride the waves of challenging feelings.
4. Observer's mental experiences, with working distance.
5. Focus on valued aims and goals for your life.
6. Commit to steady, effective behavior change.

Be here - Observe thoughts - Create distance - Focus on values - Commit





What did you notice in taking
perspective on your thoughts?

Put your answer in the chat.

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Process

1. **Be here** - ground into 5 senses: see, hear, taste, touch, smell.
2. **Observe thoughts** - notice the content of the thoughts.
3. **Create distance** - observe from a distance.
4. **Focus on values** - what is most important right now?
5. **Commit** - choose an action congruent with your values and take action.

A scenic landscape at sunrise or sunset. On the left, a steep, grassy cliffside is visible, with a group of people silhouetted against the bright sky at the top edge. The sun is low on the horizon, casting a warm, golden glow across the scene. Below the cliff, a vast valley unfolds, filled with rolling hills and mountains partially shrouded in mist or low clouds. The sky transitions from a pale blue at the top to a deep orange near the horizon. The overall mood is serene and majestic.

Your thoughts and feelings
are the weather.
You are the sky.

3. I am aware that I am
thinking about myself and
ease.

2. I am thinking that I am at
ease.

1. I am at ease.





I am aware that I am thinking
about...

Put your answer in the chat.

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Creating
thoughts of
joy &
gratitude

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Building on Joyful Thoughts

- I am aware of how much I appreciate this moment.
- I am aware of my uncomfortable feelings and I am curious.
- I am aware of my thoughts about how beautiful this is!
- I am aware of a thought that this is possible for me.



Gratitude Thoughts

- Recognition something good happened to you from another (individual, nature or a divine entity).
- I am grateful for.....
- It adds joy to my life because.....



Examples

- I am grateful for my son. He adds joy to my life by making me laugh, teaching me, and inspiring me.
- I am grateful to live near GG Park in San Francisco. It adds joy to my life by being in nature and spending time there with family.
- I am grateful for my parents. They bring joy to my life's because I get to see examples of powerful aging and optimistic attitudes in later life.



I am grateful for_____

It adds joy to my life because_____

Put your answer in the chat.



How do
you
demonstrate
your
joy?

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Values

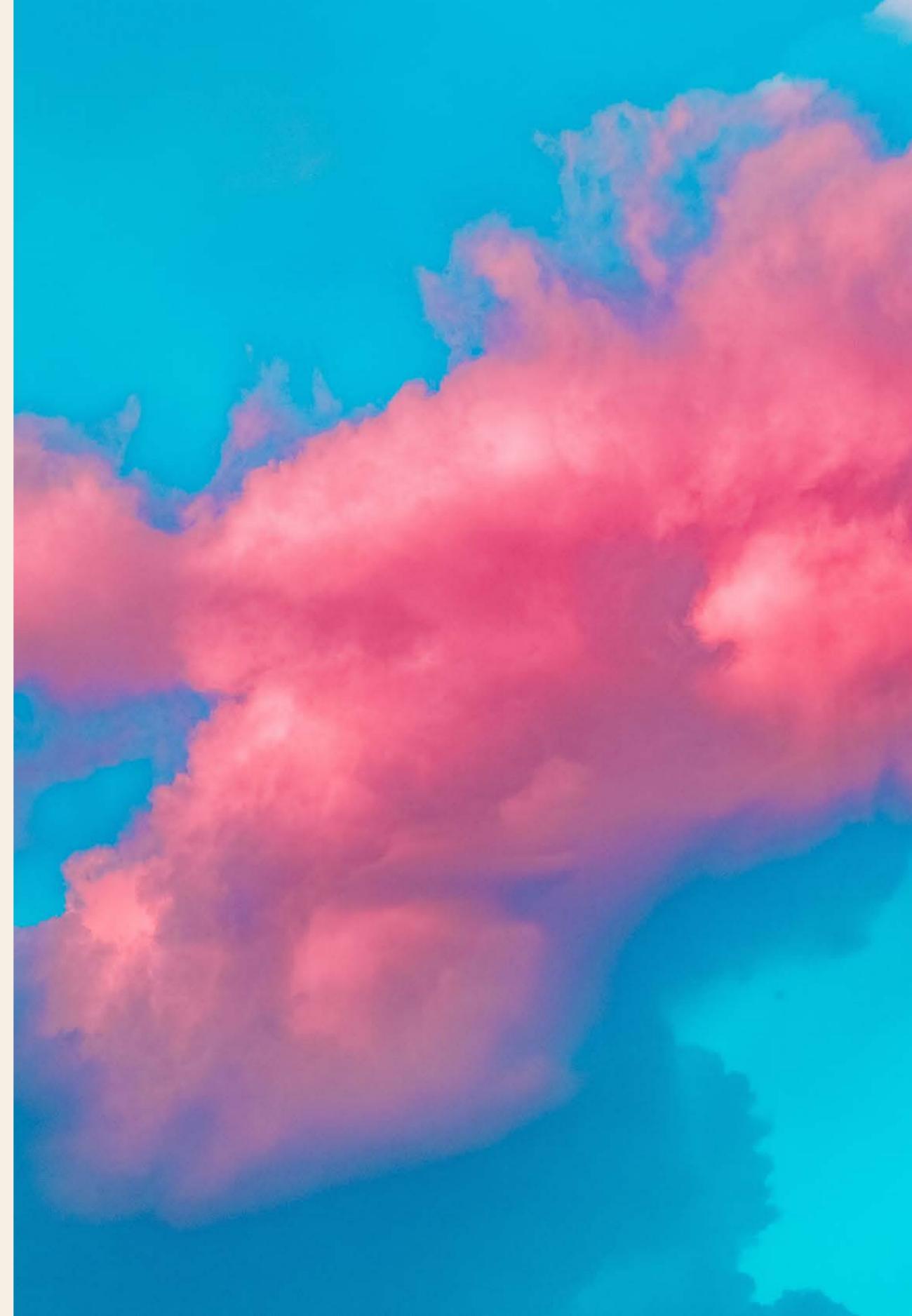
- A blueprint for what you want in your life.
- Values are what is most important to you such as family, friends, work, education, spirituality, parenting, creativity, etc.
- They are living, breathing, practical guides to direct you in every moment & in every decision.
- A direction, not a destination.
- You can ask yourself: "Is this action moving me closer to or farther from my values?"

Make a Commitment

noun: the state or quality of being dedicated to
a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose joy!
- **Behavior change** includes creating opportunities to respond differently & lots of decisions to persist at chosen actions or alter how you typically respond.



Research says...

Success follows a pattern

Consistency
Habit making
Enjoyment
Planning



Committed Action

- Commitment of 1% of each day this month.
- 20 minutes a day.
- Are your values important enough for you to set aside time for creating joy?

YES!

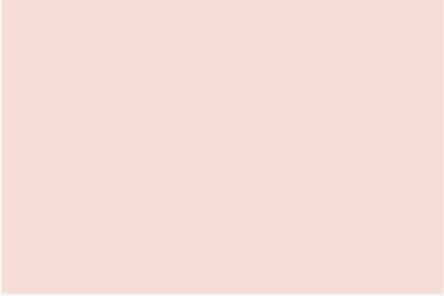


Committed Action



Homework Example

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Your Inspired Action

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

1

**Killjoy
Thoughts.**

2

**Joyful
Thoughts.**

3

**Practice
Joy &
gratitude**

4

**Creative
Expression
& Reflection**

A warm, cozy scene featuring a white mug of coffee with a heart design, a pair of glasses, and a textured blanket.

Kill Joy Thoughts

pg. 33

- Our minds naturally move towards negative thoughts for protection, to fit in, and to be accepted.
- Write down the ways your brain is acting like a kill-joy. Avoid getting caught up in the "truth" of the story. It is unnecessary to try to alter your point of view right now. Just jot down negative stories you are telling yourself.
- Avoid judgement - just observe.
- 20 minute writing and add to the list throughout the week as you notice more kill-joy thoughts.



Example: Kill Joy Thoughts

- This stinks.
- They stink.
- I stink.
- It's hopeless.
- This is a mess - I made a mess of things.
- What are they trying to prove?
- What is wrong with me? with them?
- Nothing is going to help make change.



Re-Authoring Your Story pg. 34

- Write three statements which tell one of your stories story from a different point of view.
- Far more than just positive thinking, this exercise is about re-authoring the story you tell yourself.
- This evidence based practice of Narrative Therapy is empowering work.
- It is essential for releasing the past and letting go of negative thoughts.
- Return to this exercise over and over.



Example: Re-Authoring

I don't have enough time and there is so much I have to do. I'm unable to get this done, I can't do all this because I am incompetent.

"You have all the time there is. While there are things to do, you have evidence that you can complete the tasks. In fact, you are quite competent and able to accomplish today's tasks with grace and ease."



Joyful Thoughts

pg. 35

- Your stories are your choice - why not tell an uplifting and joyful story?
- Create a list of joyful ways to describe your day.
- Consider gratitude: attend to the people, places and things you appreciate.
- Consider the things you don't have that you don't want.



Example: Joyful Thoughts

- My days are filled adding value to the world and uplifting others. I cherish the opportunity to guide others to a more joyful and peaceful place in their lives.
- Parenting is a truly incredible chance to change the world & leave legacy. I respect my influence.
- I am so happy to have a peaceful place to live & a family who loves and supports me.
- I am free to make my own choices & voice my opinions.



Practice Gratitude pg. 36

- Using your stories of joy and gratitude from the previous page, write the positive story in your workbook or on cards.
- Cut the workbook page into three strips and place them where you will see them three times a day: when you wake up, mid-day, and before you go to bed.
- During each of these times, first read them out loud to yourself, then whisper them to yourself, and finally read them silently.



Example: Joyful Thoughts

- I am grateful I can add value and joy to the world through my work, parenting, and in each interaction I have.
- I am grateful for my loving and lovable family who supports me and encourages my dreams.
- I am grateful to live in a place where there is peace and I am able to speak my mind and pursue my dreams.



Example: Visual Expression

Title: Wearing my joy on my sleeve

Three words or phrases:

Might as well show it

A little messy

Making joy my default setting

How I feel: happy, at ease, joyful



Week in Reflection pg.38

- Reflect on what you learned about joy, gratitude, and appreciation this week.
- Appreciate your strengths, and focus on your positive actions.
- Notice your thoughts, feelings and actions in alignment with joy.
- Avoid judging yourself for what you did or did not do this week.



Example: Reflection

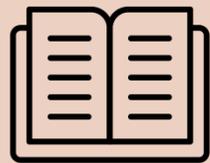
- Reflecting on what I **do not** want that I **do not** have (living in a war zone, living in the streets, etc.) was a new way of showing gratitude for me. Focusing on what I **do** have, brought into focus those things which I had previously overlooked.
- I am delighted at my commitment to joy and making time to enjoy what is happening around me.
- This week, I noticed my anxious thoughts moved quickly away and I lingered less on them. I also made a point to be kind to myself when I was feeling uncomfortable.



*Name one way you will cultivate joy
today.*

Put your answer in the chat

What To Do Next



Review

Review your week last week and be sure to reflect on your successes.



Make the commitment

Schedule 20 minutes a day & mark it in your planner.



Week 1

Read and complete Week 2 exercises and complete worksheets.



Want More?

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

You are eligible for a discount on my mini-coaching package! See www.arttherapycentersf.com

Save \$500 by entering the code:
ValueCoaching

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Thank you!

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