

How to Get Out of Your Own Way

Week 2





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

I am woman
phenomenally.
Phenomenal woman,
that's me.

—Maya Angelou



Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS

MINDSET

RELATIONSHIP
TO YOUR
THOUGHTS

PURPOSE

YOUR
UNIQUE
VALUES

WEEK
01

WEEK
02

WEEK
03



What did you learn this past week
about getting out of your own way?

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

Mindset





Mindset

- Acceptance of what is (internally and externally) without judgement or struggle.
- Your relationship to your thoughts.



Acceptance

- Your ability to see and relate to "things" for what they really are.
- **Internal:** thoughts, feelings, bodily sensations.
- **External:** circumstances, our behavior, and other people's behavior.
- Requires a non-judgmental stance, (thoughts, language, and behaviors).
- Responding to situations "as they are" instead of quickly reacting to situations of how you want them to be or how you decide they are based on the past.



The essence of
bravery is being
without self
deception.

– Pema Chodron



Relationship to your Thoughts

- You understand your thoughts as "just thoughts" instead of perceiving your thoughts as "true" or facts.
- Defusion from thoughts: taking perspective on thoughts, knowing they are just an option, believing them is not mandatory.
- Choosing thoughts that move you towards your values.



Thought Example

You might think this:

- "Bad things happened to me. Those things should not have happened to me. I am a victim."

Try this instead:

- "Things happened to me in my past that hurt me very much. Each day I heal by accepting the past was not as I like. I heal by living in the present. I am a vibrant human being."



Thought Example

You might think this:

- "I am so bothered by that person. They make me crazy. I can't stand being around them."

Try this instead:

- "I am responsible for my inner experience. Something about them activates something in me. What is it? How can I heal it? I don't need them to change for me to feel good."



Thought Example

You might think this:

- "I should want that. But I don't. So something is wrong with me."
- "I don't want that. But I should. So something is wrong with me."

Try this instead:

- "I want this. I prefer this. I want what I want. I am allowed to want whatever I want."

Thought Ladder



1. "I don't want that. But I should. People will judge me. I will be wrong. Something is wrong with me."
2. "Different people want different things."
3. "I am aware that I have a conflict in my thinking.
This is normal."
4. Ambivalence, tension and contrast is happening. I can do something to resolve this contrast or I can leave it."
5. "I want this. I prefer this. I want what I want. I am allowed to want whatever I want. I have acceptance of my desires and my conflicting wishes."



Inhale possibility,
exhale creativity.

-Laura Jaworski

*A Mindset of Dignity &
Sacredness*





Dignity and Sacredness

- The inherent value and worth that every human being possesses simply by virtue of being human.
- Rooted in the idea that every person has inherent rights, including the right to be treated with respect, fairness, and justice.
- Related to: cultural humility, kindness, self awareness, non-judgement, keeping your side of the street clean.



Dignity

- Belief that each person should be treated as a unique individual with their own hopes, dreams, and beliefs.
- Being worthy of honor and respect.
- Recognizing and valuing the inherent worth of each person, including any background, status, abilities, or beliefs.
- Our ability to see the dignity in others is built and enhanced by unpacking our own biases around race, culture, class, religion, ability, age, sex, gender, country of origin, etc.



Sacredness

- The idea that every person is special and unique.
- Each person has intrinsic value and worth. It does not need to be earned.
- Worth exists without accomplishment money, status, or perceived goodness.
- Can be associated with your spiritual beliefs to inspire caring action towards self and others.
- Specifically, sacredness is a more general recognition of the inherent value of each person.



Art Helps us Realize Dignity & Sacredness

- Universal Declaration of Human Rights, (Article 27): Everyone has the right "to enjoy the arts" and artistic expression is a fundamental aspect of cultural rights.
- It includes the freedom to seek, receive and impart information and ideas of all kinds "in the form of art", the right "to enjoy the arts" and the creativity of others.
- Also includes obligations from States to "respect the freedom indispensable for...creative activity".
- Actions in the field of arts and culture make significant contributions towards creating, developing and maintaining societies in which all human rights are increasingly realized.



Together, the concepts of dignity and sacredness of each person emphasize the importance of treating every person with respect, compassion, and kindness, and recognizing their unique worth as human beings.

Do you believe in the
dignity and
sacredness of each
individual person?





A Challenge

- Do you believe in the dignity and sacredness of each individual?
- If so, what right do you have to doubt it for yourself?

Present
Moment
Awareness





**Meditation:
Present, Past
& Future
Love**







































Self as Context

- Unconditional love for someone or an animal.
- Appreciation for our foremothers (a female ancestor or precursor of something).
- Gratitude for all the women who came before us.
- Seeing ourselves for what we are - an extension of their lives.

Art
Experience





Art Reflection

- Using lines, shapes and colors, create an abstract image that reflects your feelings about your self as context, your foremothers and all the women who came before you.
- You can use any material.
- You can draw with both hands at once.
- However you do it will be great.



What was it like for you to get in touch
with your self as context by imagining
your foremothers?

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

Arttherapycentersf.com

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

**Unintentional
Habits**

2

**Intentional
Rituals**

3

**Intentional
Thoughts**

4

**Reflection
&
Visual
Expression**



Unintentional Habits

- What are your habits? These are the things that you do unconsciously/all the time/without having to think about it.
- Observe yourself and take an honest inventory.
- Mindless habits: scrolling social media, drinking, shopping, eating, watching TV, spending time with negative people, etc.
- Look for clues in your bank account, your schedule and the time measurement on your phone.
- Zero judgement!



Intentional Rituals

- A ritual is an intentional habit.
- A gift to our future selves, increases our conscious awareness, and makes contact with the present moment.
- Evaluate yourself in specific areas to see how you are doing taking care of yourself and your future.
- What are your observations about how you spend your time in each area?



Intentional Thoughts

- When was the last time you updated your thoughts?
- This writing exercise helps you choose your thoughts carefully.
- Your thoughts inform your feelings, which in turn, inform your actions and the outcomes.
- What thoughts do you need to let go of and what new thoughts do you need to think to overcome your internal obstacles?



Reflection

- Write a thoughtful response to your intentional thoughts.
- You don't have to fully believe your new thoughts. You can work up to them using the thought ladder.
- For example, you may value the dignity of others and struggle to give it to yourself. New thoughts can help you remember that those old thoughts are not true, are an old, outdated option for your brain.



Response Art

- Using lines shapes and colors, focus on a small problem you would like to solve. Pick something small and "do-able".
- Avoid picking something that is a large or more complicated problem.
- You have a second set of worksheets at the end of your workbook and you can do this exercise again with a bigger problem if you like...after you see how it works using a small problem.

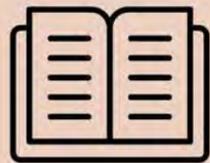


On a scale of 0-10, how present are you
right now?

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.



Work

Read and complete the exercises for this week.



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)

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Dreamers are those who
have achieved in love
and life,
because it is a dream
that got them there.

~Cindy Sherman



What will you remember about
today's class?

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



Thank
you!