

**The Art &
Science of
Love
Week 2**

Modern Creative Woman Timeline

PRESENCE

PRESENT
MOMENT
AWARENESS.

PURPOSE

UNIQUE VALUES.

WEEK
01

WEEK
02

WEEK
03

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS.



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

If you're presenting yourself
with confidence, you can pull
off pretty much anything.

— Katy Perry



What did you do this week on your date with yourself? How was it?

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




Mindset



Mindset

- Acceptance: this is where I am & this is what is happening.
- Relationship to your thoughts: defusion from thoughts, choosing thoughts that move you towards your values



A Woman who
takes Exquisite
Care of Herself



Fearful Stereotypes of a Women who takes Exquisite Care of Herself

**(designed to keep us small & focused on the
needs of others)**

- Selfish
- Narcissistic
- Greedy
- Superficial
- Cares little about her family



Call to mind a woman friend or relative who you like/love/care for...

- Would you call her selfish for making time for a haircut, massage, nap, or cup of coffee?
- If she has children, would you call her greedy for updating her wardrobe or going out with friends?



Fears

- Fear of not fitting in is a biological and primitive fear.
- Emotional rejection sets off similar experience in the brain as physical pain.
- These thoughts are normal and nothing we need to control.
- If these thoughts are stopping you from doing what you love or taking care of yourself, then they have become a problem.
- Most of us have these behavioral reactions to our judgmental / fearful thoughts.



Avoidance

- What is the judgement or stereotype you are trying to avoid?
- A troubled woman on a talk show who neglects her children, fails to pay her bills, uses her friends, lacks judgement, and only focuses on herself and her appearance?



Fears

- We fear of being perceived by others in a negative way.
- We fear people will dislike us, shun us, attack us, or hurt us emotionally/physically.
- We fear what others are saying about our bodies, appearance, intelligence, education, work, relationships, sexuality, race, culture, abilities, age, past experiences, parenting, home/yard, car, how we spend our time & money, politics, taste in entertainment.



Which one of these
fears is "loudest" for
you?



I've lived through some
terrible things in my life,
some of which actually
happened.

— Mark Twain



Fear

- Emotional response to danger to the perception of threat or danger, safety, security, or well-being.
- Basic survival mechanism, hard-wired into the human brain, normal.
- Physiological response, (increased heart rate, sweating, adrenaline release).
- Cognitive and behavioral responses (avoidance or fight-or-flight).
- Problematic if excessive, persistent, or irrational, causes psychological inflexibility, or becomes an anxiety disorder.



I would like to suggest that we
can handle these fears.

Furthermore, the more we
address them and do what we
want anyway, the more we
grow and increase our
psychological flexibility.



Thoughts

- A mental event or representation (image, sensation, emotion, memory, a sentence in your head, spoken or written word).
- Fundamental aspect of human experience, shapes perceptions, beliefs, and decisions.



Thoughts

- Generated by activity of brain cells: influenced by mix of past experiences, emotions, cultural norms, and current context.
- Both voluntary and involuntary, fully rational to completely irrational or nonsensical, positive or negative, conscious or semi-conscious.
- Influences our feelings, mood and overall well-being.



Love yourself first
and everything else
falls into line. You
really have to love
yourself to get
anything done in
this world.

—Lucille Ball



Aligning Love with Mindset and Body



Mindset

- Willingness to try new things.
- Letting go of judgement about learning and eliminating behavior based on perfectionistic thoughts.
- Embrace the imperfection of being a human being.



Mindset

- Loving that you made the attempt.
- Willingness to take new action (instead of no action).
- Seeing new actions as learning, practice, and stepping stones.
- Examine your thoughts about decision making, willinness, and learning.



When you live as
your authentic self,
you set an example
for others.

You also create an
invitation for others
to be authentic.



Folded Hands Exercise















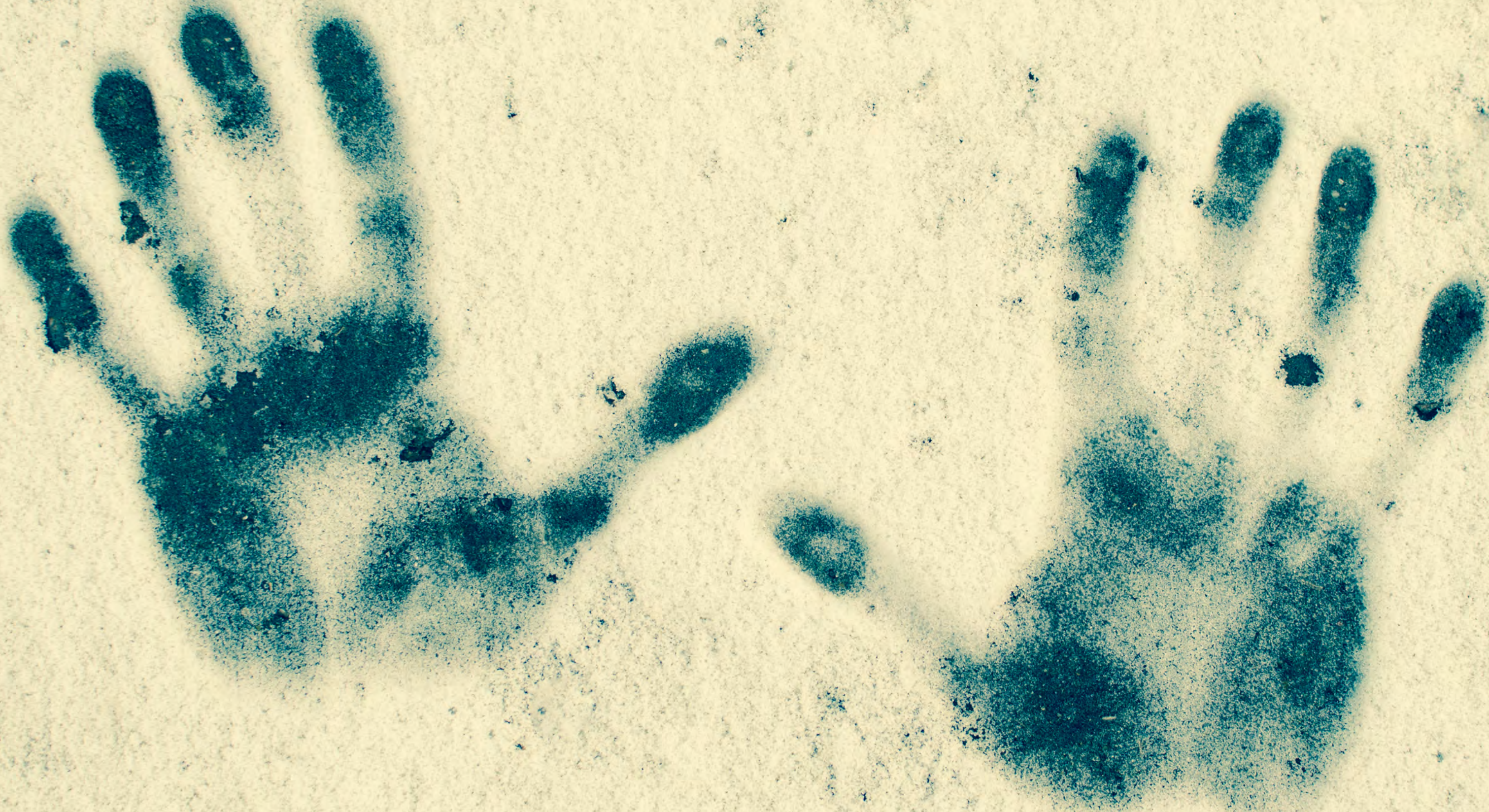


























Trace your hand on paper.
Add lines, shapes or color in
whatever way you like.



What did you notice in your body
and emotions as you changed hand
positions.

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



Using Movement to Inform our Mindset



Hands

- represent our agency in the world.
- in art they show agency or intention.
- tools to make things happen.
- our emotions.
- our love in hugs and touch.
- respect in a handshake or fist bump.
- community with a wave.
- prayer when pressed together, raised up, or pressed to the ground.
- pride with a raised fist or #1 finger.
- a job well done with a high five or a pat on the back.
- excitement with jazz hands.
- self love in a butterfly hug or full hug.



Choose one emotion you want to cultivate today...

- Name the emotion.
- What thought do you need to think to give yourself this feeling?
- Place your hands in a position that reflects that emotion.



Reflection this week

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Your Inspired Action

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

1

Ideal Day

2

**Reflection &
Scheduling**

3

**Mindset &
Releasing
Judgements**

4

**Creative
Expression
& Reflection**



What is Your Ideal Day?

- Describe your ideal day.
- This one powerful exercise gives you so much information about what you value and how you want to spend your time.
- Not a holiday, just a regular ideal day.

Unpacking & Scheduling your Ideal Day

- Personal inventory about how closely your last week matched your ideal day
- Schedule your ideal activities - make a list of what was included in your ideal day and schedule the addition of one of these into each day next week.
- You can add one in each day or if you are struggling, add one in for four days and then move onto the next.





Mindset Reflection

- Writing exercise.
- Make a list of all the the positive & negative examples you saw growing up about self-care and self-love.
- Who are your current role models?
- What judgements do you have about yourself taking care of yourself?
- Create a mantra for yourself..."I am a woman who..."

Response Art

- Find three images on Pinterest or in magazines of women who embody your statement from the previous exercise.
- Avoid thinking too long about it and just be spontaneous. It's ok if you are unable to explain in words why you like the images.
- Be sure to answer the questions below when you have finished.
- However you do it will be great!



te is a method
expressing
yourself without
needing to say
anything.



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 work from last class.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Week 2

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

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Individual psychotherapy
(CA residents only)

www.arttherapycentersf.com

**Y o u y o u r s e l f ,
a s m u c h
a s a n y b o d y
i n t h e
e n t i r e u n i v e r s e ,
d e s e r v e y o u r
l o v e a n d
a f f e c t i o n .**

— B u d d h a





What will you remember about
today's class?

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

Thank you

