

women
making
meaning

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

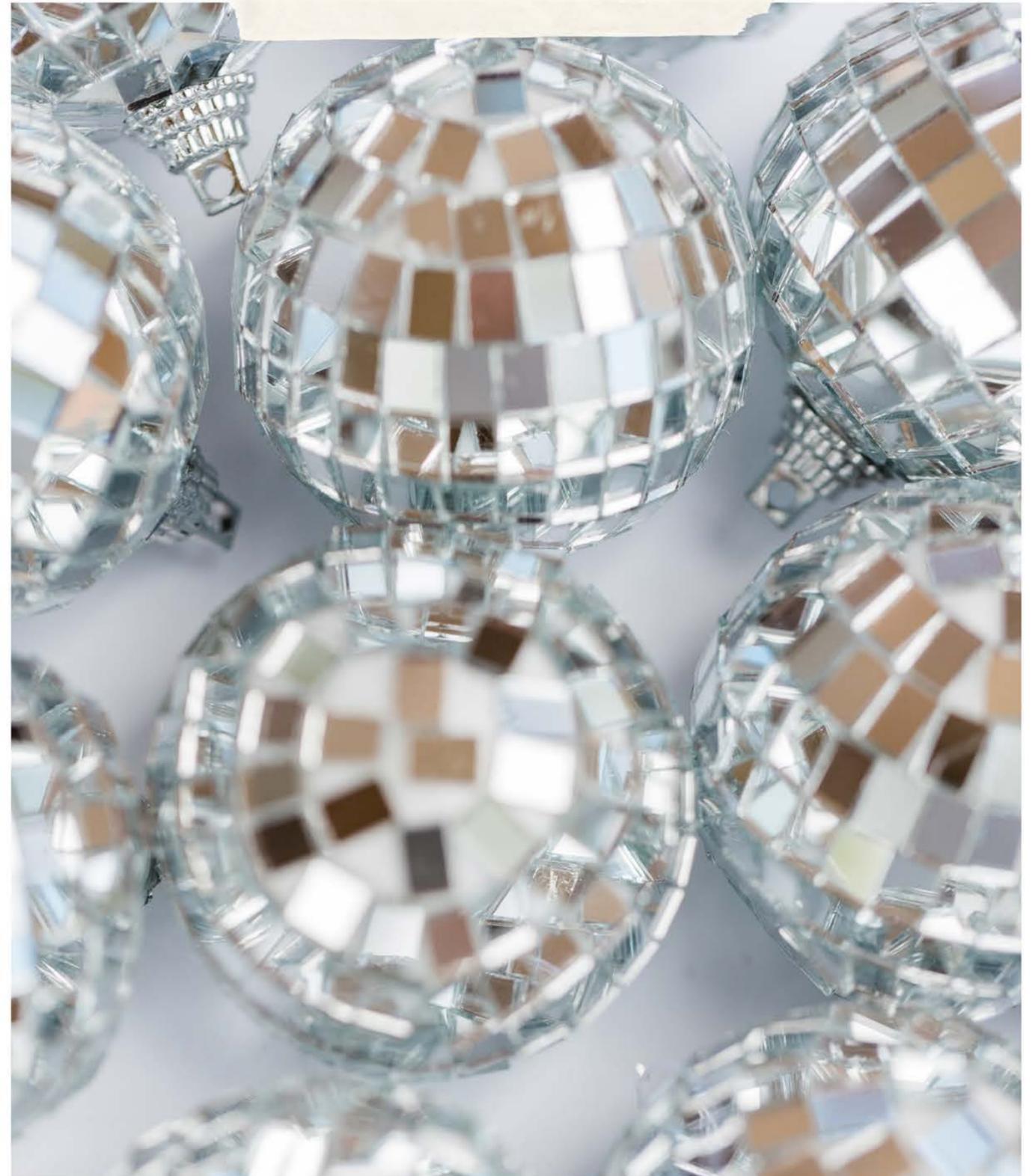
0 = completely checked out, not present

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



meaning making has traditionally
been defined as being meaningful
to others.

this is a limited way of knowing;
women can define meaning
anyway we like.

– amy backos

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
03

Meaning





What feelings do you think of
when describing meaning and
purpose?

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

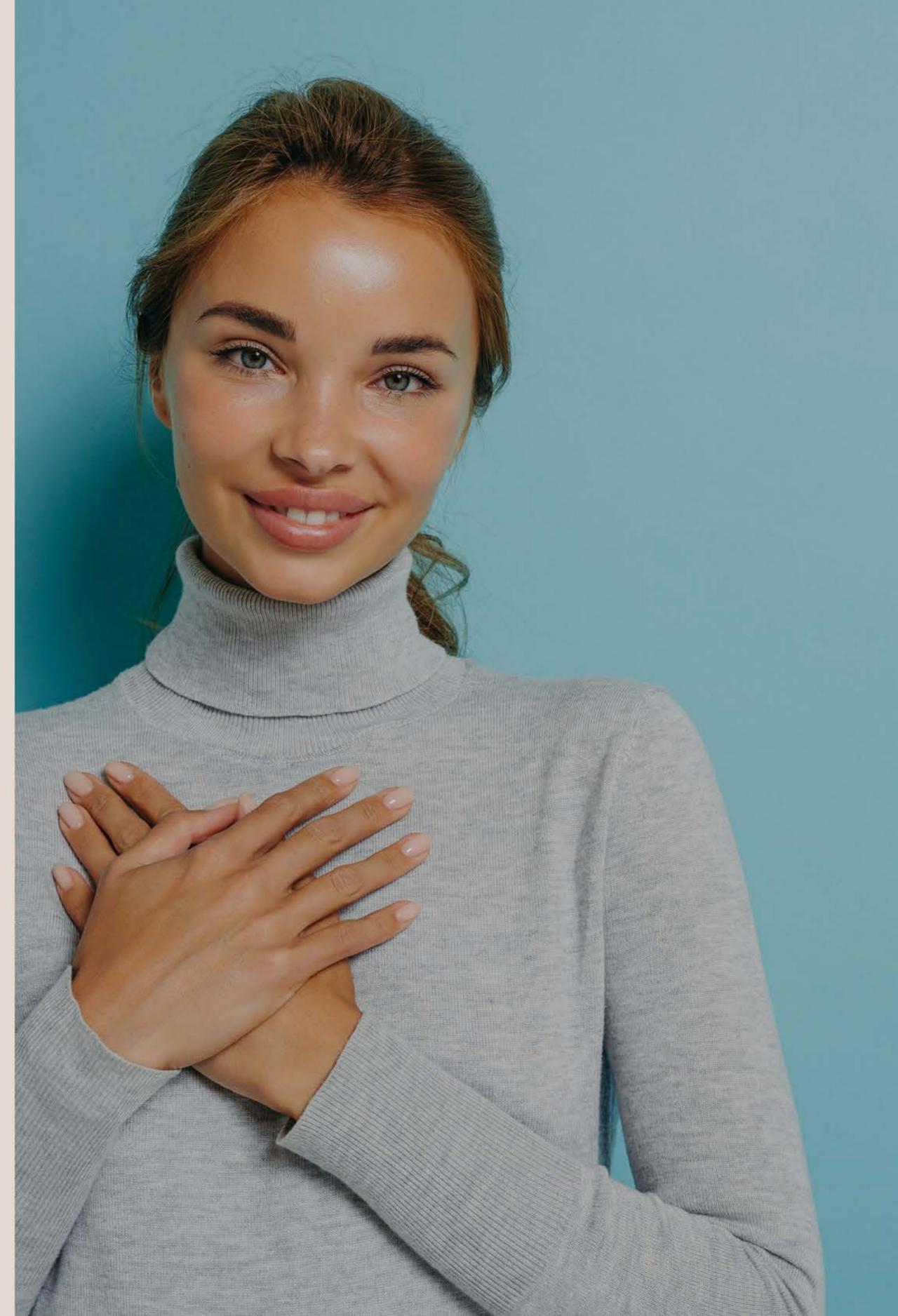
High Energy Positive Emotions

- **Excitement.** A feeling of great enthusiasm and eagerness.
- **Delight.** To take great emotional pleasure in something.
- **Astonishment.** A feeling of great surprise and wonder.
- **Happiness.** Feeling or showing pleasure or contentment.



Low Energy Positive Emotions

- **Pleased.** A feeling of pride or satisfaction.
- **Contentment.** A state of happiness and satisfaction.
- **Relaxed.** A state of being at rest or at ease.
- **Calm.** At ease, not excited or upset.



Other Positive Emotions

Curious
Enthusiastic
Interested
Determined
Inspired
Alert
Active
Strong
Proud
Attentive
Satisfaction
Confident
Insightful/Enlightened



Valuing Emotions

- Americans tend to value high-energy positive emotions more highly than low-energy ones (Fredrickson & Cohn, 2008).
- However, we also tend to be more motivated to get rid of bad experiences, like stress and anxiety, than increase good experiences.



Mindset



Mindset in the MCW

1. Acceptance
2. Kind Relationship to Our Thoughts



I. Acceptance

- Your ability to see things for what they are.
- 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 offers...

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





II. Kind Relationship to Thoughts

- Verbal centers of our brain are the size of a peanut. It is unable to hold the whole picture.
- Cognitive Defusion gives us perspective and ease on what is happening in our brain.
- Seeing thoughts as a biological process, not facts, truths or dictates.

Fusion and Defusion

- **Cognitive Defusion** we see thoughts for what they are - neurons firing in our brain.
- **Cognitive Fusion** we believe our thoughts to be true and real.
- When we are defused, we can interact easily with our thoughts and use them as a tool.
- We become the boss instead of letting our brain be the boss of us.





Fusion Examples

- Suddenly in a bad mood.
- Believing what we think about ourselves or performance.
- 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.



The Good News

- No need to stop or eliminate thoughts.
- We have all tried and it never works.
- Defusion is seeing your thoughts for what they are - a biological process.
- Meaning making with your thoughts...you **decide on purpose what is important to you.**

Cognitive Defusion Benefits

- Defusion gives your brain the opportunity to see thoughts for what they are.
- Helps you eliminate jumping to conclusions.
- Makes space for creative thoughts.
- Find solutions to our persistent problems.
- Example: brain storm (deliberately withholding judgement).
- Asking “what else might be true?”





What Can I Believe?

- When you begin defusing from thoughts, it can be disorienting.
- 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 in the Truths of 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.

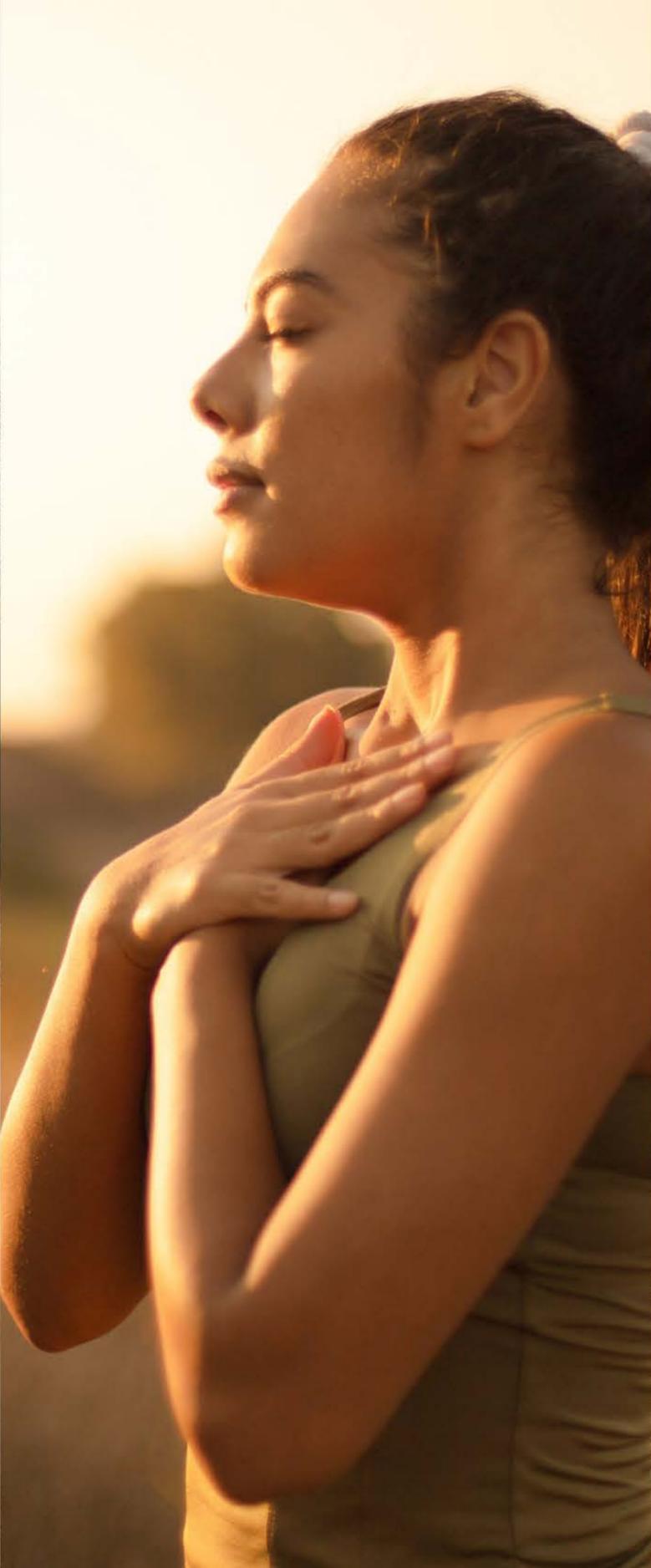
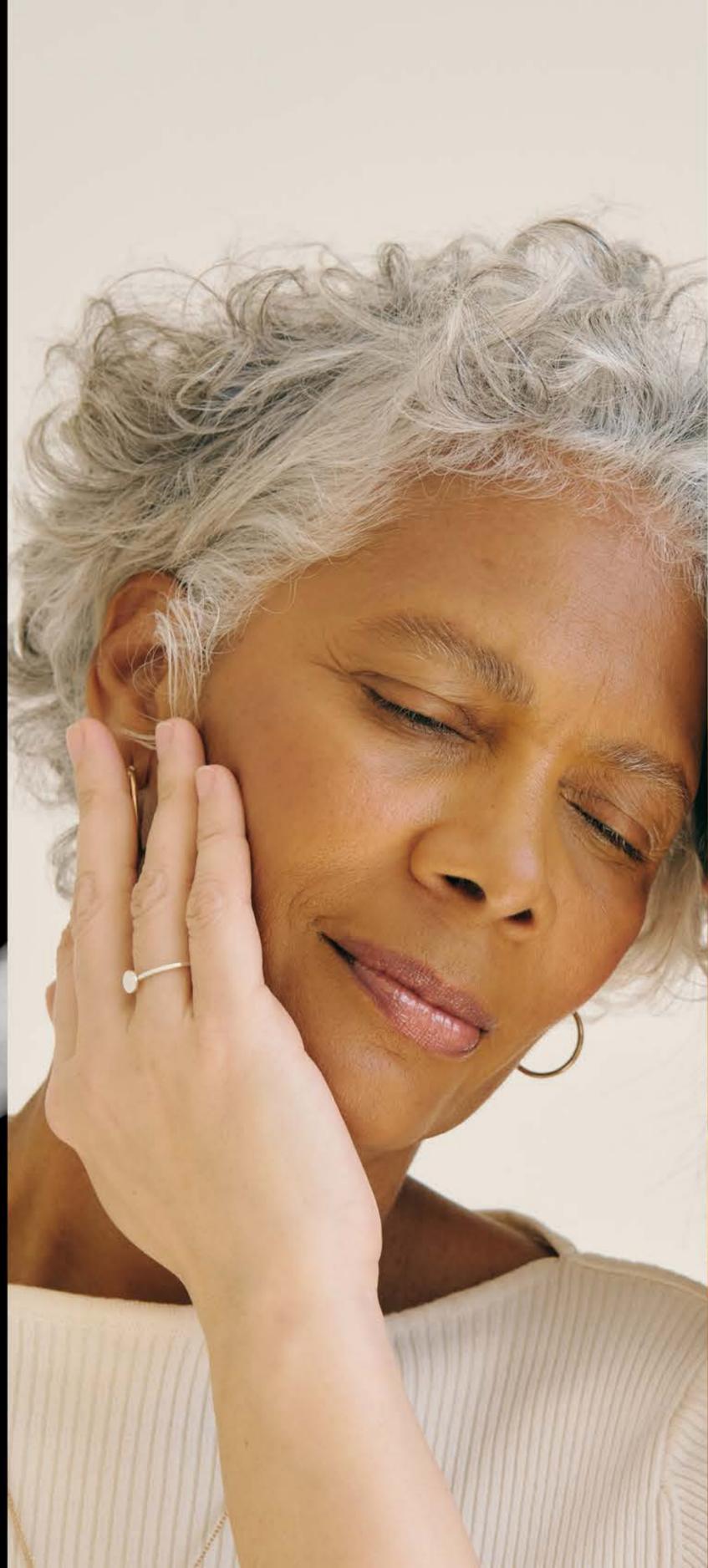


**Positive emotions
emerge when you commit
to take actions based on
meaning & purpose and
NOT based on what
thoughts pop into your
head or how you feel in
the moment.**



Mindful Moment





4 Breaths

- **Classic** (One hand on heart & one hand on diaphragm).
- **Butterfly Hug** (Hands crossed on your heart and tapping to the beat of your heart).
- **Cheek to Cheek** (One hand on your cheek and then switch).
- **Eyes Up** (Eyes and chin tilted upward, shoulders down).



How do you feel now?
(1 - 2 words)

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



Defusion Exercise



Powerful Defusion Exercise

A modern approach to
relate lovingly &
realistically to your
thoughts.





Defusion is Unlike other Cognitive Strategies

Identify negative thoughts

Thought stopping

Distractions

Finding evidence against

Thought ladder

Realities

- Difficult to change thoughts we have had for decades.
- Other techniques lead us to push against/struggle with thoughts.
- Thought stopping and distractions often increase avoidance and only show us what not to do.





Defusion

- Research shows it is as effective or more effective than cognitive-behavioral approaches.
- 40 years of research.
- Accept that our brain thinks thoughts.
- Drop the struggle with thoughts.
- “Let” our brain do its thing while we do our thing (meaningful actions).

Defusion Practice

“I am always scared.”

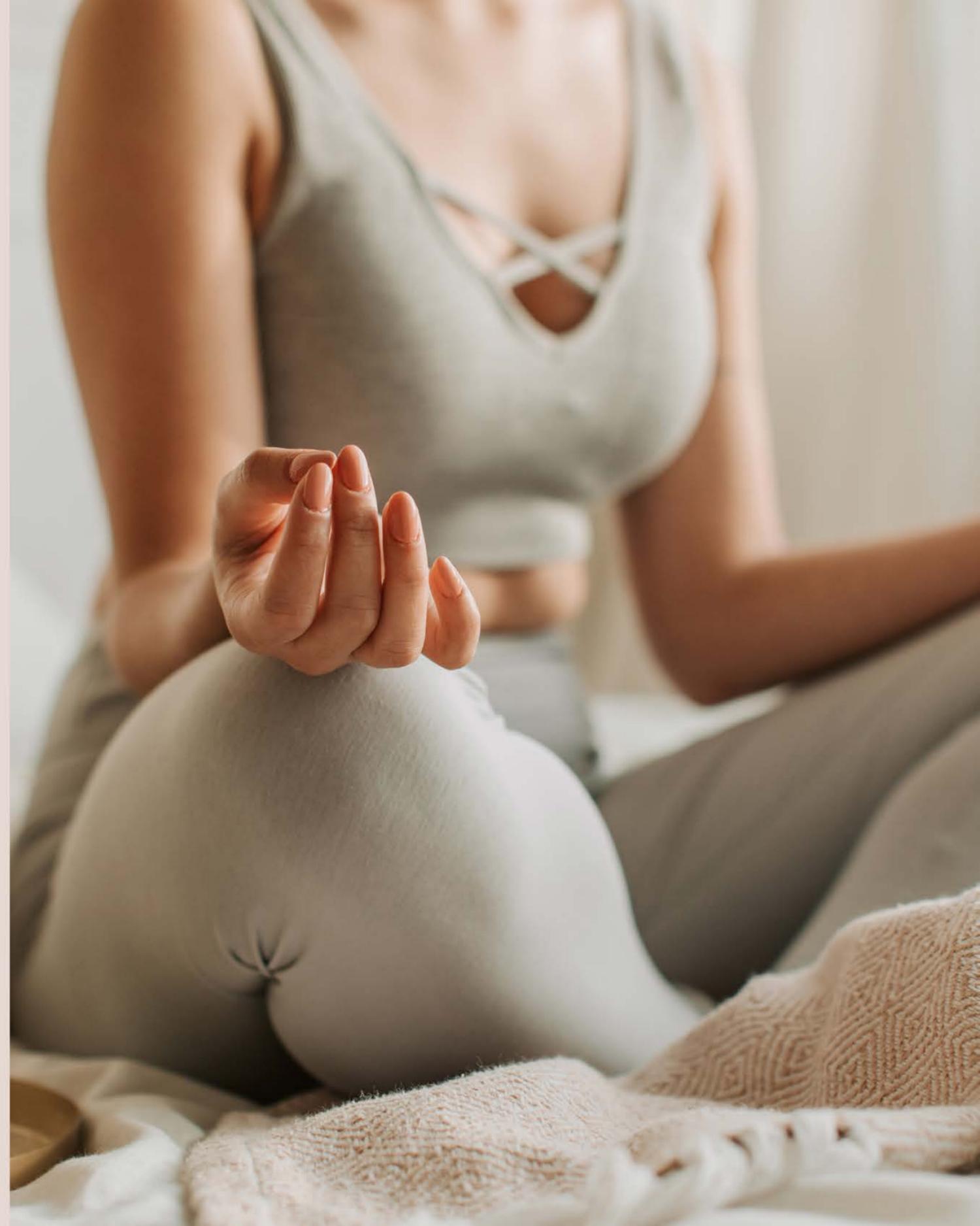


I am always scared.



**I am having a thought
that I am always scared.**

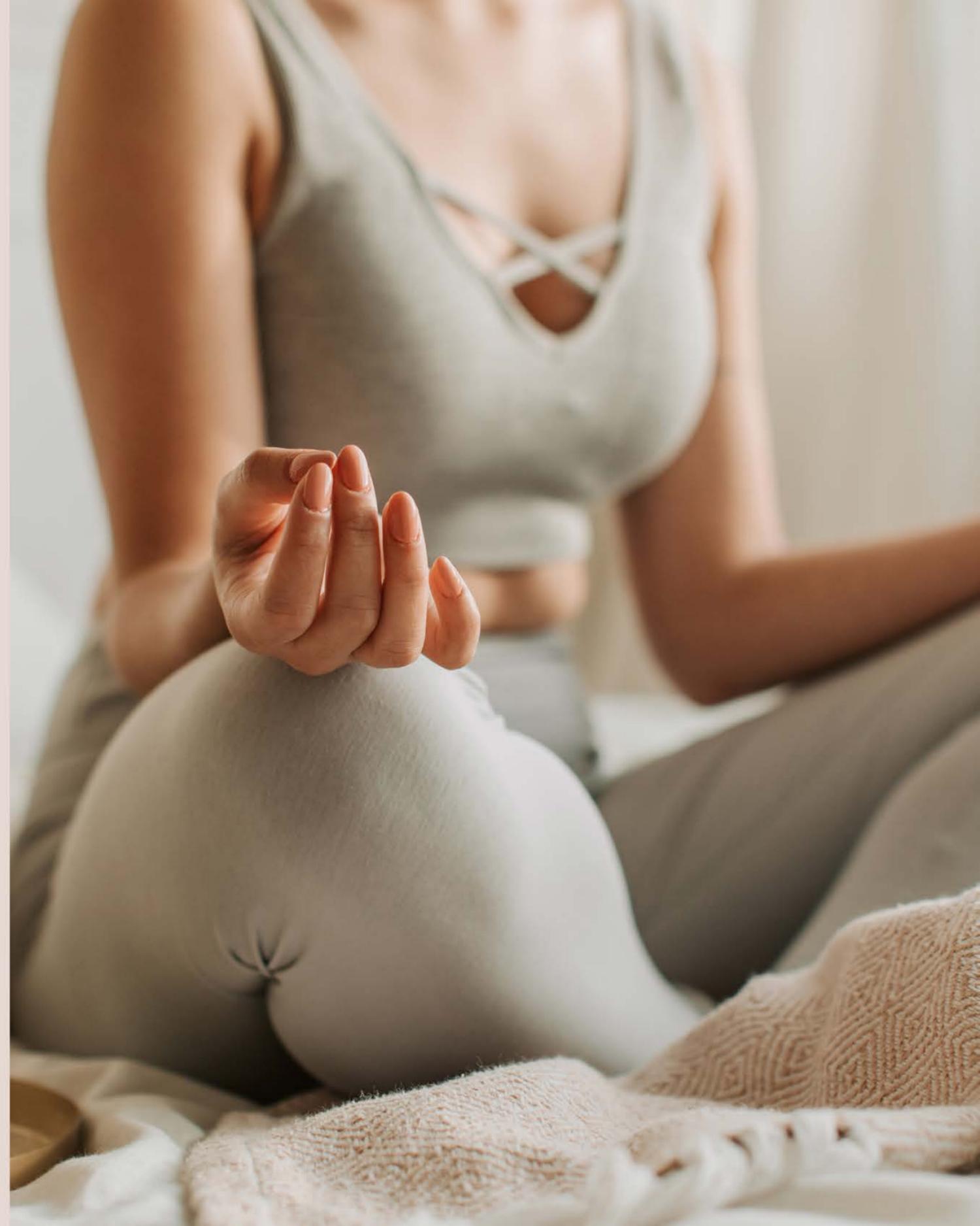
I am always scared.



**I am aware that I am
having a thought that I
am always scared.**

**I am having a thought
that I am always scared.**

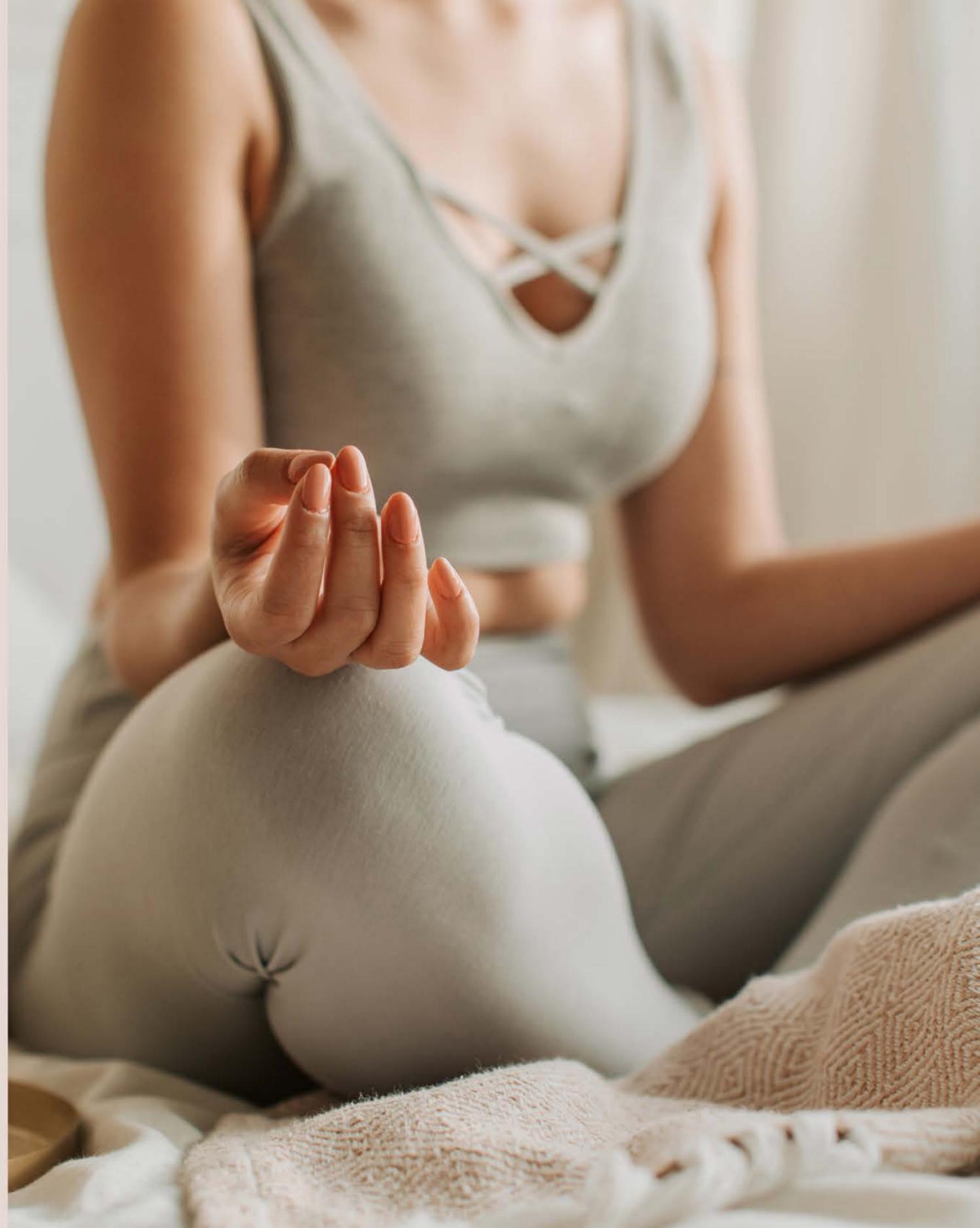
I am always scared.



Your Turn for Defusion Practice



I am...



I am having a thought
that...

I am...



I am aware that I am
having a thought that...

I am having a thought
that...

I am...





What did you notice doing this
exercise?

**Loving your current
self is a way to love
your past self.**



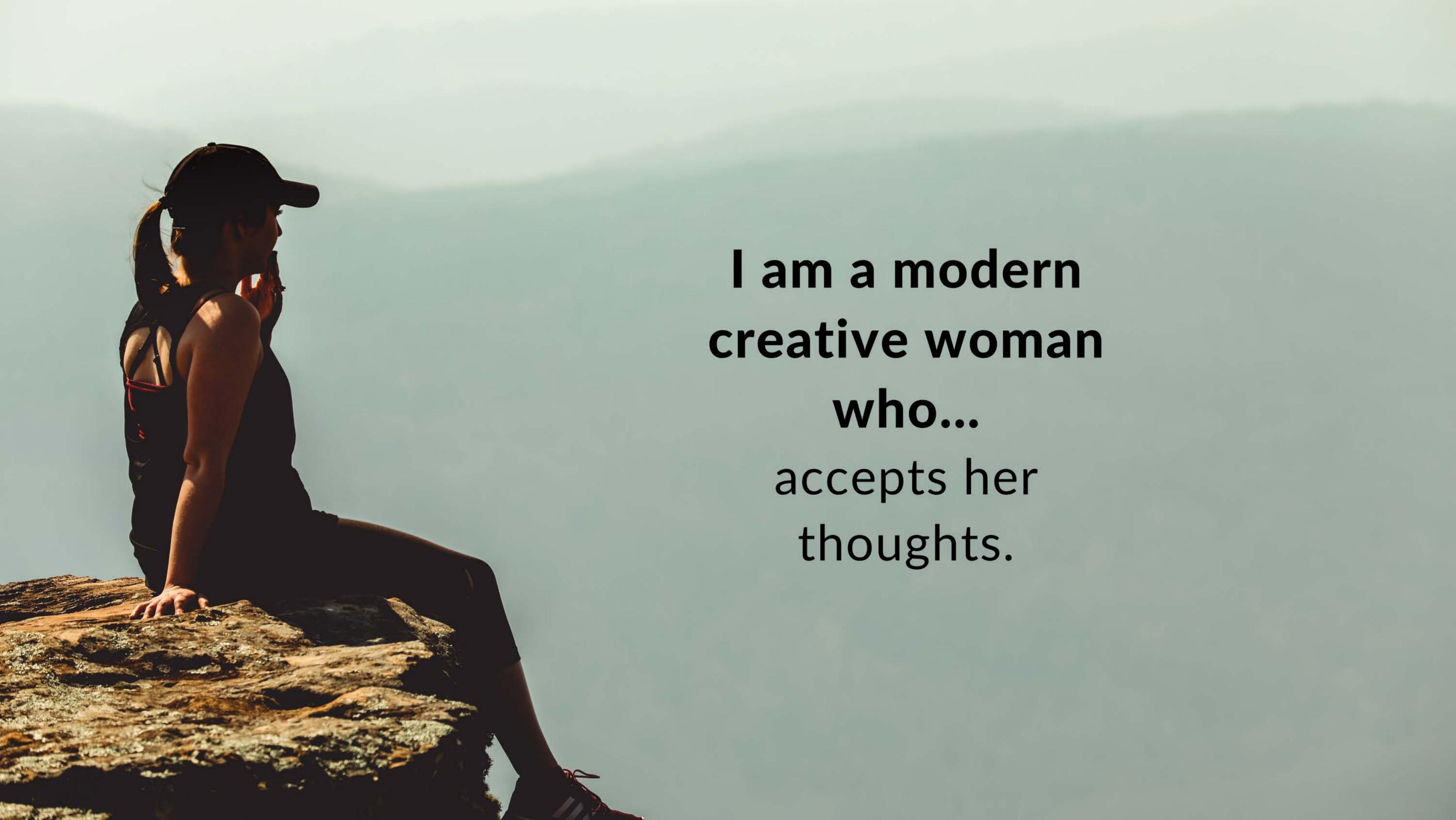
in the end; only three things
matter: how much you loved;
how gently you lived; and
how gracefully you let go of
things not meant for you.

—buddha



Affirmations





**I am a modern
creative woman
who...
accepts her
thoughts.**

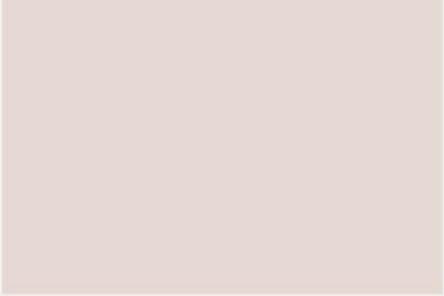


Finish the sentence in the chat:

"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

**Mindset of
Meaning**

2

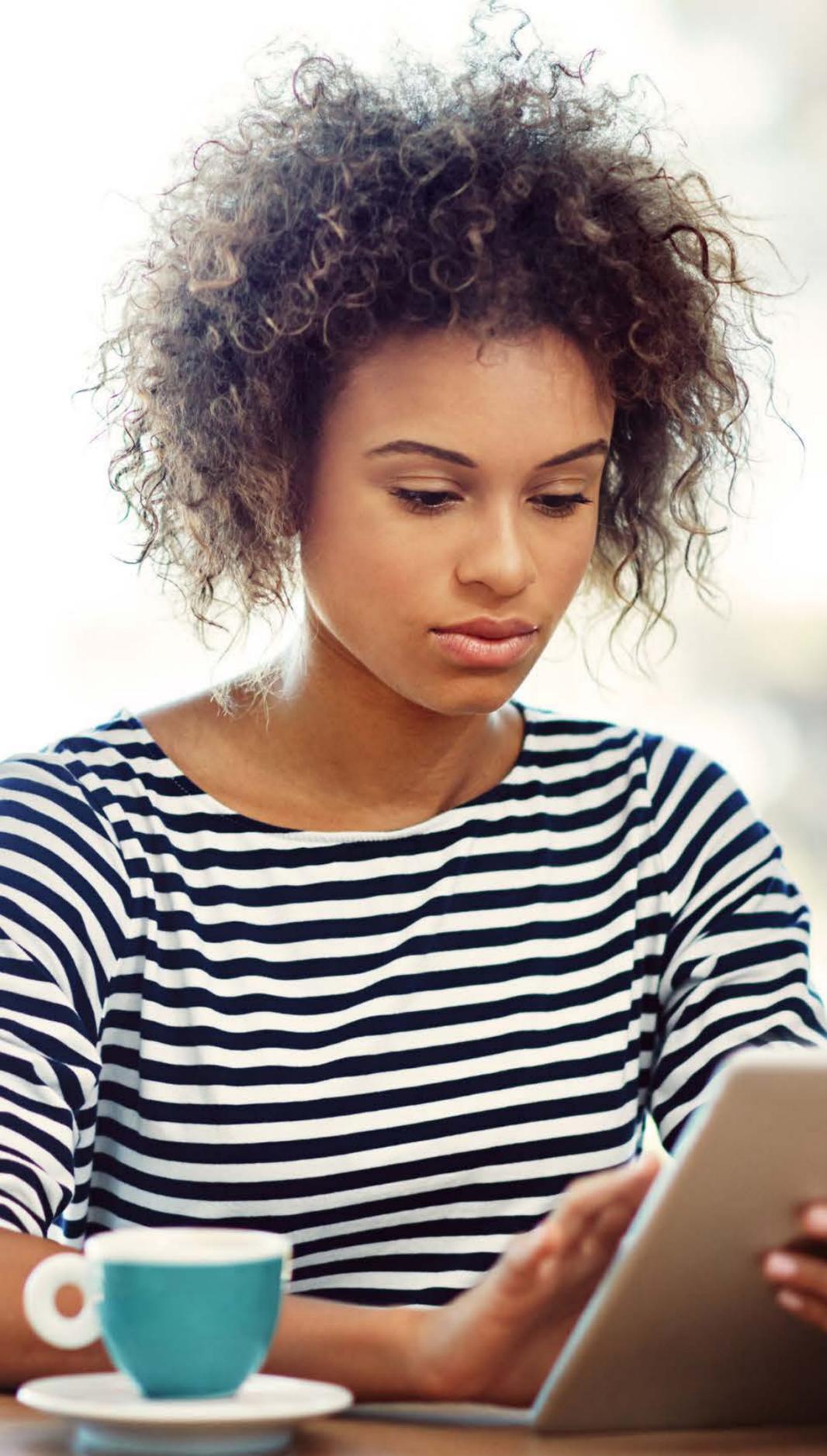
**Seeing from
the
Outside**

3

Does it Still Fit?

4

**Written
Reflection**



Mindset of Meaning

- Take an inventory of what has been important to you in your life and where you learned it.
- Do you have the same set of values as your family does?
- If so, why?
- If not, why?



Seeing from the Outside

- Make a list of values you have.
- See if you can uncover the ones that are automatic or so ingrained that you can't even imagine not doing them (eg. taking care of someone, being kind to animals, etc).



Does it still fit?

- Make a list of values, habits and behaviors you want to keep & make a list of those no longer relevant or important to you.
- **Keep:** walking the dog, eating a healthy breakfast, chatting with the neighbors, daily journaling, painting.
- **Let go:** people pleasing, going out with certain people, ignoring your health, staying up late, drinking, scrolling on social media, etc.



Written Reflection

- What do you think so far about meaning making?
- Excite you or pique your curiosity
- Fears and anxiety?
- Judgment for not having found meaning sooner?

Try this thought option - be pleased that you are here now. There is no right or wrong way to think and no “right” time for being here.



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

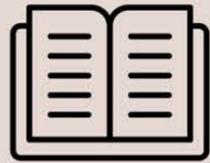


On a scale of 0 -10, how present are you
right now?

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

Put both numbers in the chat.

What To Do Next



Review

Review your notes & 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?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

Paris Trip - June 3-7

The Modern Creative Woman



What will you remember about
today's class?

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



Thank
you!