

# How to Get Out of Your Own Way

Week 3



**You gain strength, courage and  
confidence by every experience  
in which you really stop to look  
fear in the face.**

**You must do the thing you think  
you cannot do.**

**-Eleanor Roosevelt**



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

Raise your zoom hand  
or drop a comment in the chat.

# Modern Creative Woman Timeline

## **PRESENCE**

PRESENT  
MOMENT  
AWARENESS

## **MINDSET**

RELATIONSHIP  
TO YOUR  
THOUGHTS

## **PURPOSE**

YOUR  
UNIQUE  
VALUES

WEEK  
**01**

WEEK  
**02**

WEEK  
**03**

# Purpose





# Your Purpose

- Your chosen presence and actions in the world.
- Your purpose is something you decide based on what you enjoy, have an interest in pursuing, and have an ability/aptitude for doing.



# Purpose

1. Personal values.
2. Committed Action.



# Values





# Values

Your values are what YOU want to bring to each area and has nothing to do with what others are doing or even if they like what you are doing.



# Values

- It is through your purpose that you engage with your life.
- Choose what is most important, and make committed actions to demonstrate your values to yourself and others.



# Value Domains

- health
- intimate partner relationship
- education
- family
- friendship
- parenting
- sports
- spirituality
- work/vocation
- community
- creativity
- service
- school
- personal development
- hobbies



# Examples of Values

**These are how YOU want to be (not about what you want form others).**

- Health: strong age powerfully.
- Intimate partner relationship: honest, loyal, supportive.
- Education: life-long learner, open to new ideas.
- Personal development: invest in personal growth, relaxation and self-education.

# Committed Actions



A decorative arrangement of white flowers with yellow centers and green buds is positioned on the left side of the slide. The flowers are scattered across the light pink background, with a larger cluster on the left and several individual flowers scattered to the right and bottom.

# Committed Actions

- Committed action is how you show your values to yourself and the world.
- Notice this is action, not thoughts or beliefs.
- If you truly believe in your values, they will show in your behavior.
- If you only think or talk about what you want or what you think is important, it is only a wish/thought/judgement.



# Examples of Committed Actions

- These are what you DO.
- Not about what you want others to do.
- Actions that spring from your values.
- How you show your values to the world.



**Value Domain:**

Health

**Personal Value:**

feel strong, age powerfully

**Committed Action:**

Exercise Daily



## **Value Domain:**

Intimate Partner

## **Personal Value:**

honest, loyal, supportive

## **Committed Action:**

check-in, dates, love language



**Value Domain:**

Education

**Personal Value:**

life-long learner, open to ideas

**Committed Action:**

read daily, meet new people



## **Value Domain:**

Personal Development

## **Personal Value:**

relaxation and self-education

## **Committed Action:**

MCW, journaling, the arts



There is a vitality, a life force, an energy,  
a quickening that is translated through  
you into action, and because there is only  
one of you in all time, this expression is  
unique. And if you block it, it will never  
exist through any other medium and will  
be lost.

-Martha Graham



# 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.



A strong woman understands that  
the gifts such as logic,  
decisiveness, and strength are just  
as feminine as intuition and  
emotional connection. She values  
and uses all of her gifts.

- Nancy Rathburn

The Problem  
is the Problem





# Thought Distortions

- Thoughts can become very distorted as we learn through experience, observing others and thinking about the past.
- What gives us distortions: living in a family, wanting to feel good, experiencing upsets and traumas, uncomfortable emotions, trying to avoid uncomfortable emotions, desiring something we think we do not deserve.
- The problem is how we think about these experiences.



# The Struggle

- IF you could think your way out of your problems, you would have already done so.
- You have done many things to feel better and struggle less - self-help, exercise, therapy, reading, meditation, diet, looking to others, etc.
- It is not for lack of trying to get out of your own way.

**THE  
PROBLEM  
IS.....**

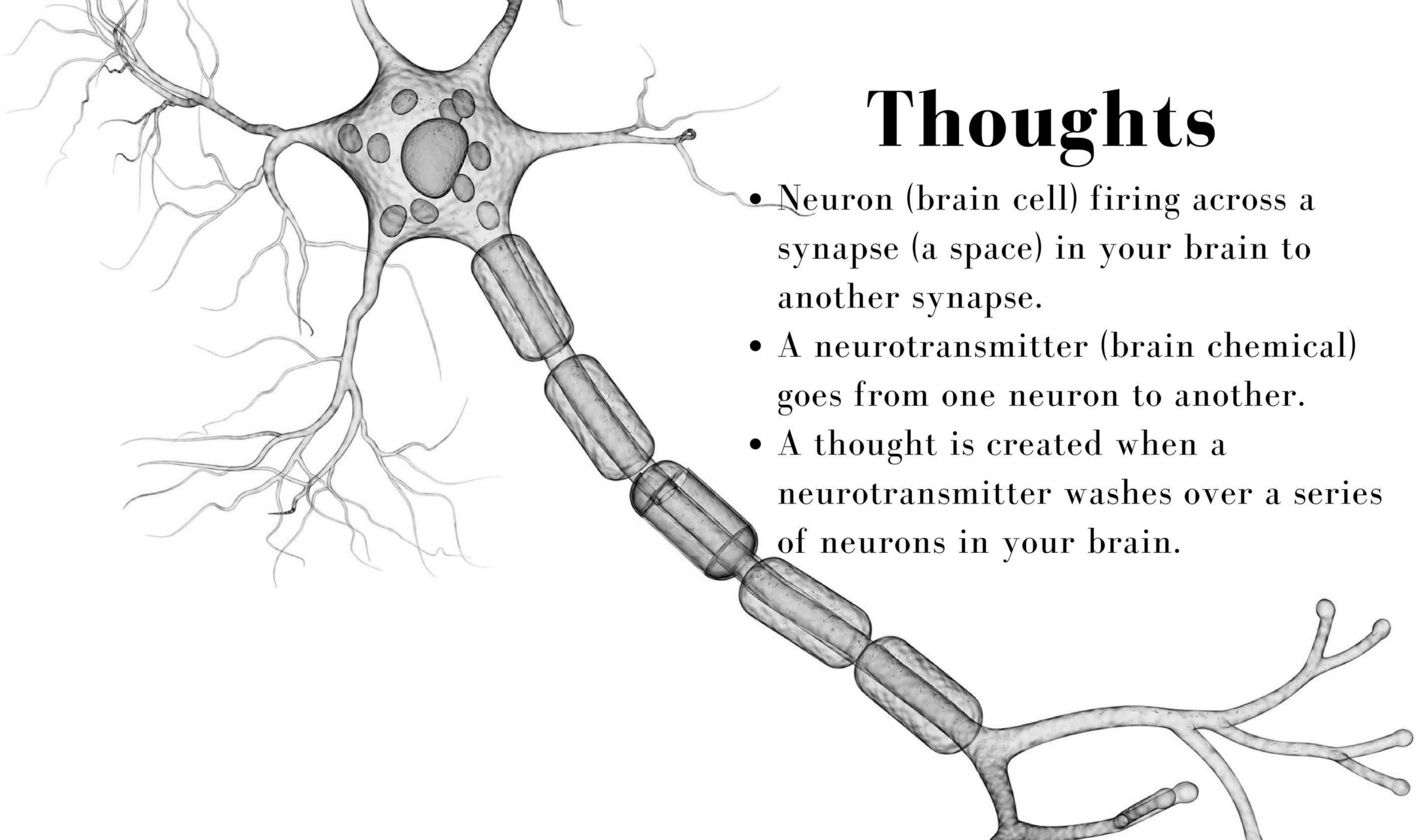


**The problem is how  
you relate to your  
thoughts.**



# Thoughts

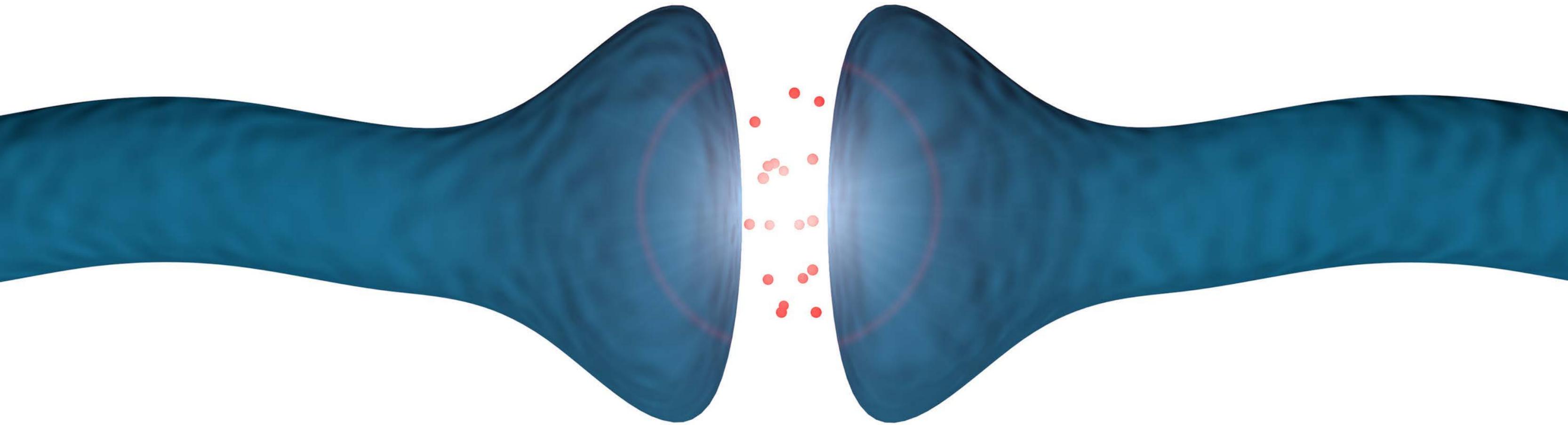
- Neuron (brain cell) firing across a synapse (a space) in your brain to another synapse.
- A neurotransmitter (brain chemical) goes from one neuron to another.
- A thought is created when a neurotransmitter washes over a series of neurons in your brain.

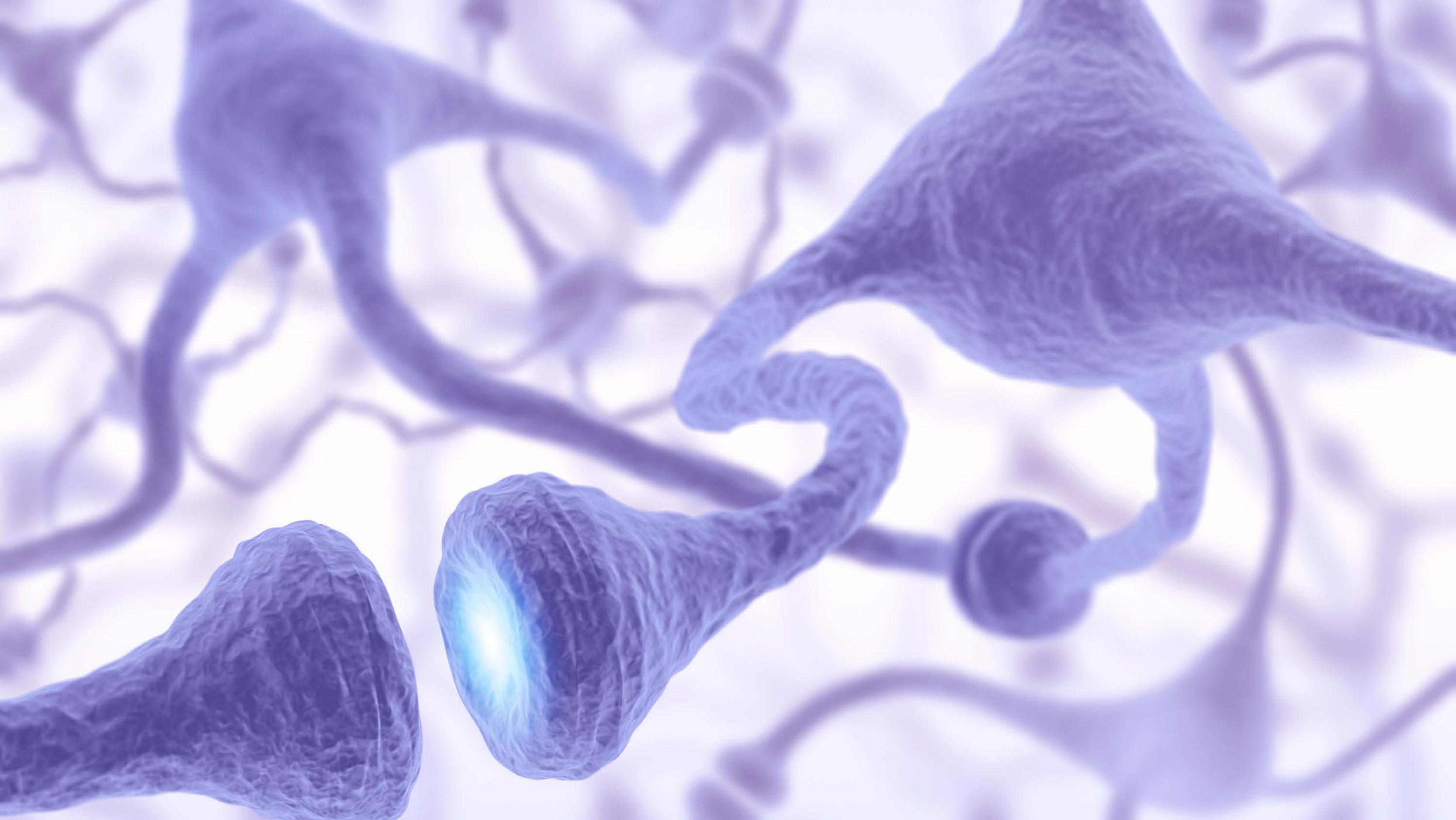




**Where do  
thoughts  
come  
from?**

**Prefrontal  
cortex**





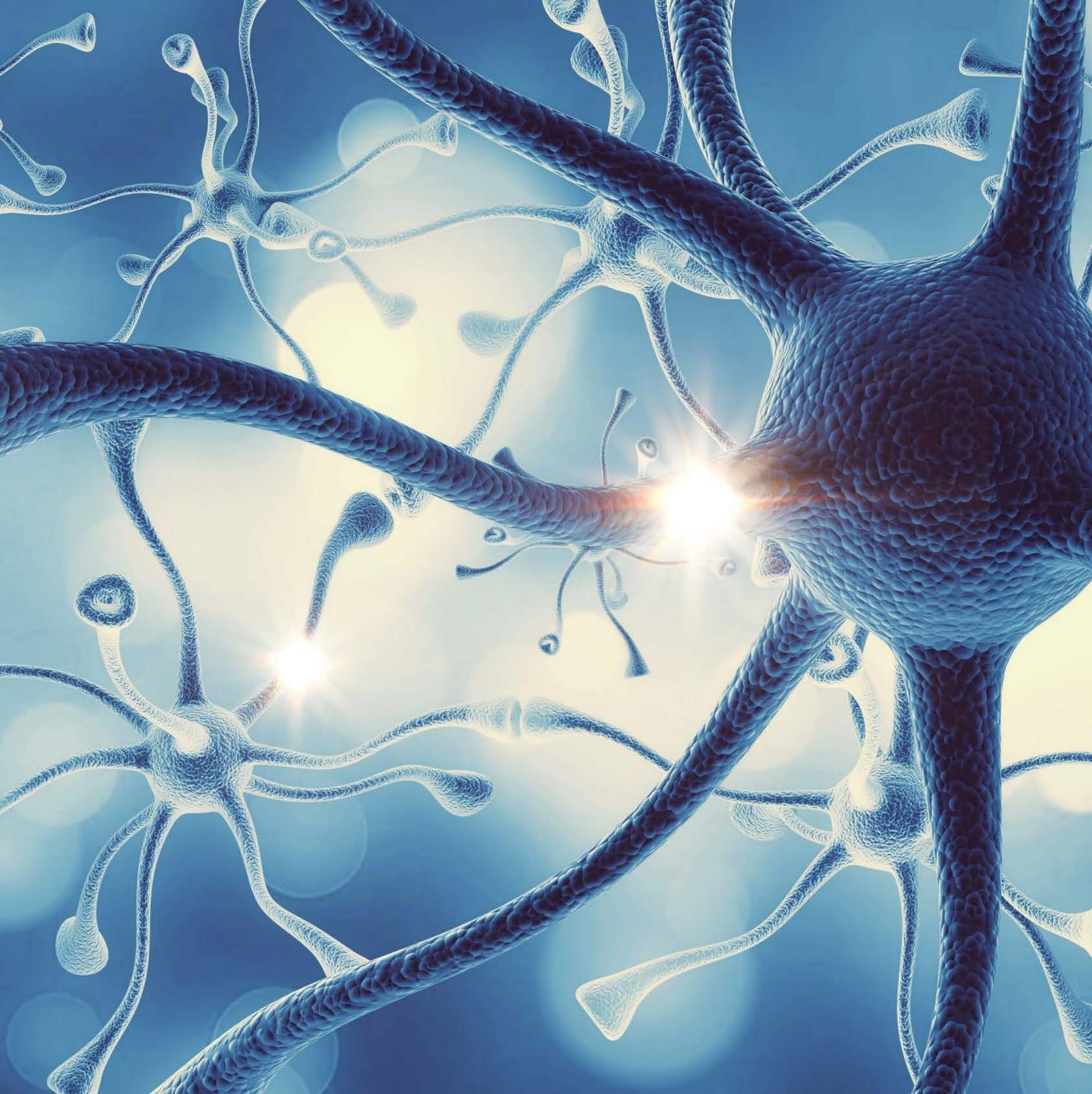


What is it like to imagine your thoughts  
as simply a biological function?

Raise your zoom hand  
or drop a comment in the chat.

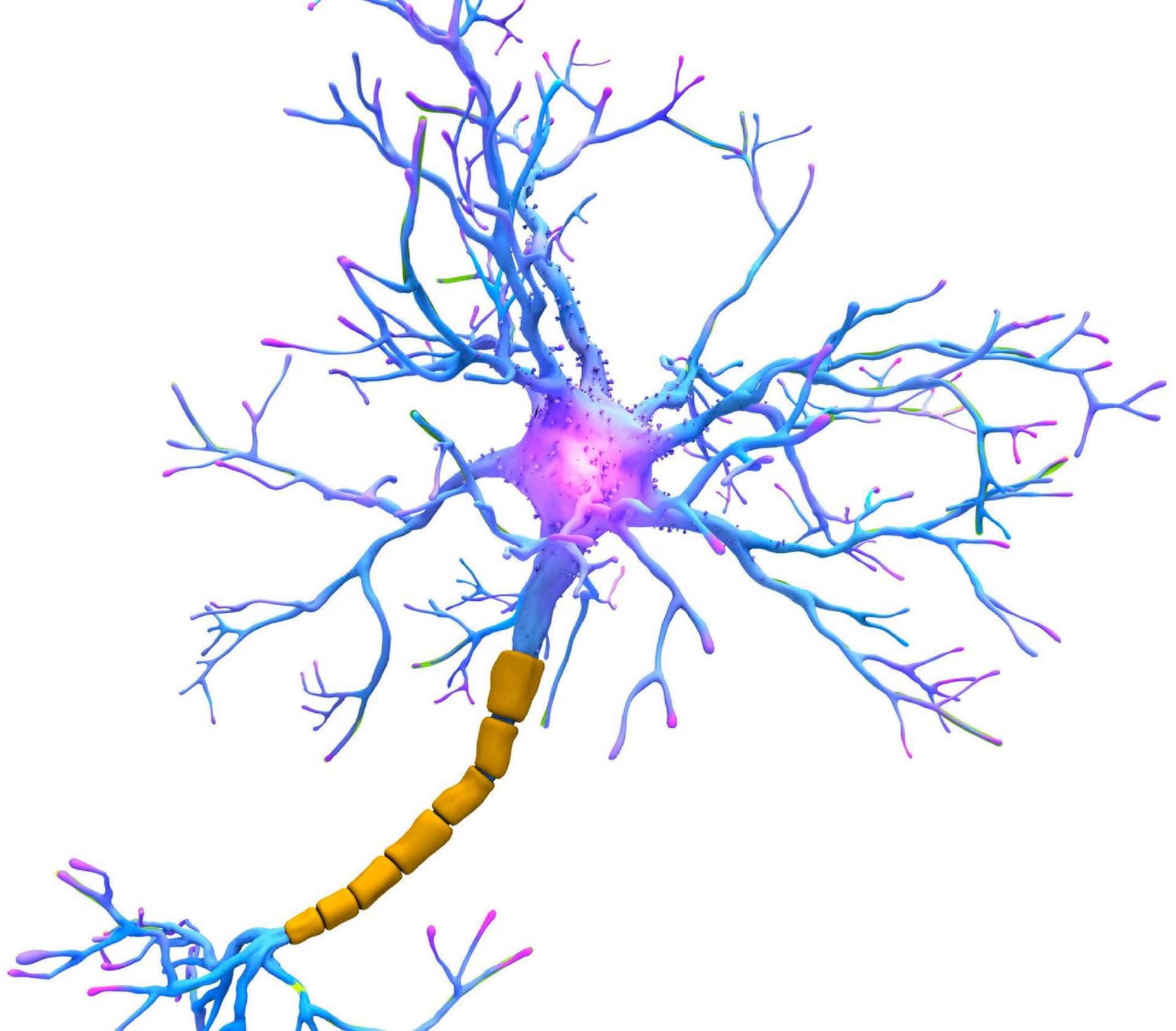
# Guided Imagery





Thoughts  
are  
just  
thoughts.

Thoughts  
are  
more often  
negative  
than  
positive.





While negative thoughts may be frequent at times, we can pay less attention to them.

The more we focus on our negative thoughts, the more we think they are true and we should take action (or inaction) based on them.





*It is completely unnecessary to act on negative thoughts. Remember, they are only thoughts.*

Instead, make action on  
your values.

Choose actions in line  
with your values instead  
of based on your  
thoughts.





*Breathe in attention to  
your your values.*

*Exhale attention to your  
thoughts.*

Breathe in your values.

Breathe out your values.

What is most important  
to you?





*Breathe in your values.*

*Breathe out your values.*

*Breathe in your values.*

*Breathe out your values.*





You have all the  
time there is.



You have everything  
you need.

# Art Experience





Draw or  
paint a  
thought



What was your awareness about thoughts  
just being thoughts?

Raise your zoom hand  
or drop a comment in the chat.

Transforming a  
problem-saturated  
story





# **We tell stories all the time**

- A problem-saturated story is a narrative focusing heavily on the challenges, difficulties, and obstacles that you face.
- In such a story, the problems and conflicts may be numerous, intense, and seemingly insurmountable.
- The story may dwell on the negative aspects of our lives and emphasize our struggles, deficiencies, lack, and scarcity rather than successes, worth, dignity and happiness.



# Telling Stories of Acceptance

- Stories that you tell yourself about who you are, what you are capable of, and how you relate to the world.
- In accepting self-narratives, you embrace and accept your strengths and weaknesses, flaws, and imperfections.
- This acceptance allows you to focus on your values.



# Accepting self-narratives

- A self narrative is the story you tell yourself all the time. It determines how you feel about life.
- Accepting self-narratives focus on self-compassion and self-love, emphasizing that you should treat yourself with kindness, acceptance, and understanding, rather than harsh self-judgment or self-criticism.
- These narratives encourage you to acknowledge and embrace your unique qualities, rather than trying to conform to society's standards or expectations.



# Accepting self-narratives

- When you adopt "accepting self-narratives," you are more likely to have higher self-esteem, better mental health, and greater life satisfaction.
- You will be better equipped to cope with setbacks, failures, and challenges, as they are more resilient and have a more positive outlook on life.



# What about Defusion?

- Delusion is when we can create distance from our thoughts.
- Don't believe everything you think by habit. See your thoughts for what they are.
- Our brains are wired to think negatively, categorize, judge, and compare.
- Our brains love a negative story to keep us on alert for danger and social rejection.
- Telling a positive story is necessary to engage in committed actions in line with our values.
- A poor story makes us feel bad. A good story makes us feel good. We are making the story up...might as well tell a good one.



## **Dignity Story**

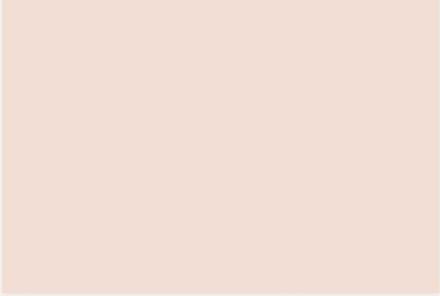
- The quality or state of being worthy of honor and respect.
- Belief that each person should be treated as a unique individual with their own hopes, dreams, and beliefs.
- Recognizing and valuing the inherent worth of each person, regardless of their background, status, abilities, or beliefs.

What story do you  
want to tell about  
yourself?



# 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**

**Priority**

**2**

**Values  
Inventory**

**3**

**Small Problem**

**4**

**Reflection  
&  
Visual  
Expression**



# Priority

- Priority is a "singular" noun - meaning we have only one priority at a time.
- Only recently did it become a plural noun.
- "Priorities" implies we can have more than one thing important at a time.
- This runs opposite to our goal of making contact with the present moment and being focused.



# Pick one value

- Take the values quiz: link in your workbook and on the member page under "bonus material" for this month's class.
- Discover your top priority - remember there is only one! This quiz will narrow it down to just one for you.
- Focus on this one value for the next four days. What do you notice? What did you do differently?



# Small Problem

- Carefully read the instructions for picking a small problem.
- Message me if you are unsure how to pick a "small" problem.
- Many of our small problems relate to the ways we "get in our own way."
- Examples: need an oil change in your car, keep losing your phone, forget to bring the bins in after trash collection, forget to follow through on a usual commitment.



# Solution

- Visualize the problem is solved.
- Imagine you wake up one day and the problem is solved.
- What would be different?
- Consider this from the perspective of your future self...what is she doing differently?
- Draw what it looks like to have the problem solved.
- Avoid thinking about "how" you will get there.



# Steps to get to the solution

- Brainstorm how you can get to the solution.
- No judgements about your ideas. One bad idea can lead to the next thought and the ideal solution.
- Think of as many possible solutions, write them down.
- Now draw the solution you will use to solve your problem.
- Take the action to solve the problem.



# Reflection

- Write about your art making process and what you think of your strategy to solve your problem.
- Where do you feel at ease with the problem now?
- Are you able to see clearly "how" to solve the problem?
- If you are still undecided about how to solve the problem, give yourself 10 more minutes to reflect and then take action.
- Avoid lingering in confusion at all costs.

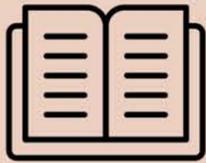


On a scale of 0-10, how present are you  
right now?

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

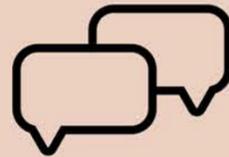
Put both numbers in the chat.

# 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)

[www.arttherapycentersf.com](http://www.arttherapycentersf.com)



The best  
protection any  
woman can  
have... is  
courage.

- Elizabeth Cady  
Stanton



What will you remember about  
today's class?

Raise your zoom hand  
or drop a comment in the chat.



Thank  
you!