

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 from 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 cherry blossoms with yellow centers is positioned on the left side of the slide. The blossoms are scattered, with some in full bloom and others as buds. The background is a solid light pink color.

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.....**

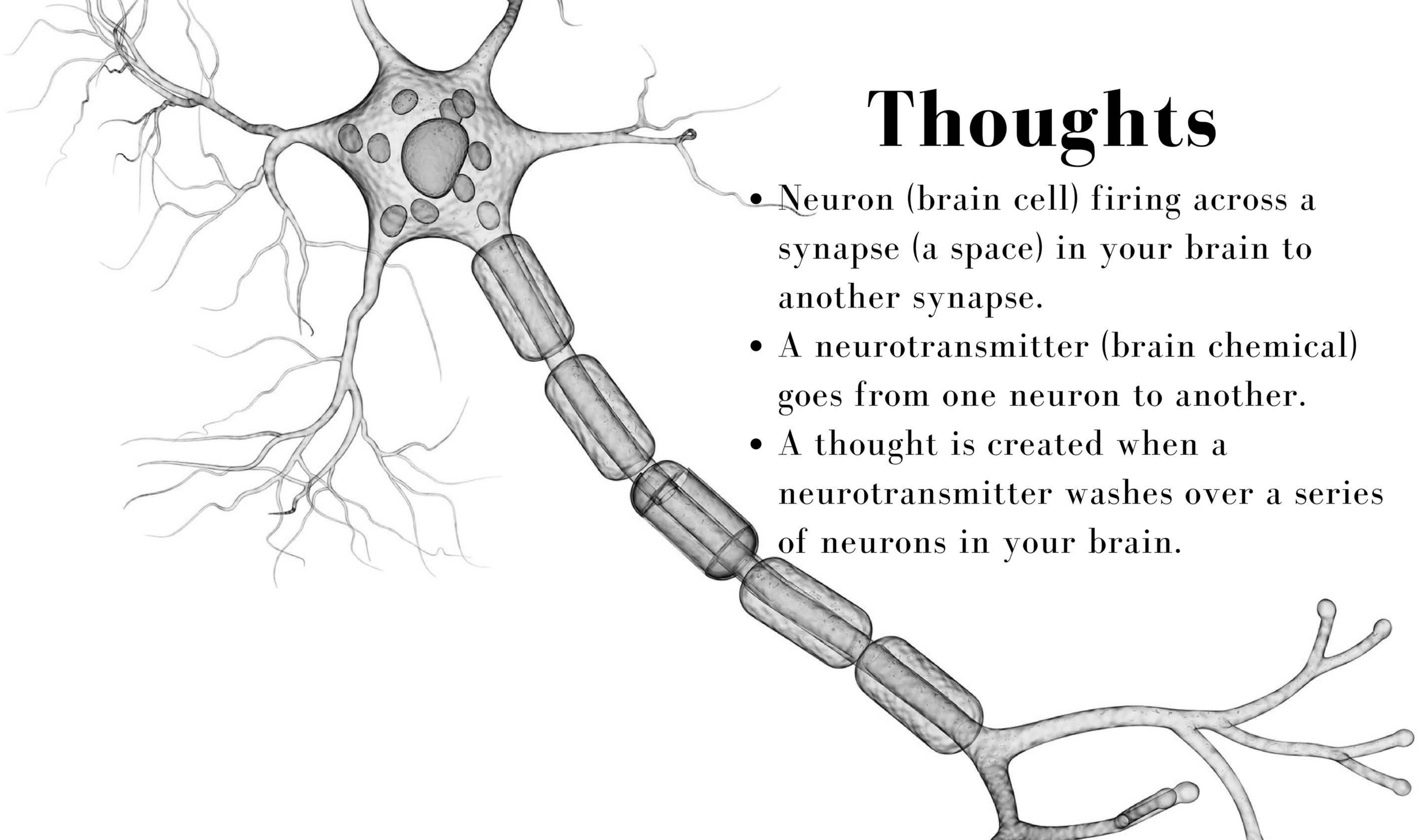


**The problem is how
you relate to your
thoughts.**



Thoughts

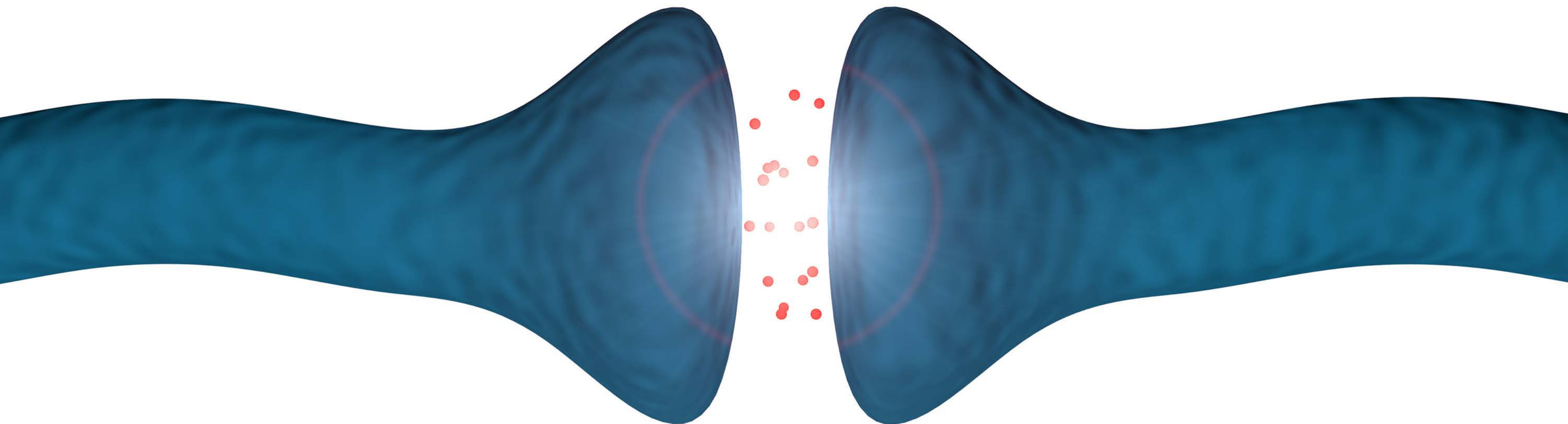
- Neuron (brain cell) firing across a synapse (a space) in your brain to another synapse.
- A neurotransmitter (brain chemical) goes from one neuron to another.
- A thought is created when a neurotransmitter washes over a series of neurons in your brain.

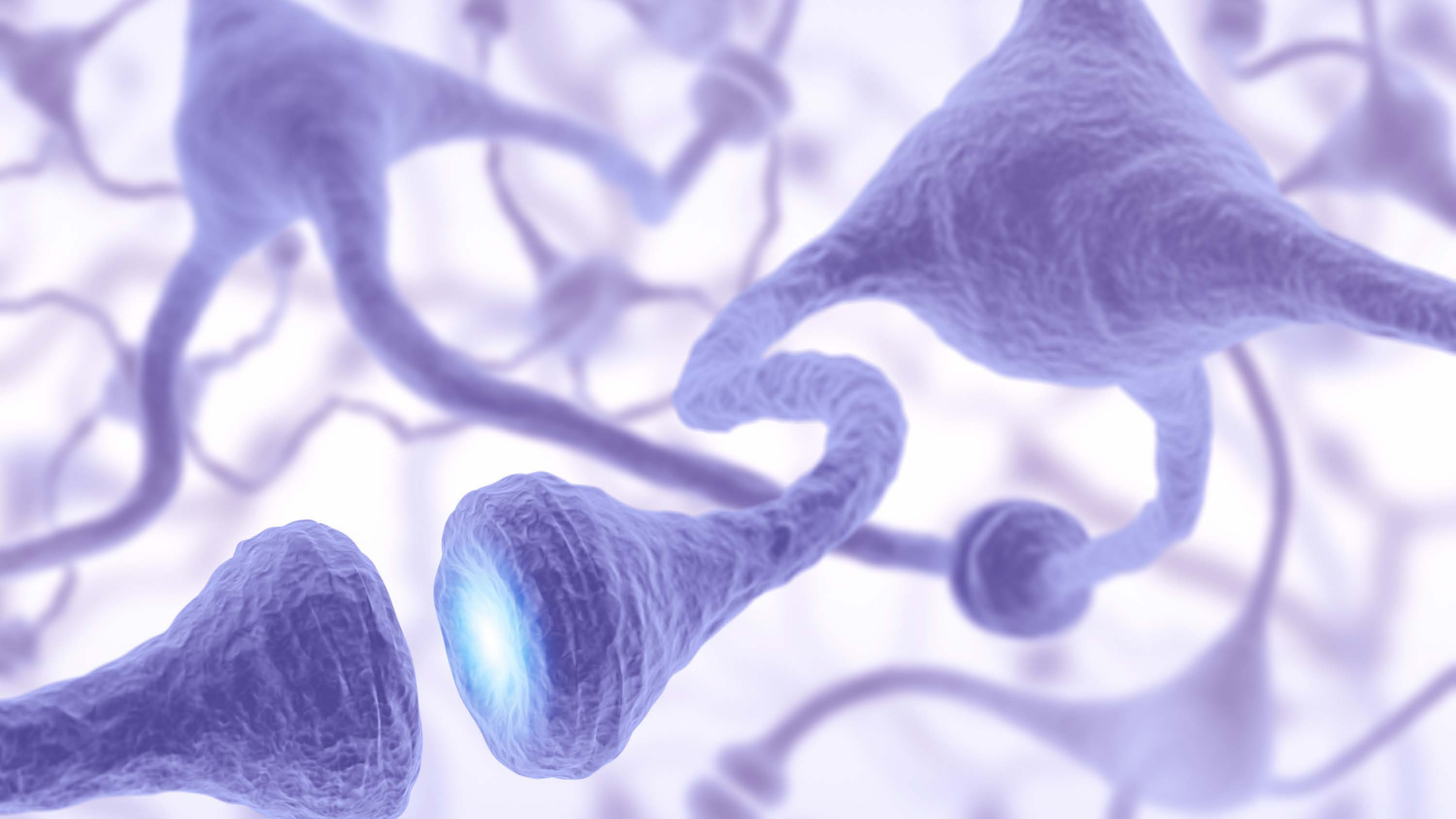




**Where do
thoughts
come
from?**

**Prefrontal
cortex**





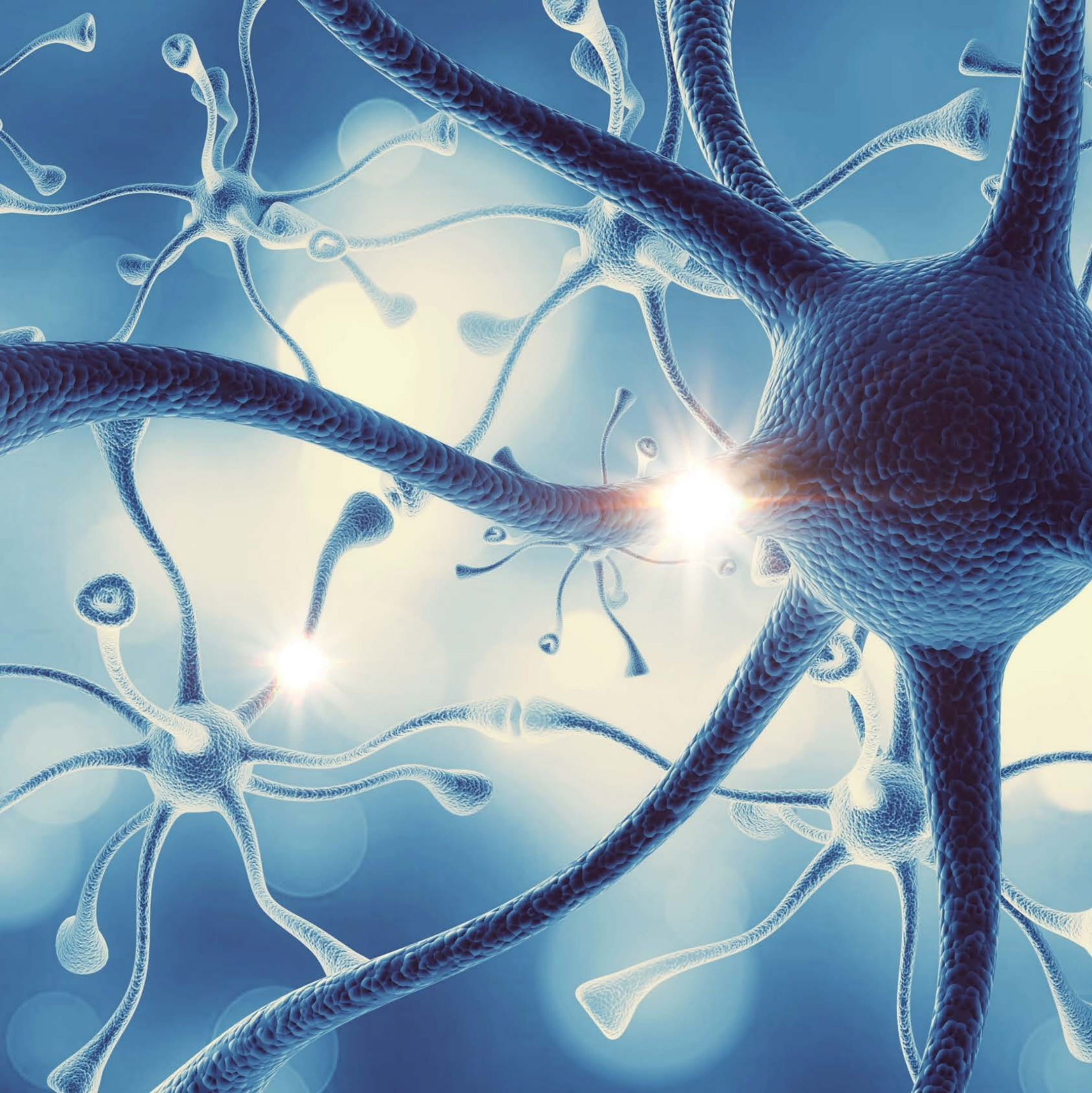


What is it like to imagine your thoughts
as simply a biological function?

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

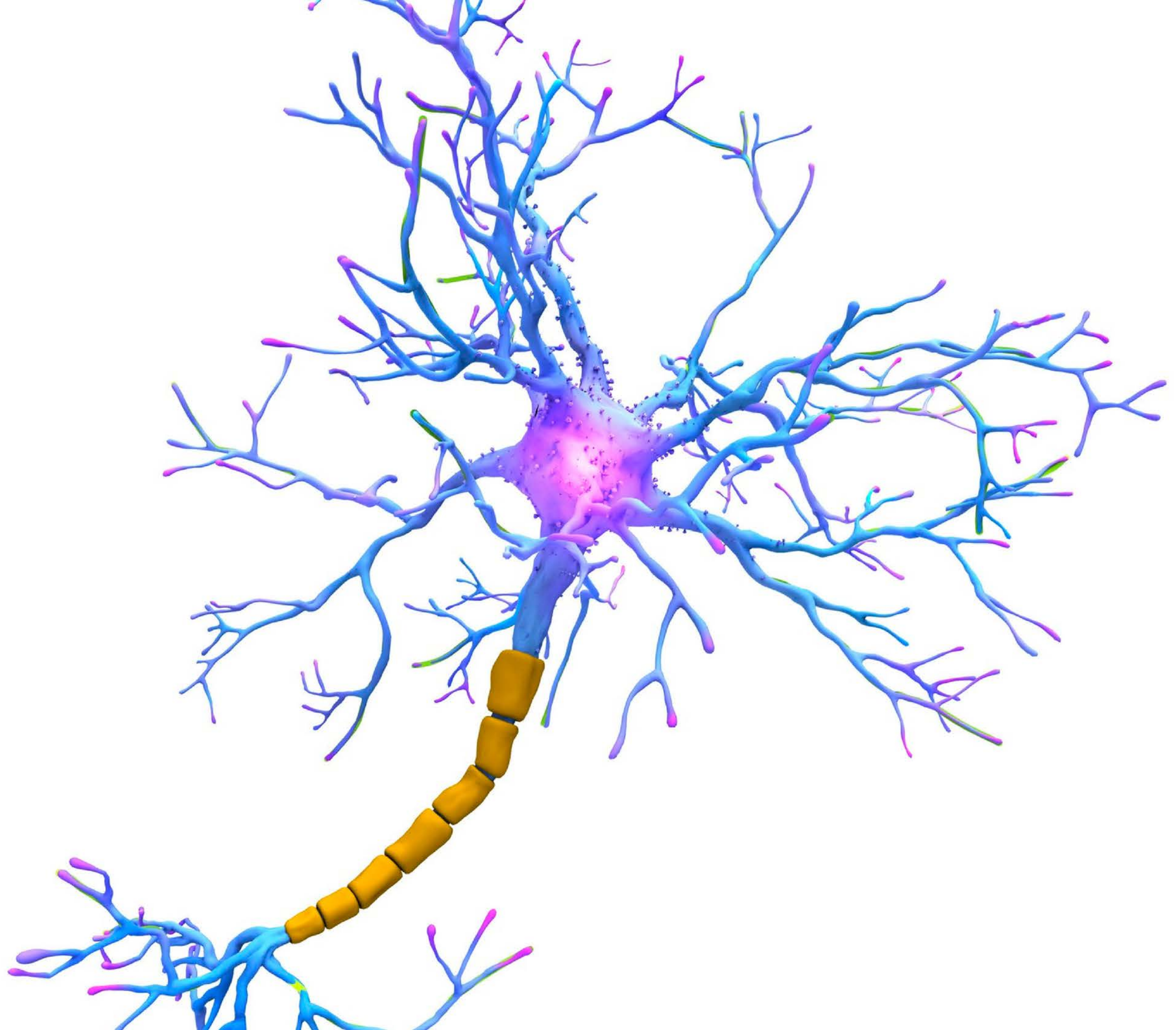
Guided Imagery





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.





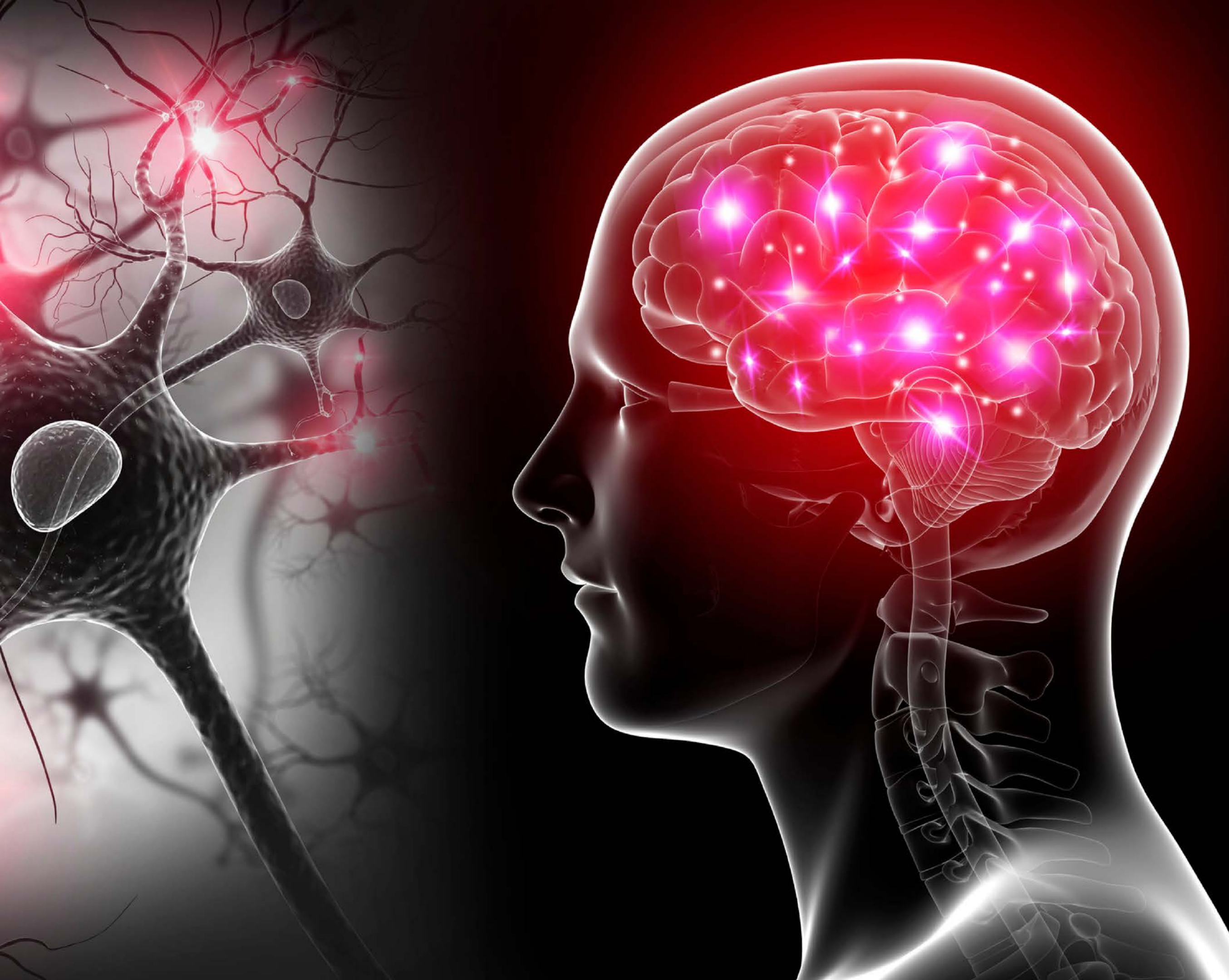
You have all the
time there is.

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

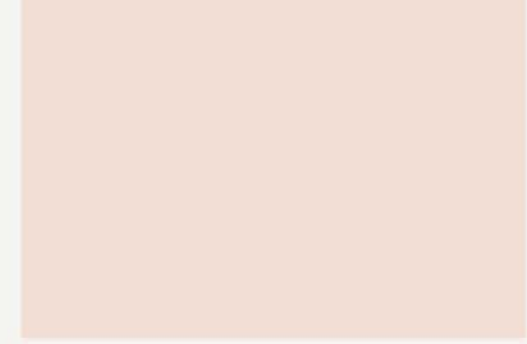
- The quality or state of being worthy of honor and respect.
- Belief that each person should be treated as a unique individual with their own hopes, dreams, and beliefs.
- Recognizing and valuing the inherent worth of each person, regardless of their background, status, abilities, or beliefs.

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?

A vertical photograph on the left side of the slide shows a field of pink cosmos flowers. The sun is low on the horizon, creating a warm, golden glow that filters through the petals and leaves. Some flowers are in sharp focus in the foreground, while others are blurred in the background.

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

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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!