



Manifesting Change

week 3

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A dried flower with a brown, textured center and thin, light-colored petals is positioned in the center of the frame. To its left, a dark shadow of the flower is cast onto a background with a mottled, brownish texture. The overall color palette is warm and monochromatic, dominated by shades of brown and beige.

We become
what we
think
about.
Energy
flows
where
attention
goes.
- Rhonda Byrne

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What is one important desire or change
you wrote about this week?

Put your answer in the chat.

What You Can Expect



Knowledge

Understand more about how people change.



Tools for Change

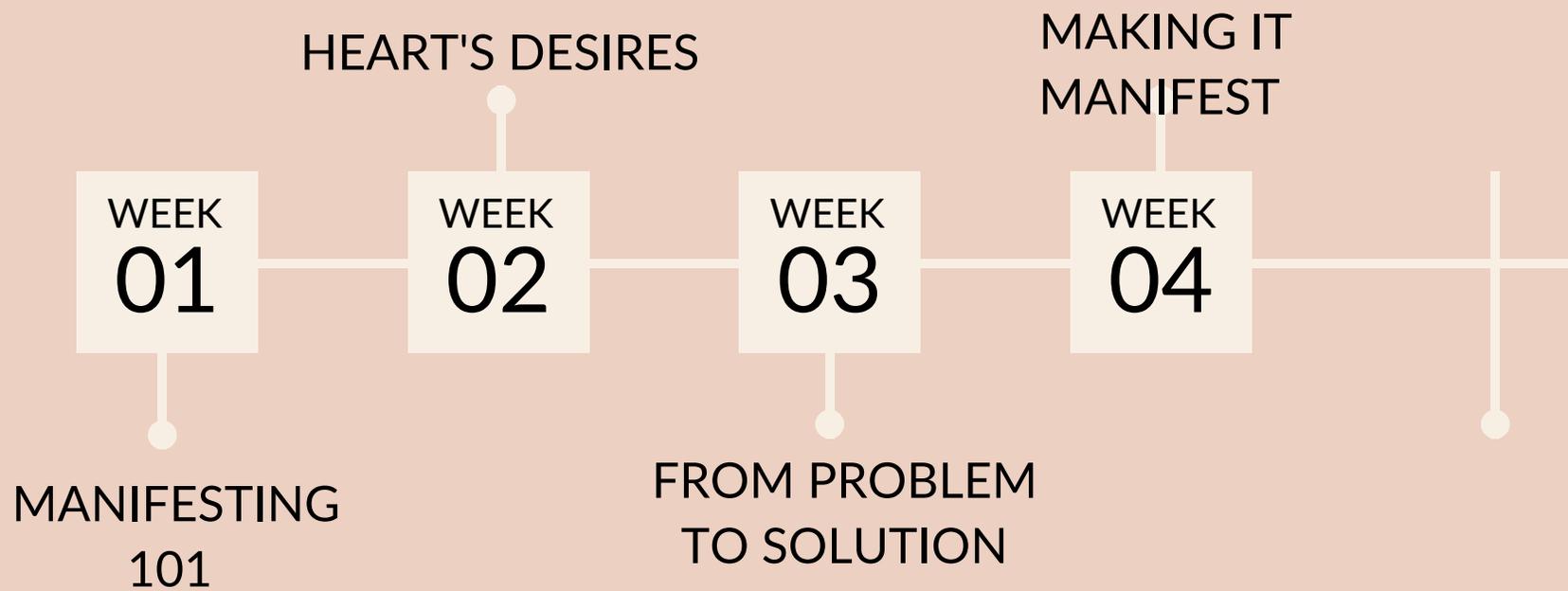
Learn proven techniques to move you towards your desired change.



New Relationship to thoughts

Daily practice of writing, art, and scheduling.

Timeline





Change

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Defining CHANGE

- Action or instance of making.
- Becoming different.
- Replace with something else newer or better.
- Substitute one thing for another.



What CHANGE is...

- Choosing what you want tomorrow to look like.
- Selecting your future.
- Self advocacy about your time and boundaries.
- Not allowing time to just pass you by.



Manifesting is...

to display or show a quality or feeling by action or appearance; demonstrate.

Requires work, failure, discomfort, creativity & commitment.

Yields: external change, confidence.



Manifesting is not...

wishing, dreaming, positive thinking, passive or easy.

These require no/very little action.

Yields: unproductive action, no change, frustration.



What did you do this week to make your
desires seen on the outside?
(ie: What actions did you take?)

Put your answer in the chat.

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A dried flower with a brown, textured center and thin, light-colored petals is positioned in the center of the frame. To its left, a dark shadow of the flower is cast onto a textured, light-colored background. The overall color palette is warm and muted, with shades of brown, tan, and beige.

Failure vs Relapse

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Defining Failure

- Lack of success.
- The omission of expected or required action.



Defining Relapse

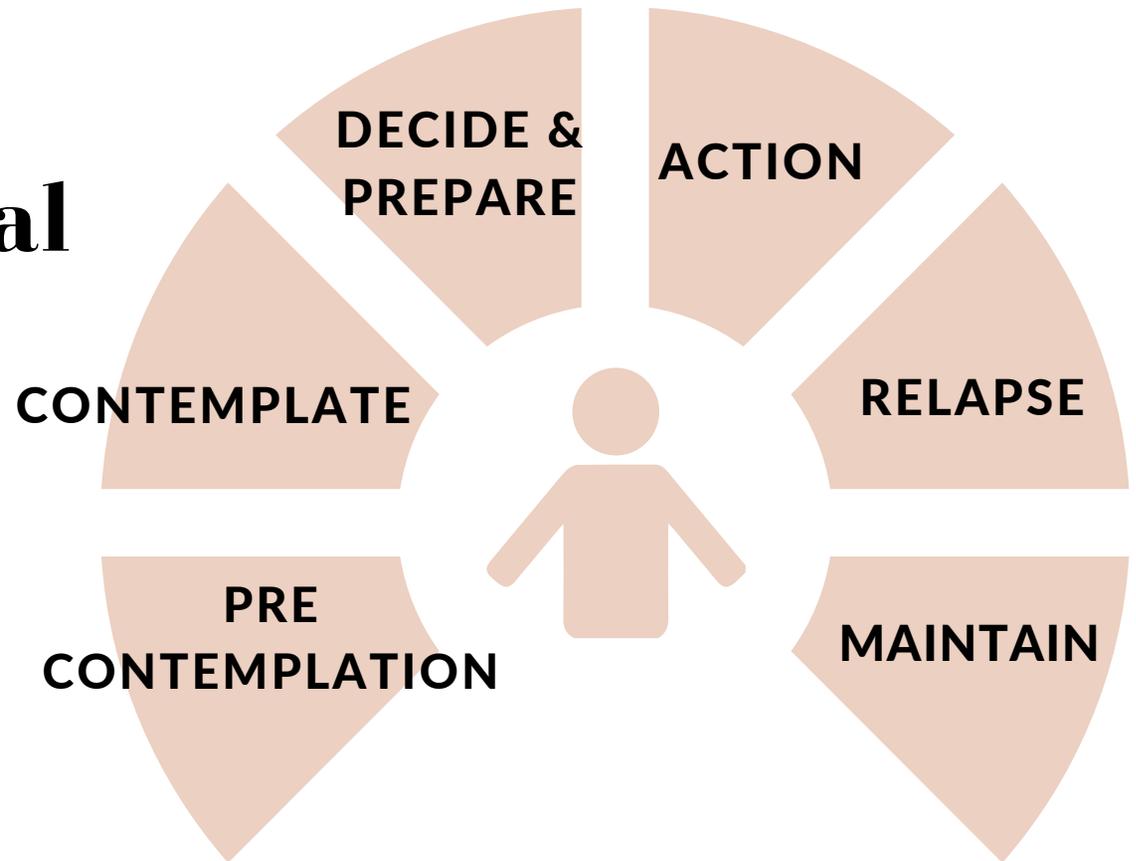
- A deterioration in a person's progress after an improvement.
- The inevitable ebb after flow.
- A necessary part of change.
- A vital part of understanding one's values.



Transtheoretical Model of Change

- Prochaska and DiClemente
- 45 years of research.
- Decision-making
- A model (not a theory) of intentional change.
- Describes what really happens when people want to change.

Trans-Theoretical Model of Change





Motivational Interviewing

- Evidence-based approach to behavior change.
 - Therapy application to help people change.
 - Collaborative, goal-oriented style of communication
 - Language of change.
 - Respectful, empowering, and curious.
 - Supporting individual to creating own motivation.
-
- GREAT for: resolving ambivalence, increasing confidence & desire, heightening value awareness



Example of Change

- **Pre-contemplation** - struggle with relationships, unsure why, blame self and/or others.
- **Contemplation** - become aware of self, problem & behaviors (via: insight, fatigue, feedback).
- **Decide** - I'm ready!
- **Prepare** - research, classes, reading, etc.
- **Action** - therapy, experiments, new relationships/friendships, set limits, quit behavior & add new behavior.
- **Relapse** - struggle again with relationship, temper, unwanted feelings, personal judgement, etc.
- **Maintenance** - continue with therapy, positive relationships, reading, self care.



Your Change

- **Pre-contemplation**
- **Contemplation**
- **Decide**
- **Prepare**
- **Action**
- **Relapse**
- **Maintenance**



Guaranteed lack of success

- You do not start.
- You do not take the required action (one goal at a time, daily practice, etc.).
- You try to change too much at once.
- You quit before you succeed/maintain.



Possible Success

- You start.
- You take the required action. (one goal at a time, daily practice, etc.)
- Change is linked to your values and has meaning.
- You keep going after each failure/relapse.
- Return to action step.

A dried flower with a dark shadow cast on a light background. The flower is positioned in the center-left of the frame, with its stem extending downwards. The shadow is cast to the left and slightly downwards, creating a sense of depth and contrast. The background is a soft, light-colored gradient.

Neuropsychological reasons for failure or relapse

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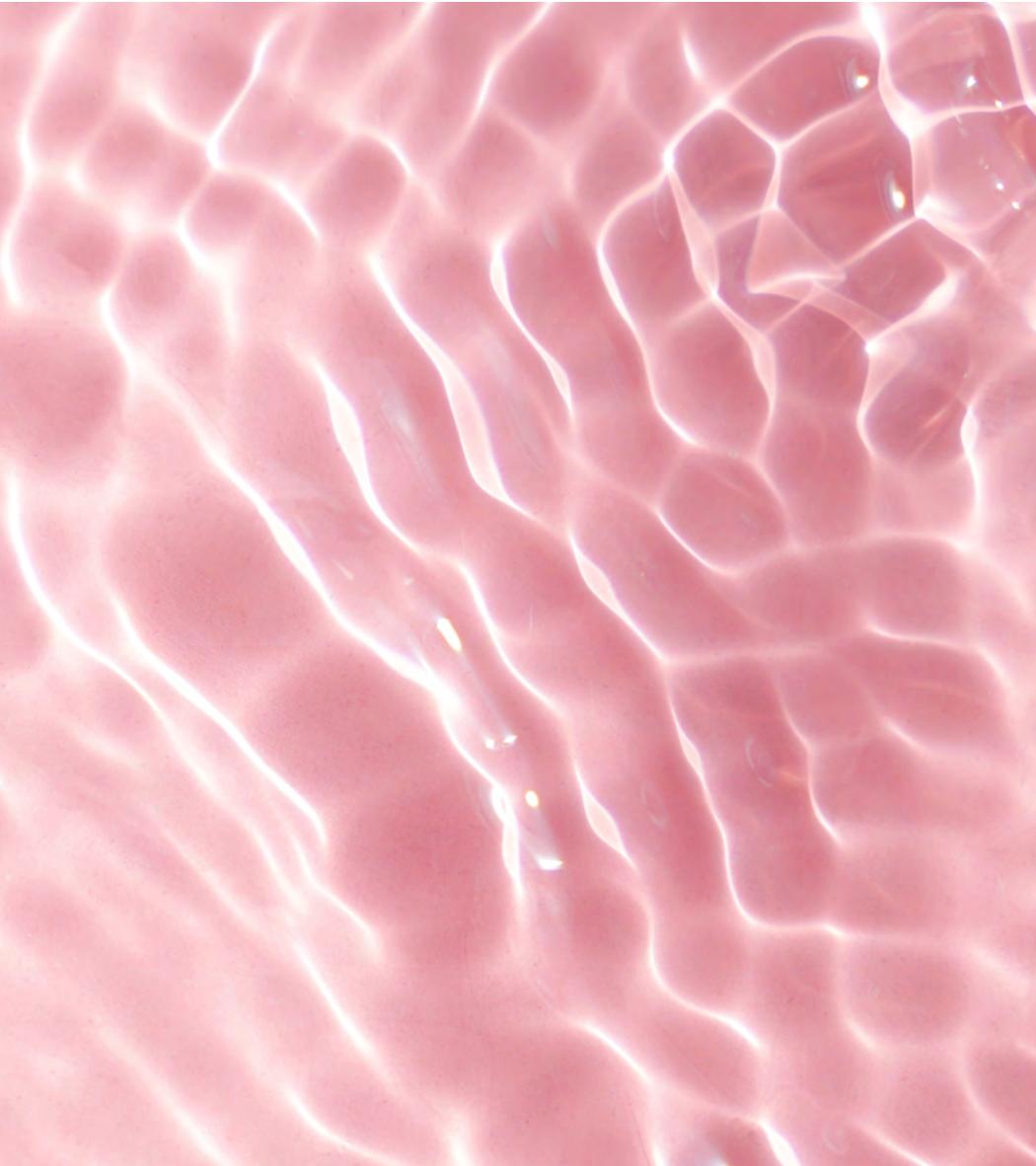
Do you have
thoughts keeping
you from pursuing
or completing your
value-based actions?

This is chatter.



Chatter

- Using words to create thoughts, stories, & repetitive statements about ourself & circumstances.
- Research began 1930's.
- Self talk stems from the firing of the brain's neurons in Broca's area (left inferior frontal gyrus).



The brain loves chatter.

We are unable to avoid,
control or stop our
thoughts.

The struggle to stop
thoughts leads to more
pain and suffering.

So what can we do?



Prepare for
unhelpful thoughts
by creating a new
relationship to our
thoughts.



What we can do with unhelpful thoughts

- Notice & accept without judgement.
- Change our relationship to our thoughts.
- Drop the struggle.
- Relate to thoughts as just thoughts.
- Observe thoughts instead of believe them to be true.



Defusion

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Cognitive Defusion

- Stepping back from thoughts to see them for what they are...just thoughts that our brain creates.
- Our thoughts and corresponding feelings are our interpretation & judgement about what is happening outside of us.



**Your thoughts & feelings are the
weather.
You are the sky.**



Relating to Thoughts

1. **Be here** - ground into 5 senses: see, hear, taste, touch, smell.
2. **Observe thoughts** - notice the content of the thoughts.
3. **Create distance** - observe from a distance.
4. **Focus on values** - what is most important right now?
5. **Commit** - choose an action congruent with your values and take action.

**Your thoughts & feelings are the
train.
You are the station manager.**





Cognitive Defusion

- Truth is a circumstance we can all agree on.
- A thought is not truth, no matter how much you believe the thought.
- We can stop making circumstances mean something negative or positive.
- We can respond with our values instead of react to internal triggers.

A photograph of a dried, brown flower with a dark shadow cast on a light, textured background. The flower is positioned in the lower center, and its shadow is cast to the left. The background is a soft, out-of-focus gradient of light and dark brown tones.

Defusion Example and Exercise

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1. I don't have enough time.



2. I am thinking that I don't have enough time.

1. I don't have enough time.



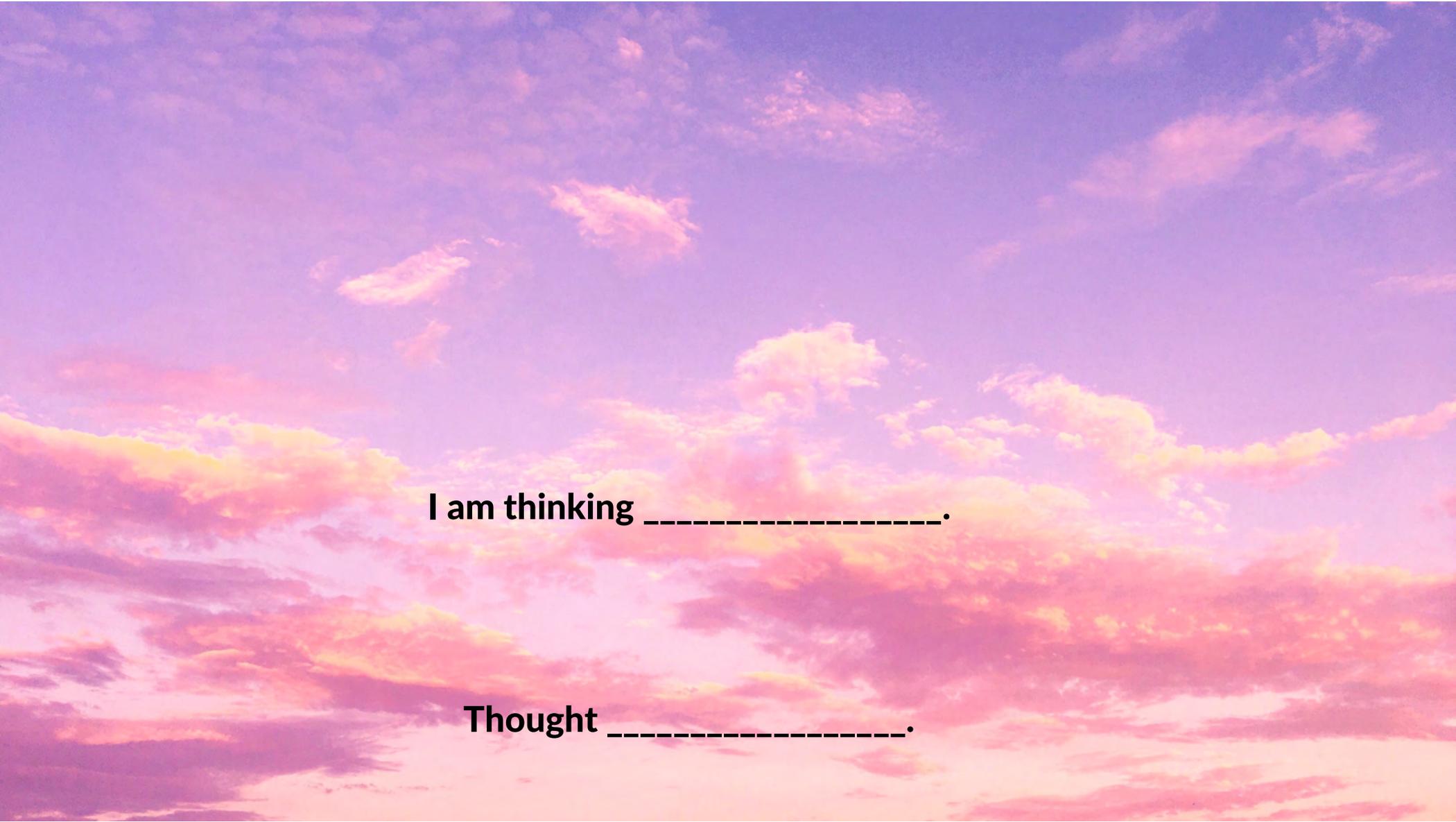
3. I am aware that I am thinking that I don't have enough time.

2. I am thinking that I don't have enough time.

1. I don't have enough time.

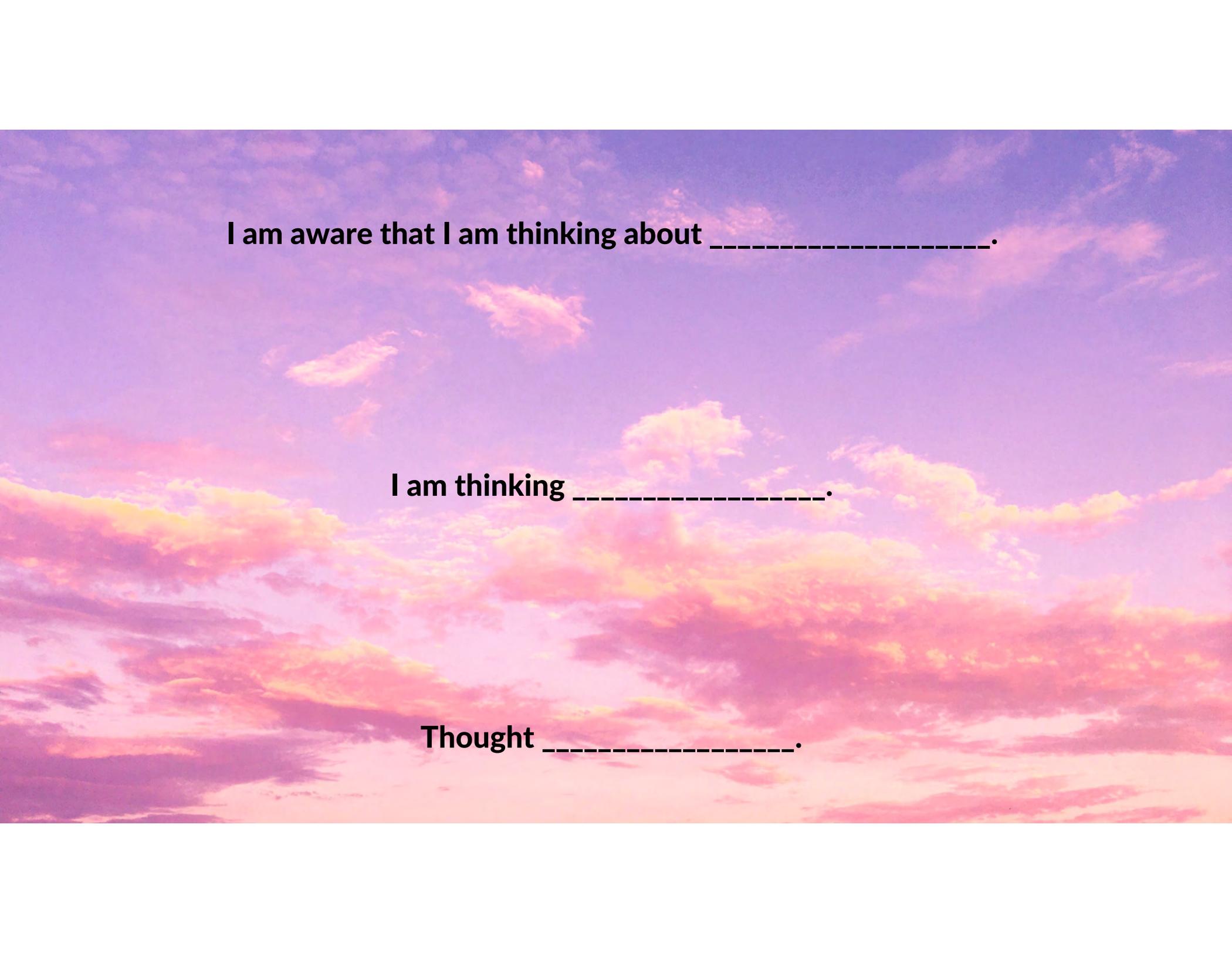


Thought _____.



I am thinking _____.

Thought _____.



I am aware that I am thinking about _____.

I am thinking _____.

Thought _____.



How do you feel when you can defuse and take perspective on an unwanted thought?

Put your answer in the chat.

A photograph of a single, dried flower with a brown, textured center and several thin, light-colored petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface. The background is a soft, out-of-focus gradient of light brown and beige tones.

Commitment

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Make a Commitment

noun: the state or quality of being dedicated to a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in a way of your choosing.
- **Behavior change** is moving back to action steps when you fail/relapse.

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Research says...

Success in change follows a pattern.

- Where are you on the trans-theoretical model of change?
- Where can you jump back in to action when you fail/relapse?



Committed Action

- Commitment of 1% of each day this month
- 20 minutes a day
- Are your values important enough for you to continue?

YES!

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Committed Action

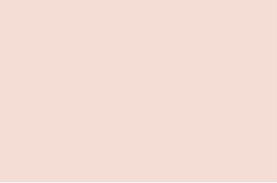


What is one thing you are willing to
let go of to make room for what you
want to manifest?

A photograph of a dried, brown flower with a textured, spherical center and several thin, dried petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a light-colored, textured surface, which appears to be a wall or a piece of paper. The background is a soft, out-of-focus gradient of light brown and beige. The overall mood is contemplative and artistic.

Homework Example

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Your Inspired Action

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

1

**What
do you want to
be?**

2

**Hello
YOU!**

3

**Goal
Setting**

4

**Creative
Expression
& Reflection**



What do you want to BE?

pg. 40

- Define what you want to change about your life.
- Imaging your future.
- Jot some notes about how you want to be.
- Get more clear on possible changes you want to make.
- Write about what you want rather than what you don't want.



Create your Future pg.41-44

- Deeply imagine the changes you will be making.
- This is a very powerful exercise!
- Answer a series of questions as if the changes already happened.
- Write in present tense and imagine yourself one year in the future after you already made the changes you desire.



Visual Expression

pg. 45

- Show some aspect of your future self after you have manifested what you want. Perhaps create an image of you at your best, one year from now.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous!



Week in Reflection

pg.46

- Reflect on what you have learned from your future self.
- What can you implement today to be more like your future self?
- Appreciate your strengths and celebrate.
- Avoid judging yourself for what you did or did not do this week.



What will you remember about
today's class?

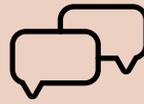
Put your answer in the chat

What To Do Next



Review

Review pages 2-19 in your workbook.



Make the commitment

Schedule 20 minutes a day & write on your planner.

Complete commitment worksheet on page 12.



Week 2

Read and complete Week 2 exercises and complete worksheets.



Want More?

For supplemental inspiration about your values and self kindness, find me each Friday at noon PST on IG live @dramybackos

Individual psychotherapy

Signature Packages

Discount on packages for class members!

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A close-up photograph of a single, dried flower with a brown, textured center and several thin, light-colored petals. The flower is positioned in the center-right of the frame. To its left, a dark shadow of the flower is cast onto a textured, light-colored surface. The background is a soft, out-of-focus gradient of light brown and beige.

Thank you!

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