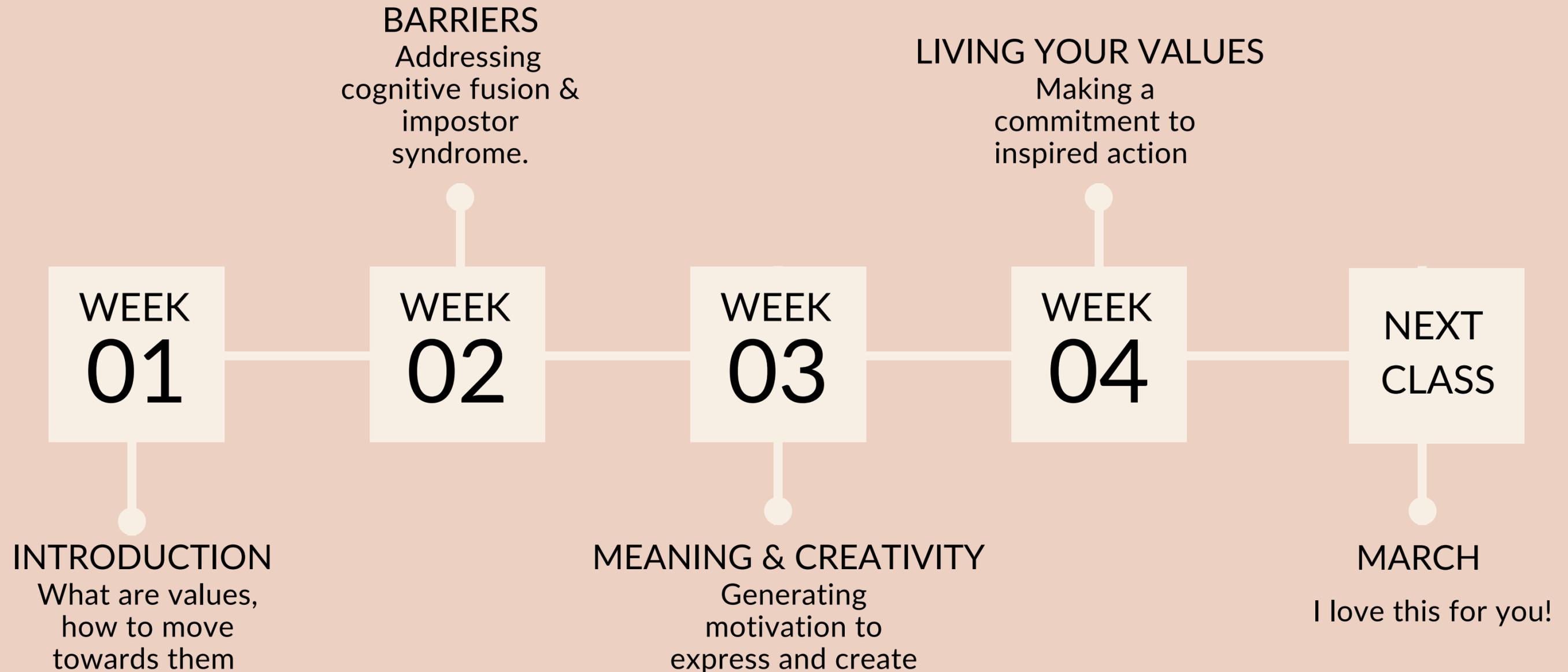




Women's Search for Meaning

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Timeline



"I love this for you!"

Cultivate a compassionate relationship with yourself; enhance your self relationship to bring kindness to yourself and others.

- Dates: Live class the first four Tuesdays in March 12:00-1:00 PST or watch recording.
- Includes: membership page, access to recordings, beautiful workbook.
- Cost: \$97
- You can invite a friend and everyone is welcome.
- Special gift for current members when you sign up: a values based month-long journal (50 pages).

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Today's class: What You Can Expect



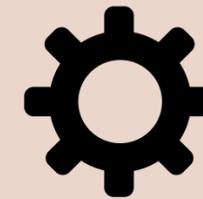
Values in the World

Bringing our values to others in our community, using values to guide our choices, advocacy and kindness.



Lead with Values

Explore categories to bring your values to your community and engage in internal work.



Commit to values

Prioritize your values through writing, art, and scheduling.

Value
categories you
will explore

Mind

Body

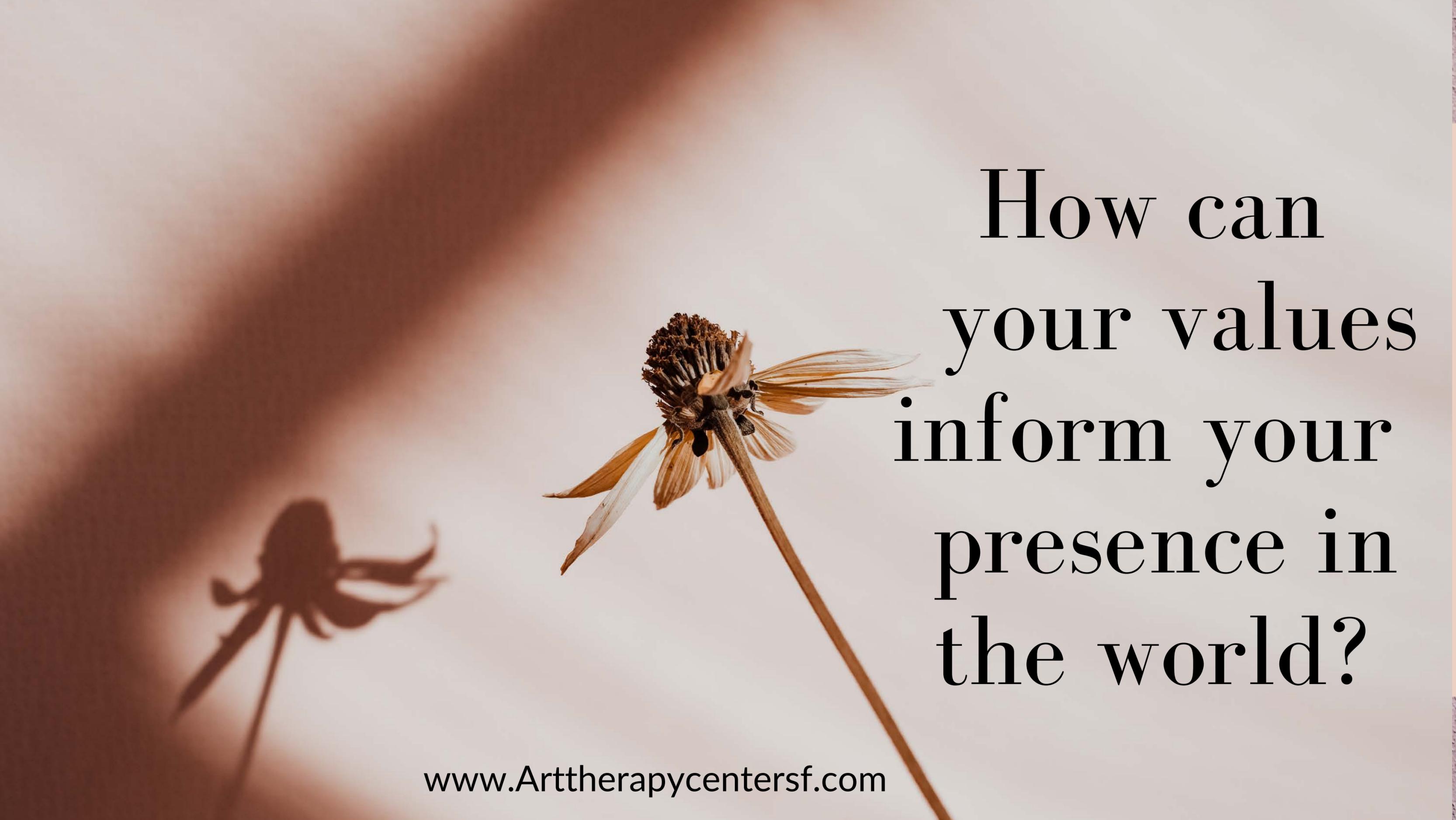
Spirit

World



*What is one way you expressed your
Spirit values this week?*

Put your answer in the chat



How can
your values
inform your
presence in
the world?

World

- Friendships & Coworkers
- Family, Partner & Friends (who became family)
- Advocacy
- Community



Values of the World

Pick one of these categories to explore during Week 4

FRIEND,
COWORKER

Important people in your life & those with whom you collaborate to get a job done.

FAMILY, FRIEND,
PARTNER

Related to through birth, adoption, marriage, partnership or choice.

ADVOCACY

Respond & improve situations: facilitate change in yourself, work, family, groups and society.

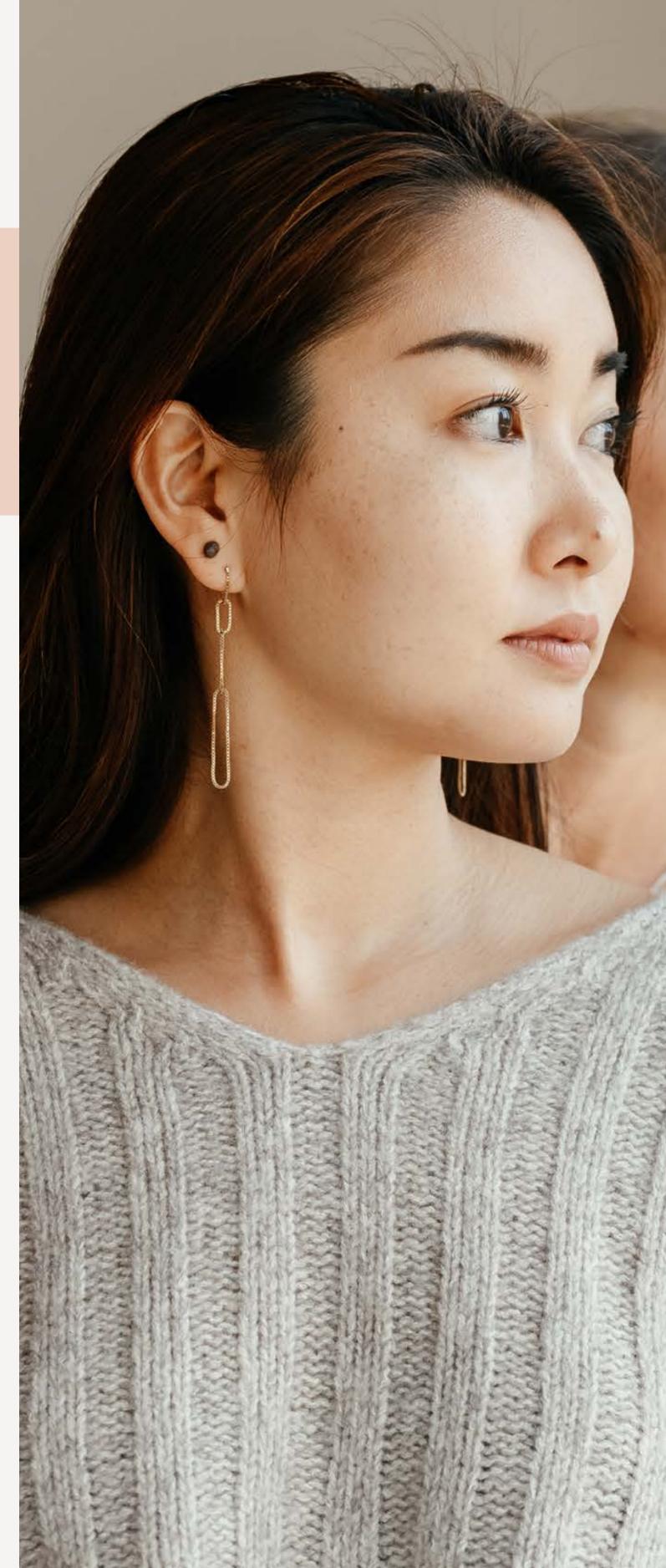
COMMUNITY

Neighborhood, state, country, school, religion, clubs, online, global, etc.

#1

Friends and CoWorkers

- Friends are the people you perceive as close, important, and valuable in your life, and how you choose to interact with them.
- Coworkers are the people you collaborate with to get a job done and how you interact with them.



Friends

- Definition: A person whom one knows and with whom one has a bond of mutual affection.
- A list of contacts associated with a social networking website.
- A friend is someone who understands you, and if they don't, they try to. They want to know what you're all about and what you need. A friend is somebody who is there for you when they can be, but also sets boundaries when they need to.



The 13 Essential Friendship Traits

by Dr. Suzanne Dredges-White

1. I am trustworthy.
2. I am honest with others.
3. I am generally very dependable.
4. I am loyal to the people I care about.
5. I am easily able to trust others.
6. I experience and express empathy for others.
7. I am able to be non-judgmental.
8. I am a good listener.
9. I am supportive of others in their good times.
10. I am supportive of others in their bad times.
11. I am self-confident.
12. I am usually able to see the humor in life.
13. I am fun to be around.



Co-Workers

- The people on your team.
- All the people you interact with at work.
- All the employees at your place of employment.
- All the people in your organization.
- All the people you serve (customers, clients, other providers you interact with, etc.).
- All the people in your profession.
- All the people working in similar businesses.



Great Co-Worker Traits

by Camilla Dabney

- Dependable
- Empathetic
- Trustworthy
- Self-starter
- Dedicated
- Organised
- Respectful & *uses cultural humility
- Flexible
- Team-Player
- Modest



#2

Family / Friends / Partner

- People you are related to by birth, adoption or choice (partnership/marriage).
- If we are lucky, we meet someone who is so incredible, they become a member of the family.
- The value is how you interact and behave with people you choose to call family.



Defining Family

- Social group of parents & children.
- Group of people who come from the same ancestor.
- Group of people living together; a household.
- A person or people you choose.
- Human family.
- **YOUR CHOICE.**



Family Values

Children learn what is important to live in / survive / thrive in their families.

- Family roles (scapegoat, golden child, invisible, rebel, etc.)
- What to think about religion or spirituality.
- Delaying gratification or immediate gratification.
- How to treat others.
- How much to focus on what others think.
- What to think of themselves.
- How to get needs met.
- How to cope with pain/loss/sadness/success.
- What to think about money.



Family Value Actions

- Slow down & be present.
- Smile and be happy.
- Go to therapy or family therapy.
- Learn about your culture.
- Learn/teach a family recipe or one from your culture.
- Ask questions, even if you think you know the answer.
- Ask to hear stories or look up history about your ancestors.
- Appreciate a loved one by telling them you notice some value they act on.
- Send a note about a value you share with them.
- Set boundaries and limits.



#3

Advocacy

- Advocacy refers to how you respond to improve situations you perceive as important.
- This includes facilitating changes in yourself, work, family, groups and society.



Actions of Advocacy

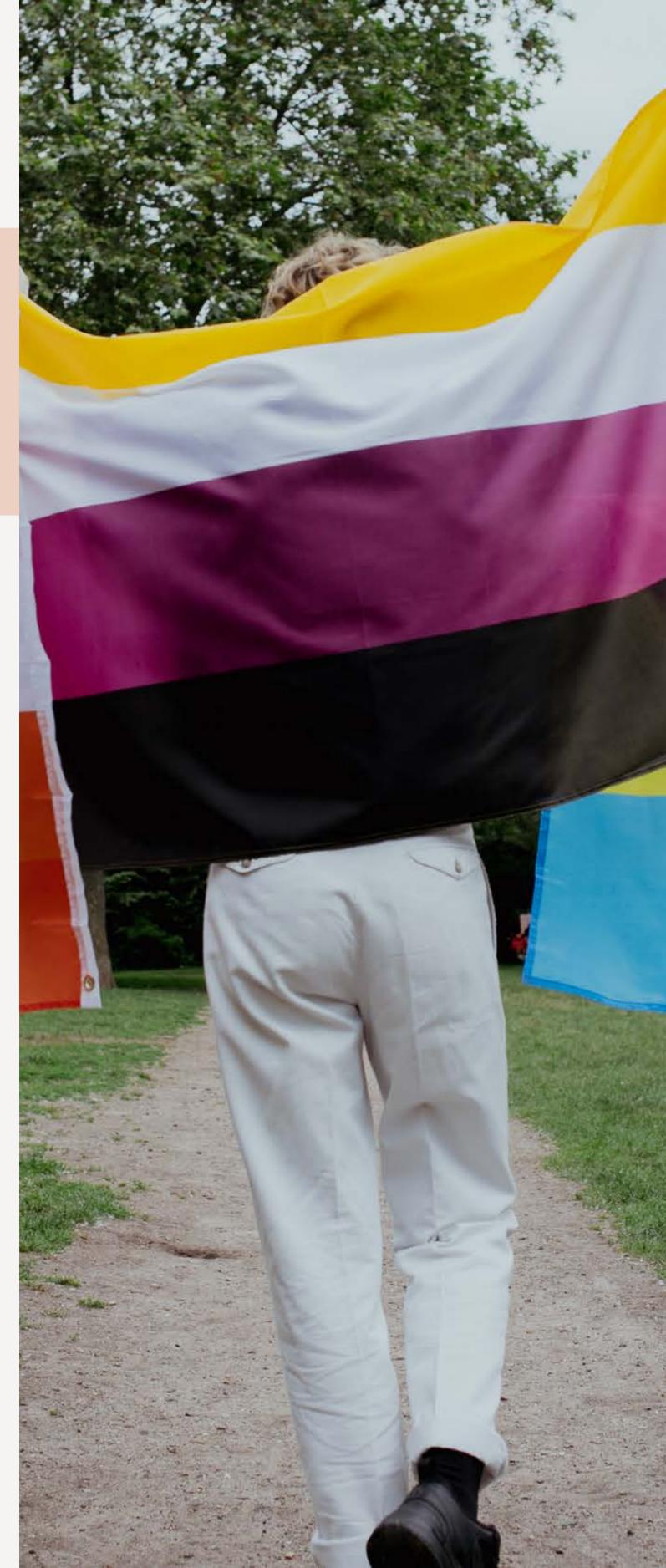
- Support women owned businesses with purchases and word of mouth.
- Support businesses and authors from minority and marginalized communities.
- Seek out books by authors from various cultures.
- Seek out women authors.
- Seek out movies directed by women.
- Speak up when you can and you are safe.
- Share your story.
- Forgive others and yourself.
- Share finances with a cause you value.
- Break generational pain and trauma.
- Recognize what you already do and can do.



#2

Community

- Community is your neighborhood, the people around you in various contexts.
- Value expressed in how you think and talk about them, as well as how you interact and engage with them.



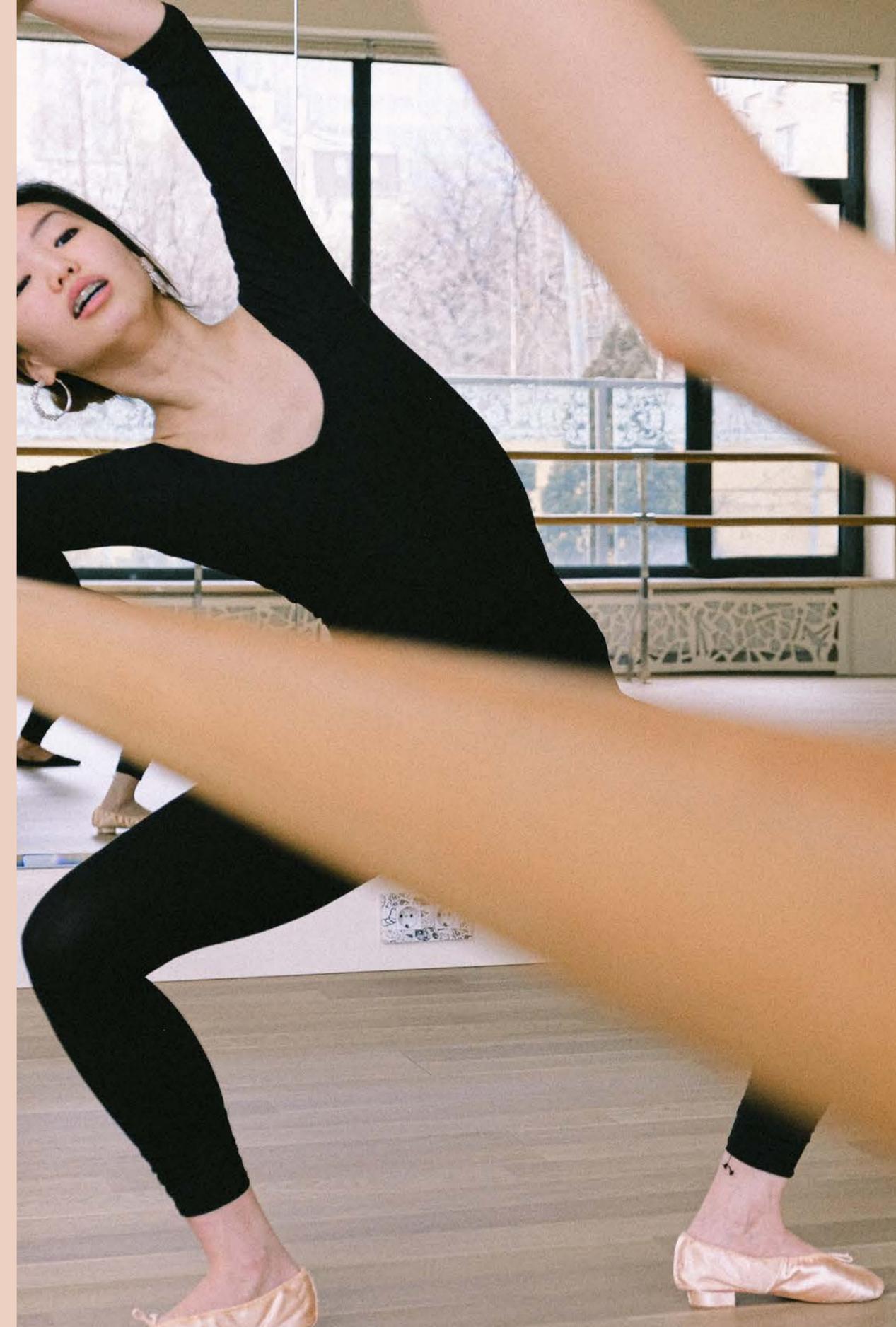
Community

- Online
- Neighborhood
- Professional
- School / Class / Enrichment
- Group Therapy
- Family
- Affinity group (interest, hobby, advocacy)
- Religious
- Exercise
- Child or partner's community
- Club or organization
- Political
- Advocacy
- Coworkers
- Local market/grocery
- Humankind



Community Values

- All people in our community deserve our respect.
- We are all part of the human community.
- Our liberation is tied up with the liberation of others.
- Share happiness.
- Show respect even when we disagree.
- Non-violence in action and language.
- Challenge others about injustice.
- Make positive contributions.
- Help and serve.
- Spend money in line with our values.





What is one community you are involved in these days and what value do you get from it?

Put your answer in the chat



Exercise

Present

Moment

Awareness



Present Moment

- A core pillar in Acceptance & Commitment Therapy (ACT).
- Based on teachings of Zen Buddhism; woven throughout ACT and other mindful therapies.
- Awareness, recognition, and living in the here and now.
- We return over and over to the "ever present now."

The Power of Now by Eckhart Tolle



Thich Nhat Hanh

- ❑ Instrumental in bringing mindfulness to the West and taught “engaged Buddhism” for advocacy and peace.
- ❑ Dedicated to nonviolence, mindfulness and social service; nominated for Nobel Peace Prize by MLK Jr.
- ❑ “Because of your smile, you make life more beautiful.”
- ❑ “No mud, no lotus,”



...it must always be done with mindfulness - not for the sake of the Buddha, not for the teacher, but for myself.

This is the way you create peace; this is the way you bring about freedom.

You do it for your own happiness, and when you are happy, the people you relate with benefit from your presence and are happy too.

A happy person is an important thing, because their happiness spreads all around them.

You can be a happy person too and become a refuge for all the beings around you.



- To weather the storms of life and realize happiness: a mindful “return to the breath,” even while doing routine chores like sweeping and washing dishes.
- “I try to live every moment like that, relaxed, dwelling peacefully in the present moment and respond to events with compassion.”



Healing our Wounds and Pain

Breathing in, I know that I am
breathing in.

Breathing out, I know that I am
breathing out.



Healing our Wounds and Pain

Breathing in, I calm my feelings.

Breathing out, I smile at my
feelings.



Healing our Wounds and Pain

I am becoming calm.

I am letting go.

Having let go, victory is mine.

I smile.

I am free.



“The peace we seek cannot be our personal possession.

We need to find an inner peace which makes it possible for us to become one with those who suffer, and to do something to help our brothers and sisters, which is to say, ourselves.”

from The Sun My Heart by Thich Nhat Hanh



What will you remember about
this exercise?

Put your answer in the chat



Week four
values &
strategies
review

www.Arttherapycentersf.com

Making a Commitment

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

verb: actions which reflect your values

- A value is like going West - keep moving in that direction and never reach the destination. We practice values everyday.
- Once you decide on a value, 100% commitment is required; flexible in how we achieve our values.
- Commit to noticing your thoughts and acting from values.
- Be present, defuse from thoughts, notice your values in action; Now you can make yourself happy, and in turn, make others happy.



Reflection

Self assessment

- Are you using all the proven techniques to ensure your movement towards your values?
- Are you feeling more aligned with your values through action?

What else can you add to your day to create an internal environment welcoming to your values?

- attend to breathing in and out
- do a chore slowly (half speed)
- take a slow mindful walk with no phone
- smile
- be happy
- Read You are Here by Thich Nhat Hanh





How will
you
show
your
values?

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Have you decided which World value
you will choose this week?

If so, put your answer in the chat

Values of the World

Pick one of these categories to explore during Week 4

FRIEND,
COWORKER

Important people in your life & those with whom you collaborate to get a job done.

FAMILY, FRIEND,
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Related to through birth, adoption, marriage, partnership or choice.

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Respond & improve situations: facilitate change in yourself, work, family, groups and society.

COMMUNITY

Neighborhood, state, country, school, religion, clubs, online, global, etc.



Your Inspired Action

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

1

Write about your value

What is your World value?
Why is this important to you?
Describe your value in detail.
What would be the benefits of living this value to the fullest?
What does success look like?

2

Brainstorm

In what way do you already live this value?
What new ways can you act to demonstrate your value?
What have you done in the past to act out this value?

3

Visual Expression

Using lines shapes and colors, depict your value.
Work spontaneously and don't think too long about it.
You can use any material you like.

4

Reflection

What did you learn this week?
Are your behaviors showing what you value?
What are you willing to do?
What could prevent you from taking these steps?
What resources can help you?



Homework Example

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Value in World: Community

I value the many people and places where I feel community.

I value celebrating my community.

I respect others and where they find community.

I contribute my time, finances, and endorsement to communities (mine and others) and causes in line with my values.



Value Brainstorm

- I appreciate others in my community with a smile, a kind word or text.
- I work on my own happiness and share it with others.
- I appreciate my strengths and talents and share them with my communities.
- I respect marginalized communities by supporting businesses and authors, and volunteering my time.
- I make sure I contribute positively to my communities.



Visual Expression

Title: Community connects me to myself
(photo)

Three words or phrases to describe my art:

generational

peace

kindness

How I feel: connected, engaged



Reflection



Participating in my community brings me satisfaction.



Taking time to appreciate how vast my community is connects me to humanity.



I find community in expected and unexpected places.

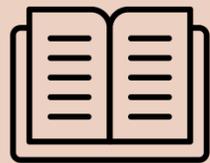


What is one way you will share
happiness with someone in your
community today?

Put your answer in the chat

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What To Do Next



Reflect

Send me your feedback! Let me know if I can share your art and words on IG.



Commitment

Schedule 20 minutes a day & write on your planner.



Week 4 Value

Pick one World value from the list on page 42.

Complete worksheets on pages 43-45.



Want More?

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

Sign up for our March class! Special gift for you when you sign up for the class- a beautiful journal!

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Thank you!

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