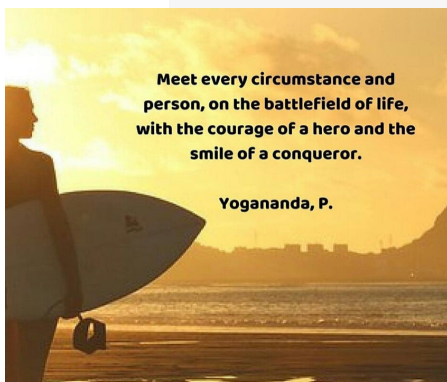


2020

NO MORE FEELING LESS-THAN COURSE



Reflection...

We do not learn from experience...
we learn from reflecting on experience...
Dewey, J.

This is the key to life: the ability to reflect, the ability to know yourself, the ability to pause for a second before reacting automatically. If you can truly know yourself, you will begin the journey of transformation.

Chopra, D.

"...be transformed by the renewing of your mind." (Romans 12:2)

The process of examining and questioning our thoughts makes them seem: less "factual" and more open to transformation—that is alignment with our truth and values; less powerful in defining our worth; more transient...



MINDFUL JOURNALING OF THE JOURNEY

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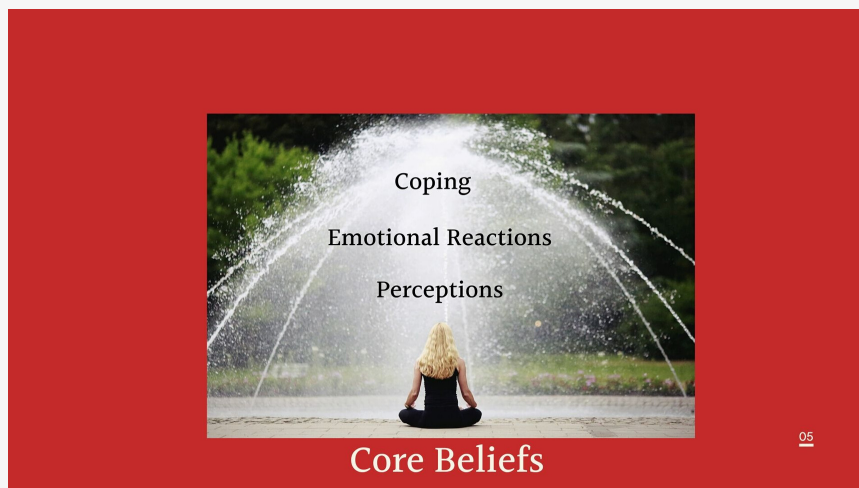
Welcome to the "No More Feeling Less-Than" mindful journaling journey!

This is your personal guide-book supplement to the content videos.
In the spirit of mindfulness, it aims to invite awareness/reflection around your current experience, supporting you to take steps to create greater levels of self-love, confidence, and personal power in your life.

Thank you for welcoming me to be a part of your journey...

Much Love,
Bozena

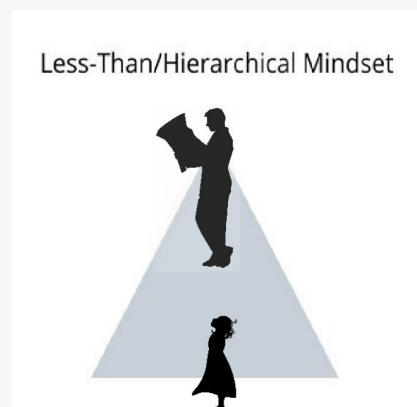
Our mindset (Feeling "Less Than" vs "Empowerment") are the core beliefs that drive our perceptions, emotional reactions, coping; like water springing forth from a fountain source...



The mindset we are tapping into in a given moment (Feeling "Less Than" vs "Empowerment") includes core beliefs that drive our perceptions, emotional reactions, and coping; like water springing forth from a fountain source...

Where does the experience of feeling "less-than" comes from?

One of its more popular causes is the **past learning** that we took on board at times in the past when we felt it was important for us to meet other people's expectations, for our emotional, even physical survival...



**What behaviors come to mind for you, that you've learned as a child, that helped to secure your carers' approval, or helped you to cope at challenging times or when there was conflict?
Feel free to express these through words or in pictures/diagrams, whatever you prefer...**

"Less Than" Mindset

- Over time, how we learn to respond to other people become our well-ingrained emotional patterns...



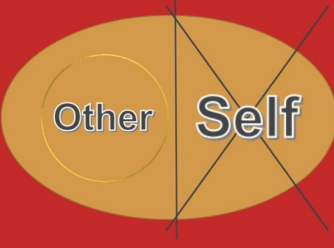
Less-Than/Hierarchical Mindset




- The thing to do to survive is to...:
 - E.g. please others...
 - E.g. stay quiet and not say anything
 - E.g. don't rock the boat
- I can get attention by...
- I can get the love I need by...



"Less Than" Mindset



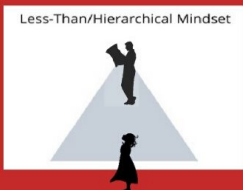
- Our point of reference can revolve around:
 - how others feel
 - others' approval
 - others' expectations



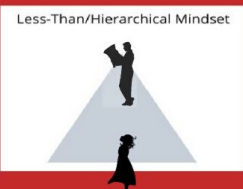
When we tap into an empowerment mindset, the perception that we may have tapped into in the past (that another person's expectations or perceptions are superior/dominant) is JUST NOT RELEVANT. The hierarchy of worth is NOT APPLICABLE.



- Another's perceptions/expectations are superior



- Defined by others' expectations/judgements



- Conforming to a "superior" external standard/expectation

Vs

Identity

Vs

Values

Vs



- Persons of equal worth (regardless of their temporary roles) enrich one another and the world with their uniqueness



- Defined by their uniqueness and values
 - I am...
 - Love
 - Kindness
 - The best of my inner wisdom



- Personal freedom
- Personal responsibility re wellbeing and development
- Valuing the expression of individual uniqueness (with sensitivity to context)

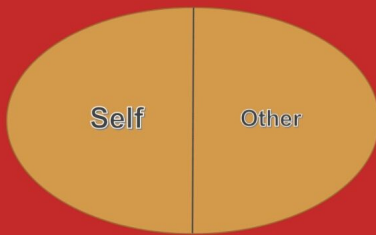


What else might you put after "I am..."

Feel free to represent this through words, or as a vision board, whatever takes your fancy...

"Empowerment" Mindset

Relationships



- Mutually considerate/supportive relationships between two people of equal worth
 - I respect your inner experience
 - I consider my inner experience

Thoughts



- Don't rock the boat
- Maybe if I give it my 200% this person will surely love me...
- I wish I was more like "so and so..."



- I express myself freely and creatively
- I strive to radiate my truth and values (within interpersonal consideration)
- I "check" the messages I receive from others against the best of my inner wisdom

Vs

Personal Motto Exercise...

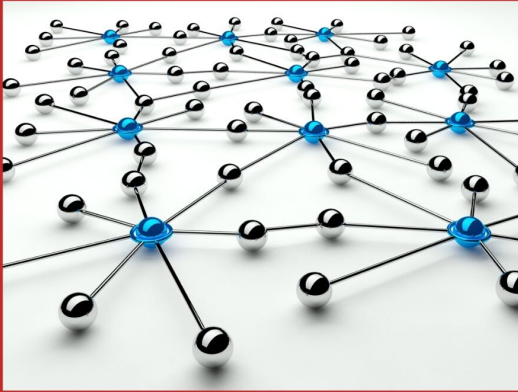
My Personal Affirmation/Motto Describes...

- My values
 - What's important for me right now
 - What I'd like to contribute to the world
- What I wish to radiate
- My purpose
- My focus/goals
- My passions
- My interests
- My uniqueness



Eight horizontal lines for writing, each starting and ending with a small square box.

Association



Our brain can make an association between past emotions and perceptions and an independent situation in the present.

Association

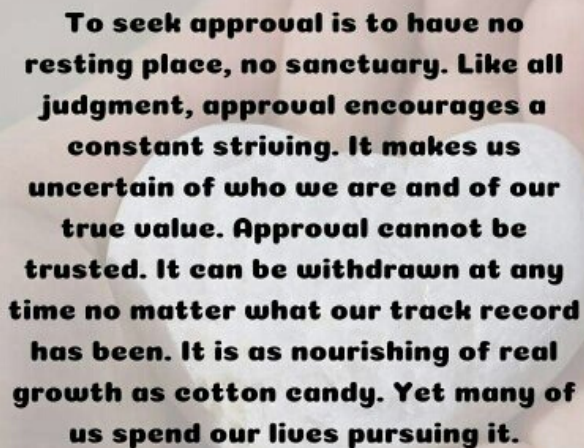


For example, our brain can associate an interaction with an overly critical person, in the present, with another experience of rejection in the past...

How can we tap back into the "Empowerment Mindset?"

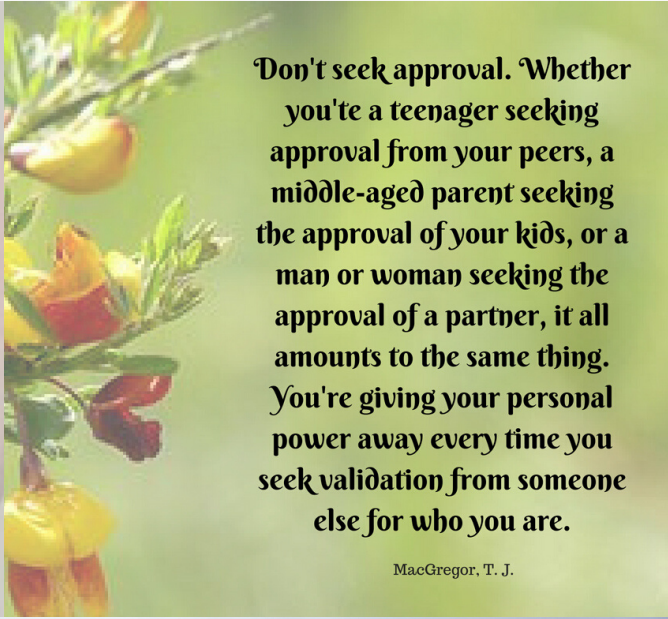
We can tap into ways of feeling/perceiving/coping that we've experienced in the past, perhaps at another time when we felt like we had less personal power/felt vulnerable/questioned our competence/...

- We might like to try to make use of affirmations that help to remind us, and nourish, and encourage the growth of our uniqueness and the best of our inner wisdom (see next page)
- We might attend to our self-care (e.g. spending quality time with ourselves, taking care of our body...)
- We might remind ourselves about the successes we've had in the past/our inner resources
- We might remind ourselves about other times we felt similarly and how, with time, our experienced changed
- We might like to go through a mindfulness meditation, to help us to relate to our inner experience with compassion and reflection, without overly "clinging" to this experience



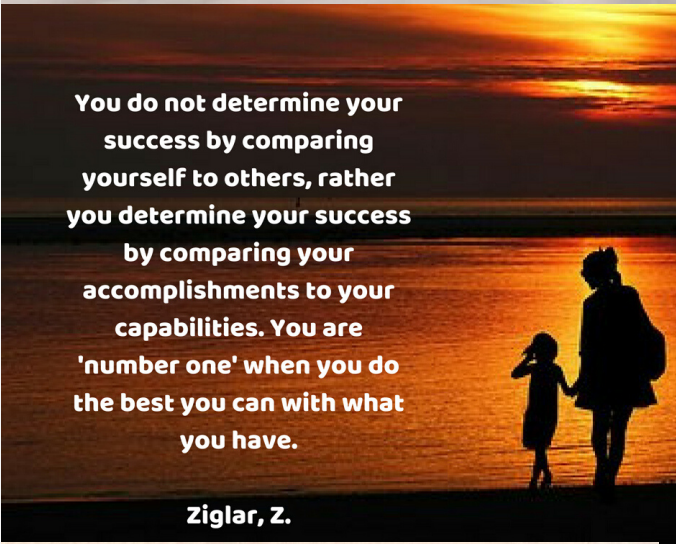
To seek approval is to have no resting place, no sanctuary. Like all judgment, approval encourages a constant striving. It makes us uncertain of who we are and of our true value. Approval cannot be trusted. It can be withdrawn at any time no matter what our track record has been. It is as nourishing of real growth as cotton candy. Yet many of us spend our lives pursuing it.

Remen, R. N.



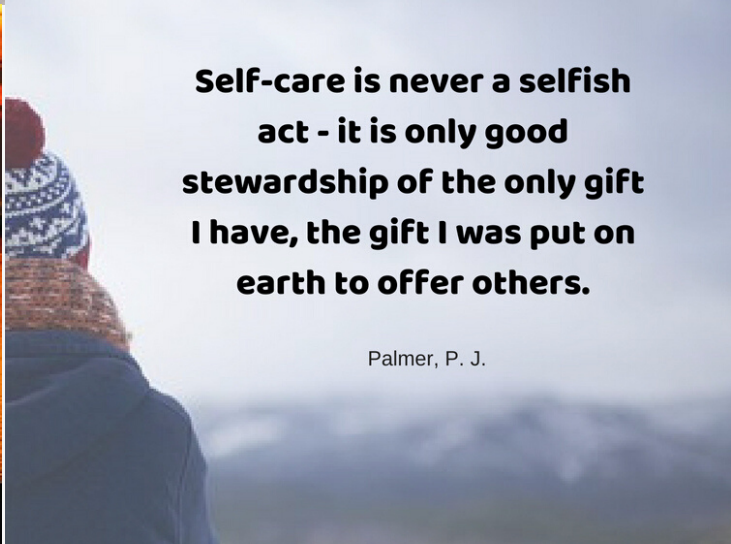
Don't seek approval. Whether you're a teenager seeking approval from your peers, a middle-aged parent seeking the approval of your kids, or a man or woman seeking the approval of a partner, it all amounts to the same thing. You're giving your personal power away every time you seek validation from someone else for who you are.

MacGregor, T. J.



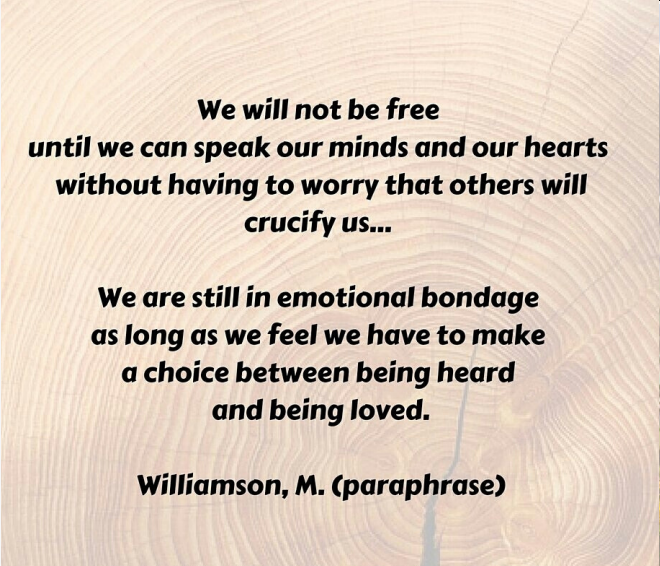
You do not determine your success by comparing yourself to others, rather you determine your success by comparing your accomplishments to your capabilities. You are 'number one' when you do the best you can with what you have.

Ziglar, Z.



Self-care is never a selfish act - it is only good stewardship of the only gift I have, the gift I was put on earth to offer others.

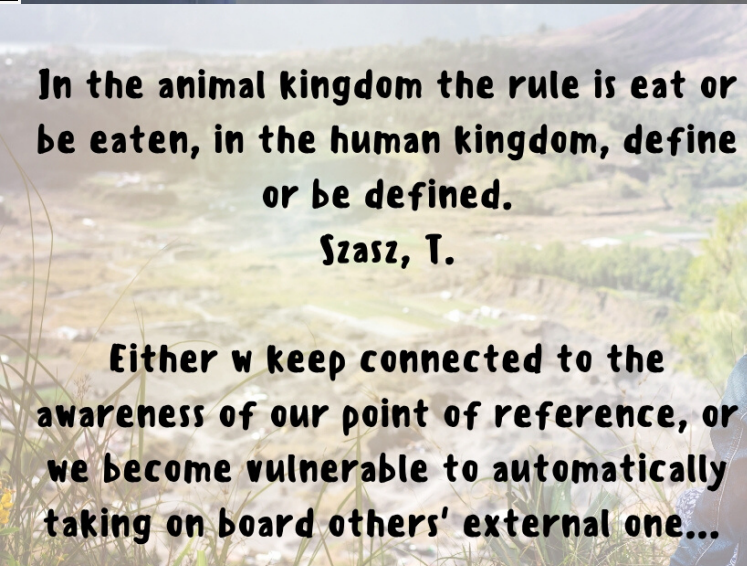
Palmer, P. J.



We will not be free until we can speak our minds and our hearts without having to worry that others will crucify us...

We are still in emotional bondage as long as we feel we have to make a choice between being heard and being loved.

Williamson, M. (paraphrase)



In the animal kingdom the rule is eat or be eaten, in the human kingdom, define or be defined.

Szasz, T.

Either we keep connected to the awareness of our point of reference, or we become vulnerable to automatically taking on board others' external one...

Module 1 Homework

1

Listen to the attached Guided Mindfulness Meditation, to support you in relating to your inner experience in a mindful, reflective, compassionate way....

2

Finish compiling your "Personal Motto" exercise...

3

Whenever you are aware of them, practice recording any feeling "less-than" thoughts, together with when/where they occurred, and their emotional impact on you... We will learn about ways of disputing them in the upcoming videos...

"Less Than" Thought

Where/When it Occurred

How did it make me feel

Two vertical red lines forming a column for notes.