



Goal: To trust and love others by embracing flexibility, wisdom and compassion

Affirmation: Post on a card or make it your wallpaper this week.

***I see other people with wisdom and compassion.
I am flexible, wise, and accurate.***

Human Behavior

You will never reach your highest potential by yourself. The people in your life are teachers, who are supposed to trigger your fears so you can work on them. Developing the ability to work in trust, love, and get along with others, is critical to your success and happiness.

There are many types of people and many types of relationships, but most human behavior is motivated by fear. It will be important that you can identify the fear in play with the people in your life. When you understand their fear you will also know what they need.

Fear of failure motivated behavior:

Competition behavior – I must prove my value by proving I’m better than you. I might one-up your stories or make comments about my better appearance or performance.

Play it safe behavior – I might stay in the background, not say much and not take risks, to keep my value safe.

What other types of behavior would this fear produce? Judgmental behavior, etc.

Fear of loss motivated behavior:

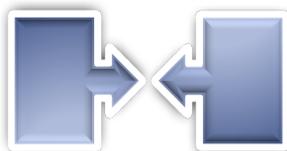
Controlling behavior – In order to quiet my fears I must make you behave in a way that makes me feel safe.

Stay unattached behavior – I might try not to care about anything, then it won’t hurt if I lose it.

What other types of behavior would this fear produce? Jealous, etc.

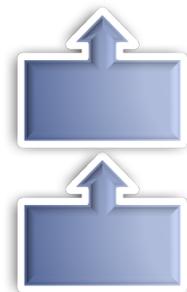


Cooperative
Collaboration



Competitive

Control





Write down exactly what this person did to you?

Are you applying meaning to their actions? What is the story you are creating around this?

Is this story accurate? Are you casting them as the BAD guy?

Yes or No

What else might their actions mean? What could you see if you took “your story” out? What might be going on with them and what fear might be in play?

Do they have issues or situations they are dealing with? Were they tired, hungry or oblivious and stressed about their own problems? Put yourself in their shoes and write a more accurate story.

Now this is the most important part – if you want to create peace and happiness in your life.

Are you being compassionate or loving towards this person in regards to this situation?

Yes or No

Did you show up with love? What are you afraid of? What subconscious reaction has shown up? _____

What is going on with your ego that makes you want to feel offended and justified to be there? Do you want to be right more than you want peace?

What will being right get you? What will happen if you react from fear? What will the results be if you choose to be offended? What outcome will being offended produce?

Are these results what you really want in your life?

Will you enjoy these results or will they create misery? Is it worth it?

Yes or No

What would a love motivated response look like? _____

How can you choose peace, forgiveness and compassion?

What would the results of this behavior be? _____



Optional Challenges

Talk to your coach about which challenges they recommend for you.

Challenge 1:

Make a list of people that you struggle to get along with or dislike. Take time to think about what fear might be in play with them, driving their bad behavior. Once you can see their behavior as scared, what can you see they need or how might you interact with them differently? Even if it means just changing how you think or feel.

Challenge 2:

Think of a past offense that really bothered you and fill out the To Be or Not To Be Offended worksheet as if you were still in that moment. How does it change how you would have responded to that moment?

Challenge 3:

Pick something to do this week that scares you. Get out of your comfort zone and practice staying in trust and love as you do it. Go for something that requires you to practice trusting the journey.

Challenge 4:

Re-write some policies you are now aware of. You may use your assessment report to find out of balance policies you may have. Use the worksheet in this material to help you write new policies that would serve you more.



Optional Journaling

Journaling is a great tool of self-discovery. It gives you a chance to record your thoughts thus enabling you to review them. It also gives you an opportunity to explore ideas and concepts and make some decisions about them, all in a space and time that is not threatening or judgmental.

You'll notice that some journaling assignments ask a pair of questions, and after the first question, we ask you to rip out the page and throw it away. While throwing this page away I the trash say..." **I am so done with this!**"

Possible Journal Writing Questions:

- 1) Write about ways you don't feel safe with people. Who are the people you don't feel safe with?
(Throw this paper away.)
Write about how you can trust yourself more so you can have safe relationships. *(Keep this page in your journal.)*
- 2) Write about how you did not lead or treat people with love and trust today. *(Throw this page away.)*
Write about how you can lead with love and trust in the future. *(Keep this page in your journal.)*
- 3) Write about the people you may have inaccurately made the bad guys in your life. *(Throw this paper away.)*
Write about how you can now see them and the situations more accurately now. *(Keep this page in your journal.)*
- 4) Write about how and why you got offended recently. *(Throw this page away.)*
Make a list of people who you now have compassion for instead of judgment towards. *(Keep this page in your journal.)*
- 5) Write about how you have contributed to conflicts with people in your life. *(Throw this paper away.)*
Write about how you will choose forgiveness in your life moving forward. *(Keep this page in your journal.)*
- 6) Write about good qualities you can see in a person you feel conflict towards. Write about the good qualities you see in yourself. *(Keep this page in your journal.)*



Reading 10

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We recommend you record this on your phone with some baroque classical music in the background and listen to it 3 times a day. Or you can read it three times a day – for a week or two.

I see others with wisdom and compassion

Seeing other people and myself accurately and with compassion is one of the most important things I have learned to do. It is the highest form of love. It is one of the biggest lessons I am here to learn.

From now on I choose to see other people as the same as me. We have the same value, we are just in different classes.

We all have a strong voice of fear in our minds, which encourages selfish, fearful and even mean behavior. We have bad moments and make bad choices, we all do on occasion. In spite of this, we are not bad people.

We are good people. We just struggle on occasion. The people in my life are far from perfect. They make mistakes all the time. They mistreat me and offend me. They hurt my feelings or neglect me, but these experiences are a perfect part of my journey and they do not affect my value.

I am going to be hurt, offended or unappreciated over and over throughout my life. These experiences are in my life for a reason. They give me the opportunity to practice being a better, stronger, wiser, more loving me. They give me the chance to practice forgiveness and compassion. These may be the most important lessons in my life. They provide opportunities for me to rise above my fear. They give me the chance to be my highest best self.

It is only through these painful experiences that get to learn forgiveness and how to let go of pain. Forgiveness is the heart of unconditional love and it is the most important lesson I am here to learn.

I, alone, am responsible for how I experience each situation. I choose Clarity and to respond with love. I see each person accurately. I see them with understanding and compassion. I understand the battle they are fighting. I understand their fear.

I resist the subconscious urge to judge them. I resist the temptation to gossip. We are the same with the same value, no one is the bad one or the good one.



Reading 10

I resist the temptation to create stories that justify being angry or hurt. When my ego creates these stories, I see the truth. I refuse to see anyone as the bad person or less than me. I see people accurately. I see the truth about who they are. I choose compassion. I refuse to criticize or belittle anyone, especially the people closest to me.

My family gets the best me. Others may let their hair down and treat their families with criticism and anger. Not me. I consciously choose to treat my family with love. I treat my family with respect and compassion. I speak to them kindly and ask lots of permission questions.

I treat my spouse the best of all. I never raise my voice or speak unkindly. I cherish this person above all others. I refuse to be offended even when they are unkind. My spouse is the same as me, perfectly imperfect. *(If you as single you can leave this paragraph out)*

Being offended does not produce good things in my life. I choose to be wise, mature and loving instead. I choose to be un-offend-able. I choose trust and joy. When others are grouchy or rude, I choose to let them keep it. I do not react nor join them in the pain. I choose to stay happy, peaceful and loving. I do not allow the moods of others to influence mine.

I am the master of my thoughts and emotions. I am responsible for what I experience. I choose to ignore my ego when it wants to see others as bad, so I can feel bigger. My ego thinks being offended feels good, but it does not create the kind of relationships I want in my life.

I choose to see situations accurately. Each is a perfect lesson. I do not react to what other people do or say. I take time to step back and think, so I can see the situation correctly, before responding. I refuse to treat another person badly back, even if they started it and may deserve it. I choose love even when it is difficult. I answer anger with love. I answer meanness with understanding. I choose the high road in every situation. I am always the first to forgive.

All this love and compassion, does not mean that I allow others to mistreat me. It means that I stand up for myself with accuracy and love. I speak my truth using the Communication Formula. I do not shrink and become small. I do not conform or betray my truth. I choose to be loving and strong in every situation. I surround myself with trust and love, which protects me from anger and fear. I do not allow others to hurt me. I am bulletproof, infinite and absolute.

I let unkind words bounce off me. Their anger is not really about me. It is about their fear for themselves. I am a wise and loving person. I am strong and compassionate and this brings peace to my world. I am a force for love in the world.