Seminar 3: Openness

Journal Exercise: Acceptance of Pain and Struggling

Journal Exercise: Magic Wand

Remember to intentionally select your strategies:
1. Change: When we need to change something outside of ourselves.
2. Openness: When we are experiencing uncomfortable thoughts, feelings, sensations, etc.
Seminar 3 Worksheet: Acceptance of Pain and Struggling

As you continue to reflect on the Acceptance of Pain and Struggling exercise, please record the details of your experience here.

What has it been like to struggle with this experience?

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What have I done to control this experience? Have my attempts to control my experience caused more distress or problems?

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What have I given up in the service of trying to reduce or control my pain? In other words, what have I sacrificed in my life that is valuable?

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Values are a series of multiple journeys with milestones to let you know you are heading in your chosen direction. It’s the journey, not the destination.
Seminar 3 Worksheet: Values Compass

Values are what we find meaningful in life. They are what you care about and consider to be important. Values are different for everybody, and they can change over time. These are what we began to discuss in the Heading West Metaphor during the last RIO seminar. They aren’t goals so much as a direction.

The domains below are valued by some people. Leaving aside any obstacles for the moment, think about what is important to you, and what you think makes for a meaningful life that you could value.

Family Relations
What kind of relationships do you want with your family?
What kind of mother/father/brother/sister/uncle/aunt do you want to be?

Physical Wellbeing
What kind of values do you have regarding your physical wellbeing? How do you want to look after yourself?

Partner Relationships
What kind of husband/wife/partner do you want to be?
What quality of relationship do you want to be a part of?

Citizenship / Community
What kind of environment do you want to be a part of? How do you want to contribute to your community?

Parenting
If applicable, what sort of parent do you want to be? What qualities do you want your children to see in you?

Spirituality
If applicable, what kind of relationship do you want with God(s) / nature / the Earth?

Social Relationships
What sort of friend do you want to be?
What friendships is it important to cultivate? How would you like to act towards your friends?

Recreation
How would you like to enjoy yourself?
What relaxes you?
When are you most playful?

Career
What kind of work is valuable to you?
What qualities do you want to bring as an employee? What kind of work relationships would you like to build?

Education/ Growth
How would you like to grow?

What kind of skills would you like to develop? What would you like to know more about?

For each of these domains write a quick summary of your values, such as, “to live a healthy life and take care of my body” (physical wellbeing), or “to be a good friend to people who need me, and to enjoy my time with the people I love” (friendships).
Rate each domain for how important it is to you from 0 (not important) to 10 (very important).
Seminar 3 Journal Exercise: Values

Consider these questions as you think about your values. You can refer back to pages 18-19 as necessary.

If you continue to avoid your unpleasant internal experiences, how long are you willing to wait to live your life?

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In your waiting for the unpleasant internal experiences to go away, how much are you giving up in the mean time?

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What do you think would happen if, instead of waiting for an unwanted internal experience to go away before you started living your life to the fullest, you just started living your life and openly accepting your experiences?

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