

Women's Circle Workbook



Practices to Increase Self-awareness
&
Self-acceptance



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Organizational Leadership—Servant Leader master's capstone

Gonzaga University

Part Three of Three

Purpose

This workbook is to serve the women at DTNA by creating an opportunity to come together and find support, shared understandings, and to increase relationship skills that may transform their lives and the lives of those, they serve.



Believe

Art by Dawnette Hale



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Part Three

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References

Moving towards a brighter future

Visualizing a new future—the integration of silence, listening, and inquiry & advocacy (to be added)

Dream Life – art project

Journal prompts



Walden Pond, Concord, Massachusetts

Requirements of this section

- ❖ Meditate in silence for 10 minutes each day.
- ❖ Complete Dream Life – art project
- ❖ Create Journal daily using the prompts or write from what is in your heart

Visualizing a new future—the integration of silence, listening, and dialogue

The time we spend in silence, in listening, and in dialogue changes us. We start noticing that our behaviors and patterns begin shifting. We move away from what we considered requirements for our relationships. We begin to see that it is possible to remove ourselves from damaging relationships. We begin to have a longing for a life that is supportive of personal joy and fulfillment. It is important to explore our feelings and our dreams for a different life.

Please use the journal prompts to begin imaging your best life. Image your home, family, friends, where you live, how you live. Do you have dogs or cats? Is there music? Are you dancing and singing? What is filling your world with joy? Do not judge things that give you pleasure. Write them down.

Explore why the ideas create positive feelings. Perhaps you want to cruise around the world, but you get seasick in a pool. This is still a wonderful dream – we need to explore it a little deeper. Ask yourself what about cruising that makes you happy. Is it because someone cooks all the food? Is it because you love a nice formal evening? Be curious about what makes you happy.

Dream Life – art project

More than twenty years ago, I took a purple file folder and cut it into the shape of a heart. On the heart, I wrote all the qualities, experiences, and people I want in my life.

heart. I review it every few years to see how my life has changed, and if I would change any of my dreams.

The project was important to me because it allowed me to spend time making an object which represented my dreams.



In my kitchen, I have a bulletin board filled with beautiful pictures of Italian hills, coastal towns, and lush gardens. The pictures remind me each day of my Italian dreams. I spend a good amount of time in the kitchen, and I stop and look at the pictures. I feel happy and have a purpose to my days when I see my dreams on the board.

The project you create might be what begins the process of changing the direction of your life.

It is a time dream, and imagine that if there were no barriers, and could achieve anything you can dream up.

What would you choose to accomplish?
Whom would you want at your side?

How do you want to feel during the journey to your dreams?

Requirements of this section

- ❖ Meditate in silence for 10 minutes each day.
- ❖ Complete Dream Life – art project
- ❖ Journal daily using the prompts or write from what is in your heart



Verbena, Vancouver, Washington

Art Project

Please create something that is representative of your dreams manifesting

Maybe you will paint a picture of your future life

Perhaps you will plant a colorful hanging basket filled the colors and scents that are in your dreams.

Write a letter to yourself to read at a future date

A collage of people

A budget for your dream vacation

Create something that aligns with how you dream. If you dream by making plans, then make plans. If you dream by looking at pictures – then gather pictures to display. If music is the magic in your life, then create a playlist.

Create a physical manifestation of what you want to attract and create in your life. Dream your future into existence.



My Future Journal Prompts

You may select a prompt or write from what is in your heart. Please write for 5 minutes.

Who do I serve now? Who will I serve in five years?

What do I have in my heart to share?

Who do I want in my life next year, in five years, in 20 years?

If money was not a limitation, what would I be doing?

What will happen if I focus on being grateful every day?

What will happen if I forgive those who wronged me?

What has the universe been trying to tell me?

Who do I need to tell thank you?

What do I need to remove from my life to experience more joy?

What fills me with hope? How do I bring more of that into my life?

Who do I need to spend more time with? Why?

If this day was the foundation for the next five years, how would I feel?

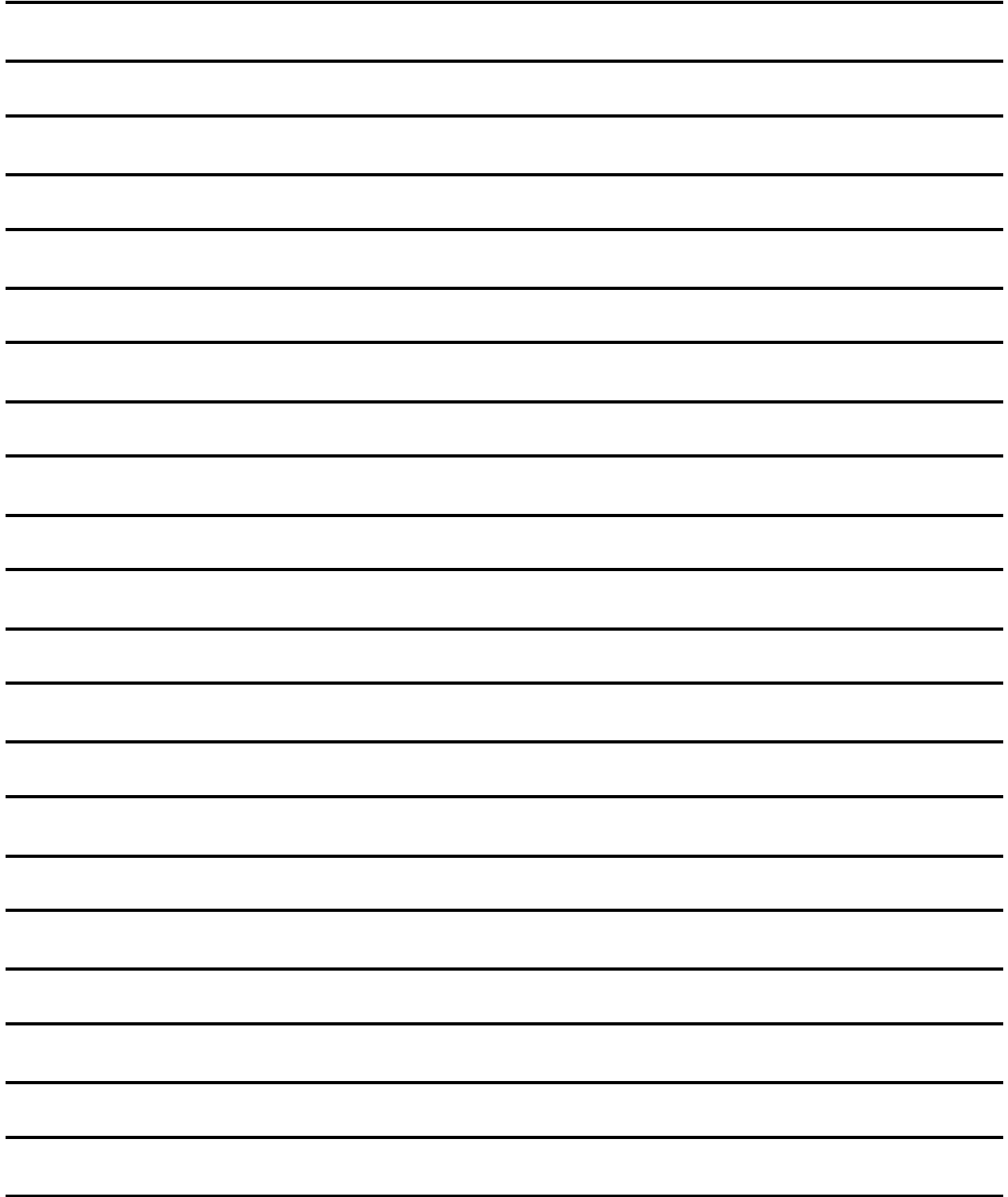
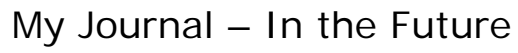
My heart feels good when?

I want someone to tell me...

I dream of...

What would have made today perfect...?

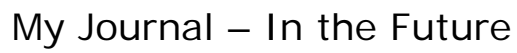






My Journal – In the Future

[illegible]

[illegible]



My Journal – In the Future

[illegible]

TOOLS

Meditation

Ladder of Inference

Lectio Divina information from Saint Andrews

Inquiry & Advocacy processes – Dennis Connors

Discussion Board Primer (n.d.)

Feeling words



Meditation

Chopra Center Meditation

Offers 21-day meditation experiences for free

<https://chopracentermeditation.com/>



Mindful: Healthy mind, healthy life

How to meditate

<https://www.mindful.org/how-to-meditate/>

Psychology Today

20 Scientific reasons to start meditating today

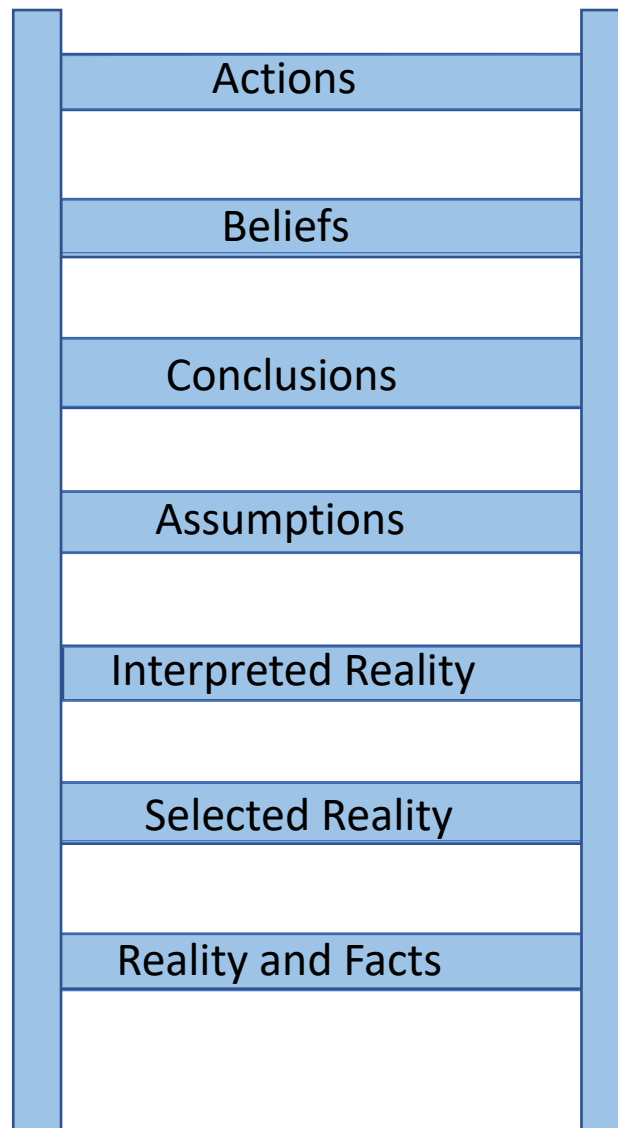
<https://www.psychologytoday.com/us/blog/feeling-it/201309/20-scientific-reasons-start-meditating-today>



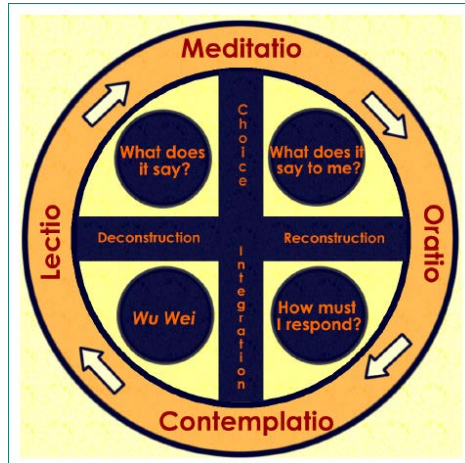
Ladder of Inference

Chris Argyris demonstrated the potential for reflective loop – reinforcing our beliefs, rather than listening and learning.

Argyris, C. (1993). *Knowledge for action: A guide to overcoming barriers to organizational change*. San Francisco: Jossey-Bass Publishers.



Lectio Divina – Saint Andrews



Dr. Carey's Lectio Divina image

Accepting the embrace of God: The ancient art of the Lectio Divina

Saint Andrew's Abbey

https://www.saintandrewsabbey.com/Lectio_Divina_s/267.htm





Inquiry & Advocacy processes – Dennis Connors Discussion Board Primer (n.d.)

Protocols for Productive Discussion Boards

Am I willing to be influenced
Am I genuinely interested in what the other team member(s) has to say? (If not, consider what it would take to answer yes before the discussion.)
Do I believe we can learn together?

Practice a balance of effective advocacy and inquiry during each discussion board to become more aware of your assumptions and those of others.

When Advocating

Reveal your thinking and your conclusions when taking apposition
Walking up the ladder
Describe the data you are using to draw conclusions
Here's what I assumed...
Here's what I think and here's how I got there

Publicly test your conclusions and assumptions
Encourage others to explore your assumptions and data
Do you see any flaws in my reasoning?

Reveal where we are least clear in our thinking
I'm not sure about this part, do you see any gaps in what I just said?

Encourage others to provide a different view or confront yours

Do you see it differently? Does anyone have any different data?

Listen and stay open

Avoid building our argument when someone is speaking from a different point of view

Avoid being defensive when your ideas are questioned



Inquiry

Ask others to describe their thought processes

Walking them gently down the ladder of inference

Find out what data they've selected and are using to make assumptions

Verify the assumptions they are making about the data

Draw out their reasoning, why they are saying what they're saying

What leads you to conclude that...?

Share your reasons for inquiring your concerns, hopes, and needs.

I am asking because...

Listen for a new understanding that may emerge rather than prepare to destroy the other person's argument

What are the implications of looking at it this way?

Use our unstated thoughts (our left-hand column) as a resource.

Raise your concerns and state what is leading you to have them

When you say such and such, I worry that...

When Thoughts May Limit Learning

When you disagree with a point of view
Ask what has led the person to that view
You may be right, but I'd like to understand more.
What leads you to believe...?

Make sure you truly understand their view
What is an example of the kind of thing you are
saying (or) recommending?

Explore, listen, and offer your views in an open way

Listen for the larger meaning that may come out of
honest, open sharing of alternative perspectives.
Perhaps what's lying behind both our views is X. Is
that a concern of yours?

Your doubt the relevance of your thoughts
Check for relevance
This may not be relevant. If so, let me know, and I'll
wait...
(If others do not find your comments relevant, ask
for their reasoning)

You perceive a negative reaction in your thoughts.
Share the consequence of another's actions, but take
responsibility for your reaction.
Share your left-hand column.
This may be more my problem than yours, but when
you said (give illustration). I felt that... Is that what
you intended?



Feeling words (CNVC, 2005)



Feelings when your needs are satisfied

AFFECTIONATE

compassionate
friendly
loving
open-hearted
sympathetic
tender
warm

ENGAGED

absorbed
alert
curious
engrossed
enchanted
entranced
fascinated
interested
intrigued
involved
spellbound
stimulated

HOPEFUL

expectant
encouraged
optimistic

CONFIDENT

empowered
open
proud
safe
secure

EXCITED

amazed
animated
ardent
aroused
astonished
dazzled
eager
energetic
enthusiastic
giddy
invigorated
lively
passionate
surprised
vibrant

GRATEFUL

appreciative
moved
thankful
touched

INSPIRED

amazed
awed
wonder

JOYFUL

amused
delighted
glad
happy
jubilant
pleased
tickled

EXHILARATED

blissful
ecstatic
elated
enthralled
exuberant
radiant
rapturous
thrilled

PEACEFUL

calm
clear-headed
comfortable
centered
content
equanimous
fulfilled
mellow
quiet
relaxed
relieved
satisfied
serene
still
tranquil
trusting

REFRESHED

enlivened
rejuvenated
renewed
rested
restored
revived



Feelings when your needs are not satisfied

AFRAID

apprehensive
dread
foreboding
frightened
mistrustful
panicked
petrified
scared
suspicious
terrified
wary
worried

ANNOYED

aggravated
dismayed
disgruntled
displeased
exasperated
frustrated
impatient
irritated
irked

ANGRY

enraged
furious
incensed
indignant
irate
livid
outraged
resentful

AVERSION

animosity
appalled
contempt
disgusted
dislike
hate
horrified

CONFUSED

ambivalent
baffled
bewildered
dazed
hesitant
lost
mystified
perplexed
puzzled
torn

DISCONNECTED

alienated
aloof
apathetic
bored
cold
detached
distant
distracted
indifferent
numb
removed
uninterested
withdrawn

DISQUIET

agitated
alarmed
discombobulated
disconcerted
disturbed
perturbed
rattled
restless
shocked
startled
surprised
troubled
turbulent
turmoil
uncomfortable

EMBARRASSED

ashamed
chagrined
flustered
guilty
mortified
self-conscious

FATIGUE

beat
burnt out
depleted
exhausted
lethargic
listless
sleepy
tired
weary
worn out

PAIN

agony
anguished
bereaved
devastated
grief
heartbroken
hurt
lonely
miserable
regretful
remorseful

SAD

depressed
dejected
despair
despondent
disappointed
discouraged
disheartened
forlorn
gloomy

TENSE

anxious
cranky
distressed
distraught
edgy
fidgety
frazzled
irritable
jittery
nervous
overwhelmed
restless
stressed out

VULNERABLE

fragile
guarded
helpless
insecure
leery
reserved
sensitive
shaky

YEARNING

envious
jealous
longing
nostalgic
pining
wistful

AVERSION

hostile
repulsed

DISQUIET

uneasy
unnerved
unsettled
upset

SAD

heavy-hearted
hopeless
melancholy
unhappy
wretched

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Love to you all!

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