

Boxes I Carry*

Name of This Box: _____

Towards Whom I carry this box: _____

When you are in this thinking what is your:

Self View	View of Others
Feelings	World View

Questions to Explore About this Box

- How much of the truth does this world view represent?
- What else could be true?
- What happened right before you started feeling this way?
- What are the triggers that put you into this world view?
- What are the red flags that tell you that you are I'm seeing the world this way?
- How are you seeing others when you are in this world view?
- How does viewing the world from this view feel stuck?
- How are you self-justifying your thoughts and feelings when you are in this place?
- What justification keeps you in this world view?
- How does this justification keep you stuck?
- What else could be true?
- What would the opposite feeling be?
- Tell me about a time when you didn't feel that way?
- The authors of "Anatomy of Peace and Leadership" & Self Deception would call this a box. What could you name this particular box?
 - NOTE: Keep in mind that you probably have more than one box

“Out of the Box” View*

Name of this “Out of Box” View: _____

When things are going well:

My Self View

View of Others

Feelings

World View

Questions to Explore the “Out of the Box” View

- Are you able to function better with others “Out of the Box” or in “The Box”
- Which world view is true more of the time?

Things to Know About The Box(es)

Uncomfortable Feelings → Shift into the Box → Distorted Thoughts of Self & Others → Distorted World View =

Behaving in Ways that are Not Productive

- Lashing out
- Displaying angry
- Displaying superiority
- Closing off
- Withdrawing
- Self-protecting

Your distorted world view clouds your perception, thinking, and feelings. This leads you to not be your best self and not to act in ways that are constructive.

Over time, as you practice being aware of your Box, you will build a tipping point and will move into staying in your healthy world view more of the time.

You will be more aware of when you slip into the unhealthy world view (The Box) and will be able to make a choice of whether to stay in (The Box) or not. You will also find that you will be able to slip out of your old world view (The Box) more easily.

You may have more than one unhealthy Word View Box.

Boxes I Carry – Intervention Tool

1. Recognize that you have slipped into seeing things from the box.
2. Recognize that it's a distorted view and that it's not the whole truth.
3. Choose not to see things that way and choose to return to the "Out of the Box" world view.

Self-Reflection Writing/Drawing Prompts:

- How am I behaving that is like my view of others when I am seeing the world from inside the box?
- What keeps me in The Box when I triggered into it?
- How can I stay out of The Box more of the time?