

Boxes I Carry – Example 2

Name of This Box: 2 -Dark Box_____

1- Superior Box

2- Dark Box

Towards Whom I carry this box: Mother & Father _____

When you are in this thinking what is your:

<p>Self View</p> <p>1 – Superior Better Than</p> <p>2- Incompetent May cause a lawsuit happen Failure I don't know what I'm doing</p>	<p>View of Others</p> <p>1- In flexible Unwilling</p> <p>2- Unsafe Threatening God don't like dirty Out for themselves Self-centered Extreme</p>
<p>Feelings</p> <p>1 – Distrust Anxious Sad Sad for the individual Angry Frustrated</p> <p>2 – Fear (without cause) Anxious Freaked out Internal / Private Expecting the worst to happen The other shoe will drop</p>	<p>World View</p> <p>1 – Asleep at the Wheel Unfair Messed up</p> <p>2 - Whacked out Stacked against you Extreme Dark</p>

Questions to Explore About this Box

- What happened right before you started feeling this way?
 - Everything seems to be going fine and I am blindsided. I was surprised. Caught off guard by a phone call.
 - Staff came to talk to me about a situation (another employee – interpersonal dynamics)
 - I thought you knew.
- What are the triggers that put you into this world view?
 - When I'm blindsided by phone a call or an email.
- What are the red flags that tell you that you are I'm seeing the world this way?
 - Reaction to a Situation - Anxiety, tightness in chest
 - Normal Anxiety - Ridden Place – Not much trigger
- How are you seeing others when you are in this world view?
 - Ignorant, judgmental, complaining
 - Not solution oriented/Inflexible – disingenuous, part of the problem
 - Part of the problem, not taking responsibility
- How does viewing the world from this view feel stuck?
 - Frustrating
 - In-equitable
 - Not productive
- How am I self-justifying my thoughts and feelings when I am in this place?
 - Using the Constitution, values – using it in an attacking way. Propagates arrogance.
- What justification keeps you in this world view?
- How does this justification keep me stuck?
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- 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 box?

When I'm in the box – Self Righteous/Superior I'm just as inflexible as I perceive the others to be.

When I'm in the box, I am not seeing the whole truth, I'm just seeing part of the truth and making that bigger.

“Out of the Box” View

Name of this “Out of Box” View: _____

When things are going well:

My Self View

Competent
Confident
Empowered
Don't doubt myself
Calm energy flowing
Fun / Playful
Light

View of Others

Trustworthy
Dependable
Reliable
Safe

Feelings

Good
Optimistic
Grateful
Blessed

World View

Trustworthy
Safe
Fair
Light
Good place