

Boxes I Carry*

Name of This Box: Growth Opportunities and/or Keeping Me Challenged

Towards Whom I carry this box: Boss

When you are in this thinking what is your:

| | |
|--|---|
| <p>Self-View</p> <p>This isn't quite self-view I think: Should I stay another 20 years or leave? No upward mobility Am I going through a mid-life crisis?</p> <p><i>In Midlife Crisis</i> <i>Immobile</i></p> | <p>View of Others – <i>Make sure this is the view of all people</i></p> <p>Talks about his past experience trying to relate to mine Foot in mouth – “I feel sorry for your husband if you always want to be challenged” - <i>Awkward</i> Not being truthful Not supportive Avoids staff – feels <i>uncomfortable</i> In denial Really defensive Did not recognize my performance - <i>Unappreciative</i> Tired of me discussing staffing issues Told me if I were a good leader, my staff's morale would be much better/a good leader has solutions <i>Critical</i> <i>Unfair standards</i> <i>Unrealistic</i></p> |
| <p>Feelings</p> <p>Angry I did not handle his comments differently Suppressed emotions <i>Distrustful</i> <i>Hurt</i> <i>Alone</i> <i>Stuck</i> <i>Unacknowledged</i> <i>Unappreciated</i> <i>Trapped</i></p> | <p>World View – (The World Is:)</p> <p>Game Over! <i>Unsupportive</i> <i>Unfair</i> <i>No opportunities</i> <i>Prison cell</i> <i>Closed in</i> <i>Small</i></p> |

*Based on the Arbinger Institute's books "Anatomy of Peace" & "Leadership & Self Deception"
<https://arbinger.com/contact/>

Questions to reflect upon

How would you “typecast” Boss – obstacle, vehicle to get what you want, or irrelevant? Obstacle and at times irrelevant.

How does viewing the world from this view feel stuck? (Client couldn’t relate to this question)

Can you remember a time when you didn’t feel this way? (Client couldn’t think of a time – we ran out of time to pursue further during session – will look at this at a later time)

“Out of the Box” View*

Name of this “Out of Box” View: A Grey Box

When things are going well:

My Self View

Good

Self-reflect on what did I miss – *These don’t sound like out of the box*

Perfectionist bug

View of Others – make sure this is the view of all others

Likeable

Supportive

~~Not present~~

~~When in comfort zone — owns it/gives kudos~~

Feelings

Good

Question why I can’t feel this way more often

World View – (The World Is:)

Be more forgiving of his choice of words - *Forgiving*

I love picking up my daughter and seeing her delight - *Delightful*

I want to be more present – *A good place to be present*

Have more work/life balance - *Balanced*

Reprioritize and refocus on family – *Family focused*

Need more grounding - *Grounded*

~~I don’t want to be a Work Nazi~~

~~I want to let go of controlling~~

More Questions to Explore the “Out of the Box” View and We can discuss next time

- 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?
- What would need to shift in yourself to be “Out of the Box” more often?

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?