

Boxes I Carry*

Name of This Box: Bully Box

Towards Whom I carry this box: _____ A Client _____

When you are in this thinking what is your:

<p>Self View</p> <ul style="list-style-type: none"> • Irrelevant • Pointless • Aware of areas that need work • Responsible for them • A Failure 	<p>View of Other People</p> <ul style="list-style-type: none"> • <i>See themselves as victims</i> • <i>Untrusting</i> • <i>Closed off</i> • <i>Forgetful</i> • <i>Stuck</i> • <i>Self sabotaging</i> • <i>In denial</i> • <i>Idiots</i>
<p>Feelings</p> <ul style="list-style-type: none"> • Angry • Frustrated • Out of resources • Incompetent • Inadequate • Avoiding • Self-doubt • Relieved when session is over • Out of control • Victim • Shame • Weak • Powerless • Undeserving • Afraid • Undeserving • Fear of hurting others 	<p>World View (The World Is:)</p> <ul style="list-style-type: none"> • Frightening • Judgmental • Critical • Better than me • Cruel • Making fun of • Bullying

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

Questions to Explore About this Box

- How much of the truth does this world view represent?
 - 90%
 - 10% / 1% true
- What else could be true?
 - Projected truth, it's not the whole truth
- What happened right before you started feeling this way?
 - Tense
 - Knew what she was going to do
 - The other guys fault
- What are the triggers that put you into this world view?
 - Not knowing if they're going to show up
 - Not showing up
 - Denying what something you know to be true
 - Intimidating – tone of voice - strong, body behavior – Standing up, hanging over me
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- How does this box feel stuck?
 - Closed in, no where to go, depression
 - *If I didn't feel this way I would stand up to my own potential, acknowledge myself, let go of control, allow for my intuition to guide me. I would be responsible for my wisdom to come forth and would not anticipate outcomes I would trust myself and my inner wisdom.*
- What are the red flags that tell you that you are seeing the world from "The Box"?
 - *Feel tense, stomach tightens – happy when it is over feel relieved.*
 - *Shoulders, stomach not good,*
- How are you seeing others when you are in this world view?
- How are you **self-justifying** your thoughts and feelings when you are in this place?
 - *Fear that I don't have the knowledge/wisdom to help her see the light, see her potential.*
 - *How do these self-justifying thoughts keep you stuck?*
 - *How could you trust your client?*
 - *They're victims, they're always*
 - *They stay stuck,*
- What justification keeps you in this world view?
 -
- How does this justification keep you stuck?
 - Reinforce it
- What would the opposite feeling be?
 - Relaxed, letting it be their responsibility, not mine
- Tell me about a time when you didn't feel this way?

- The authors of “Anatomy of Peace and Leadership” & Self Deception would call this “A Box”. What could you name this particular box?
 - **Additional Thoughts:** *I would listen fully, feel relaxed in my body, use my breath to relax, I would feel pain free, and confident in myself,*
 - **Action:** *Listen to where the client wants to focus, develop a focus and ask more questions, allow for more silence, hold the space and breathe myself into a relaxed state, trust my own flow will allow my client to trust hers.*

 - NOTE: Keep in mind that you probably have more than one box

Out of "The Box" View*

Name of this "Out of Box" View: _____ Deserving_____

When things are going well:

My Self View

Confident
Forgiving
Loving
Wise
Letting go of control – Don't have control
Listener

View of Other People

Their own point
Friendly
Open
Willing to listen
Like to be around them
Easy to be around

Feelings

Joyful
Safe
Competent
Secure
Deserving
Strong
Empowered

World View (The World Is:)

Peaceful
Loving
Accepting
More wise
Fun

Questions to Explore the Out of “The Box” View

- What’s the difference in how you feel when you are Inside “The Box” versus Outside “The Box”?
 - Tense & stressed, frustrated
 - Let it flow, relaxed, up to that individual to see possibilities (not responsibility)
- 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)”

1. The Process of Getting in “The Box”:

Uncomfortable Feelings → Shift into “The Box” → Distorted Thoughts of Self & Others → Distorted World View =

2. The Results of Being in “The Box”:

Behaving in Ways that are Not Productive

- Lashing out
- Displaying angry
- Displaying superiority

- **Closing off**
- Withdrawing
- **Self-protecting**

Which of these behaviors do you display while you are in “The Box”?

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.

How is the way you’re behaving while you’re in “The Box” like how the person (or situation) that you let trigger you into “The Box” is behaving towards you?

3. The “Boxes I Carry” – Intervention Tool (Getting Out of “The Box”)

1. Recognize that you have slipped into seeing things from “The Box”.
 - a. Dread, looking at the clock,
2. Recognize that what you see from “The Box” is a distorted view of others and the world and that it’s not the *whole* truth.
3. **Choose** not to see things that way and choose to return to your Out of “The Box” World View.
4. Behave and communicate the way you **choose** to, rather than just reacting to your Box.

NOTES:

- 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 (Out of “The Box”) 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.
- This can be hard work. Your mind feels safe and like it’s in a familiar place when you’re in “The Box.” So, it sometimes **fight to stay in “The Box”**. You may feel disoriented while working on being Out of “The Box” more of the time. At some point you will begin to feel more comfortable.
- You may have more than one unhealthy World View Box and may need to do this exercise more than once.

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Self-Reflection Writing/Drawing Prompts to Deepen the Learning:

- 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 let myself be triggered into it?
- How can I stay out of “The Box” more of the time?

Ways of Being

There are mainly two ways of being:

- Responsive or Resistant
- How you’re seeing others and the world (in “The Box” or out of “The Box”) impacts whether you are Responsive or Resistant
- Your Behavior is impacted by whether you are feeling Responsive or Resistant
- What others see is your Behavior
- Your Behavior as seen by others, impacts how they see the world, and thus how they behave towards you

Collusion

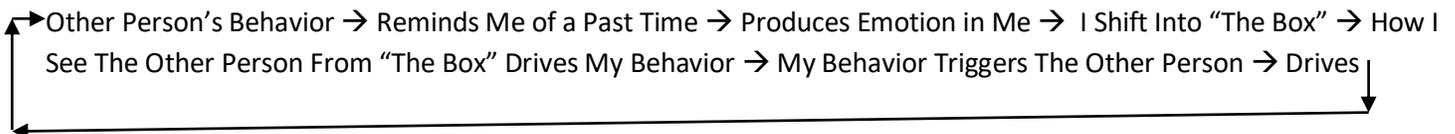
The mind often fights so hard to be in “The Box” that it will drive people to recruit allies that support their in “The Box” World View.

They may seek out, or at least give attention to, people who prove that their In “The Box” World View is true (and correct).

And, then, they may behave in a way that perpetuates the behavior from the other person to ensure that their in “The Box” World View continues to appear to be true.

This is called Collusion.

The Collusion Process:



How to tell if you're in Collusion:

Does my behavior (driven by my thoughts, emotions, attitudes) when I'm in the box, trigger more of the behavior I expect from the person when I'm in “The Box”? If so:

- Can you change the other person?
- Can you change yourself?
- What do you truly want in this situation?
- If you want a different outcome, who needs to change?
- If you are the one that needs to change, how can you change?