

*Myron K. Downing Seminars  
Presents:*



**New Directions Workshop:**  
*Taking Control of Your Feelings and Emotions*

**I. Welcome**

- A. Introduction of
  - 1. Instructors
  - 2. Graduate Students
  - 3. Students
- B. The 3 Goals of the weekend.
  - 1. Make it safe for people to be as real as possible.
  - 2. Become acquainted with the Cognitive>Affective>Behavioral Model for change
  - 3. Explore how Affective "pictures" affect our behaviors today.  
demonstration visualization

**II. Get Started**

- A. Explain the **Cognitive -> Affective -> Behavioral change model**  
Review the Event -> Meaning -> Feeling -> Behaviour exercise.
  - 1. The way we think determines what we feel
  - 2. Couples, miscommunication
  - 3. Individual: contradictory beliefs
  - 4. PTSD: contradictory beliefs vs. pictures
- B. Introduce **the Power of Feelings** - the affective component
- C. **5 Steps to Healthy Feelings**
  - 1. Know what we feel
  - 2. Accept that our body feels what it feels
  - 3. Express feelings in positive ways
  - 4. Release old negative feelings and the beliefs behind them.
  - 5. Replace with positive feelings, thoughts and experiences.
- D. **Visualization** – How did you feel as a child?
- E. Homework Assignment
  - Who or what are you angry at?
  - Who or what hurt you the most?
  - How did these effect/affect you now?
  -
- F. **The 4 Steps to Learning**
  - 1. Unconsciously Incompetent
  - 2. Consciously Incompetent
  - 3. Consciously Competent
  - 4. Unconsciously Competent
- G. **Personal Responsibility:** Do vs. Say exercise, Blaming and Victim

### **III. Knowing What We Feel**

- A. The Logic → Feeling Connection
- B. “I am aware” exercise
- C. Communication Exercise **Tunnel of Love**
- D. Anger → Depression Connection

### **IV. Accepting Our Feelings**

- A. Feelings are not good or bad. They just are.
- B. Take the judgements off (“Isn’t it interesting?”)
- C. There isn’t a single feeling that you have that nobody of us has had
- D. The mentally healthiest time of our life is when we are two years old
- E. How we unlearn our feelings and meanings  
“Good girls don’t get angry.” “Big boys don’t cry.”
- F. Girls learn to cover up anger with tears
- G. Boys cover up tears with laughter and anger.
- H. Many use drugs and alcohol to cover up feelings.
- I. Exercise: form small groups, choose a name
- J. The Statement of Direction exercise: “I’m through being a victim.”
- K. Demonstrate poem

### **Lunch break (1-1½ hours)**

Assignment at lunch: complete 4 questions on homework sheet

### **V. *Expressing our Feelings in Positive Ways***

- A. Four ways Feeling come out
  - 1. Physical symptoms
  - 2. Emotional symptoms
  - 3. Acting Out Behaviors
  - 4. Verbal
    - a. Indirect (“You are” messages, Threats, Judgments)
    - b. Direct (“I” messages & Verbal Aikido)
- B. Processing old yucky feelings
- C. **Visualization**  
“You are all you need to be!” - Spinoza, the bear

### **Dinner Break**

All go to dinner together, usually to Home Town Buffet

- D. Processing  
—
- E. Sharing  
“What have you learned?”  
”What will you learn/deal with/express?”

***VI: Release old negative feelings and the beliefs behind them.***

- A. **Personal Processing:** The Statement of Direction

***VII: Fill-up with positive feelings, thoughts and experiences.***

- A. Exercise: The Tunnel of Love – building stronger connections

***VIII Graduation: Celebrate our new directions***

***IX. Follow-Up***

- A. Class reunion a few weeks after class, on a Friday night.
- B. One-on-one coaching call: “Now What?”
- C. Membership in our online support group
- D. Ability to “Assist” at future New Directions workshops, forever