

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

Friday Evening

Intro and Welcome

The 3 purposes of this weekend.

Main objective: make it **Safe** for people to be as **Real** as possible.

Set an example of how we feel, and be real.

Get to know students a bit, and help them connect, trust, relate to others

Lecture – our left-brain must understand and feel safe, and give our right-brain

Permission to go back there, to feel, to emote, to release. The basis of the

Cognitive -> Affective -> Behavioral change model

3 Purposes of the Weekend:

1. Help you recognize how your present life is still being influenced by your past.
2. Allow you to release feelings and beliefs from the past that you would like to put behind you.
3. Enable you to take full responsibility for how you choose to live your life, from this day forward.

Introduce the power of Feelings - the affective component

how the Affective picture contributes to our Behaviours today

Personal Responsibility, Blaming and Victim

7 Steps to Dealing with Feelings

1. Awareness of the importance of Feelings - Got it!
2. Knowing what our body Feels - I'm unique and responsible for who I am.
3. Acceptance of our Feelings - I'm OK with me!
4. Expression of Feelings, as deeply as they are felt - Feel it to Heal it!
5. Release of negative Feelings - Get in, Get it out, Get on!
6. Replace the dark with light, gloom with bright, hate with love, with power from above. - I choose.
7. Rejoice! Celebrate life, love, joy, pain, peace, anger - the whole enchilada. - I love me and I love my life I create!

Step 1: Knowing What We Feel

Instructors & Graduates Share

Students Share – get into “learning mode”

Lecture

Identification of Feelings

The Anger -> Depression connection

You are a product of your past.

Unexpressed feelings from childhood are still affecting you now.

Visualization

“What was it like for you, as a child?”

Sharing

Homework assignment

1. Who or what are you Angry at?
2. Who or what Hurt you the most?
3. Who or what are you most Afraid of?

Saturday

Step 2: Accepting Our Feelings

Sharing: About Feelings

Lecture

4 Steps to Learning

Event -> Meaning -> Feeling -> Behaviour

Exercise

The Tunnel of Love: making connections

Small Group Team-Building

Pick teams

Create a team name and cheer

Sharing

In small groups, share answers to homework

Lunch break (1-1½ hours)

Assignment at lunch: complete 4 questions on homework sheet

Step 3: Expressing our Feelings in Positive Ways

Exercise

Processing old yucky feelings

Visualization

“You are ALL You Need to Be!”

– Spinoza, the bear

Dinner Break

All go to dinner together, usually to Sizzler

Sunday

Step 4: Release old negative feelings and the beliefs behind them.

Processing of Individual Feelings

The Statement of Direction

Step 5: Fill-up with positive feelings, thoughts and experiences.

Sharing

“What did you learn yesterday?”

”What will you learn/deal with/express today?”

Lecture

The Statement of Direction

Exercise

Each person’s personal Statement of Direction

The Tunnel of Love – building stronger connections

Closing Circle: Song “The Rose”

Graduation!

Introductions

Diplomas

Sharing

Closing Circle

Cake and Coffee

Closing Circle: Song “Love Can Build a Bridge”

Follow-Up

Class reunion a few weeks after class, usually on a Friday night.

One-on-one coaching call: “Now What?”

Membership in our Facebook private emotional support group

Ability to “Assist” at future New Directions workshops, forever