

DAILY READING

DAY 3

I-Statements and the 5 Emotions

To make the most of our check-ins and our sharing, we want to use language that brings out more of what is happening for us beneath the surface. For the rest of this program, we therefore want to encourage the use I-Statements and the 5 Emotions or Feelings.

I-Statements

When checking in and doing any kind of sharing during this program, please use I-Statements: Say "I" instead of "you" when sharing feelings, thoughts, etc.

When expressing a thought or feeling, most of us have learned to use the word "you" instead of "I". This might sound like: "You know how you feel when somethings not right and you get that crummy feeling in your gut?"

We find it to be more powerful when we use "I" instead of "You" and say "I feel as if I just got punched in the gut. I'm feeling fear that something terrible is going to happen." We call this making I-statements. Please remind each other to use I-statements as you move through this program.

Feelings

When describing your feelings, please name a specific emotion. For now, please keep it simple and use one of these 5 basic emotions:

5 Core Emotions: Mad, Sad, Glad, Fear and Shame

In our culture, we often use language to distance ourselves from our feelings by saying things like, "I feel a little blue today." We find it more useful to say, "I'm feeling sad right now." The five fundamental feelings we use are mad, sad, glad, fear, and shame. Somehow, using these basic words invites us to drop some of the resistance we may have to being vulnerable with another person. Please encourage each other to use these five feelings to describe your emotions.

MENTORS SESSION GUIDE

DAY 3

INTENTION

- To practice using I-statements and the 5 emotions
- To practice the 3 key elements of Active Listening
- To experience sharing whatever comes up for you

CHECK-IN

Mentor A:

Today, I (Mentor A) will be taking us through this session.

We will be using I-statements and the 5 feelings when we check-in today. Were you able to read about these in today's Reading?

I'll model this first and then ask you to check-in.

[both check in]

INTRODUCTION

Mentor A:

For today, I'll be reviewing some of the Day 2 Reading on Active Listening. We'll then each get a chance to practice Active Listening as the other shares whatever is up for us in the moment. Any questions?

ACTIVE LISTENING

Mentor A:

Active Listening is the one skill that is the foundation for everything that we will learn in this program.

Are you familiar with Active Listening, sometimes called Reflective Listening?

(If so, what kind of experience do you have with it?)

This skill can be used for improving our relationships, our parenting, our leadership and anything that involves communication between two people.

If a person can master this skill, they will notice a vast improvement in almost anything they do. It is also key to becoming a more kind and loving person who can actually be effective in helping others with whatever they are dealing with.

Active Listening may be most effective when it is the disciplined and consistent use of the following three elements:

BE SILENT.

It's interesting to note that the words Silent and Listen have the same letters in them.

ECHO back what you've heard.

This might sound like: "What I hear you say is...". Some approaches call this: Reflect back what you heard.

ASK: "WHAT DO YOU MEAN BY...?"

Clarify the meaning of a word or term that could have more than one interpretation.

When doing Active Listening, we usually start with an open ended question and then hold an attitude of curiosity and seeking to understand.

Is there anything else you'd like to add to this about Active Listening?

SHARING WHAT COMES UP

Today, I will use Active Listening while you talk about whatever is up for you right now.

We will then switch roles and you will have the opportunity to practice Active Listening as I share. I'll be setting a timer to give us 10 minutes each.

Before you start to share today, I invite you to take a moment and breathe with me for a few deep breaths..... (take two breaths)

As you share today, I invite you to share whatever comes up for you in this moment and then continue to allow yourself to share whatever is coming up for you as you observe your thoughts and any images that appear in your mind.

As thoughts or images come into your mind, try not to filter them. Share them no matter how inappropriate or irrelevant they may seem. This may allow you to hear what your subconscious mind wants to share with you and begin to develop a relationship and trust between you and your sub-conscious.

So when you are ready, please take another deep breath and begin.

[B shares for 10 minutes, A listens using active listening]

SWITCH

Mentor A:

Thank you for sharing.

I will now set the timer again and I will share with you. Ready?

Please ask me to share in the same way you did.

Mentor B:

Before you start to share today, I invite you to take a moment and breathe with me for a few deep breaths..... (take two breaths)

I now invite you to share whatever is coming up for you in this moment and then continue to share whatever is coming up for you as you as thoughts and images may appear in your mind.

I will be using the three elements of Active Listening.

[A shares for 10 minutes, B listens using active listening]

CLOSURE

Mentor B:

Thank you! Please share briefly how that was for you to listen and to share and then I'll do the same.

[A shares briefly and then B shares]

CHECK OUT

SCHEDULE THE NEXT CALL

HOMEWORK

Please review the Daily Reading for Day 4 before the next session.

Please go to the OPP website: <https://omegapointprogram.com> and click on "ASSESSMENT" at the top of the Home Page. Consider doing the Archetype Assessment in the next few days.