

From Chaos To Clarity

FPA Conference Note Catcher

Before starting today's workshop, I can...

Today's Outcomes	Not a lot	Very Little	Some What	Quite a Bit	A Great Deal
Inject more doing, and less talking, in my therapy appointments					
Demonstrate ways to navigate away from struggle and towards meaningful movement					
Help experientially build flexibility					

Why am I here?

Why did I wake up on a Sunday morning for this?

What make it difficult (or could have made it difficult) to come today?

When I think about existential dread , I think about:

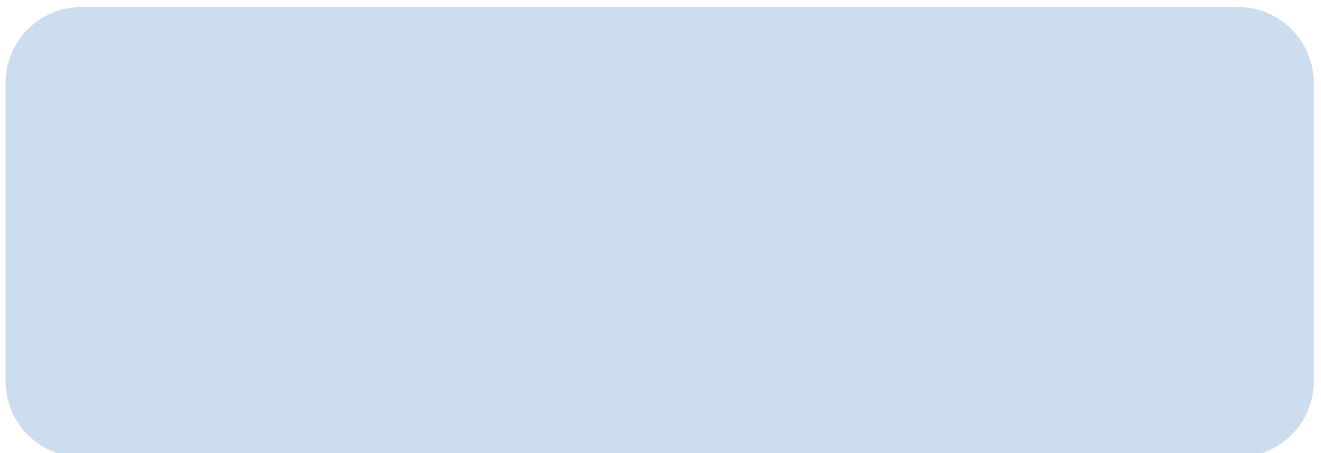
Let's figure out what we are talking about

Existential Dread is a big, smart-person phrase. What can we call it that feels more relatable to you? Check off the phrases that resonate with you and see if you came up with some of your own?

- | | |
|--|---|
| <input type="checkbox"/> Sunday scaries | <input type="checkbox"/> Emotional tax audit |
| <input type="checkbox"/> Life Panic | <input type="checkbox"/> Great cosmic wifi outage |
| <input type="checkbox"/> The BIG why | <input type="checkbox"/> Taylor Swift's post-marriage era |
| <input type="checkbox"/> Cosmic unease | <input type="checkbox"/> The never-ending surprise party |
| <input type="checkbox"/> Mortality mood swings | <input type="checkbox"/> Bulk-ordered burnout |
| <input type="checkbox"/> Deep questioning | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Restless wonder | <input type="checkbox"/> _____ |
| <input type="checkbox"/> The "whats the point" feeling | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Epic system failure | <input type="checkbox"/> _____ |
-

What do feelings look like?

We just practiced making our emotions concrete, using our hands to match out this moment feels and naming it without trying to fix it. Below, doodle the feeling of dread as it shows up. Think in shapes, textures, and motion rather than words - heavy or light, sharp or blurry, tight or buzzing.



Willingness checklist

Create a checklist for what willing/accepting body language looks like:

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Bonus!

Bruce Lee said, "be like water." What is your brand-new therapist philosophy/analogy when talking about acceptance and willingness?

It's like this, not like that

Our brains can't help but make assumptions - it's fast and efficient (and reckless!). This is an exercise to help us raise our awareness that even if we have shared language, we may not be talking about the same thing. Below are a list of values. Please do the following...

1. Check off if you find that value to be important
2. For those that are important, write down one BEHAVIOR you do enjoy doing that aligns with that value
3. Then, write down one behavior you DON'T enjoy doing, even though it could be considered aligned with that value

✓	Value	It's like...	It's NOT like...
	Forgiveness		
	Growth		
	Purpose		
	Creativity		
	Justice		
	Tolerance		
	Family		
	Love		
	Health		
	Honesty		
	Fun		
	Safety		
	Independence		
	Achievement		
	Freedom		
	Compassion		

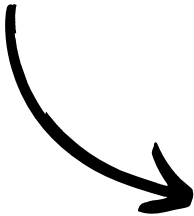
How they introduce themselves

A large, empty speech bubble with a tail pointing towards the stick figure, intended for writing an introduction.

Important values

Four horizontal lines for writing, each preceded by a heart icon on the left. An arrow points from the text "Important values" to the right side of these lines.

Key behaviors taken

Four horizontal lines for writing, each followed by a heart icon on the right. The text "Key behaviors taken" is positioned to the left of these lines.

Let's put it all together!

Write out the toast. Give some color to it, add details, make it real.

After completing today's training...

Today's Outcomes	Not a lot	Very Little	Some What	Quite a Bit	A Great Deal
Inject more doing, and less talking, in my therapy appointments					
Demonstrate ways to navigate away from struggle and towards meaningful movement					
Help experientially build flexibility					

One minute action plan

As a result of today's training, I am committing to do the following...	Value that aligns with this action