



Purpose: Self regulation - recover the ability to connect how I feel with what I want

Practice what to do when upset with life – to shift beyond the stickiness of our stories of blame and shame into embodied choice.

There are always perfectly justifiable reasons to be upset, which quickly turns into either shame or blame and then the freeze, fight or flight kicks in. We often tell ourselves “I can’t act because I can’t risk that happening again” as it may be even worse.

To recover self-responsibility when agitated, one of the antidotes to the slippery slope of shame and blame is to

Imagine being well received.

If someone asks you for your help (as in an emergency) we drop our story

10mins each in pairs

1. What was I upset about (story)

notice sensation in body a clue that you might be stuck

2. What was it I wanted, this is your needs or what matters to you

notice sensation in body a clue that you might be stuck, this can show up as either celebration or mourning or space or tightness

Get skilled at navigating between these 2 thoughts upset and what matters

Developing then your own bouquet of purpose, when we connect with what matters to us we move beyond blame of self and other

Remember to imagine being well received, fake it until you make it, your brain will believe you
Remember brains are wired to only notice what doesn’t work

Wise is a refreshingly real approach to generating resilience
and agency in our people.