

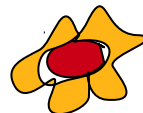
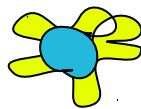
🌸 CELEBRATING, 🌧 MOURNING + 💡 LEARNING JOURNAL

Deep gratitude to Ike Lasater for inspiration.

Oct 2012 kate@kateraffin.com

This journal is intended to support us to shift out of our socially conditioned judgements of ourselves + others and learning how better to meet needs. It can offer support for how to fully integrate and "harvest" the gifts behind the "ouches" and the "hoorays" in life.

Celebrating (flowers)



This is a **gratitude** practice that I enjoy doing daily (or when I remember).

Or can be used after a significant event, meeting or conversation.

1. Recall something that **you did** that **you are glad you did**.

No matter how small or insignificant you tell yourself it is.

Write this action down as an **observation** (what you specifically did or said).

Connect to how you **feel** right now as you remember and write that down.

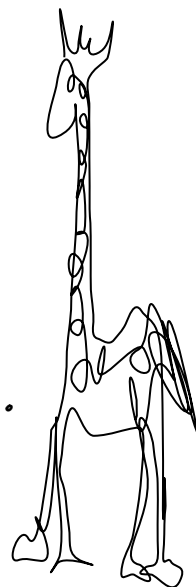
Now your **need** met by doing what you did.



Then **draw a flower** to relish and **celebrate** that moment.

Try using your non-writing hand to draw this, as I have with these drawings.

Repeat this process as many times as you like - and drink in the **giraffe juice**!!!



Mourning (tears)



Now make space to notice what you did that you are **not so happy** with.

Perhaps the way you responded to someone in the conversation or a choice you made.

If you are judging yourself a lot, you may want to list these judgements and give them a full voice - see **"jackal journalling"** page.

Write this action down as an **observation** (what you specifically did or said).

Connect to how you are **feeling** right now while remembering and write that down.

Now write down the **need/s** not met by doing/saying what you did.

🌧 Draw a tear to acknowledge that part of you that wants to grow + learn.

(As an added step, you may like to name the **need/s** you were trying to meet by making the choice you did, whether you met them or not)

Now is the time to sit with these **needs** that you connected to in mourning.

Take at least 3 full breaths with each need.

Learning + Integration (lightbulbs)



Begin to imagine what may have worked better or would work better next time.



Write this out in a very specific way - ie the words you would speak or the actions you would take. And ... draw a lightbulb.

This can be a very powerful way to **integrate** and **"harvest"** your learning.

FEEDBACK VERY WELCOME WHAT DOES OR DOES NOT WORK FOR YOU ABOUT THIS DOC. kate@kateraffin.com

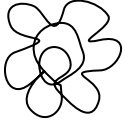
Based on the work of Marshall Rosenberg - Nonviolent Communication. www.cnvc.org

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Kate Raffin Oct 2012 - Deep gratitude to Ike Lasater for the inspiration

kate@kateraffin.com - feedback welcome

example worksheet



When I remember responding to Shane's question with empathy today,
I feel grateful because it meets my need for connection, support + presence.



When I remember choosing not to go into break out sessions on the call today,
I feel relieved and satisfied because it embraces my need for self connection,
support and simplicity.



When I remember not working through an example with the first 2 people who
spoke, I feel sad + tense. I mourn the need for contribution and self trust.
The need I was trying to meet was effective use of time and assurance
that we could get through the whole process.



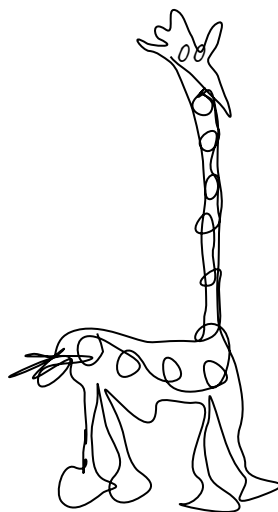
REQUEST of myself to support someone in a process from start to finish in
the next session I facilitate



When I remember doing my whole introduction and story without checking if
people could hear + understand me, I feel regretful. I so long to speak
with spaciousness + clarity - especially when there are folk on the line who
may not be familiar with my accent.



REQUEST of myself to check in next time after a few sentences that
everyone can hear and understand me sufficiently.



When pain is stimulated in you, take the time out to be with yourself and fully give space to this pain.

1. Write down the stimulus for this pain as an **observation**.

This will look like "when I heard ..., saw ..., said ..., did ..., remember..., tell myself..."
Take a moment to **fully connect** to the pain – feel your body, notice any body tightness, restriction, just notice this.

2. Now is the time to **free write** your jackals/thoughts – do not try to be "nice" or "wise"
– take this time to **express yourself on paper**.

Leave a line between each one.

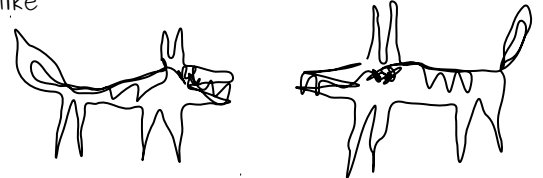
Use short simple statements – you may like to use words like

should/shouldn't eg "They should understand me"

have to/must eg "I must do this"

labels eg "She is a control freak"

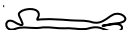
deserve language eg "I deserve better"



Keep writing these "jackals statements" until you feel some **relief**, or these thoughts start to repeat themselves, or you sigh or get the sense that you have a lot of your thoughts on the page.

3. Now go back and read the statements one at a time to yourself and write in the line underneath the **feeling*** being expressed **BY** each thought/statement. Go through your whole page like this.

* you may like to use a feeling and needs cue sheet. And draw a bone (empathy guess)

– that you are offering the jackal statement 

4. Go through the list again, connect to the feeling and now write the **need** being expressed **BY** each statement next to the feeling.

5. When you have been through the whole list, take a moment and look at the needs you have written down – you may like to re-list the two, three or four that really connect for you together at the bottom of the page.

6. Sit comfortably and **"BE WITH"** these needs **s l o w l y** repeat them to yourself a few times.

I like to close my eyes. Take at least 3 breaths with each need.

After a few minutes, gently open your eyes and bring your attention to your body,

How do you feel now? (If you have more new jackal statements, continue steps 2 – 6.)

- 7 You may also like to name the **need/s** trying to meet by making the choice you did, whether you met them or not

- 8 Now that you are connected to the needs, bring the original stimulus back into your focus.

Is there a **request** you could make of yourself?

The aim of this request is for the **next step** – not necessarily to resolve the whole "issue".

*Present, *specific, *do-able, *connected to these needs. Write this request.

If you have **coloured** pencils, you may enjoy the clarity of the colours if you **underline** or **highlight** **Observation** (yellow), **feelings** (red), **Needs** (blue) and **requests** (green)

Your page could look like this :- **When I responded the way I did to my friend**

What in the hell was I thinking? She was upset and I shouldn't have said that – I am an idiot!



Shock, **despair**, **compassion**, **diversity**, **respect**

Compassion, diversity, respect

Would you be willing to call her and see how she is today? YES.





1. Observation _____



2 'Jackal' Statement

.....



3 Feelings _____ 4 Needs _____



Jkl St



Feelings _____ Needs _____



J S



Feelings _____ Needs _____



J S



Feelings _____ Needs _____



J S



Feelings _____ Needs _____



J S



Feelings _____ Needs _____



J S



Feelings _____ Needs _____

5 Needs _____ , _____ , _____

6 **BREATHS** (connecting to the needs)

How do you feel now? _____

(If you have more new jackal statements, continue steps 2 - 6.)

7 What need/s was I trying to meet? _____ , _____

8 Request ? _____

.....

