Un-Empowering Time

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Workshop Overview

- Opening Exercise
- Perceptions of Allocation of Time
- Explorations of how our Point of View Influences Perception
- Exploration of how Points of View influence Empowerment over our Time
- Questions
Opening Exercise

• Write down one thing that you really like about yourself
• Write down one thing that you really like about the person you teamed up with for this exercise
One Thing you Really Like Reflection

• What did you discover about your perception of yourself in comparison to the perception another had of you?
• What is now possible for you with regard to this new awareness about yourself?
Two Circle Exercise Pie Chart

- **How you do perceive you spend your time?**
  - Personal well-being
  - Family
  - Community service
  - Work

- **How do you desire to spend your time?**
  - Personal well-being
  - Family
  - Community service
  - Work
Private Reflection

• Do you have any discrepancies between the two pie charts? If so, where do they reside?
• What do you see within your locus of control to change?
• What feels out of your locus of control?
• What thought, feeling, or belief can you let go of?
• Where can you build in overlaps?
• How can you bring more of the authentic you into each slice of pie?
Public Reflection
(Adapted from CNVC, 2011)

• What do you see within your locus of control to change with regard to these discrepancies?
• What feels out of your locus of control to change?
• How is your point of view influencing your perception of your locus of control?
• How is your point of view influencing your ability to make a change?
Story of Police Sirens in your rear View Mirror

(Baptiste Institute Level One Training, 2011)
Process Reflection
(Adapted from Baptiste Institute Level I Training, 2011, Katie, 2007, and ACIM, 1975)

- What is the “fact” about how you spend your time?
- What is your interpretation? How does your point of view influence your interpretation?
- Notice how your interpretation or judgment causes you more stress than the fact.
- What possibilities open up to you when you focus on fact instead of your interpretation of it?
The Steps

• Separate fact from interpretation
• Flesh out your point of view
• Sit with your point of view and the fact in non-judgment of yourself
• Now, what can you let go of with regard to your point of view?
• Look at all the possibilities for different choices
• Empower your choice
Exploring our Point of View

(Adapted from CNVC, 2011; Hoppe, 2011; Katie, 2007; Dyer, 2007; and Baptiste, 2011)

1. Judgment-based
2. Inquiry-based
Point of View Exercise
(Baptiste, 2011)

1. Create a list of people from whom you expect to feel acknowledgement and appreciation and from whom you do not feel this.

2. Now, create a list of people who expect to feel acknowledgement and appreciation from you and do not feel this.
Reflection Questions, Part I  
(Baptiste, 2011)

- Pick one person off the first list.
  - Around your communication with this person, what do you want to have happen? What is actually happening?
  - What has the current way of communicating produced? Why?
Reflection Questions, Part Two
(Baptiste, 2011)

- Now choose a person off of your second list.
  - What is not OK about this person?
  - What about this person needs to be fixed?
  - What about this person should be changed?
  - What have I been making wrong about this person?
  - What is the point of view that I have about this person?
  - What am I going to give up about this person?
  - What about my point of view can I give up about this person?
  - I am justified to keep it and can not give it up because [fill in the blank]...
  - What is the cost of keeping this?
  - What is the benefit of giving it up?
Public Share

- What has opened up to you during this discussion?
- What new possibilities do you now see?
Our Point of View Influences:

- The values we select
- The priorities we choose
- The way we communicate
- The manner in which we spend our time
- The manner in which we spend our money
- The way we show up in the world!
It comes down to a moment and the choice we make in the moment

http://www.youtube.com/watch?v=T1g3ENYxg9k
Sealing the Learning

- We give a lot of meaning to words
- The meaning that we apply is where conflict and suffering abound
- If you become attached to your interpretation, creativity is stifled
- If you open yourself up to inquiry, solutions become more apparent
- Pause, inquire, and Integrate
- Let something go...
Empowerment Exercise

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Final Reflection

- What has opened up for you as a result of these exercises?
- Where were you most challenged?
- What are you now choosing to let go of?
- What possibilities are now open to you?
Questions?
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Citation

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