



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 10 Transcript: New Thought

Making meaning of what's happening is a natural and normal part of our survival system. We already talked about how fact checking the story we're making up is an essential practice in changing the narrative we are living in. But, how do we choose a new thought?

Today, we focus on the new thought or perspective segment of practicing the pivot in the Pause & Pivot method, and take a more expanded look at how shifting our perspective and recalibrating our response increases our resiliency.

What is the meaning you are attaching to this experience? Even in this moment, ask yourself this question. Let's pause and notice what you are thinking. Like, right now.

While you are engaged in this program process, and watching this informational video, what's the meaning you are making up about it?

The perspective we choose has a significant impact on the outcomes we experience. Often unconscious, we hold perspectives that are limiting, disempowering, and self-fulfilling.

Recognizing the lens we choose to see through allows us to begin to change our perspective.

Here are some common lenses we may be looking at life through. There are certainly others, but here are just a few:

The Fear lens is looking at ourselves, our circumstances and other people with an expectation of being harmed in some way. We brace against life, protect ourselves and live within our comfort zone, attempting to control things and make them certain.



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The Scarcity lens is looking at ourselves, our circumstances and other people from a place of not being, doing or having enough. We wake up already feeling like we don't have enough time in our day to get everything done, we go throughout the day feeling like we don't have what we need, and we lay our head on our pillow at night with the feeling that who we are isn't enough to prove our worthiness and secure connection with others.

The Perfectionism lens is looking at ourselves, our circumstances and other people from a place of striving. It is a refusal of anything less than perfect, and therefore a rejection of our core humanity. Since no one is perfect, there is no end to this obsessive striving and performing.

The Comparison and Competition lens is looking at ourselves, our circumstances and other people from a place of judging our ranking - discerning where we are in the pecking order. There's a lot of posturing and stepping on others in our attempt to be better than, or a collapse into failure because we'll never measure up and be good enough.

The Resentment lens is looking at ourselves, our circumstances and other people while holding on to unforgiveness. Bitterness takes root in us and defiles our hearts, minds and spirits.

The Indifference lens is looking at ourselves, our circumstances and other people from a place of detachment. We are disengaged to such a degree that it keeps us from feeling connected in a meaningful way.

The Inferior or victim lens is looking at ourselves, our circumstances and other people from a place of disempowerment. We believe we have no choices and there's nothing we can do about it anyway. We are resigned to survive and go without.



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To shift the lens we are looking through, we have to risk to see something outside of what we already know. This is uncertain, unknown and strange at first. But, can open up new possibilities immediately.

I love the work *The Energy Project* has done in offering an effective way you can change a story by viewing it through any of three new lenses.

With the **reverse lens**, for example, you ask yourself, "What would the other person in this interaction say and in what ways might that be true?"

With the **long lens** you ask, "How will I most likely view this situation in six months?"

With the **wide lens** you ask yourself, "Regardless of the outcome of this issue, how can I grow and learn from it?"

We're gonna dive deep this week and do some work to shift the primary lenses we are seeing life through. This will have a significant impact on the stories you're making up about things and allow you to choose a new thought or perspective. How you see equals who you'll be.

Stay connected as we all put these new concepts into practice and download the action guide to support your process this week. And, share what you're noticing on our group page.