

# Video Transcript: Impact with Integrity - Module 2, Lesson 1

Hey everyone. Congratulations! You made it to Module Two and you're still here. This is great! So give yourself a little pat on the back and I am so glad you're here. So, in Module One, you faced into your challenge. Now in Module Two, you're going to embrace your power. From here, we'll go to clarifying your commitment and then shifting the context. But, embracing your power is a biggie. It's a real, real big one. And, honestly, this could be the whole course. This is a powerful, powerful concept that has the potential to make revolutionary changes to your life. So, with that spirit, I want to invite you to take your time with this. To not rush and just really stay open to the questions that I'm asking you, so that you can fully embrace your power of what you're going to do about the challenges you're facing. Now, where this is all going to, where we're going to end in Module Two, is you're going to make a choice of whether or not you want to do something about the challenge in front of you.

And, what I want to affirm and reiterate is, it's a choice. You always get to make a choice of whether or not you want to do something. You don't have to do something. You can choose to do something, or you can choose not to do something. That is yours. That is sacred. I respect that. I will honor that, no matter what. You don't have to do anything.

So, I want to take you through the rubric I go through in helping to decide whether or not I want to do something. And, it's really three different kinds of looks at things. The first one is embracing my power and how have I been leaving my power on the table? How have I been leaving my power out of the room? And, the way that you leave your house out of the room is by being on the drama triangle.

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So, we're going to do a whole, whole lesson on how are you potentially in an unconscious, unintentional way, perpetuating the challenge that you're facing, right? This is not to say it's your fault. It's not to say you created it. Somehow, it's just happening. And, when we're scared or we're not fully conscious of what's going on, we can interact with that challenge in a way that unconsciously perpetuates it. Not out of a place of choice, but out of a place of unconscious inaction. So the first step in embracing your power, honestly, is getting off the drama triangle. With whatever that is. So there's a whole lesson on that. Take your time. It's chock full of goodies. And when we're together live, I think we'll spend a lot of time workshopping if you're still on the Drama Triangle with something.

I think it's a lot of fun. I think it's a really liberating concept, honestly, of like, "Oh, I've been somehow keeping this going and I could do something different." That's where the real liberation comes from. Okay. But just getting off the drama triangle is not enough. Another thing that you're going to do in this module is face into your positional and your societally constructed power. Now, I used to teach this and just teach "Get off the drama triangle, you'll be good," but that's not rooted and grounded in your reality. So, if we're working in organizations, we're in some form of hierarchy where we have more or less power or authority than others. And, we might be lower on the chain of command, or we might be higher on the chain of command, and, depending on where we're situated with that positional power, there's different considerations to make.

So, if you're really high on that positional power, you might want to think about, how can I see the power so that this challenge can be owned by all.

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And, if you're lower, the risks are going to be different for you. And, it would be irresponsible of me to pretend like those risks are equally distributed. Both because of our hierarchical positions, wherever you may be with that, and that's going to be distinct and unique to every person who's taking this course, but also in our societally constructed power that we have, or don't. So, we live in a society that some people get to do things that other people don't get to do, right? Or there's different consequences, depending on your identity or whether your identity is one in the context you're in, that's privileged or marginalized. Privileged, or oppressed. And we're really complex people.

So, it's not like it's just all or nothing necessarily, but I want to support you in going clear-eyed into whatever is going to be. So, if the deck is stacked against you from a societally construed power, which, by the way, I just want to say stipulated is, bull sh\*t, right? But, it's the world we live in. So, if the risk is greater for you, it's not that necessarily we're going to be able to fix that right now or do something about that. But, I just want you...all of us to know, "Okay, these are the risks I'm still choosing or not choosing," right? It can inform your choice. So you can think about this. Look at positional and societal power, almost as a little bit of a mini risk assessment before we choose. Now, that choosing isn't necessarily going to be a fully rational.

If these things are yes, then I go ahead. And if these things are no, then I don't go ahead. It's not a rational thing. Ideally, choosing is done from a whole body place, knowing everything that you know, feeling everything that you can feel and letting the choice arise from a place of embodiment versus only using our cognitive ability. Right?

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So, there may be risks and you may or may not choose to proceed. That's going to be up to you. That's the beauty of this. And, what I want to do is support you. And, regardless, let's get you off the drama triangle for heaven sakes. And, then, from there, let's have a reality check. Where are you at? And then we'll move from there into choice.

So, this is going to be a powerful week. Practice self-care. Be good to yourself. Be kind to yourself. Love yourself. A lot is going to be opened up to you. I wish you the best in doing this.

I will see you in the next lesson.