

Video Transcript: Impact with Integrity - Module 2, Lesson 5

Hey, welcome back. Okay. This is the final lesson of Module Two, where we're going to talk about choosing. And, as I said at the very beginning of this Module, this is all gonna come down to you making a choice of whether or not you want to take action in regards to the challenge that you're facing. And, I want to affirm, it is completely legitimate, 100% legitimate, to say, "Not now, not today, people. Not what I'm doing." And that's a choice and that's actually ironically doing something and it's not on the drama triangle. You can do that completely off the drama triangle and be like, "You know what? Not today." That's totally okay. It's really okay. Even though you paid money and you're in this course, you don't have to do anything about that thing. Right. Maybe stay with the course, please. And I'm going to teach you what to do about the things you want to do something about, but this is kind of the inflection point where your agency gets activated fully activated, right?

So, you faced into your challenge. You've looked at it from multiple lenses. You're clear on that. You've looked at your power both in how have I been kind of not fully accessing my power by staying on the drama triangle. Let's get you off the drama triangle, right? You've looked at and embraced your position on your societal power. You've done some kind of risk assessment and like, "ah, I don't really want to do this," And, like maybe, maybe not. This is where we are right now. So, I want to share with you something that's kind of a combination of the techniques for motivational interviewing, which is to help resolve ambivalence, and a little bit informed by a dinner conversation I had with Jane Hall Lute. She was one of my professors in college. She went on to be the deputy director of peacekeeping at the United Nations.

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So I figure someone who spent most of her career doing peacekeeping might have something to offer here about like, do we want to take action or not? And I was trying to make a decision at the time. This was decades ago. And she said, "Becky, you know what, when I'm making a decision in my life, I use the opportunity index and the regret index. I look at two indexes." I'm like, what's the opportunity here and what could come of that? And what am I going to regret if I do or don't do this thing. And so I've created a worksheet for you that helps you go through resolving your ambivalence, using this opportunity and regret index. And just asking you different questions around, If you choose to say or do something, or not say or do something, what opportunities might open up or be not available to you and what regrets could potentially occur and do you want to avoid? And so, just trust the process.

Download and print the worksheet. Go through the worksheet. And where the worksheet concludes is this question of what do you choose for your own self, for your own aliveness and for your wellbeing. And, whatever that is, I am a thousand percent in support because I believe that what is inside you, your essence, your off-the-triangle self, whatever it is that you choose for yourself, that that's part of the repairing of the world. That's part of the healing and wholeness that wants to happen. So, I honor that, I ask you to honor that in yourself. And, so, start to tune into that.

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And I had talked before and I'll mention it again: I don't intend for this to be some kind of rational checklist, right? Or list of pro cons. I don't work that way. What I really want to invite you to do as you answer these questions is to tune into your body wisdom, to tune into, listen to what your body is telling you as you answer these questions. So, if I choose to do something, what's the worst that could happen?

What does your body say is the worst thing can happen? Of course your brain is going to flee into the future, but also, what is the felt experience of dread or fear of existential threat that you might be feeling in your life that comes up for you? And allow...at the end of the day, here's what I want to invite: allow your body to decide. Right? And I can't even...we'll explain that more when we're live. Let your body decide. Don't make this a purely rational decision. If you do that, you're only using a teeny tiny portion of your brain, right? Let your whole body decide and see what you come up with and we will see you in the next module.

All right. Congratulations on completing Module Two. Okay.