

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)

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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)

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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

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<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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