

Boxes I Carry*

Name of This Box: _____

Towards Whom I carry this box: _____

When you are in this thinking what is your:

Self View	View of Other People
Feelings	World View (The World Is:)

Questions to Explore About this Box

- How much of the truth does this world view represent?
- What else could be true?
- What happened right before you started feeling this way?
- What are the triggers that put you into this world view?
- What are the red flags that tell you that you are seeing the world from “The Box”?
- How are you seeing others when you are in this world view?
- How does that impact your interactions with them?
- The authors of “Anatomy of Peace and Leadership” & Self Deception would call this “A Box”. What could you name this particular box?
 - NOTE: Keep in mind that you probably have more than one box

Out of "The Box" View*

Name of this "Out of Box" View: _____

When things are going well:

My Self View

View of Other People

Feelings

World View (The World Is:)

Questions to Explore the Out of “The Box” View

- What’s the difference in how you feel when you are Inside “The Box” versus Outside “The Box”?
- Are you able to function better with others when you’re Out of “The Box” or in “The Box”?
- Which World View is true more of the time?

Things to Know About “The Box(es)”

1. The Process of Getting in “The Box”:

Uncomfortable Feelings → Shift into “The Box” → Distorted Thoughts of Self & Others → Distorted World View =

2. The Results of Being in “The Box”:

Behaving in Ways that are Not Productive

- Lashing out
- Displaying angry
- Displaying superiority

- Closing off
- Withdrawing
- Self-protecting

Which of these behaviors do you display while you are in “The Box”?

Your distorted world view clouds your perception, thinking, and feelings. This leads you to not be your best self and not to act in ways that are constructive.

How is the way you’re behaving while you’re in “The Box” like how the person (or situation) that you let trigger you into “The Box” is behaving towards you?

3. The “Boxes I Carry” – Intervention Tool (Getting Out of “The Box”)

1. Recognize that you have slipped into seeing things from “The Box”.
2. Recognize that what you see from “The Box” is a distorted view of others and the world and that it’s not the **whole** truth.
3. **Choose** not to see things that way and choose to return to your Out of “The Box” World View.
4. Behave and communicate the way you **choose** to rather than just reacting to your Box.

NOTES:

- Over time, as you practice being aware of your Box, you will build a tipping point and will move into staying in your healthy world view (Out of “The Box”) more of the time.
- You will be more aware of when you slip into the unhealthy world view (The Box) and will be able to make a choice of whether to stay in (“The Box”) or not. You will also find that you will be able to slip out of your Old World View (“The Box”) more easily.
- This can be hard work. Your mind feels safe and like it’s in a familiar place when you’re in “The Box.” So, it sometimes fights to stay in “The Box”. You may feel disoriented while working on being Out of “The Box” more of the time. At some point you will begin to feel more comfortable.
- You may have more than one unhealthy Word View Box and may need to do this exercise more than once.

Possible Actions - Self-Reflection Writing/Drawing Prompts to Deepen the Learning:

- How am I behaving that is like my view of others when I am seeing the world from inside “The Box”?
- What keeps me in “The Box” when I let myself be triggered into it?
- How can I stay out of “The Box” more of the time?

Self-Justification – Getting Stuck in “The Box”

- How are you self-justifying your thoughts and feelings when you are in “The Box”?
- What justification(s) keep you in this World View?
- How do these justification(s) keep you stuck?
- What would the opposite feeling be? (Tell me about a time when you didn’t feel this way and how it felt?)

Ways of Being

There are mainly two ways of being:

- Responsive or Resistant
- How you’re seeing others and the world (in “The Box” or out of “The Box”) impacts whether you are Responsive or Resistant
- Your Behavior is impacted by whether you are feeling Responsive or Resistant
- What others see is your Behavior
- Your Behavior as seen by others, impacts how they see the world, and thus how they behave towards you

Collusion

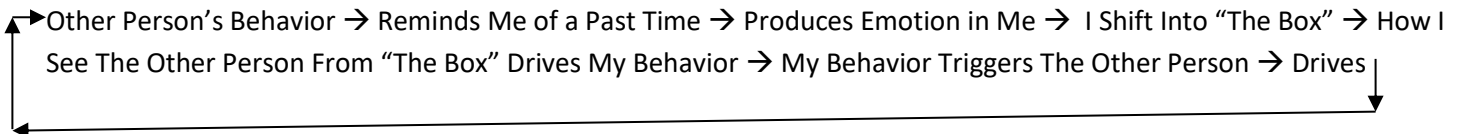
The mind often fights so hard to be in “The Box” that it will drive people to recruit allies that support their in “The Box” World View.

They may seek out, or at least give attention to, people who prove that their In “The Box” World View is true (and correct).

And, then, they may behave in a way that perpetuates the behavior from the other person to ensure that their in “The Box” World View continues to appear to be true.

This is called Collusion.

The Collusion Process:



How to tell if you're in Collusion:

Does my behavior (driven by my thoughts, emotions, attitudes) when I'm in the box, trigger more of the behavior I expect from the person when I'm in “The Box”? If so:

- Can you change the other person?
- Can you change yourself?
- How long is this likely to go on if you don't change?
- What do you truly want in this situation?
- If you want a different outcome, who needs to change?
- If you are the one that needs to change, how can you change?
- What's the benefit if you change?