

Mindset Mastery VI

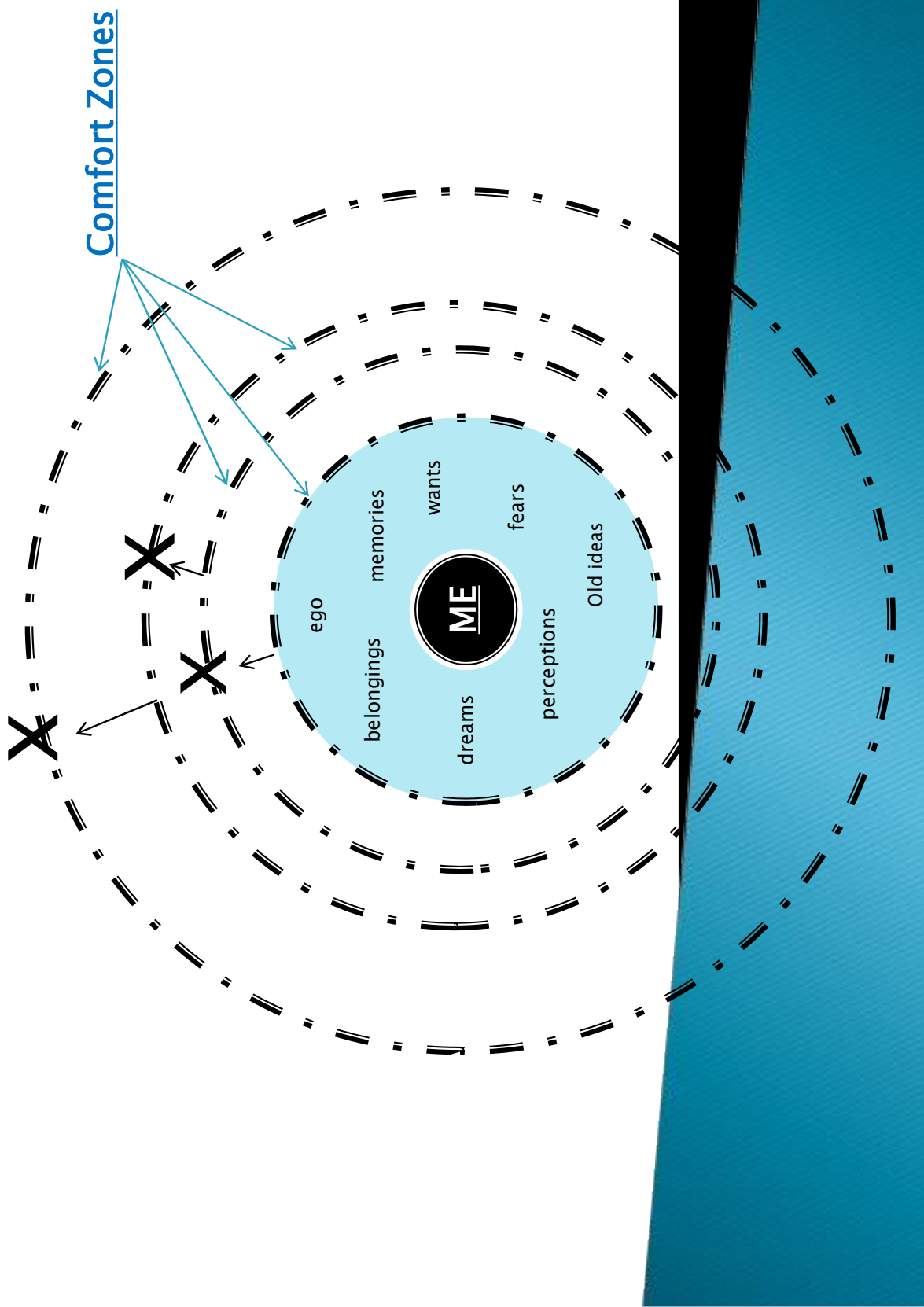
Lesson #3

An exploration of Self-Coaching

CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

CIRCLE OF SAFETY



Skill #7 Perception Checking

Perception checking is essential to accurately understand what another person is communicating. Just because we heard their words does not mean we understand. Making assumptions about what they are saying can lead us even further away from their meaning. Also, we might hear through our own filters and assume something that is true for us, but not true for them.

Perception checking ensures that you and the sharer are on the same page and establishes a trusting connection.

Several results can be produced when perception checking.

- The sharer clarifies that you did not hear correctly. The sharer now feels respected, and that you felt it was important to understand them.
- The sharer feels heard and understood but considers that there is more to share. They themselves find a deeper meaning in what they are sharing and understand themselves better.
- The sharer feels heard and understood. They are now safe to continue and will probably go deeper into healing.

This is a foundational skill that when done correctly in a heartfelt way, can facilitate great healing.

Skill #7 Perception Checking

When perception checking, wait for a break in the sharer's talking. Ask them if you are correct in what you think they are saying.

Here are some examples...

- If I am correct, you mean that it bothers you when...
- Let me check if I have this right... You moved. All your belongings are lost, and now you feel lost. Is that accurate?
- Let me make sure I'm following you...

Some people will want to talk A LOT and it might be hard to find a break in their talking. It's OK in this scenario to interrupt the conversation for the sake of getting clarity.

Here are examples of what to say...

- **I'm going to interrupt** because I want to make sure I understand you.
- **Ingrid...** I need to ask a question before you go on. Am I hearing that you...
- What you are saying is important to me, but I'd really like to make sure I am following you.

Trio #7 Perception Checking

5

Skills used

Silence

Timing

Deep Listening

15/5/5

Holding Space

Seeing the loving Spirit

Prizing

Open-Ended Questions

Perception Checking

- **N.O.** - Focus your attention on the trio. Actively and silently send the sharer compassion and love. *Remember, your role **is** important!*
- **Coach** - Focus all of your attention on the sharer. Silently send them compassion and love. Remember, they have all the inner resources to find their own answers and solutions.
- Invite your partner to share by saying something like this...
Please share with me something that has meaning for you.
- Allow for reflection by holding silence. Listen for the deeper meaning in what's being communicated. When appropriate, practice the skill of Perception Checking.
- **Feedback** is at the end of the last round for *all three partners* to share what they experienced in all three roles,

Homework

6

Catch up on all the prior homework assignments.

You will find the homework in each lesson. You can download the lessons in the **About section** of your group page on the website.

If you would like, you can email your homework to

Dawnmarie@dawnmariepresley.com

Homework Checklist

- 1. Visit the class page at least 3 times.
Comment and answer any questions.**

— — —

- **Say your quality and statement at least 10 times daily.**

— — — — — — —

- **Finish all the homework assignments**

My takeaway notes
