

Mindset Mastery VI

An exploration of Self-Coaching

Lesson #9

Negative Projections

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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.

Skill #10 – Working with Negative Projections

Projection – An image placed on another surface.

Psychological Projection – The placing of ones own negative traits and emotions onto another.

Here are a few examples...

- Screaming and raging while telling someone else that they are “always so angry.”
- Accusing your mate of cheating when you’ve been attracted to another, or perhaps you’ve already started to actively cheat.
- Labeling others in negative ways, such as, lying, untrustworthy, ugly, sloppy, etc. when you are the same.

When we find ourselves in challenging situations, annoyed or bothered by others' behavior, or more accurately, **what we interpret their behavior to be about**, it can be difficult, maybe even painful to hold a mirror to ourselves.

“You cannot change what you refuse to confront.”

- *John Spence*

Skill #10 – Working with Negative Projections

(continued)

Addressing these behaviors, and their internal roots, opens us up to solutions.

Often...

- The person stops annoying us because we accept that our annoyance was more about ourselves than the other.
- We will be more likely to change our own behavior, setting off a positive change in relationships.
- We will be more likely to set clear boundaries for ourselves and leave unhealthy relationships behind if necessary.

It is important to note that it is **not** always a projection when identifying negative traits in others. Nor is it always the case when others identify negative traits in us.

A perceived negative trait can be the truth about someone or us. Before we brush something off as “*just a projection*” it would better serve us to consider whether it is true or false by examining our own behaviors and emotions.

Perhaps there is more wisdom than we might think to the childhood saying...

“I know you are, but what am I?”

Skill #10 – Working with Negative Projections

(Continues)

When looking at projections, most people will say, “I don’t do that. I’m not like that.” and this is as far as they get. Here is your chance to go further and create more freedom. Will you take that chance?

For this exercise, assume you are making projections. Instead of asking “IF” you do that, ask “HOW do I do that?”

Ask your heart the following questions...

- **How** do I do ____.
- **How** have I done this to the other person?
- What is this triggering inside of me?
- What can I change?

When openly and honestly answered, these questions can bring about clear positive change. Go for it!

Forgiveness Statements Reference Sheet

- I forgive myself for judging _____ as _____.
- I forgive myself for judging myself as _____.
- I forgive myself for buying into the story that _____.
- The truth is _____.

Trio #12 – Facilitating Identifying and Clearing Projections

7

Skills Used

Silence

Deep Listening

Holding Space

Prizing

Open-ended Questions

Seeing the Loving Spirit

Reflecting Feelings

Timing
20/10/5/5
(15min left)

“Confrontation is not a verbal hit-and-run;
rather, it is used constructively to bring about change.”

- *Donald Collins*

When facilitating another in identifying and clearing Negative Projections, it is best to use the skills of **Silence, Deep Listening, Holding Space, Prizing, Open-ended Questions, Seeing the Loving Essence** and **Reflecting Feelings** first.

It's important that the Sharer feels heard and understood **before** you directly address their projections and behaviors. Once you empathize, and they feel understood, they will more easily accept this process and... you might have sidestepped a black eye.

Trio #12 – Facilitating Identifying and Clearing Projections (continued)

The **biggest mistake** the coach can make in this process is to **confront the projections too soon**. If the Sharer is not ready or open, because they do not feel heard, it can put them on the defensive and shut them down. Tuning in to, and allowing, your heart to guide you in the timing of this is vital, and will increase your chances of success, especially when doing this for, and with, yourself.

“A confrontation - most importantly one with ourselves - is what needs to take place for true awareness, change, and healing to occur.”

- **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 the Sharer to set their trio intention.

Trio #12 – Facilitating Identifying and Clearing Projections

(continued)

- Invite your partner to share by saying something like this...
Briefly describe a challenging situation where you were upset and felt the other person was more to blame or perhaps wrong entirely.
- **Sharer** - **Briefly** describe the situation.
- **Coach** - Try to use *all* of the skills you have learned, if appropriate. **Do not give advice or problem-solve; you will distract the Sharer from what is important.**
- When you and the Sharer have learned enough of the story, and inner interpretation, ask them to describe the other person and/or the situation.

Here are some examples.

- Snobby
- They stole from me
- Ugly
- Mean
- Manipulative

Encourage them to list them all. Even the ones they may not want to.

Trio #12 – Facilitating Identifying and Clearing Projections

(continued)

- **Sharer** – describe the other person or situation .
- **Coach** - When the sharer is complete ask them if they would like to explore the projections for this situation.
If they say, “**Yes.**” Ask them to answer the bulleted questions.
Use the words they used to describe the other.
If they say, “**No.**” start this trio over by asking them to describe another situation.

Example questions:

- **How** are you like ____? (...the person or situation)
- **How** have I done this to the other person.
- **Coach** - when the sharer feels complete with the projections, invite them to do some forgiveness statements.
 - I forgive myself for judging myself as _____.
 - I forgive myself for judging _____ as _____.
 - I forgive myself for creating the story that _____.

Follow up with....

- The truth is _____.
- When the client feels finished ask if there is another situation they would like to explore. Repeat this process if time allows
- **Feedback** is for the Sharer to share what it was like to look at themselves in this way and how effective it was for them

Homework

Homework this week is to do the complete Trio. You will function as Coach, N.O., and Sharer. Take as much time, and address as many issues, as you feel necessary.

If you want, you can write out the results of your Trio and send it to Dawnmarie in the body of an email. Do not send as an attachment.

Send to: Dawnmarie@dawnmariepresley.com

Homework Checklist

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

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

- *Review forgiveness lesson*
- *Complete your Facilitating Identifying and Clearing Projections self-coaching.*

My takeaway notes
