

Mindset Mastery VI

An exploration of Self-Coaching

Lesson #8

Forgiveness

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 #8

Setting intentions

- Setting an intention for your trio can be helpful in keeping the focus, and knowing what you are aiming for. Here are some examples of clear positive intentions for trios.

My intention:

- To create more loving between my mother and me.
- To explore my inner feeling regarding this situation.
- To heal this situation in the best way for all concerned.
- To deepen my experience of self-compassion.

If no intention comes forward, that is ok. Don't spend more than 30 seconds to 1 minutes on this.

Forgiveness Statements

- 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 #11 – Facilitating Forgiveness.⁵

Skills Used

Silence

Deep Listening

Holding Space

Prizing

Open-ended Questions

Seeing the Loving Spirit

Reflecting Feelings

Timing

25/5/5

- **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.
- Invite your partner to share by saying something like this...
Briefly describe a challenging situation where you would like to experience more acceptance and loving.
- **Sharer** - **Briefly** describe the situation.

Trio #11 – Facilitating Forgiveness (continued)

- Coach-Try to use *all* of the skills you have learned, if appropriate. Do not give advice or problem-solve; or You will distract them from what is important.
 - When you and the sharer have learned enough of the story, and inner interpretation, ask them if they feel ready to do some of the forgiveness statements below. Allow for extended silence as they search.
 - 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 neutral observer to share what they learned about themselves from observing. This is not the time for you to make suggestions or critique the coach.

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 Forgiveness self-coaching.*

My takeaway notes
