

# Mindset Mastery VI

*An exploration of Self-Coaching*

## Lesson #3

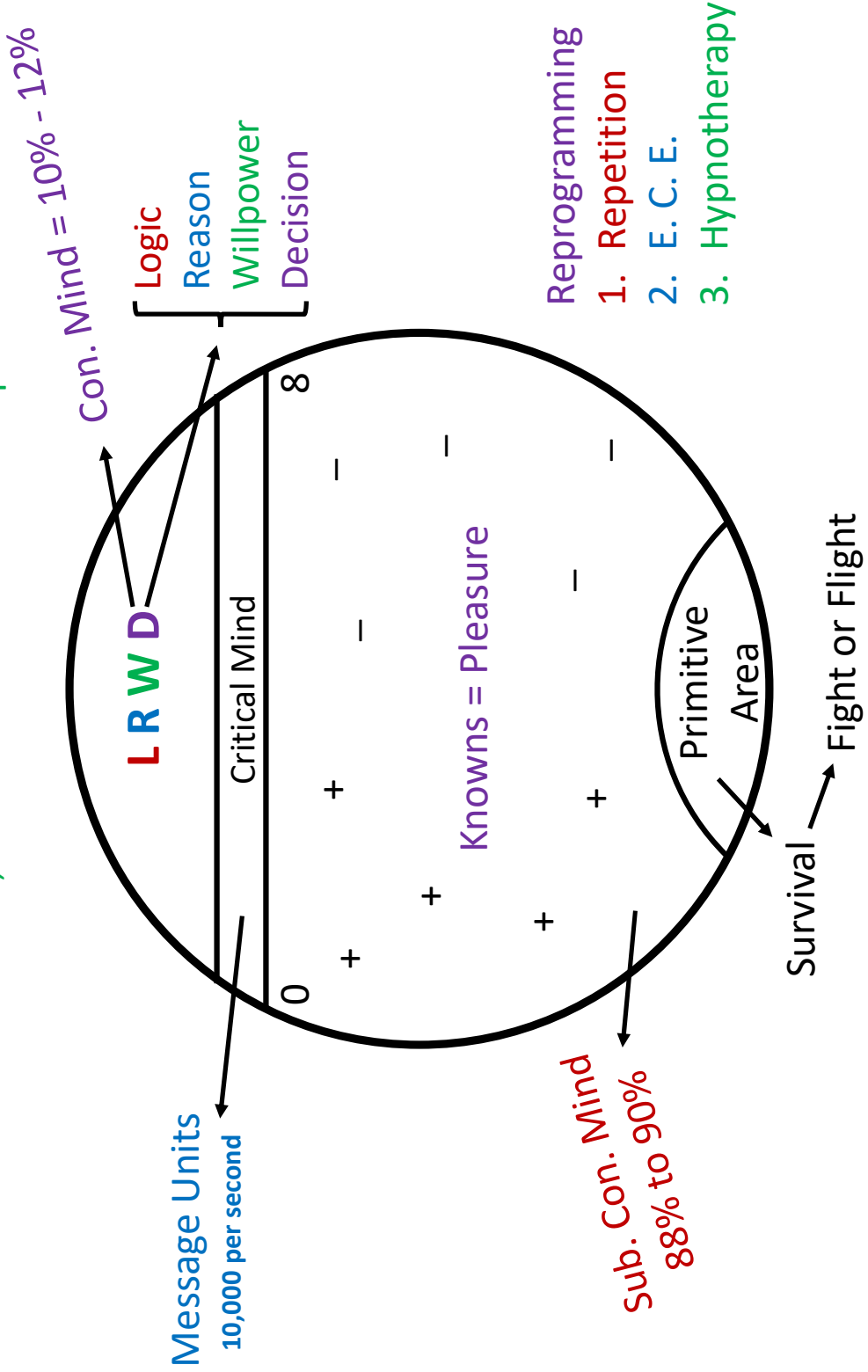
# CLASS GUIDELINES

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.

There is a reason why you have been doing, feeling, and thinking these things

# THEORY OF MIND

Identification, Association and Created Response.



## Skill #6 Open-Ended Questions

Open-ended questions invite your partner to explore more deeply what they feel and think about an issue or challenge. It can facilitate clarity and a deeper understanding of their circumstances. It can also lead to solutions. Asking a yes or no question can block the flow of healing and end a discussion. Here are some examples of both.

- Do you want chicken for dinner?
- What would you like for dinner?
  
- Do you feel like your mother loves you?
- How do you feel about your relationship with your mother?
  
- Is your job satisfying to you?
- What do you like most about your job?
  
- Other examples:
- Please, tell me more about that?
- Perhaps you can clarify what you meant when you said...

# Trio #6 Open-Ended Questions

5

## Skills used

Silence

Deep Listening

Holding Space

Seeing the loving Spirit

Prizing

Open-Ended Questions

Timing

10/2/5

- **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 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 open-ended questions.
- **Feedback** is for *all three partners* to share what they experienced in all three roles, at the end of the three rounds.

# Homework

Catch up on all the prior homework assignments. Email them to Dawnmarie.

