

Living Authentically Course Sample1

WEEK TWO. DAY TWO

During a day or week there are usually little frustrations. Today I invite you to pay attention to them.

Either take time out to recall them or set up some kind of signal for yourself so that you can stop and pay attention when they occur. You may like to carry a pencil and paper with you for instance.

At some time after you have a few instances sit down with your observation. See if there are any that are surprising.

If not, consider the themes. How do these little frustrations fit into your picture or who you are?

If there are, see if you can find a way to describe or name them. Then see if you can see why they don't fit into your idea of who you are.

If there is something you find particularly striking, or that grabs your attention, you can follow it through the rest of this course.

It is likely that little frustrations, especially the ones that often happen, give us a good indication of what our life is like. What unresolved issues there are for us?

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<p style="text-align: center;">WEEK SEVEN. DAY FOUR</p>

For many of us, much of our happiness relies on relationships. So it's worth looking at how satisfying (or not) our relationships are.

1. An experiment with satisfaction in a relationship.

If you have a friend who is a bit open to new stuff, try this.

Set a time limit. It is probably best to start with something quite brief, perhaps 3-5 minutes.

The rule(s): the person who speaks says only what they want to. They speak until they are satisfied with what they have said. You may want to have other rules (regarding politeness, obscenity etc).

Decide who will speak first.

After the time has elapsed, reflect on how satisfying you found this experience. Here are some ideas for reflection:

Was it more or less satisfying than my normal relationships, or about the same?

Were there some parts that were more or less satisfying than others? If so which ones, and why?

How different was this to my normal relationships? Do I feel similar kinds of satisfaction or dissatisfaction?

2. Satisfaction and Dissatisfaction with relationships.

Make a list of some of the relationships in your life.

Then choose two – one you find satisfying and one you are somewhat dissatisfied with. It is probably best if you don't choose the relationships that are most important to you. (If you want to choose important relationships please be sure you have the support you need for any deep exploration.)

Begin with the one you feel satisfied with.

Be as specific as you can about the satisfaction. Where you feel it in your body? Where does the relationship fit in your life? (Is it confined to one area like work or sport?) Are there aspects of the relationship that are especially satisfying? Are there any changes you would like to make to this relationship?

Then move on to the relationship you are somewhat dissatisfied with.

Be as specific as you can about the dissatisfaction. Where you feel it in your body? Where does the relationship fit in your life? (Is it confined to one area like work or sport?) Are there aspects of the relationship that are especially dissatisfying? Are there any changes you would like to make to this relationship?

3. Satisfaction and the relationships in your life.

Look back at the list you made of the relationships in your life.

Would you say that your relationships add to the satisfaction you feel about life? (You may feel that you would rather pursue a craft, or spend all your time on your job, rather than be bothered with relationships.)

What are the satisfactions that your relationships bring in to your life (if any)?

What are the dissatisfactions that your relationships bring in to your life (if any)?

Are there any changes you would like to make to your relationships? If so think of one small and easy thing to do to make this change.