

Take Charge of Your Life

Session 5



“Discover the Why and How of Your Behaviour”

*What happens when we don't get what we want?
How can we stay balanced?*





Recapping first session

We learnt that

1. We **can choose our response** in our circumstances
2. We make our choices based on the **Quality World** pictures we have in our heads about what feels good for us
3. These QW pictures are there because they satisfy our genetically programmed needs – for **Safety and Survival**, **Love and Belonging**, **Power**, **Freedom** and **Fun**



Recapping last week....

Last session we learnt that

1. We make behaviour choices which either bring us **closer together** (**Connecting/Caring Habits**) or drive us **further apart** (**Disconnecting Habits**)



2. That the amount and type of information we take in (**our Perceived World PW**) from the world around us depends on our **senses**, what we already **know** and what is **important to us**



3. That when what we **WANT (QW)** doesn't match what we **GOT (PW)** we feel **out of balance** (angry, sad or worried)



Activity: “Connecting”

If ... “**our scales are tipped**”

And we are *out of balance*

we feel either

angry

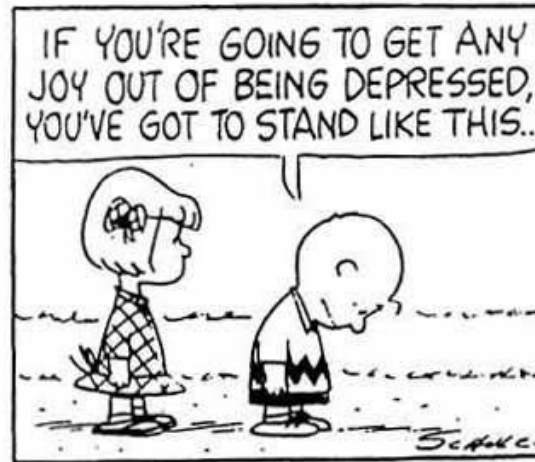
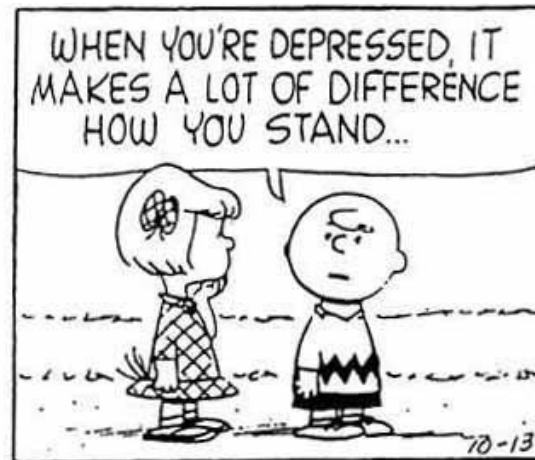
worried

Or *sad*

we always do something
to try to fix this



Activity: "Think Red"



© 1960 United Feature Syndicate, Inc.

The Behaviour Car



All behaviour is made up of four components:

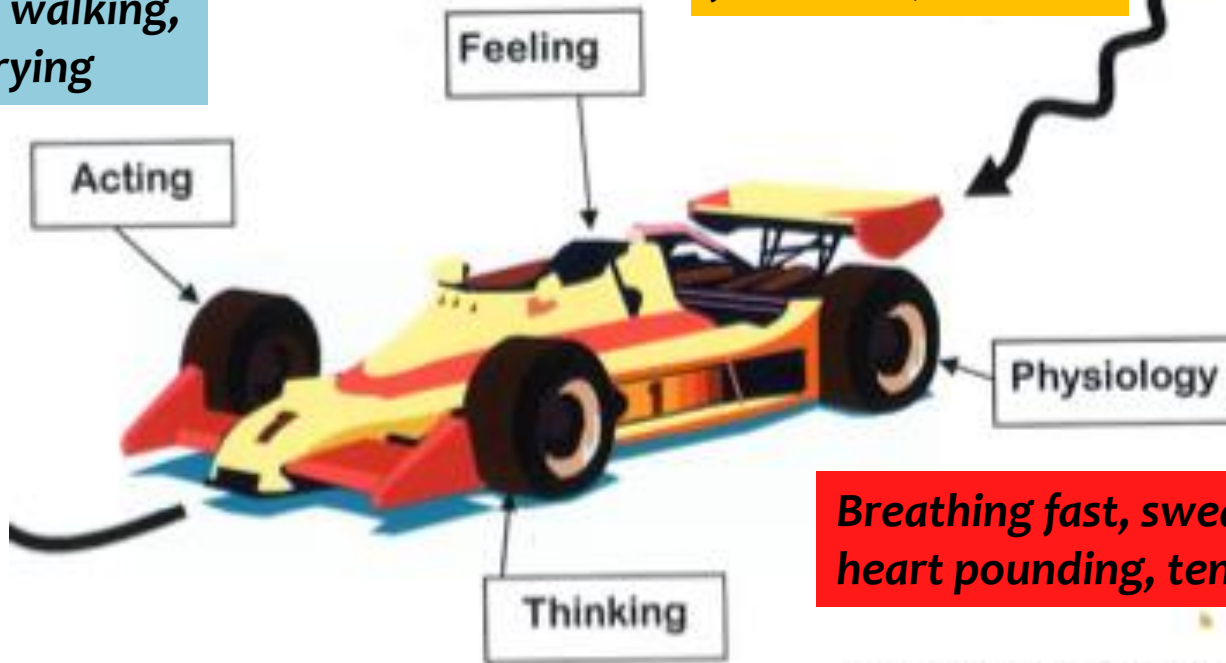
- | | |
|---------------------------------------|--|
| Actions : | what we are doing |
| Thinking: | the stream of thoughts constantly running through our minds |
| Feelings: | our emotions - anger, fear, joy etc |
| Physiology :
(or body talk) | all our nonconscious physical responses
eg heart rate, breathing, sweating,
muscle tension, hormone levels,
brain chemistry etc |

“The Behaviour Car”



**Delighted, worried,
frustrated, calm**

**Sleeping, walking,
yelling, crying**



**Breathing fast, sweating,
heart pounding, tense neck muscles**

***This sucks, I am confused, This is great!
No one cares.... I am such a loser
I am calm, I can do this***

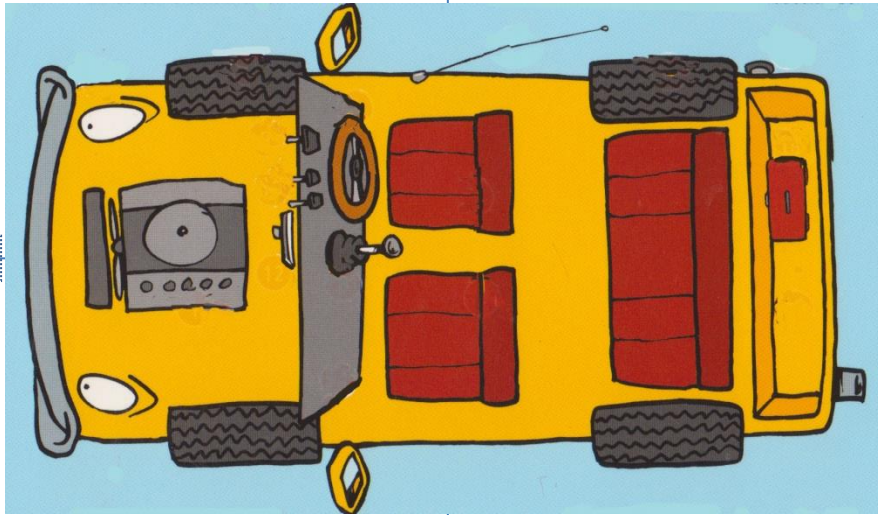
Adapted by Mitchell Messina fi
of Dr. William Glasser (MD)

Activity “Reinventing Yourself”



What are my actions?

What are my feelings?



What am I thinking?

What's happening in my body?



“When are you going to stop reinventing the wheel?”



Choosing new behaviours

- We can choose an **organised behaviour** (habit) or we **can create a new behaviour**.
- We must practise this new behaviour before it becomes an '**organised behaviour**'.
- We can more easily change our Front Wheels - what we are **Doing and Thinking**.
- Our Back Wheels - **Feelings and Physiology** -will change when we change our **Doing and Thinking**

Quotes:

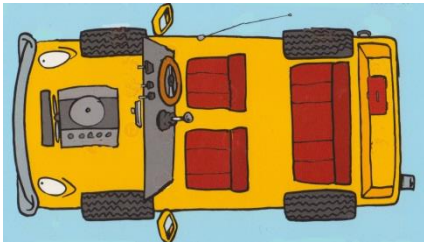


“Good or bad, everything we do is our best choice at that moment.”

“All behaviour is purposeful and made of four components - acting, thinking, feeling and physiology.”

“These are our choices when we want to stop choosing a painful behaviour like ‘angering’, we can

- 1. change **what we want (QW pic)**
- OR** 2. change **what we are doing**
(our acting and thinking)



William Glasser

So... What's this got to do with our mental health?



- Think of a time when you were “out of balance”. What feelings come to mind? What about when you were “in balance”?
- What is the benefit of noticing and naming our feelings and body talk?
- What is the benefit of being aware of what we are thinking and what we are doing when we are ‘tipped’?
- If you can use some skills to regain balance how could this lead to better mental health?