

Four “C” Shovels That Re-Story Safety in the SELF (Page One)



COURAGE



CURIOSITY



COMPASSION



CONNECTION

Oftentimes when we are in a stressful situation, we react in ways that are not productive. Old stories that don't serve our highest and best outcomes take over. For example, we might avoid the situation, lash out at the person, or turn inward and judge ourselves.

The next time you are in a situation and find yourself reacting in a non-productive way, take a deep breath and use one or more of the “C” shovels to excavate a more productive way to manage the situation. This worksheet can be used to help you sort out ways to handle the situation better and write a more productive story.

Write down a summary of a current stressful situation in this box.

On the following two pages write down some ways you can use the four “C” shovels to excavate your authentic SELF:

Four “C” Shovels That Re-Story Safety in the SELF (Page Two)

Courage: The word *courage* can be traced back to the Latin root *cor* — the same root as the word *heart* (coronary). Take a deep breath and ask your heart what it wants in this situation. Make a commitment to listen to your heart and have courage to love yourself through this situation. What does your heart say? Write it here:

Curiosity: The word *curiosity* can be traced back to the Latin root *cura* -- meaning care and concern. Imagine yourself as a young child, full of wonder and awe. Ask questions. Never make assumptions about the situation. Be curious. What are some questions you can ask yourself about this situation? What are some questions you can ask of the other(s)?

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Compassion: The word compassion can be traced back to the Latin root *com* –meaning with or together, and *pati* meaning to suffer. Having empathy and compassion for self and others tames the fear a bit and helps love come to the forefront. What does compassion look like in this situation? How can love lead the way here?

Connection: The word connection can be traced back to the Latin root *com--* meaning together and *nectere* meaning to bind or tie. We are biological wired for connection. The most important connection being to our SELF. Take a deep breath and connect to yourself. Give yourself permission to be with YOU. Then ask yourself what you can do to connect to the other(s) involved.