Mastering the Inner Game of Change

How to feel less stressed and more in your groove as you navigate life
“Just say no to change.”
- Your brain
“You can’t stop the waves, but you can learn to surf.”

- Jon Kabat-Zinn
Think about

• Kinds of change you run into.
• Specific scenarios or challenges.
• How you react to the stress of change.
Listen to teach
“Alas for those that never sing, but die with all their music in them.”

- Oliver Wendell Holmes
The Aliveness CODE™
Constricted  Open
Stress
Worry
Fear
Hate

Constricted

Anger
Irritation
Frustration
Isolation
Resistance

Open
Stress  Happiness
Worry   Peace
Fear    Flow
Hate    Love

Constricted  Open

Anger   Compassion
Irritation   Creativity
Frustration   Big picture
Isolation   Connection
Resistance   Curiosity
Benefits of life in the Aliveness Zone

• Expanded possibility
• Greater equanimity
• Better health
• More resilient
• Greater happiness and life satisfaction
• Better self-image
• Better relationships
• Greater positive impact
Constricted

- Tunnel vision
- Less resilient
- More reactive
- Harder to see the possibilities
- Problem-solving is more difficult
- Less of a sense of connection
  - More “me,” less “we”
Open

- Big picture vision
- More resilient
- Greater equanimity
- More open to possibilities
- Problem-solving is easier
- Greater sense of connection
  - Less “me,” more “we”
The typical question

What can I change out there?
A better question

How can I change my experience?
Your experience is malleable.
(And you have much more control over it.)
Experience Influencers

Diagram: Circle showing the relationship between Story, Focus, and State.
3 Questions

What *story* am I telling?

What picture is my *focus* painting?

What is my *state*?
30-Day Experiment
Change your story and
change your experience
What’s my story?
Stories about...

- Yourself
- Others
- The past
- The future
- Your current situation
What is a more helpful story?
What am I making this mean?
Cognitive distortions

- Black-and-white thinking
- Catastrophizing
- Emotional reasoning
- Mind reading
- Negative fortune telling
Red flag words

• Always
• Never
• Can’t
• Should
• Shouldn’t
Take a big picture view
Ask, “What if it’s OK?”
Story shift:
Self-care is service.
Your turn
Where is your attention?

Negative  Neutral  Positive
RAS: Reticular Activating System
What’s good here?
Practice gratitude
Celebrate your successes
Taking in the good
Your turn
States

Emotional
Mental
Energy
Physical
The

Four Basics
Diet
Hydration
Exercise
Sleep
The Gain-to-Drain Ratio
Create a “Juice Menu”
Do some good
Slowing down the spin
60-second breath break
Hug someone
Your turn
The Aliveness Zone
3 Questions

What *story* am I telling?

What picture is my *focus* painting?

What is my *state*?
Curt Rosengren

curt@curtrosengren.com