

“Reinventing Yourself”

1. Work in two’s or threes. Imagine the following scenario:

You have woken up late and know you do not have time to get to work on time. The job is important to you. You have children to attend to in the morning. In the first car write what you are doing (acting wheel), what you are thinking, what you are feeling and your physiology? Write these beside each wheel on the sheet with the car on it

(eg Back wheels – Flustered, embarrassed, heart running fast, breathing fast

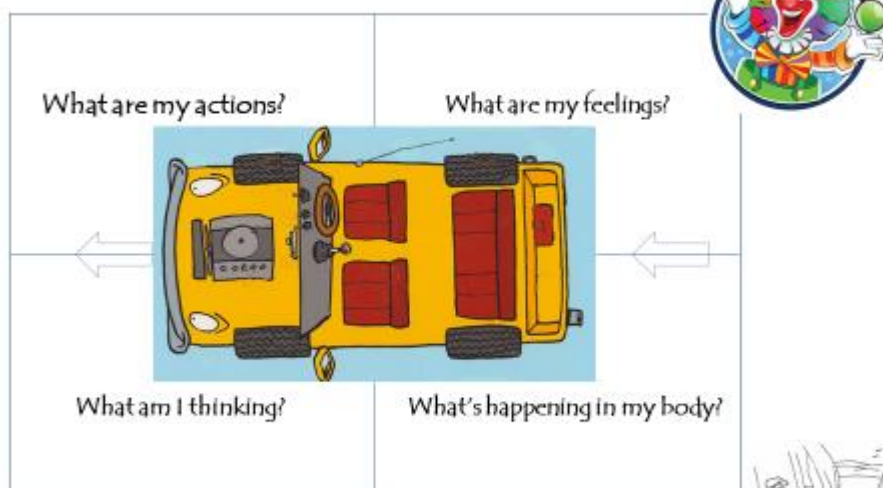
Front wheels – running, thinking oh no I will be late again! Everyone will see me.)

2. Share the group’s answers.
3. Do the Reinvention: **Choose to change one thing – either your Acting or your Thinking.**
4. Then complete the other 3 wheels assuming this change.
Eg Change running to walking – how does that Feel? Physiology? Thinking?
OR Change thinking to “It’s ok, I can explain why I am late. I can make up the time if I need to.” Then what would be your Acting? Feeling? Physiology?

Processing questions:

- Were you able to link the questioning process to the 4 quadrants?
- Can you see how emotions change when you change your actions or thoughts?
- Which is easier to change?
- What is a simple action you could do first in such a situation?
- Do you think you can use this process with yourself when you are facing difficulties?

Activity “Reinventing Yourself”



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

Adapted from Nancy Herrick and Bette Blance in *Take Charge of Your Life*