

Re-Centering Drill – Deep Steps Worksheet

A Leader Needs To Be Aware of The Sequences Of Re-Centering

Draw and color the process you have just experienced.

1A. Draw rightful, regulated anger's initial energy burst:

1B. Write where you felt rightful, regulated anger in your face and body. _____

2A. Draw reactive anger's unregulated energy explosion to hurt back, to get even

2B. Write where you felt reactive, unregulated anger in your face and body. _____

Become Aware!

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Draw and color the process you have just experienced.

3A. Draw thwarted, unregulated anger's initial energy suppressor:

3B. Write where you felt thwarted, unregulated anger in your face and body. _____

4A. Draw you basking in your place of REST

4B. Write where you felt being at REST in your face and body. _____

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Draw and color the process you have just experienced.

5A. Draw the experience of recalling rightful anger's rootedness in your human dignity, restoring your belief in Hidden Treasures and forgiving yourself* for not believing in who you truly and really are. [Being forgiven by your higher power is you so believe.]

5B. Write where you felt the above processes in your face and body. _____

6A. Draw yourself embracing the deep hurt to human dignity that lies beneath the urge to get even and the gloomy void of self-deprecation.

6B. Write where you felt the above process in your face and body. _____

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Draw and color the process you have just experienced.

7A. Draw yourself seeing and feeling the pain and suffering in the attacker for they are experiencing step 6 as you just did or they would not have attacked you.

7B. Write where you felt the above process in in your face and body. _____

8A. Draw yourself compassionately upon the attacker as you draw from your deep inner dignity and absolute worth as a human being.

8B. Write where you felt the above process in your face and body. _____

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Draw and Color the Process you have just experienced.

9. Draw yourself rejoicing and telling yourself: *I have transformed rightful anger into compassion toward the offender, which is among the highest achievements in life. I have great hope for the future.*

9B. Write where you felt the above process in your face and body. _____
