

## Huy's 1<sup>st</sup> Focus Practice

### *Noticing “Don't Worry, Be Happy's” Instinctive Pull and Impact*

The purpose of this exercise is for you to deepen your ability to actually observe what is going on in a given moment. It calls upon you to have some part of you watching or observing, as the rest of you is doing/ being however you are. It requires you to be paying attention in a particular way – *to notice 'how' you are, not to judge or criticize.* Please do this exercise 5 days per week for the next 2 weeks, for it is in the doing of it that your ability to observe gets better and better. It is through this process that you begin to see and discover things about the world inside you and around you that would otherwise go unnoticed.

Bring a gentle, yet deliberate, attention to this exercise, and see what happens. It requires both observing during the day – at home or work - and then reflecting upon your observations at the end of each day. I recommend that you use a journal to capture your reflections. Additionally, there is a set of questions to reflect upon at the end of each week.

#### **DAILY EXERCISE: 5d/wk for 15 – 20 min.**

At the beginning of each day, please familiarize yourself with the following questions, as you will be taking 15 – 20 minutes at the end of the day to answer them. Alternatively, you may prefer to keep a journal with you and record your answers in real time.

During your interactions with others, please notice when you disengage with “lazy withdrawal”. Answer these questions in light of each encounter.

1. What is the situation? (Who's involved?; What's the topic?)
2. What are you experiencing inside?
  - a. Body sensations
  - b. Emotions
  - c. Internal conversations
3. How does “don't worry, be happy” manifest?
4. As best you can tell in this moment, what does “don't worry, be happy” allow for? Close down? (Please answer in terms of the UL and LL)

At the end of each day, please take 15 - 20 minutes to reflect upon these situations. For each experience, try to answer the questions listed above.

#### **WEEKLY EXERCISE:**

Please take 30-45 minutes at the end of the week to review your daily exercise entries, and answer the following questions:

1. What patterns or themes emerged regarding the pull to respond with “don't worry, be happy”?
2. What do these themes suggest about your beliefs about/ way with/ ability to access and own your anger in relationship to your family members?
3. What story do these themes reinforce about the significance of your being fully present in your family?
4. What story do these themes reinforce about your capacity to be fully present with them?

5. How are you feeling about what you are learning?

## Huy's 2<sup>nd</sup> Focus Practice

### **Getting Curious about Exploring Others' Caves**

This exercise is designed to help you move beyond “Don’t Worry, Be Happy’s” way of minimizing and avoiding others’ challenges. It *challenges you* to take a dive into inquiring about and empathizing with others’ daily concerns. Okay?

#### *Part 1 – Morning*

At the beginning of each day, stand with your feet a shoulder’s width apart, knees slightly bent, and inhale deeply. Really feel into the Deep Sea Diver’s purpose for taking dives into his family members’ interiors. As you stand, ask yourself:

- What matters to the Deep Sea Diver?
- What does he want to explore while diving alongside others?

Feel the strength of this intention in your body before going about your day.

#### *Part 2 – During the Day*

During each day as you engage with colleagues, friends, or family members, pick one conversation, when it feels appropriate, and do the following...

1. Look the person gently in the eyes
2. Say the following: “I’m wondering if you’re facing a particular challenge today and if I might be able to offer some kind of support?”
3. Listen intently for his or her response while noticing the extent to which your energy shifts towards this person or away from this person.
4. Notice the extent to which “Don’t Worry, Be Happy” steps in to tone down discomfort that you (or the other person) may feel in this brief, intimate moment.
5. Offer empathy, and follow-through with supporting this person in the way he or she requested, if you can.
6. Thank this person for sharing his or her concern with you and for allowing you to be of support.

#### *Part 3 – Evening*

Reflection in your Coaching Journal:

1. What occurred for me energetically as I held eye contact with someone?
2. Where was I pulled to go?
3. How does this energetic pull impact this relationship?