

SEE THE WHOLE STORY

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When we want to make a change, we often get tunnel vision and see only a small part of what is affecting the habit. In this activity we will be utilizing a Mind Map and Inquiry Activity to guide you in SEEing the WHOLE story! Mind maps help in seeing complex issues in a visual, concrete, and creative way. The inquiry provides question to increase your awareness of your experience – body, mind, heart, and spirit.

Here are some tips for creating your mind map:

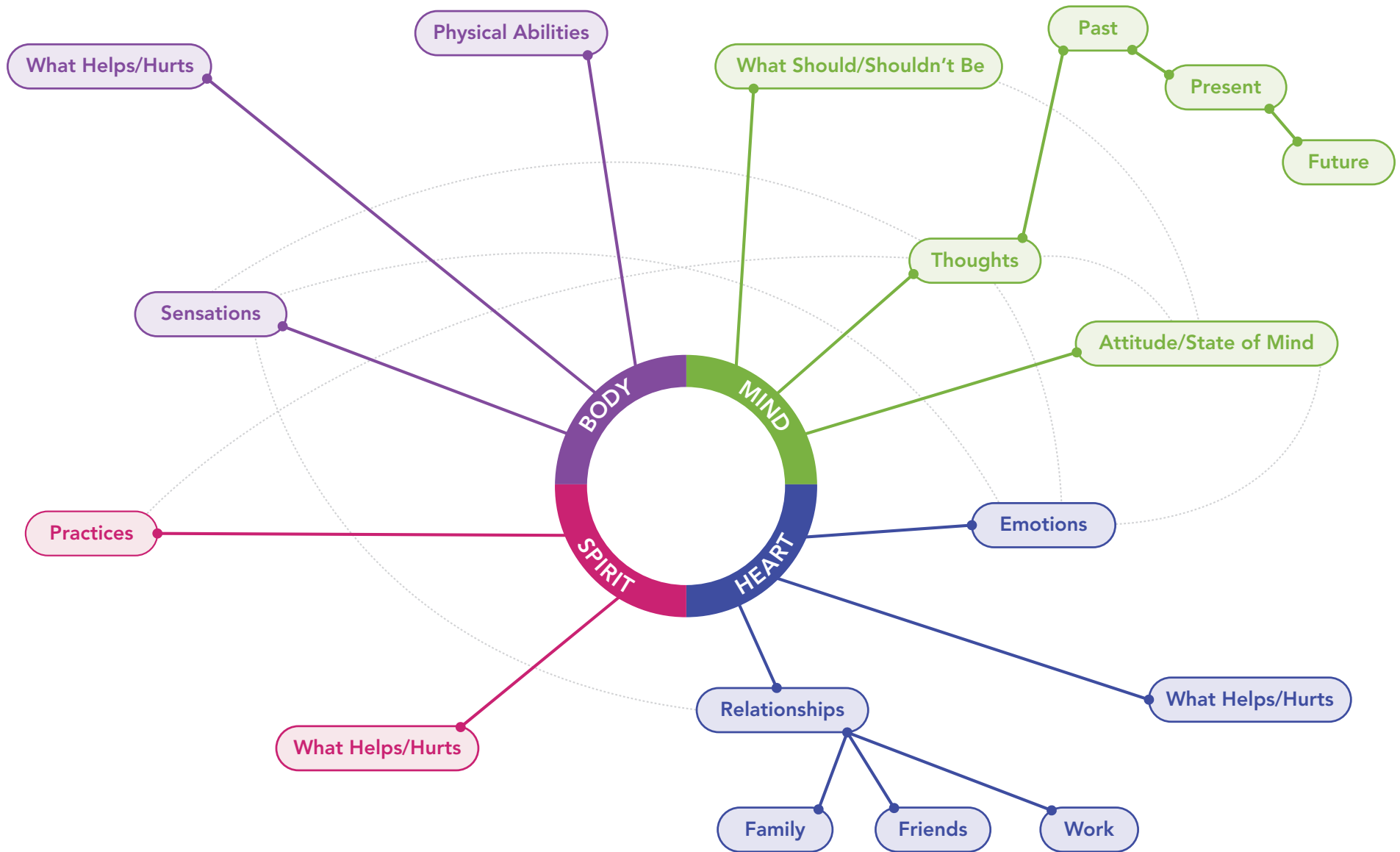
- Keep it simple.
- Be creative. Use colors, images, words, diagrams, etc.
- If using words, avoid more than 1-2 words whenever possible...consider a journal if this becomes difficult.
- Complete over multiple sessions of approximately 15 minutes per session. During one of these sessions, consider doing this as a conversation OUT Loud with another person. Have the other person ask you the questions and you say your responses out loud and add them to the mind map. Often times more becomes SEEN this way!
- Our Mind Map has limited space – use it as a guide, and feel free to adapt it as you see fit (use bigger paper, add paper/sections, draw your own, etc.)
- Be ruthlessly honest with yourself! But also be **curious, kind, compassionate**, and **nonjudgmental** to yourself and others during this activity.

Note of caution:

You may notice that by bringing attention to your thoughts, emotions, and sensations that you experience them more intensely. Please be patient with this process and notice your experience and move on. If you experience significant discomfort, notify your provider.

Habit/Issue I am exploring: _____

SEE THE WHOLE STORY: MIND MAP



Use these questions to guide you in SEEing the Whole Story! Be curious and nonjudgmental as you complete this exercise.

BODY

Sensations

- What do you feel in your body?
- Where is the sensation located?
- What happens to your breath?
- What thoughts do you have about your body?
- What is your energy level?
- How do medications make your body feel?

What Helps/Hurts

- What actions make your body feel better? What actions make your body feel worse?
- What have you tried or not tried out of fear that the sensation will get worse?

Physical Abilities

- What impact does this habit have on your ability to do what you want or need to do? To do the things you love?
- What can you do? What can't you do?
- How does your energy level impact your physical ability?
- Work? Play? Limitations?
- What are your thoughts about this?

MIND

Thoughts

- What thoughts go through your mind when you think of this habit? What does your inner voice tell you about yourself and others?
- What does the fact you have this habit mean about you as a person? I am a _____ person because I have/do _____ .
- What memories do you have when you think about this habit?
- How do you compare to others?
- What do you not have enough of? What are you not enough of?
- Notice thoughts that include the words Only, always, never, should, what if...

MIND (continued)

Thoughts: Past

- What happened to cause this? Who/what is to blame for you being this way? For life being this way?
- What are your beliefs about this area? What past experiences have led to these beliefs? What were you told as a child/young adult about this area?
- When is the first time you remember doing this behavior/habit? What was said to you? What did others think about you? What judgements did you make about yourself and others? What decisions did you make that are affecting what actions you take right now?
- If the same circumstance was viewed through someone else's eyes, would they have made the same judgements/decisions?

Thoughts: Present

- What is happening right now?
- How is this thinking/being serving you? What do you gain?
- What is thinking/being this way costing you? How does this habit affect your life? What have you lost by being this way/doing this?

Thoughts: Future

- What will happen in the future? What will always/never happen? What do you fear about the future?
- What will happen if nothing changes?
- What will happen if it is this way forever?
- I am _____ about the future.
- I will be _____ for the rest of my life.

What Should/Shouldn't Be

- What should be different? What should/shouldn't be happening? What should you do more of/less of? What do you "always" do? What do you "never" do? What is right? What is wrong?
- How did you learn this?

Attitude/State of Mind

- How do you see the world around you?
- What is your overall experience of life?
- What actions do you take or not take when the world/life is this way?

HEART

Emotions

- What emotions do you experience in relation to this habit?
- How do your emotions impact your thoughts, your state of mind, and your bodily sensations?
- What do you fear?

What Helps/Hurts

- What makes you feel better emotionally? What makes you feel worse emotionally?

Relationships

- How does this habit affect your relationship with your friends, family, co-workers?
- What actions do you take (or not take)?
- How do you treat others? What words do you use?
- What is your experience of your relationships?
- What do family/friends do wrong? Right?

SPIRIT

Practices

- What spiritual practices are you using/not using?
- What are your thoughts on divinity/god/universe? How have they changed over time?
- What is your experience of life?

What Helps/Hurts

- What helps you to hear messages from your higher self/the divine? What stops you from hearing them?

Conclusions & Lessons

- What do you notice as you look at your mind map?
- Can you see how the areas are interrelated, as the dotted lines indicate?
- Can you see your thoughts, emotions and sensations are separate from your BEING? Like this mind map is separate from YOU. Can you see that YOU are a witness to these experiences?
- Can you BE with your thoughts, emotions, and sensations without DOING anything? Without judging, changing, or fixing anything?
- Are there thoughts you can give up or let go? Can you forgive yourself or others? Are you free to create alternatives now? (if no, consider repeating the process)