

## Being Fulfilled: Self-Test and Challenge Questions

Being able to answer these challenge questions confidently takes this activity from a novelty to a genuine transformational tool. It's well worth your time.

- What is the purpose of body-scanning in raising awareness?
- How does responsible language empower our humanity?
- What questions can you use to direct your body-scan?



What are five examples of responsible language?

What area of responsible language interests you now?

### Being Fulfilled Study Tips



- **Print out the card to answer questions.** Use the video links to help answer the questions.
- **See the card as a note taking document.** Don't worry about getting your answers right the first time.
- **Place the card somewhere visual and accessible,** where you are likely to pick it up and reflect on it.
- **Keep reviewing the card** until you can answer the above questions without hesitation in your own words.

For a video on how this card fits in a larger framework of the Global Wellbeing Compass visit: [www.globalwellbeingcompass.com](http://www.globalwellbeingcompass.com).



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## Feeling Good



### Using body scanning and responsible language to build personal power, understanding and support

Our body is the source of our emotional intelligence. When we centre our attention on our body we discover emotional sensations and feelings that we can translate into denied needs, values, wants and goals. Having done so we are in a better position to communicate sensibly and creatively with others.

Responsible language means precise language that relates to our current experiences without generalising, justifying, blaming, theorising or shaming ourselves or others. When we use language responsibly, we naturally generate power, empathy and support. When we are not taught or trained to speak in this way, we can unintentionally expose our Self to attack, indifference and rejection.

Use the questions in this card to build your capacity to feel and translate your emotions into denied needs, values and goals. Then, use the prompts to learn how to powerfully and respectfully communicate with others to build influence. As you become confident in this process, you will naturally enable those in your sphere of responsibility to do the same.



*Feeling good is achieved through regularly addressing any unpleasantness within us in a proactive and respectful way.*



## Body Scanning

Body scanning is a way to get in touch with the your true values, needs and inspiration. It is best used during times of transition e.g. arriving-departing somewhere, before and after meetings, on waking and going to sleep.. Use the following sequence of questioning to make emotionally intelligent decisions.

**Be Safe & Purposeful:** It's important not to dramatize our emotional content, but rather remain curious, unjudgmental and proactively move on to practical things you can do now in order to honour your underlying needs, values and goals *in a respectful and sensible way*. The language on the other page will assist in this regard.\*

**Awareness:** Where is my attention naturally moving towards within myself and my environment? Relax and allow your attention to be drawn inwardly and outwardly.

**Feeling:** What sensations are arising within my body? Describe them factually without giving them an emotional tag e.g. a prickly feeling in my heart. Pleasant tingling in my legs.

**Naming:** If I were to give that feeling a name, what would it be? Give the feeling a name and location. E.g. My heart is feeling anxious... My legs are feeling restless.

**Needs:** What is my awareness and emotions trying to tell in terms of my needs? What do I need to do, let go of, clarify, remember or act upon? E.g. Do I need to contact someone?

**Values:** What is my awareness and emotions trying to tell me in terms of my values? Have I been meeting my needs in a way that upholds my highest values & ethos?

**Goals:** What is my awareness and emotions trying to tell me about my wants/expectations? Am I clear about my purpose and goals at the moment? E.g. Am I being truly honest with myself and others about my passion, purpose and interests?

**Flow:** If we are honouring our needs, values and purpose we enter a state of flow: Am I completely at peace and enjoying the task in front of me? If yes, give thanks and enjoy the creativity, productivity and discovery of the present moment. If not, go back and replay the body scan.

\* If this activity raises triggers overwhelming thoughts or emotions, stop talk to a friend or seek professional help.

## Responsible Language

Responsible language is language that does not judge or blame yourself or others, instead empowering you to take affirmative action in any situation. It usually involves specific non-judgemental language, that honours our needs, values and goals.



**Own your opinions with "I" language:** Replace 'you' or objective statements with 'I' E.g. You know, it's terrible how teenagers spend too much time on computers becomes, *I believe it's terrible how teenagers spend too much time on computers.*

**Use undramatic language:** Drop intense words like 'terrible' where possible. E.g. *I think teenagers spend too much time on computers or screens.*

**Use descriptive language:** Replace absolute judgements with descriptive language E.g. *I've noticed my niece seems to spend many hours on the computer.*

**Integrate observations with feelings:** How are you feeling about what you're seeing? E.g. *When I see my niece on the computer, I feel concerned that she may be spending too much time on it.*

**Include factual context:** When discussing an event are you grounding it in context E.g. *Last weekend, when I saw my niece playing a game on the computer, I felt concerned that she was spending too much time on it.*

**Use value affirming language:** When discussing a concern are you affirming your values? E.g. *Last weekend, when I saw my niece playing a game on the computer, I felt concerned. While I value entertainment, I also value contribution, creativity and responsibility.*

**Underlying beliefs and fears:** When discussing a concern are you articulating your beliefs? I believe contribution, creativity and responsibility are important for her wellbeing. I'm afraid she may be being neglected. I want to help but I don't know how.

**Creatively problem solve:** Having used language that honours your values, beliefs and concerns, you are now in a better position to act creatively. You can do this by:

- **Be a role model:** Reflect am I satisfied with my own creativity, responsibility etc.?
- **Be interested:** e.g. Get to know the game she's playing and what she likes about it.
- **Be informed:** e.g. How much time does she actually spend? Read up on the topic.
- **Be Creative:** Invite her to help you with an activity that honours both your values?
- **Be humble:** Ask for constructive help and advice from people with diverse backgrounds. Weigh your options and try some strategies that you feel happy with.

For further support watch: [globalwellbeingcompass.com/being-fulfilled](https://globalwellbeingcompass.com/being-fulfilled) access code: TL4322