

Buddy Agenda (Between Sessions 2 and 3)

You'll need your notebook and your Egosystem chart.

The steps below may take more time than suggested, so it's perfectly fine if you don't get through everything. Just get as far as you can!

I. Check-in with your Buddy (5 minutes)

- *Possible prompt:* "How have you been since the last VPM session?"

II. ABC Journaling (20 minutes)

- 2 min • Draw 2 columns on a blank page. In the left hand column, list your recent Pinches.
- 3 min • Choose one of the Pinches you listed in the left column and do an ABC
 - You can do an ABC sorting using the "VPM - ABC sorting Titled" chart (sent as an attachment to this email and available on the portal) or by drawing 4 columns on a new sheet of notebook paper.
 - *Reminder:* In Column 4 (C2), make sure to include the counterproductive behaviors that make others or yourself bad (also think about what you are *not* doing!)
- 4 min • Share with your Buddy (2 minutes each)
 - *Help each other see if you've fully sorted your ABCs:* The listener can point out words and phrases in columns A (stimulus) and C1 (emotions) that might actually be Beliefs and should be moved into the B column.
 - The listener can also offer suggestions of what their resulting behaviors (C2) may be if they were in your shoes.
- 3 min • Help each other see the relationship between your Pinch & Ego Threats/Drivers
 - Buddy #1 asks Buddy #2 to answer: "Without looking at your notebook, what is your Driving Idea (DI) and Unconscious Goal (UG)?"
 - *This is another chance to fight the forgetting curve, so it's okay to double check your Egosystem chart (boxes 5 and 10)*
 - Buddy #1 asks Buddy #2 to answer: "Looking at your ABC sorting, do you see any connections between this Pinch and your Driving Idea/Unconscious Goal (or your DDIs/Pattern Anxieties)?"
- 3 min • Repeat, but with Buddy #2 asking and Buddy #1 responding

III. The relationship between your list of Pinches & your Egosystem (15 minutes)

- 5 min • Return to your 2-column list of Pinches.
 - In column 2, ask yourself:* What are my Ego Threats/Drivers for each Pinch?
 - Do you notice any connections between those Pinches and your DI/UG/DDIs...? Is there anything else you're noticing?
 - Does it help to take some distance from your initial reaction to the Pinch?
- 10 min • Share any takeaways with your Buddy

For reference:

ABC = Activating Event → Belief → Consequent Emotions → Consequent Actions

DDI = Desired and Dreaded Images

UG = Unconscious Goal

DI = Driving Idea