

Buddy Agenda Between Session 3 and 4 - #1



You'll need a fresh Pinch chart.

This document may feel daunting when you first open it, but please do not fear! Instead of sharing general guidelines about what to cover in your meeting, we've broken the process into the smallest possible increments in order to avoid confusion and save time! You should find that the process flows quite quickly.

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

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

II. Take stock of an AFI (8 minutes)

Goal of this section: tracking our progress can be a powerful tool in making changes. It has the potential to keep us in reality and even motivate us if we're making some progress. Try it and if this tool doesn't work for you, let your coach know.

- 1 min • Create an AFI tracker in your notebook.
 - Take a new page in your notebook and bookmark it for later. This will be your AFI Shifter Tracker.
 - At the top of the page, write the behavior(s) from your AFI Shifter chart that you are committed to disrupting.
 - Next, divide your page into 3 columns. Title column 1: "Timeframe," column 2: "Number of times I have engaged in this behavior," and column 3: "Number of times I have refrained from this behavior."
 - Draw a horizontal line to create the first row, about 1-2 inches from the top
- 3 min • Do your accounting

In the first box, write "{Today's date}." In boxes 2 and 3, make a tally to reflect the number of times you engaged in your AFI. It may be helpful to review your calendar since the last session in order to refresh your memory.
- 4 min • Share with your Buddy (2 minutes each)
 - *Share your reflection and how your experience has been so far*
 - *Be honest, any result is okay. This is not about perfection, but about moving in the direction of what you want. If the result is encouraging, celebrate. If the result isn't, reconfirm your commitment. It might be something worth bringing up in your coaching. Either way, use each other as accountability partners as you will check in next time.*

III. Pinch Sorting (42 minutes)

Goal of this section: Practice shifting out of being in a place of reaction and regaining access to your best resources.

- 2 min • On a blank page, list your recent Pinches.
- Choose which one of these Pinches you would like to sort
- 2 min • [Optional, if your pinch feels very intense] Start by venting on paper.
- 4 min • [Optional, if your pinch feels very intense] Vent with your Buddy (2 minutes each)
 - Feel free to lay it all out there! Often we have a lot of energy pent up when we are pinching ourselves. It can be helpful to dispel some of this energy prior to doing a Pinch chart. Remember, as tempting as it may be, try not to comment on your partner's venting. All you need to do is listen! The purpose of venting is not to ensure that your partner "gets into your tank." Instead, it's an opportunity to be receptive and supportive as your partner works to regain their center going forward.
- 2 min • Fill in the observable details of your Pinch in Box A of the "Pinch Sorting" chart
 - You can find this chart as an attachment to this email or on the [Portal](#)
- 1 min • Check what you've listed in Box A
 - Check that you are only addressing one stimulus at a time in this chart
 - Underline the very specific word, gesture, etc. that was a trigger for your pinch
 - Camera Check: Do you notice any beliefs, inferences, assumptions, thoughts or mind chatter that remains in Box A and should be moved to Box B?
- 4 min • Share with your Buddy (2 minutes each)
 - *Help each other see if you have any beliefs, assumptions, thoughts or mind chatter remaining in Box A that should be in Box B*
- 2 min • Return to your Pinch chart and fill in Boxes B, C1, C2, and D
 - Box B -- list the beliefs and thoughts you had based on the observable detail in Box A;
 - Box C1 -- list the emotions you experienced as a result of the original stimulus;
 - Box C2 -- list the counterproductive behaviors you did or are likely to partake in as a result;
 - Think about **what** you did or felt like doing (that was unproductive).
 - Think about **how** you did it -- in other words, what energy did you have?
 - Think about what **refrained** from doing (that could have been

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productive).

- Box D -- capture any costs to you, to others and to the context that have already occurred or may occur going forward;
- Box D [Continued] -- think specifically about the ripple effects (Ask yourself -- How am I likely to show up down the road if I stay pinched? How am I likely to reinforce my filter and pile on pinches? What collateral damage might I create? What will the accumulated costs be?)
- 4 min • Share with your Buddy (2 minutes each)
 - *Again, help each other see if there are any other thoughts (B), emotions (C1), behaviors (C2) or especially costs (D). Feel free to suggest what some of your own responses would be if this were your pinch. For costs (D), you can also suggest additional ideas if you were on the receiving end of their resulting behaviors.*
- 1 min • Ask yourself: “At this stage, am I really certain that I do not want to generate these costs for myself and others? Do I really want to reconnect to my best internal resources and constructively impact the situation?”
 - If the answer is yes, continue. If the answer is no, you can either decide to stay in a place of reactivity or you can go back and see if you can complete the costs of staying in a reactive state.
- 4 min • Return to your Pinch chart and fill in Box -1
 - Box -1 -- list your ego drivers that were likely activated in this moment. What is the familiar danger for your ego? What does it want to prove? (you can also refer to your desired/dreaded images, your patterns, your unconscious goal, or your Driving Idea);
 - Can you recollect a childhood significant event that feels connected?
 - *Ask yourself: “Isn’t this just my familiar hot button engaging? Do I really want to trust my hot button blindly and continue to create the costs I do not want?”*
 - *Then ask yourself: “Noticing this, am I already feeling less reactive or less deflated? Am I more creative/curious/centered?”*
- 2 min • Share with your Buddy (1 minute each)
 - *Feel free to suggest what some of your own Ego Drivers would be if this were your pinch.*
- 4 min • Return to your Pinch chart and fill in Box -1, Δ and -2
 - Box Δ -- If you take out the subtext that your ego is adding, how is your Ego Threat (Box -1) different from your Activating Event (Box A)? Be very literal in this step.
 - If you connected to a Significant Event, how is this situation different than that?

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- Box -2 -- If I'm not projecting this threat, how else could I read and experience this situation? How can I *reframe* it?
 - What elements might I be missing?
 - What else was expressed that I forgot or disregarded?
 - What other ways could I interpret what was said, without the layer of my ego threats?
 - Is there anything in the other person's context or situation that I did not consider, but that could help my interpretation?
 - Did I do anything beforehand that contributed to box A?
- 4 min • Share with your Buddy (2 minutes each)
 - *Help each other see and literally compare box A and -1. Help each other add any other elements to the reframe.*
- Check-in with yourself: *"Noticing this, am I already feeling less reactive and more creative?"*
- 2 min • Return to your Pinch chart and fill in Box -3
 - Box -3 -- Which ATS goals help you feel recentered and energized? Which are stronger than your ego fears? (you can think about Context, Contribution and Learning goals)
- Check yourself: *"Noticing this, am I already feeling less reactive and more creative?"*
- 2 min • Return to your Pinch chart and fill in Box -4
 - Box -4 -- having reconnected to a sense of creativity and curiosity, brainstorm some different responses (some of them might be similar to C2 but from a different space).
 - Think back to the moment of the pinch
 - Think about now. Is there anything I can do to clean up, if relevant?
- 4 min • Share with your Buddy (2 minutes each)
 - *Help each other brainstorm possible next steps. Don't hesitate to go outside of the box just for the sake of creativity. Do note that sometimes the next step is just shifting how you feel about the situation.*
 - *See if one option rises to the top for you.*

III. Check-out with your buddy (5 minutes)

- 5 min • How are you feeling now that you've sorted this pinch. Do you have any takeaways? Anything else in particular that you've noticed?