



Kathryn Schnabel Workshop #2
YOTA Art Matters Grant:
Turning a Challenge Into a Stepping Stone
WORKSHEET

Many times in our lives we will encounter problems, upheavals, challenges, and loss. We are culturally conditioned to 'power through' and 'figure it out'. Consider the concepts below, where you can develop a new perspective, observing your emotions and mental stories instead of 'solving the problem'. For further work with these concepts, refer to 'The Power of Now', by Eckhart Tolle, and 'Awake Mind, Open Heart', by Cynthia Kneen.

Concept: THERE IS NO STORY
"It's not good and it's not bad, it just is"

Describe the challenge or problem you are experiencing. Give it a voice. What are the emotions that are connected to this issue? How does it make you feel?

Now describe the problem again, using a simple, straightforward, 'reporting' tone. This will be short.

Do you feel the sense of calm detachment that is present when there are no emotions involved with the issue? Do any ideas arise on what to do next?

Concept: BE THE OBSERVER
Do not energize negative emotions by analyzing them

Practice **shifting your focus** from the bad feelings of your problem to an awareness or appreciation of something entirely different. Bring yourself completely into the present moment, by noticing sounds, your breath, or a tree out the window. As you observe yourself switching from a negative mindset to a place of presence, you are removing yourself from the grip of the ongoing 'mind chatter'. Consider how this place of 'spaciousness' is more helpful for ideas, insights, and a sense of calm.
