
VITAL INFORMATION REGARDING APPENDIX A

Appendix A is designed as a workshop. Reading the appendix on your own will not provide the ideal impact.

My recommendation is to find someone who is not interested in “taking” the workshop but who is willing to help you take it by facilitating it. Find someone who would enjoy facilitating the workshop, so that the whole experience will be a positive one for everybody.

I also recommend that you have three or four or more people participate in the workshop together. It is more fun, and there is more to discuss afterward.

Steps to facilitation:

1. The facilitator should read the whole appendix on his or her own before facilitating it.
2. The facilitator should then make sure all participants have the materials they need to successfully participate in the activity.
3. The facilitator should then read the Appendix A exactly as it is written and allow time without rushing all participants to complete each step
4. The facilitator should encourage all participants to keep their answers personal (not share them) until the workshop instructions offer an opportunity for that.
5. Have fun; do not get too hung up on the rules.

APPENDIX A

The following activities answer these three questions:

1. Why do we feel what we feel?
2. Why do we do what we do?
3. How can we change if we want to?

The following fun activity takes about thirty minutes—it is even more fun when three or more people participate together!

Activity Background

For seven years, I owned my own acting studio. While coaching acting, I created what proved to be a very effective workshop for the actors.

I wanted to design a tool to assist the actors in achieving believable performances. I wanted to help them understand why people feel what they feel and do what they do. I did not want them to merely imitate an emotion their characters were experiencing; I wanted the actors to recreate the emotions for the audience by actually experiencing what the characters were feeling. So I designed a workshop.

There are two workshop, and each part has three scenarios. The results of the workshop are much more effective when a person actually participates, so I hope you—the reader—will “play” along as I describe the steps of the workshop. Give it a try! Have some fun!

You need the following for the activity:

1. Paper and pencil
2. An active imagination
3. A desire to be outrageous and have some fun.

Activity: The Formula— $P + B = E = A$

First, I ask that you pretend with me. The success of this activity is totally dependent upon your ability to pretend. Are you ready?

PART 1: Scenario 1

Let's begin

Close your eyes and imagine that there is a huge pile of dirty black dust balls over by the door. In a minute, the door will open; and all those dust balls will be blown all over the floor, around your feet and all over the room.

But when you open your eyes and look down, you do not see dust balls; you will see something else.

On the count of three, you are to look down, and I will tell you what you see. I want you to react to what I say that you see and do exactly what you would do, if indeed you were to see what I say you see.

Are you ready? Okay, one, two three . . . You see . . .
TARANTULAS!

Tarantulas are everywhere in the room. They are crawling over your shoes, on the furniture, and all over the floor. Are you doing what you would really be doing if you saw tarantulas everywhere?

Now write down the following information:

Reactions to Part I: Scenario 1

Write down the emotions you felt while you thought tarantulas were everywhere. Example, "I felt really scared."

Next, write down what example, "I lifted my feet off the floor, and I screamed."

PART I: Scenario 2

Okay, scenario 2 has the same setup: There is a great big pile of dirty black dust balls. The sun is open, and the wind will blow; and you will look down but there is a very big difference.

First, for this scenario to work, it is very important that you forget about anything and everything you have ever thought, believed, or felt about tarantulas (unless you really know the truth about them). In other words, “empty your cup.” (Remember the parable “A Cup of Tea”?)

It is very important that you “adopt” the beliefs that I am about to tell you. It is important that you pretend that this set of beliefs is true in order to benefit the most from this exercise.

Pretend you learned about tarantulas from your great-grandmother and your grandmother and your mother and your best friend, whom you trust with your life and who never lies, or some other source you trust; the important thing is that you believe the following “facts” about tarantulas.

What you now know is that tarantulas are not harmful, they are not poisonous, many people actually have them as pets, and some schools have them in classrooms to prove to students how non-threatening they really are! (All of this information is actually true for nearly all tarantulas! Look up tarantulas on the Internet to become reassured if you have questions about these facts.)

What I also want you to believe now is that tarantulas are special “gifts from God” and that they have very special powers.

Their special powers are the following: If you are ever fortunate enough to come across a tarantula (which is really rare) and you can encourage it (remember, it is really harmless and actually makes a very good pet) to crawl up your left arm and sit on your

shoulder for at least thirty seconds, then you will have thirty consecutive days of blessedness! Meaning, any lottery ticket you buy, you win; any job you desire, you can have; any talent or ability you want, you can possess, and so on.

Now are you ready to play this part of the Can you accept these ideas as truths? If so, then envision the dust balls by the door. The door is now opening; the wind is blowing. You look down and see all of those wonderful “gifts from God” with special powers, gently and slowly moving around the room, waiting for someone to be their friend so that they can bless them. Give yourself plenty of time to react and have fun!

Reactions to Part I: Scenario 2

Write down the emotions you felt while you thought tarantulas were everywhere. For example, “I felt really excited and hopeful.”

Next, write down what actions you took. For example, “I put my hand down on the floor to entice the tarantula up.”

(If you reacted disgust in scenario 1 and in scenario 2, and if you behaved or reacted the same in scenario 2 as you did in scenario 1, that’s okay. It merely means you were not able to pretend. Or if you already were unafraid of tarantulas, then you would not have as dramatic a reaction in scenario one. The lesson will still be the same, you just will not experience it viscerally.)

Many of the actors I coached, who were able to pretend effectively, got down on the floor and worked hard (and humorously) to entice these little furry gifts from God to climb up their arms and sit on their shoulders; they definitely wanted all of the blessings they could get!

PART I: Scenario 3

After you settle back down from that scenario (we're almost there), this is the third and final scenario for Part I.

Now starting with the beliefs from the last scenario (but without the experience of having run into a tarantula), pretend that you take a vacation to Mexico to visit a good friend.

You decide to inquire about these beliefs about tarantulas, and you ask your friend if she has known anyone who actually experienced the blessings of the tarantulas.

“Oh, yes!” She says. “It happened to my cousin Robert. So, you find out that, yes, it is true that you will have thirty consecutive days of blessedness if you are fortunate enough to run into a tarantula and are able to entice it to climb up your left arm and sit on your left shoulder for thirty seconds or more! However . . . (Don't you know - there is always a catch!)

If, in the process of climbing up your left arm and sitting on your left shoulder, the tarantula touches any part of your skin, you will have nightmares every night for the rest of your life! Oh my! So now the door opens, the wind blows, and you look down and see tarantulas gently and slowly walking all around the room.

Reactions to Part I: Scenario 3

Write down the emotions you felt while you thought tarantulas were everywhere. For example, “I felt apprehensive. I felt torn.”

Next, write down what actions you took. For example, “I moved away from the tarantulas.”

For this last scenario, some of the actors I coached would pull down their shirtsleeves and cover up the skin on their hands and arms and neck, and then they would get on the floor to entice the

fuzzy critters up to their shoulders so they could get all of the blessings without any of the nightmares!

Some of the actors decided to avoid the tarantulas completely after deciding it was not worth the risk, and some would not care about the nightmares (they figured they could make enough money to hire a private psychiatrist to deal with the nightmares—“that’s no biggie” is what they told me).

The Point of the Activity: PART I

Ask yourself, “Did you FEEL something different in each situation?” If you were able to pretend and play along with the activity, you probably did feel something different in each of the scenarios.

Sometimes, we can feel fear and do one thing; and another time, in the exact same situation, we can feel joy and do something different. It depends on what has changed within us between the first and second situations. (Remember *The Piano*)

Most people feel fear or some kind of emotional discomfort in scenario 1; they generally feel excited and hopeful in scenario 2. In scenario 3, they feel cautious momentarily before making a decision, and then they feel relief or feel anxious optimism depending on whether or not they choose to take a chance regarding the nightmares.

Did you DO something different each time? Again, if you were able to play along, you did something different for each scenario.

You may have lifted your feet and screamed during scenario

1. You may have gotten on the floor trying to entice the tarantulas to climb up your arm in scenario
2. You may have hesitated then covered your skin and tried entice

the tarantulas up your arm in scenario

3. Sometimes, we can do one thing; and another time, in the exact same situation, we can do something different. It depends on what has changed within us between the first and second. If your feelings and actions did not change from scenario to scenario, it merely means that your perceptions and beliefs did not change, and that does not destroy the message of the activity.

Now truly take at 20 seconds or more to think.

1. What stayed the same in each of the three scenarios?
2. What is the only thing that changed from scenario to scenario?

Hopefully, you discovered that the only thing that changed from scenario to scenario was your beliefs about tarantulas. Everything else stayed the same.

It is very important to take note of the fact that your feelings and emotions changed while you maintained the same misperception. You were reacting to tarantulas even though they were really merely dust balls.

Our perceptions are our realities in life! That is a very important statement.

An example in daily life would be if we were waiting for someone.

Let's say you have made plans to meet a friend, Carol, at the local mall. Carol is five feet five, has red hair, weighs about 130 pounds, walks with a bounce, and is a good friend. You arrive early and are looking around. Then you see (perceive) "Carol" walking across the parking lot. Since you think it is Carol, you stand up and start to wave to let her know where you are, only to discover that it is not Carol after all.

The emotion you felt (joy) and the actions you did (standing and

waving) when you thought you saw Carol are a result of your perceptions and your beliefs. You perceived the person as Carol, and since your beliefs about Carol are ones that create a “like” for her, your emotional reaction is joy and your physical reaction is standing up and waving.

If you were waiting for Donna instead, and you did not like Carol, and you thought you saw Carol, you may get up and go in the opposite direction even though it was not Carol at all.

Your feelings and your actions when you realized your perceptions were wrong (it was not Carol) changed immediately. You may have felt embarrassed, and you stopped waving.

In other words, we feel what we feel and do what we do because of our perceptions and beliefs. So I created a formula express this concept:

$$\mathbf{P \text{ (perceptions)} + B \text{ (beliefs)} = Emotions = Action}$$

PART II of the Activity

Have you ever been apathetic? Yes or no. If yes, what did you do when you were apathetic? Most people answer that question with, “Nothing.”

Apathy is a lack of emotion, and the reason you do not do anything when you feel apathetic is that you do not have the fuel to do anything; no emotion is present to fuel an action.

Part II of the workshop is designed to enhance the understanding of why people feel what they feel and do what they do. As acting coach in the workshop, I assigned someone the role of a man who perceives that his wife has been cheating on someone to play his wife.

I have the wife sitting in a chair. The husband comes in the front door and says the line, “I have had it with you!” He then throws a chair out the window. (Not really, of course, but very nearly so! I do have the actor pick up a chair and “fling” it in a safe direction).

I ask the actors to write down why the husband threw the chair out the window.

You may want to write down your answer now if you want to get the most out of this exercise.

Your Answer: _____

Then we repeat the scene, only this time, instead of throwing the chair out the window, the husband pulls a chair up right in front of his wife’s face.

He is very calm on the outside; he points his finger right in her face; and he says the line, almost in a whisper, but, with his jaw “locked”, nostrils flaring, eyes staring into hers, and with great intensity, “I have had it with you!”

I ask, “Why did he pull the chair up, point his finger in her face, lock his jaw, and speak those words that way?”

Your answer: _____

Then I repeat the scene one last time. The husband comes in, walks over to his wife, leans right up in her face, and screams as loudly as he can, “I’ve had it with you!” (I always pick an emotionally strong person to play the role of the wife because these scenes are quite intense.)

I ask the actors why the husband screamed the way he did.

Your answer: _____

I have found that nearly every actor responds to each of the three scenarios in the same way, saying that the husband did what he did because of his anger and/or his frustration - that he feels a need control and dominate his wife.

I agree that the husband felt the same emotions in each scenario (fear, anger, and frustration), and I agree that the husband's intention is to control and dominate in each scenario.

However I strongly disagree that the husband's emotions are the reasons for his actions in any of the scenarios. Let me explain why I disagree.

Each of those characters (the three "different" husbands) did what he did because of who he is, not because of what he felt.

Each time, the husband felt the same thing—anger, fear, frustration, etc.—but did something different.

Each time, the husband had the same intent—to intimidate and to control. The first to intimidate through a display of physical violence, the second by psychological control, and the third by "outemoting" his wife.

Have you have ever been angry? Yes or no.

Have you have ever thrown a chair out the window?

If your answer to the last question is no, then we must conclude that the emotions of anger or frustration do not dictate the action; otherwise, all of us would have thrown a chair out the window when we were angry.

Emotions do not design our actions; emotions merely fuel the action. Just as the gasoline in your car does not dictate in what direction you go or how fast you go or how far you go (until you run out of gas, of course), the gasoline merely fuels the car. You determine, dictate, design, and create everything else.

We do not do what we do because of what we feel; we do what we do because of who we are. Emotions do not dictate, determine, design, or create our actions; they merely fuel the action.

So, if what we do is a result of who we are, the question becomes “Who are we?” The answer is surprisingly simple:

In this temporal world, we are the total accumulation of all of our thoughts.

I want to repeat that.

In this temporal world, we are the total accumulation of all of our. (I believe, in reality, we are unconditionally loving, invulnerable spirit.)

Action is a result of what a person perceives and what the person believes about his perceptions. It is our perceptions and beliefs that dictate, design, and determine our actions.

The husband perceives that his wife is cheating on him. She may not be cheating on him in reality, but that does not matter—it is his perception that is his reality.

Then it is his beliefs about infidelity, his beliefs about women, his beliefs about marriage, his beliefs about himself, etc., that all play a part in designing his reaction to his perception.

The character who throws the chair out the window probably

believes that he can successfully intimidate his wife on a physical level, but he may also believe that he is not a “man” if he hits a woman, so he throws the chair instead of hitting her.

The second scene presents a man who believes he can intimidate his wife psychologically and emoting his wife.

The point is we do not do anything because of what we feel; we do what we do because of our perceptions and beliefs.

If we constantly think negatively, we will behave negatively; if we constantly think positively, we will behave positively; if we constantly think lovingly, we will behave lovingly. Whatever we perceive and believe about ourselves, our world, our fellow human beings, our God, our purpose in life, the quality of our lives, etc., that is what will become our reality.

There is one final demonstration I perform in the workshop to hammer in the point. I present a variety of other potential reactions to the situation of infidelity.

I present one husband saying, “If you cheat on me, I’ll cheat on you!”

Another is, “If you cheat on me, I’m taking the house, the dog, and the white picket fence.”

And another is, “You cheat on me, and I want to know why because I really love you and I want our marriage to work. Maybe we can fix this if I understand why it happened! Do you want to make this work? I still do. I truly believe if we both want this marriage to work, it can.”

The last husband sees infidelity as a symptom of a problem, not the problem in and of itself. It is that belief that allows him to react to

his perception of his wife's infidelity without retaliation or condemnation but with love and commitment and forgiveness.

The formula $P + B = E = A$ means Perceptions + Beliefs = Emotion = Action.

So why does the formula have two equal signs? The answer is that both emotions are a direct result of perceptions and beliefs, and that actions are a direct result of perceptions and beliefs. Emotions must happen before action since it is the fuel of the action.

No one can make us angry, no one can make us happy, no one can make us feel or do anything that we do not choose.

If I am angry, it is not because or said—it is because of my perceptions and beliefs about what they have said or done and my beliefs about who I think they really are and who I think I really am – ego or spirit. If I look upon them differently, then I will have a different reaction to what they seem to say or do.

That concept is often a hard lesson for some of us to learn at first because it places full responsibility on ourselves for all our feelings and actions, but the irony is that when we do learn this lesson, we feel more freedom and peace than we ever felt before. Recognizing that we can be at total peace when all around us is chaotic is very freeing indeed!

This lesson teaches us that we are not subject to someone else's behavior of their thoughts or their words; no one can define who we are but ourselves unless we let them.

If someone were to say to me, "Jeanne, you're an idiot," my ego would perceive that as an attack, an insult, and would probably want to attack back, or would want to go away and wallow in being a victim. If, however, I am seeing through the eyes of spirit,

I see beyond my ego-self, which is the only part of me who can experience attack and pain and see beyond the attacker's ego-self, for it is only the ego-self that can attack, to the love beyond our egos.

If we want to change how we feel and/or change our behavior, then we need to begin by changing our perceptions and our beliefs.

Sometimes, we try to control our feelings and behaviors by focusing on the feeling or the behavior itself. That approach will work only temporarily at best.

Have you ever known someone with an anger problem, and he/she works really hard to control the anger? What ultimately happens? They explode!

That is because they are focusing on controlling the emotion and the action instead of going to the source of the emotion and the action.

It is their perceptions and beliefs they need to examine and change; then the feelings and actions must change. The feelings and actions must change because they are the direct result of perceptions and beliefs.

How do we change our perceptions and beliefs? We can all choose to empty our cups and adopt some different philosophies.