



Living Life LOUD

Month 2, Week 4 Homework

MY GOALS FOR NOVEMBER:

1. _____
2. _____
3. _____

As before, these two chapters are LOADED. I'll hit some high points, but feel free to bring up other thoughts, ideas, and conclusions in our Facebook group.

“This is the moment. Don't do anything. Don't say anything. Just breathe and feel your way through it. Don't hide out. Don't suck it up. Don't fight back. Don't talk, type, or make contact with anyone until you get back on your emotional feet. You'll be okay.” – BB, p. 225 Ch. 10

This, more than anything, is the wish I have for you when you feel like you're facedown in the arena. **JUST BREATHE. DON'T REACT.**

Then later, dive in and examine what happened. Which of your buttons were pushed? How did it affect you? Where does that hurt or shame come from? Can you “assume positive intent” and create a new story of what occurred?

1. If a “facedown” moment occurs this week, process it with the above instructions.

2. BB talks about “cheap-seat criticism” in Ch. 10. She talks about the continuum between not caring what people think (not being connected) to

caring too much (and ending up making ourselves too small). Where are you on that continuum?

Not caring ← ----- → Caring too much

3. When you went through the process of writing down the people who care on a 1x1" square of paper, did the answers surprise you? Do you allow more people than are on that list to impact your life?
4. Shame is an important part of BB's work. Think about the times you've been shamed as an adult. Have you felt tempted to lash out in return and shame others? What was the result?