

Chooser-Educator (C-E) Worksheet

Three parts of the C-E model:

1. Empathic connection with inner "Educator" or "Evaluator"
2. Empathic connection with inner "Chooser"
3. Emergence of new possibilities, requests, agreements (Learning, Planning, Practice)

(A key to this process is cycling within Part 1 and between Parts 1, 2, and 3. Before Part 1, it can be helpful to start with connecting to needs for compassion, understanding, acceptance)

1. Empathic connection with inner "Educator" or "Evaluator" (i.e. mourning)

A. Observation: Thinking of the situation that is stimulating negative self-judgment (e.g. guilt, shame, self-anger, stress/anxiety/worry), write your observation of what happened and your thoughts, judgments, evaluations about yourself – what you think you are, how you should or should not be, what you think is wrong with you, etc.

What you said/did was: _____

Your thoughts, judgments, evaluations of yourself are: _____

B. Feelings & Needs: Translate your thoughts/judgments, connect to feelings & needs

1. Feel your feelings/emotional reactions. How are you feeling right now as you think about what happened? Be aware of "faux feelings" and translate them into internal, bodily emotions and sensations. Give yourself space to connect to and feel your body awareness, rather than only conceptually labeling the feeling. (Use the Feelings sheet if this helps you.)

Feelings: _____

2. Connect your thoughts and feelings to the needs not met by what you did. Find needs that are more and more distinct from any way of them being met, until you feel a "shift" in your body, a quality of relaxation, peace, compassion. List the needs that resonate for you (use the Needs sheet if this helps you).

Needs: _____

C. Cycling: As you connect with feelings and needs, you may notice more self-judgments. If so, cycle, or loop, from observing your thoughts to connecting with feelings/ needs.

2. Empathic connection with inner "Chooser" (i.e. celebrating)

(As you move towards empathizing with your inner chooser's needs, you may get "triggered" into more self-judgments and emotional reaction. If this happens, cycle back to Part 1, and then try coming back to Part 2. Cycle, or loop, between Parts 1 and 2 as needed. This cycling also applies to moving between Parts 1-2 and 3.)

- A. Needs you met or were trying to meet:** Imagine what needs you were possibly trying to meet through the actions/behavior that did not meet some other needs of yours. Focus on what gives you an increased feeling of relaxation, space and openness, as well as understanding, compassion and connection to person. This does not mean you agree with your behavior/choice.

Possible needs you were trying to meet: _____

- B.** Imagine what you might have been thinking and feeling when you did what you did. Again, notice what gives you a greater sense of peace, compassion and connection.

What you were thinking/feeling at the time: _____

3. Emergence of new possibilities, requests and agreements

- A. Learning:** From this inner self-connection, do any new ideas, insights, or possibilities arise in you? See if you can form specific, action-language, 'doable' (what you do want) request(s) of yourself or another. Also, in forming this request/strategy, are you seeking to meet the needs of your inner Chooser *and* Educator?

Request(s) to yourself _____

Request(s) of another _____

- B. Planning/practice:** After forming requests, you can make agreements with yourself and plan out what you want to say or do in the future. You might want to practice what you want to say or do, including dealing with others' behavior

or reactions you find challenging, and also doing a “posthearsal.” One way to practice is to role-play a conversation with a coach or empathy buddy, or journaling).