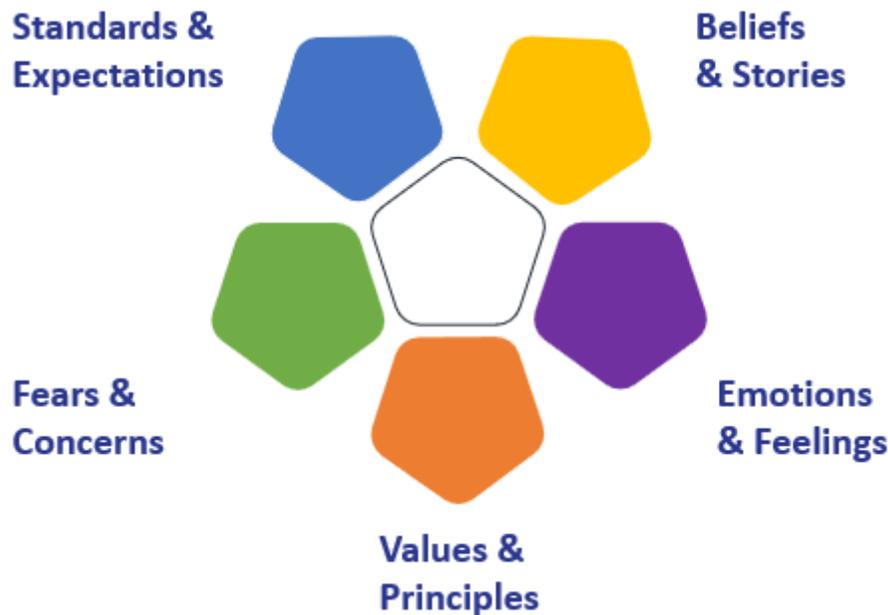


Our “Inner Operating System”



Standards and Expectations

You likely have a picture of how you want any given situation to turn out, as well as expectations for your own behavior along with others’ performance in that situation. If those drivers aren’t regulated, they can short-circuit your ability to effectively influence.

Beliefs and Stories

The stories you tell yourself regarding any situation or relationship influence how you see the world. You may have reached some conclusions or made assumptions about yourself or others based on these perceptions, so it’s important to be aware of our beliefs.

Emotions and Feelings

Various emotions typically surface as a reaction to others’ behavior and choices, especially when they impact you in some way. The key is not allowing these emotions to hijack you so that you can continue to engage with others in a healthy and effective manner.

Values and Principles

The principles you care deeply about or stand for influence how you see the world. When others don’t appear to share the same level of commitment to your core values there can be confusion, disappointment, and even stronger reactions such as resentment and anger.

Fears and Concerns

You may harbor fears and concerns about what might happen if you don’t perform or behave in the way you think you should. Surfacing these concerns will help regulate their influence on you.

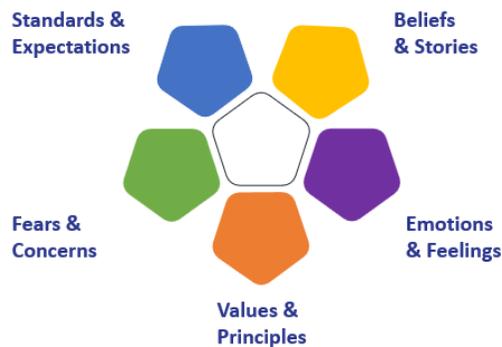
Mapping Out Parts of My Internal Operating System

PART 1 – Working Individually [5 mins]

1. Identify a challenging situation to work with – jot a few brief notes about it below:

(Example: a particular situation that can stir things up inside of you, a relationship you care about that needs attention, the way you feel before a specific activity that would benefit from giving it some focus)

Remember: On a scale of 1-10, please select a “challenge” that is a 3 or 4



2. Using the 5 categories above, reflect on what specific aspects of your IOS are operating. Identify 1 or 2 examples of an aspect from each category that pertain to the situation you’ve selected.

- Standard/Expectation _____
- Belief/Story _____
- Emotion/Feeling _____
- Value/Principle _____
- Fear/Concern _____

PART 2 – Working with a partner [30 mins total]

3. Select 1 aspect from the items above that you would like to get to know better: _____

1. When you notice it is over/under functioning, what might it look like

- To you? _____
- To others? _____

2. If you were to modulate it by slightly calibrating the dial to repropotion it - what could that look like?

Describe how a more balanced version of this part of you could contribute more favorably to the situation.
