JOIN A CHAT FOR WORKING CAREGIVERS OF YOUNG CHILDREN

Humanity First

with Takiema & Nikolai

Friday 4/10 @ 8:00 AM EDT
Kids in background welcome

Zoom link in bio / comments
Type into chat box:

● Your name
● Your children’s ages
● Your work role/if applicable
● Your answer to the Quarantine Humor question:

Quarantine Humor

Why did the burglar kick down his own door?
Moments when we consciously reject systems, structures and mindsets that pressure us to lose to lose sight of our humanity and the humanity of those around us—during a pandemic, and always.
In our first three Humanity First Zoom chats, we:

- Began to identify and reject mindsets, systems and structures that don’t center our humanity
- Reflected on frameworks of grief and stress for ourselves and our children
- Thought about ways we can identify and lift some of our invisible loads in the time of Covid
- Plugged into our self-care mindsets and strategies
- Reflected on our roles in a social change ecosystem (caregivers, healers, builders, etc) 

Deepa Iyer

- So what are embracing and working towards?
3 VITAL QUESTIONS™

1. Where Am I Putting My Focus?
   On Problems or on Outcomes?

2. How Am I Relating?
   To others, my experience and myself?

3. What Actions Am I Taking?
   Am I reacting or taking creating actions?

TED®
THE EMPOWERMENT DYNAMIC

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The Dreaded Drama Triangle
(derived from the Karpman Drama Triangle)

Rescuer

Poor You
Pain Reliever
Fears Not Being Needed

Persecutor

The Problem Dominates, Blames
Keeps Victim 1 Down

Victim

Feels Powerless
Dream Denied
Poor Me

DDT™

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 TED* (*The Empowerment Dynamic)™

Creator

Owns Power to Choose & Respond
Focuses on Outcomes
“I Can Do It”

Challenger

Calls Forth Learning & Growth
Provokes/Evokes Action
Conscious/Constructive
Unconscious/Deconstructive
“You can do it!”

Coach

Supports & Assists
Facilitates Clarity by Asking Questions
“How will you do it?”
MAKE SHIFTS HAPPEN WITH
TED* (*THE EMPOWERMENT DYNAMIC®)

THE DREADED DRAMA TRIANGLE (DDT)

MAKING SHIFTS HAPPEN

FISBe

Focus of Orientation

Behavior

Internal State
PATHWAY TO EMPOWERMENT

Resourceful & Empowered
- From reacting to choosing
- From fearing down to building up
- From telling to asking
- Focus more on what you want than on what you don’t want

Coach
Sees the other as a Creator. Supports and assists by asking powerful questions. Deep Listening. How will you do it?

Creator
I choose my response to the situation no matter what. The outcome I’m going to create is... I can do this!

Challenger
What is here for me (us) to learn?
What is my intention?
Provokes & evokes action. You can do it!

Dreaded Drama Triangle
- DDT
  - Rescuer
    - Let me help you. I’ll make it okay. Let’s not fight. I feel bad for you. You’ll be okay.
  - Persecutor
    - It’s all your fault. What were you thinking? Why did you do that? I do everything around here! What’s the matter with you?
  - Victim
    - Poor me. I’m not responsible. I don’t know what to do. They don’t like me. Why is this happening?

Envisioned Outcome
Learn to hold the tension between what you want and what you have. Then, take one Baby Step.

Current Reality
Is created when you identify the distance between current reality and your envisioned outcome or goal.

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Summary of “Making Shifts Happen”

**Central Question:**
- Creator: What do I want?
- Challenger: What is my intention?
- Coach: How am I seeing the other?

**Essential Shift:**
- Reacting → Choosing
- Putting down → Building up/Learning
- Telling → Asking
What are you creating (or want to create) right now?

IN THE MIDST OF A PANDEMIC, SOME ARE TAKING A SIGH OF RELIEF

“We are seeing how toxic our pre-pandemic lives have been, how stress is killing us, how “important” pressures really don’t matter, and how, all this time, our priorities have been upside down...Those of us who have survived thus far have experienced a monumental reset. We are being called upon to reexamine our priorities, ambitions, sense of worth, and our responsibilities to others. No matter how this ends I know I can’t go back to the same way of living again.” Desiree Cooper
“When we inhale, we stimulate the sympathetic nervous system (SNS), which makes the heart increase (accelerator). Exhaling stimulates the parasympathetic nervous system (PNS), which decreases how fast the heart beats (brakes). In calm individuals, the inhale and exhale are steady and a good heart rate measures well-being.”

Thank you for joining us today!

Questions & comments:
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