

THE 15 COMMITMENTS OF CONSCIOUS LEADERSHIP

Dethmer, Chapman, & Klemp

Commitments 3 - 5

Commitment 3: Feeling All Feelings

Consider a time when you were below the line.

- Practice releasing emotion rather than repressing or recycling:
- Acknowledge → allow → accept → appreciate

Are you willing to feel your feelings?

1. Feel your feeling.
2. Name your feeling. _____
3. Locate your feeling in your body.
4. Describe your feeling. _____
5. Welcome the sensation.
6. Match the sensation with sound or movement.
7. Question the feeling. What are you here to show me?
 - ___ Anger – something needs to be changed or ended
 - ___ Fear – something needs to be learned or faced
 - ___ Sadness – something needs to be let go or grieved
 - ___ Joy – something needs to be appreciated or celebrated
 - ___ Sexual/Creative – something needs to be created

Commitment 4: Speaking Candidly

Consider a time when you did not say what was true for you.

- What facts were you withholding?
- What thoughts were you withholding?
- What feelings were you withholding?
- What sensations were you withholding?

What fear surfaces?

- I'll appear selfish.
- I can't control the situation.
- I'll look odd.
- I'll be judged.
- I'll be hurt.
- I'll cause conflict.

Walk through the process of revealing.

- If I were to reveal my facts/thoughts/feelings/sensations, what would I say?

- What is the gap between concealing and revealing?
- How might I welcome fears and get curious to learn more?
 - What would happen if I revealed my facts/thoughts/feelings/sensations?
- Notice the costs to yourself and your team.
- Am I willing to reveal?
 - Let go of being right.
 - Reveal to be known rather than to win or make a point.
 - Speak with an open heart, with kindness and love.

Commitment 5: Eliminating Gossip

What fear surfaces?

Why do I gossip?

- Make others wrong.
- Gain validation.
- Control others.
- Get attention.
- Divert attention.
- Avoid conflict.
- Avoid felling/expressing authentic emotions.
- Create (pseudo) alliances.

Separating fact from story:

What are the facts as a video camera would record them?

What are the stories you have about the facts?

What is the opposite of each of your stories?
