

FEELING YOUR WAY THROUGH THE PLOT

Use this worksheet to recognize and resolve Plot scenarios. Remember that our emotions are drawn to stories and drama.

1. Lets give this scenario a name: **Bob & Me**

2. What is the stage you are on? (Describe the physical and factual setting.)

I am a 40 yr old manager. Bob is my 35 yr old new VP and boss.

3. What feels unfair? Why does it drive you crazy?

The critical, vocal nature of Bob. Seems as if he knows it all and never has anything nice to say. It drives me crazy because he doesn't know it all and he quickly dismisses any suggestions other than his own.

4. How does this make your circle of influence feel? (Co-workers, family, & friends.)

It really upsets fellow workers. I guess my wife doesn't like to see me get upset.

5. What is the "good" you think any villain or negative hero is seeking? (Remember, they are trying to move from pain towards pleasure, even if their methods and outcomes are less than desirable.)

I think he is trying to live up to his promise of being able to turn things around here. He certainly wants to keep his career in track. .

6. How does this scenario affect the bigger picture?

Typically I would say it causes a great deal of wasted time and energy. He needs our support, we want to turn this around, but he is quickly isolating himself.

7. By what method are you attempting to triumph over this?

I tried to talk to him about my feelings and he doesn't "get it." He thinks I am over-exaggerating the situation, denies that he's ever treated me that way, etc. It is something he very much chooses not to accept or see.

8. How strong is your energy? Is it over 40%?

Not very strong anymore. Once I realized that he is not going to believe the reality of my feelings I quit expending energy on the situation. I'm getting to the point where I don't care anymore.

THE PLOT ASSESSMENT SHEET

9. What role are you playing?

I'm not sure what role that leaves me playing. Probably a victim one.

If you are not trying to triumph over this, have you given up? If so, is it because you are playing the victim role or because you have walked off the stage? If you are a victim,

10. have you sought out help from a true hero?

I have let it go. I've come to terms with "that's the way he is." All I can do is try to be my best and not let his "baggage" affect me. I guess if it still feels "unfair" to me at all, it's only because I disagree with the behavior. I've not spoken to anyone else about this except for my wife and co-workers. I may speak to the CEO but I have to be careful because that's who brought him in.

11. What mannerisms and tone of voice do you use when acting out this drama? Either *act out* this behavior in front of a mirror or another person, or write out your feelings below.

I think I use a normal tone of voice – if anything a bit detached. I tend to speak to him more third party than anything else. If I don't tell him anything too discomforting or personal – he can't use it against me.

12. What is the better way to meet everyone's emotional needs?

Extend to him the kindness I wish to receive from him. (Have previously tried this approach, but have long since given it up.) Maybe compliment him more often... It's hard to come to a conclusion here because he genuinely does not believe that he treats me this way. I guess I will just try and continue to understand that it's not a conscious or intentional pain that he's inflicting. If it gets to be too much I can take my resume out for a spin or maybe even talk to a lawyer.

What is the good in this drama? Why do you need this? What can it help you learn?

13. Why would your soul have had you go through this situation? (For example: "To give up arrogance and learn humility.")

The good in this scenario is:

- 1. It taught me to speak up for myself.**
- 2. It taught me not everyone can or wants to listen to my story.**
- 3. It taught me that self-acceptance is more important than what others think – as long as I am comfortable with whom I am.**
- 4. I think the reason I had to go through this situation is so that I could be more understanding and caring about others and understand where I engage in similar conduct with my reports...or loved ones. It's been humbling stuff!**
- 5. It's taught me to either let go or do something about it. I won't throw a pity party anymore.**