

KMKY at the Start Exercise Sheet

SLIDE 4 - BEFORE PLAYING AUDIO CONSIDER THIS:

“We do not see things as they are, we see them as we are” Anaiis Nin, 1961 (**Ana-ees Neen**)

What do you think this means?:

Now Play Audio

SLIDE 5 – Reflecting on your experience so far

What has your experience of your induction been like so far? What sort of things have you been thinking? How have you felt so far?

SLIDE 6 – Reflect on Practice

What do you think your practice is? What things do you imagine you might reflect upon at work and in supervision?

SLIDE 10 - Video Structural Ego States

Reflect on the last 48 hours – what Ego States have you been in and when?

What Ego State(s) might you be in in during the early stages of your new job at ALE? (please be honest, there is no-one to see this). Perhaps some previous experience of starting a new role might offer some insight.

- How might this impact you and what are your options?

SLIDE 11 – Ego States Functional

Take a few minutes to consider what the behaviour of each new state might look like, what might they be saying, what are they doing? Make some notes, list as many as you can think of:

- Controlling Parent

- Nurturing Parent

- Adapted Child

- Free Child

SLIDE 12 – Video Functional Ego States

Again thinking over the last 48 hours, think of times that you were in each of the categories, what were you doing?

- Controlling Parent

- Nurturing Parent

- Adult

- Adapted Child

- Free Child

Now consider what responses you got to your behaviour, either from others or internally how you felt:

- Controlling Parent

- Nurturing Parent

- Adult

- Adapted Child

- Free Child

SLIDE 13 – Statements

Practise saying these statements/questions from the different states:

Statements:

- That was helpful
- What happened?
- Well done
- I think it would be good to get things cleared away
- Can you help me?
- So how are you feeling?

Now write down questions you think you might need to ask in your first week:

Think about what state you might want to ask these from to get the best result...practise saying them.

SLIDE 14 – What Interrupts Us Being Aware?

Think about what sort of things might interrupt us being aware? Write down what you think might interrupt **you** being aware:

SLIDE 15-20 – Being Aware & Video Clips

See if you can notice your 'felt' response to them, how do you **feel** as you are listening, what mood do they evoke (there is no wrong answer, just your truth):

- Video Clip 1 Pause and note how you are feeling, what mood does this evoke for you?
- Video Clip 2 Pause and note how you are feeling, what mood does this evoke for you?
- Video Clip 3 Pause and note how you are feeling, what mood does this evoke for you?
- Video Clip 4 Pause and note how you are feeling, what mood does this evoke for you?
- Video Clip 5 Pause and note how you are feeling, what mood does this evoke for you?

SLIDE 22 – Transference Clues

Pause and reflect on the clues – think of a previous or current relationship where you have found yourself experiencing some of these clues. Write down the way you behaved, some of the thoughts you had, and how you felt:

Now ask yourself: Who from your past did you also feel or respond that way with?

Finally pause and consider if you had a similar Transference with someone in your new role how might this interrupt you asking questions or being in your Adult Ego State?

SLIDE 23

What from this workshop will you be mindful of as you start your new role?

SLIDE 25 – Additional Written Work

Details of additional writing required and where to send it can be found on Slide 25. Please note I am not looking for an academic piece, just your reflections on what you have learned and what from this you may be conscious of as you start your new role at A Life Explored. Use the notes you have made from the various exercises to help you. The sooner you do this the easier it is likely to be and this can help you integrate and remember what you have learned, and I need to receive this within 5 days.

I look forward to receiving your written piece and I will offer feedback.