

HabitShift

Lighting the Fire

Giving the Flame

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“Basic principles for helping others keep the flame alive”

1. Care for self so you can let go of...self

- Your capacity for helping others is limited only by your capacity for self care.
- A strong capacity for self care creates the possibility of an ego-free relationship with others.
- Cultivate compassionate accountability.

PAYOFF: Your personal agenda is not the focus.

2. Listen to your 3 Voices: Active, Receptive, Observer

- Active: assertive, decisive, determined
- Receptive: open, caring, emotionally available, listening
- Observer: wisdom, balance, values-based, choosing between other two

PAYOFF: You offer what is needed at the time it's needed.

3. Expect Resistance

- Reluctant: Not interested in change (consciousness raising)
- Rebellious: Independent; argumentative (releasing energy)
- Resigned: Pessimistic; overwhelmed (strong support)
- Rationalizing: “Proof” of position (empathy; don't argue)

PAYOFF: You are neither surprised nor angry when it appears

4. Understand that we all change in the same way

1. WHAT Problem? (denial there is a problem)
2. Oh, *THAT* Problem (recognition there is a problem but not a problem worth putting effort to solving)
3. Ready...Set... (accepting the problem & planning for how to solve it)
4. GO! (starting the work of actual change)
5. Keeping the Flame Alive (solidifying a life without the problem activity)

PAYOFF: There is a structure that makes helping others easier

READINESS: Offer the “next right step” v. pushing for change which creates more _____

DECISIONAL BALANCE: Change occurs when we feel strongly negative (as WE define it) about staying the same AND we feel strongly positive about a better future (as WE define it)

- None of us like to “be changed.”
- Wake up calls look different to each of us.
- When we begin to wake up & find compassionate people, a receptive environment, & structured programs, we keep the flame alive.