

OWN-UP REFLECTION PROCESS

MOVING FROM REACTIVITY TO RECEPTIVITY

DATE:

OBSERVE – TAKE NOTE OF MY REACTIONS WITHOUT EXPLAINING OR JUSTIFYING

Briefly describe the situation that triggered a troubling reaction in me.

What did I do or want to do? What thoughts went through my head? What emotions did I feel? How and where did I feel sensations in my body? Where was my attention and energy focused?

WELCOME – RECEIVE MY EXPERIENCE WITH OPENNESS AND WITHOUT JUDGMENT

Write a prayer of welcome to my specific thoughts, emotions, and sensations.

Invite God into my experience and reactions. Be curious. What might God want me to know about this?

What am I experiencing in this welcoming posture?

NAME – IDENTIFY MY UNDERLYING INNER EXPERIENCE AND MOTIVATIONS

Consider the key elements of my dominant Enneagram type pattern.

What core needs am I trying to meet in this situation...esteem, affection, safety, security, power, or control?

What am I afraid of? What am I avoiding?

What lies am I believing about myself and/or this situation?

What are my underlying desires and longings? What do I really want?

What is the divine gift of my type? How am I trying to express it in my own way by my own efforts?

UNTANGLE – LOOSEN AND RELAX THE MAIN SOURCE OF SUFFERING AND STRAIN

What is stirring in me that indicates the most tension and restriction?

What seems to have the strongest hold on me?

Gently loosen and disown what comes into my awareness. What am I experiencing as I relax and let go?

POSSESS – NOTICE AND RECEIVE WHAT EMERGES AS I LET GO

Identify any new emotions, thoughts, body sensations, and desired actions. Describe any internal shifts.

Affirm my true identity as one created to express and experience God's image in a unique way.

Offer a prayer of gratitude to God. Pause and rest in God's Love and Presence.