

The Self-Led Project Workbook



SELF-LED PROJECT

A Coaching Program to Develop Self Leadership

The Self-Led Project

Workbook

A Coaching Program to Develop Self Leadership

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And

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Bill Tierney Coaching is not affiliated with the IFS Institute. Bill Tierney is an IFS Level 2 trained Practitioner and Personal Development Coach.

Special thanks to Alison Dyer, Emily Kerpelman, and Teresa Napierala, my fellow IFS travelers for all your love, support, and contributions to my own personal journey as well as to the curriculum in this workbook.

Session #2 Preparation

-Complete Exercise #1 (pages 9 – 20)

-Study the False Shame Circle on page 21 and read the content on page 22. Note any questions about or challenges to the content and bring them to the session to discuss.

-We will discuss how to do Exercise #2 in this session.

-Complete Session #1 Survey <https://us11.list-manage.com/survey?u=0a187167fc977d060cf6bc950&id=ff0d99597b&attribution=false>

-If you are printing this content, combine it with your Session #1 content.

-Be prepared to access pages 1 – 25 during this session. To do this, either print out this Session #1 PDF or have it available on a device during our session. If this is not possible, I will be sharing my screen or can copy and paste the content into chat during our Zoom session.

-Please have a notebook or a three-ring binder with blank pages during our group session to take a lot of notes.

-Tuesday Zoom Meeting ID: 845 7147 2768 Passcode: 050620

Link:

<https://us02web.zoom.us/j/84571472768?pwd=enUzK0VWek1ldVFPY3krc2d6cHpjdz09>

-Thursday Zoom Meeting ID: 819 4096 1523 Passcode: 050620

Link:

<https://us02web.zoom.us/j/82940961523?pwd=QTBFMURXaDBxK0F4YldPRHNzR1ROZz09>

Contents

The Self-Led Project Pilot Group Syllabus	i
The False Shame Circle	21
The Four Lenses that Shape Your Perception	22
Exercise #2, The Lens of Awareness	23

The Self-Led Project Pilot Group Syllabus

No less than 6 days prior to each session, you will receive the content for that session. The content you receive will be the same content participants in the paid one-year program will receive.

The pilot group is limited in scope. The content that we will cover in our nine sessions together can stand alone in its value and teachings and represents the first 25% of the Self-Led Project workbook.

This content will also prepare you for the remaining 75% of the content that will complete the one-year program should you choose to continue with the paid portion of The Self-Led Project.

Future participants will not be offered a no-cost option for the first nine sessions.

The following is the projected syllabus for the pilot program and is subject to change as your feedback provides insights for improvements.

Thank you for your participation.

Session #1	
Preparation	<p>-Read the first 8 pages of this workbook, study definitions, note any questions about or challenges to the content and bring them to the session to discuss.</p> <p>-We will discuss how to do Exercise #1 in this session.</p> <p>-Be prepared to access pages 1 – 20 during this session. To do this, either print out this Session #1 PDF or have it available on a device during our session. If this is not possible, I will be sharing my screen or can copy and paste the content into chat during our Zoom session.</p> <p>-Please have a notebook or a three-ring binder with blank pages during our group session to take a lot of notes.</p> <p>-Tuesday Zoom Meeting ID: 845 7147 2768 Passcode: 050620 Click here for the Zoom Link.</p> <p>-Thursday Zoom Meeting ID: 819 4096 1523 Passcode: 050620 Click here for the Zoom Link.</p>
Content	<p>Exercise #1, Track Your Inner Experience</p> <p><i>The goal of this exercise is to shift your conscious attention away from external circumstances that trigger your suffering, and toward what is being triggered. Using an experience that triggered suffering will enable you to find the true cause of the suffering. As you work through this exercise, set an intention to use a fresh set of eyes and bring as much curiosity about yourself and your reactions as you can find.</i></p>

Session #2	
Preparation	<ul style="list-style-type: none"> -Complete Exercise #1 (pages 9 – 20) -Study the False Shame Circle on page 21 and read the content on page 22. Note any questions about or challenges to the content and bring them to the session to discuss. -We will discuss how to do Exercise #2 in this session. -Complete Session #1 Survey
Content	<p>Exercise #2, The Lens of Awareness</p> <p><i>The purpose of this exercise is to help you become aware of the lens through which you view circumstances; the Shame Identity lens, The False Identity Prevention lens, the False Identity Reaction lens, or the True Self lens.</i></p>
Session #3	
Preparation	<ul style="list-style-type: none"> -Complete Exercise #2 (pages 23 – 25) -We will discuss how to do Exercise #3 in this session. -Complete Session #2 Survey
Content	<p>Exercise #3, Your Shame Identity</p> <p><i>The goal of this exercise is to help you to recognize your Shame identity.</i></p>
Session #4	
Preparation	<ul style="list-style-type: none"> -Complete Exercise #3 (page 26) -Use the False Shame Table beginning on page 29. -We will discuss how to do Exercise #4 in this session. -Complete Session #3 Survey
Content	<p>Exercise #4, False Identity Prevention Strategies</p> <p><i>The goal of this exercise is to help you recognize what you do to prevent feeling discomfort.</i></p>
Session #5	
Preparation	<ul style="list-style-type: none"> -Complete Exercise #4 (page 27) -Use the False Shame Table beginning on page 29. -We will discuss how to do Exercise #5 in this session. -Complete Session #4 Survey
Content	<p>Exercise #5, False Identity Reaction Strategies</p> <p><i>The goal of this exercise is to help you recognize what you do when you get triggered.</i></p>

Session #6	
Preparation	<ul style="list-style-type: none"> -Complete Exercise #5 (page 28) -Use the False Shame Table beginning on page 29. -We will discuss how to do Exercise #6 in this session. -Complete Session #5 Survey
Content	<p>Exercise #6, The Trigger Log</p> <p><i>The goal of this exercise is to help you recognize what triggers you and to notice what is activated when you get triggered.</i></p>
Session #7	
Preparation	<ul style="list-style-type: none"> -Complete Exercise #6 (pages 32 – 35) -Read and study pages 36 – 41, Parts of the False Shame Model, IFS definitions, False Shame Model Definitions with IFS definitions. -As you read, write down your observations and questions, bring them to session #8. -Complete Session #6 Survey
Content	<p>Complete Part 1</p> <p><i>The False Shame Model and answer Discussion questions</i></p>
Session #8	
Preparation	<ul style="list-style-type: none"> -Read and study pages 41 – 44, IFS and the False Shame Circle, The False Shame Cycle, Working With our Parts to get Different Results. -As you read, write down your observations and questions, bring them to session #9. -Answer Discussion Questions for Part 1 on page 44. -We will discuss how to do Exercise #7 in this session. -Complete Session #7 Survey
Content	<p>Exercise #7, Noticing Parts</p> <p><i>The goal of this exercise is to help you become more aware of the efforts of your individual parts to influence your thoughts, feelings, and actions.</i></p>

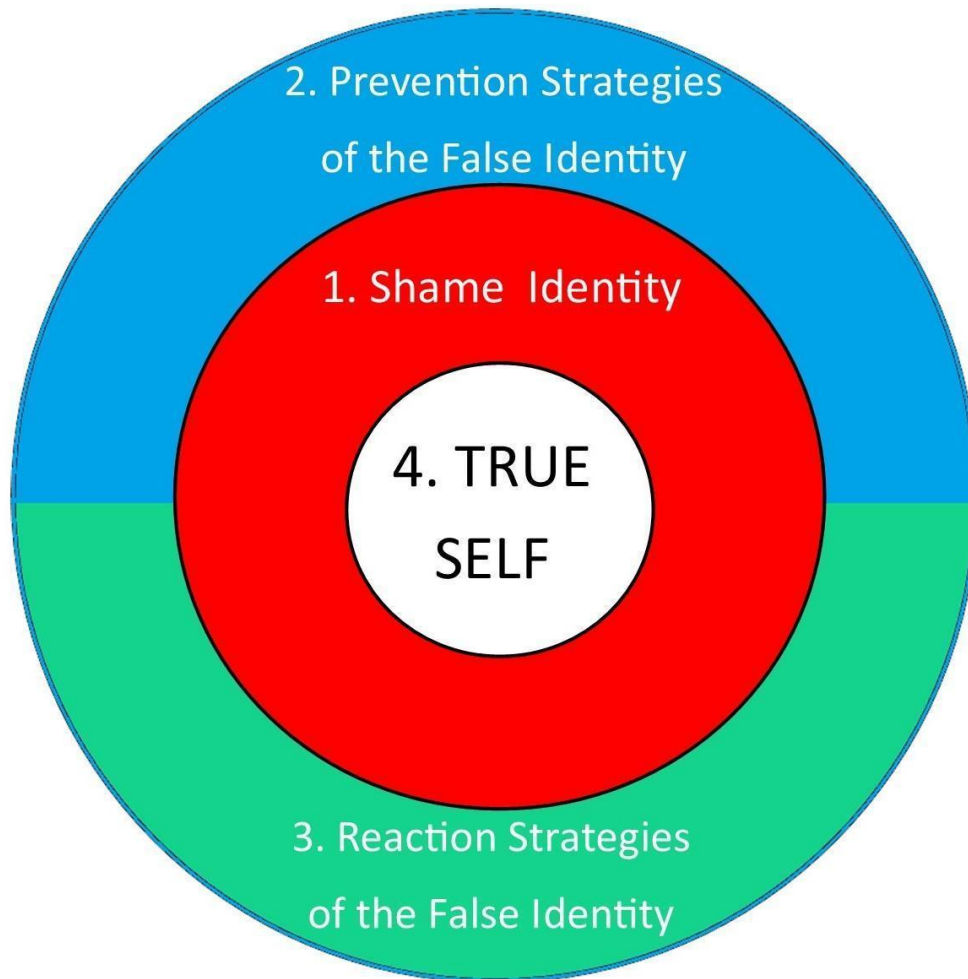
Session #9	
Preparation	<ul style="list-style-type: none"> -Read and study content on page 49. -Complete Coaching Session Check-in on page 50. -Complete Exercise #7 -Complete Session #8 Survey
Content	<p>Pilot Group Review.</p> <p><i>What did you get out of the Pilot Group?</i></p> <p><i>What can you expect from the One Year program?</i></p>

After Session #9, you will receive a final survey. Completing this survey will fulfill your commitments as a Pilot Group Volunteer.

You will have completed 25% of the Self-Led Project One-Year Program. If you wish to continue, your program fees for the one-year program will be discounted by 25%.

The False Shame Circle

The False Shame Circle illustrates the four possible lenses of perception. As your conscious attention shifts to each lens, your view changes. Your view determines your experience and your response.



1. Through the lens of the Shame Identity, circumstances appear threatening or hurtful.
2. Through the lens of Prevention Strategies of the False Identity, circumstances appear potentially threatening or hurtful.
3. Through the lens of Reaction Strategies of the False Identity, circumstances appear potentially or actually out of control and dangerous.
4. Through the lens of True Self, circumstances appear as they are.

The Four Lenses that Shape Your Perception

In his book, *The Answer*, which is co-authored by Murray Smith, John Assaraf draws some interesting distinctions about the conscious and unconscious. According to Assaraf, the part of the brain that is devoted to conscious awareness and processing makes up 17% of the total brain mass while the part of the brain devoted to the unconscious makes up the other 83%. The conscious mind is only in control of 2 - 4 % of what we perceive and how we behave, leaving 96 - 98 % of what we perceive and how we behave to the unconscious.

In other words, 96 - 98 % of how we view the circumstances of our lives is filtered automatically by the unconscious. 96 - 98% of our behavior is controlled automatically by the unconscious. We do what we do based on how we perceive our environment and what is happening in the moment we act.

The beliefs that make up the Shame Identity are stored in the unconscious as are the strategies of the False Identity.

The degree that the unconscious mind is influenced by the Shame and False identities is unique to each of us and is based on the meaning making we each attached to the experiences of our early, impressionable years.

Fortunately, the brain and the mind are malleable. By setting an intention to use the conscious mind to examine parts of the unconscious mind, we can create an internal environment conducive to deep and lasting change.

Awareness is the first step in transformation. We can become consciously aware only of what we focus our conscious attention on. By focusing our conscious attention on our inner world, we can interrupt the predictable and automatic patterns that run our lives. Personal transformation requires that we master this skill. Deliberate and focused practice will be required to do this.

What follows are exercises which will show you how to focus your conscious attention on your inner world and walk you through a gradual process of increasing self-awareness. These exercises are designed to help you apply the False Shame Model to your life. Thinking of your own personal experience in this way will help you integrate these ideas and enable you to reclaim personal power that you have lost over time.

TAKE YOUR TIME WITH THESE EXERCISES. Don't move on to the next exercise until you have finished the previous one. Completing these exercises in the order they are presented will help you increase your internal awareness. As you do, your sense of personal empowerment will increase.

If you experience impatience as you work through these exercises and find that you want to speed through them, please slow down. This is a proven coaching program, but it will only work if you take the time to do the work.

Your involuntary reactions reflect the automaticity of your life. To continue your shift from the life you have to the life you want, complete, Exercise #2. Exercise #2 is designed to further increase your awareness of how your inner world impacts your view of external circumstances.



Exercise #2, The Lens of Awareness

The purpose of this exercise is to help you become aware of the lens through which you view circumstances; the Shame Identity lens, The False Identity Prevention lens, the False Identity Reaction lens, or the True Self lens.

List each stage number from the story you told in Exercise 1 in the left-hand column of the table for Exercise #2. Then mark which of the four lenses you were viewing the circumstance through at that stage. Your answers to questions A through D for each stage provide the clues you will need to determine the lens (or lenses) through which you viewed each stage of your story.

Through which lens were you viewing the circumstance?

- A. Shame Identity
- B. False Identity Prevention Strategies
- C. False Identity Reaction Strategies
- D. True Self

For example, in Stage #1 of Exercise #2

<p>Stage # 1</p> <p><i>(from exercise 1, Step 3)</i></p> <p>A. What did you experience in your body?</p> <p>B. What emotions did you feel?</p> <p>C. What were your thoughts?</p> <p>D. What did you say or do?</p>	<p><i>Linda asked the first time.</i></p> <p><i>My heart rate increased. (Shame Identity)</i></p> <p><i>My face tightened. (Shame Identity)</i></p> <p><i>I felt tension and pressure. (Shame Identity)</i></p> <p><i>I felt fear, worry, and anxiety (Shame Identity)</i></p> <p><i>Right away I knew I didn't want to do what she was asking. (Prevention)</i></p> <p><i>But I also felt some fear when I considered how to answer her. (Prevention)</i></p> <p><i>I thought about how to say no without disappointing her. (Prevention)</i></p> <p><i>I had the thought that I should say yes because I should be willing to serve the group. (Prevention)</i></p> <p><i>I imagined her reaction. (Prevention)</i></p> <p><i>I realized I was trying to take care of Linda's feelings and that her feelings are not my responsibility. (True Self)</i></p> <p><i>I listened to her request in case she had something to say that might help me figure out how to justify saying no. (Prevention)</i></p>
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Example (continued)

Exercise #2				
Stage Number	Shame Identity Lens Who you're afraid you are	False Identity Prevention Lens Strategies to prevent being triggered	False Identity Reaction Lens Strategies to stop being triggered	True Self Lens Wisdom, Clarity, Compassion, Curiosity
1	✓	✓		✓

Now, look at each stage and your answers to questions A through D to determine through which lens(es) you were viewing the circumstance at that stage.

- A. Shame Identity
- B. False Identity Prevention Strategies
- C. False Identity Reaction Strategies
- D. True Self

Exercise #2				
Stage Number	Shame Identity Lens Who you're afraid you are	False Identity Prevention Lens Strategies to prevent being triggered	False Identity Reaction Lens Strategies to stop being triggered	True Self Lens Wisdom, Clarity, Compassion, Curiosity
1				
2				
3				
4				
5				
6				



Exercise #2 (continued)				
Stage Number	Shame Identity Lens Who you're afraid you are	False Identity Prevention Lens Strategies to prevent being triggered	False Identity Reaction Lens Strategies to stop being triggered	True Self Lens Wisdom, Clarity, Compassion, Curiosity
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				

Isn't it just fascinating how much happens involuntarily? Notice the automaticity of your Shame and False Identities. Your self-awareness is increasing as you complete each exercise. Notice that when viewing circumstances through the clear lens of True Self, you are less reactive to what is happening around you. When the circumstances of your life don't trigger you to reflexively think, feel, or act in a disempowering way, you may be viewing external circumstances through the clear lens of True Self.

Complete Exercises 3, 4, and 5 to see how your perspective plays a role in whether you react automatically or respond consciously to external circumstances.

As one of my coaching clients put it recently, these exercises will help you decode your programming.