

Episode 0002

Aware Appreciation

Show Transcript



Presented by Dr. Gala Gorman
© All rights reserved, MetaComm Media LLC.

00:04

Dr. Gala Gorman: When we express gratitude typically there is an expectation of something in return. We are grateful for something someone did for us.

00:19

Announcer: You've tuned to Awareness Addicts with Dr. Gala Gorman. Here, you'll find Sage Advice for taking inspired action. Awareness is the key. With this key, it's easier to navigate in the human world with all of its detours. It requires that we get to know ourselves intimately. If you choose to join us, this just might make you an Awareness Addict . . . alive, alert, awake and aware of life's possibilities.

00:50

Dr. Gala Gorman: This is Episode 2. Another foundational episode. I'm Dr. Gala Gorman and I'm a bit of an Awareness Addict. I'm hoping you'll become addicted too. So, stick around . . . and get your fix!

I read this article recently, it was about combating bullying in schools. This teacher, Captain Louise Le Roux . . . don't speak French and probably botched that. Charlie will correct me I'm sure. He's the one who's got some French lessons behind him.

Anyway, Capt. Louise Le Roux is a teacher and she came up with this idea for teachers to create a gratitude box for their students. The idea is that students would put apology letters into these gratitude boxes for being disruptive, showing disrespect, or being abusive towards their teachers or their classmates.

02:01

In her own words, "Pupils were encouraged to draw pictures and write letters of gratitude to show their appreciation for their teachers. These were all placed in the gratitude boxes. When situations arose, teachers would

pause and open their gratitude boxes and read some of the letters as a reminder that they are appreciated and that they do make a difference.” She called the project, Keep Calm and Teach.

I’ve never been a teacher in a classroom but I have known teachers that I’m sure could really appreciate this practice. One of the things that I thought is really wonderful about it is that this is encouraging kids to think before they bully someone. But, more importantly . . . the practice of appreciation and getting that started at an early age. These kids will grow up understanding aware appreciation. I can’t think of much better to teach them.

03:19

Let’s take a moment to develop awareness. This is something you can practice anywhere...anytime. Begin by noticing where your breath is landing in your body? Are you feeling your breath in your chest? Is it expanding your rib cage? Or, even your belly?

Just become aware of your breathing.

Now, we’re going to breathe intentionally. We’ll start by breathing deeply into our belly. Breathe deeply . . . expanding your belly. Notice how it feels for your belly to expand. Then, pull your abdomen in so that all of the stale air gets pushed out on the exhale.

Let’s do that again. Breathe in deeply . . . all the way into your belly. Expand your belly. And again, breathe out and flatten your tummy. Squeeze all that air out.

Next, we’ll move the breath up to our rib cage. Intentionally expand your ribcage with the breath. It may feel like your ribs are stretching out on both sides . . . or you may feel it expanding your back. Just notice how that feels. You’re stretching your lungs to the side and creating flexibility in your ribs. Take another breath into your ribcage.

Now, let's go back to how you were probably breathing when we started this practice. Breathe into your upper chest. You can feel your breastbone raise and lower with the breath. Notice how it feels to take a shallow breath now that we have expanded the breath into our belly and rib cage.

We have sent a clear message to our brain and nervous system that we can take control. Let's use this feeling of empowerment to practice Aware Appreciation.

What is ONE BIG THING that you appreciate right now? And, keep this in mind as you notice more things to appreciate as you move through your day.

05:38 Are you feeling stuck or confused . . . wondering how you get the creative juices flowing in your life? It's actually not that difficult if you're willing to set aside a few minutes every day to practice. What should you practice?

05:54 I suggest you practice aware appreciation. Maybe you could create a gratitude box like Capt. Louise Le Roux created for her students in her classroom. As we practice aware appreciation, we are building muscles and building a skill set that will create somewhat of a snowball effect in our lives.

There is a difference between appreciation and gratitude. The Captain suggested that the kids share their gratitude but she also seems to use gratitude and appreciation interchangeably which I believe that a lot of us do. I want to encourage you to think about it. When we express gratitude, typically there is an expectation of something in return. We are grateful for something someone did for us. Or, if

someone is expressing gratitude to us it is because we have done something for them.

7:03

Appreciation is a little different. Appreciation is very much unilateral. It doesn't require another person to be in the mix. It may not even require a real experience to be part of the equation. We can just observe our world and find things to appreciate. That is one of the things that makes appreciation and practicing aware appreciation the way I have put it together, really powerful. It is a practice that stretches us and changes our mindset. As we change our mindset, we find that we feel better and we're happier. This leads to an understanding of how we can manufacture happiness. In future episodes, we are going into this in a little more depth but the truth is that we actually can create happiness for ourselves and practicing appreciation is one of the great ways that we can do this.

08:22

One of the experiences that we had demonstrates this in relationship particularly. Charlie and I were at a workshop a year or two ago and the workshop leaders suggested that we practice sharing 3 things we appreciate about our partner before going to bed at night. One person shares. The other person thanks the person for sharing. And, the other person shares and they thank for sharing. This is a way of creating intimacy in relationship skill building.

09:07

The fascinating thing that I found practicing this . . . Charlie and I have been in a relationship for quite a few years now. And, just like any relationship, we go through our highs and lows. But, what I found practicing this is that I could not maintain a feeling of resentment and focus on things that I don't appreciate about him while simultaneously seeking things that I do appreciate about him. They were mutually exclusive and I found that really fascinating. The appreciation squeezed out the lack of appreciation. It doesn't take much to see how practicing that on an ongoing basis would begin to develop an expectation of finding more and more to appreciate. Using that as an example, when I

have interactions with Charlie and I know that I'm going to have to find things that I appreciate about him, I'm looking for things to appreciate.

10:28

Rather than looking for what I don't appreciate which is what we tend to do much of the times as humans my radar is up for what I do appreciate. This is a really fascinating study and you can see it is perfectly in alignment with our intention of developing awareness. So, I suggest that you go to AwarenessAddicts.com/Episodes You will find the link there to download the Aware Appreciation Worksheet. This practice will force you to stretch yourself. As you answer the questions you will see what I'm talking about. It is going to stretch you to find things to appreciate that you would not just naturally identify.

11:25

As you begin to stretch your appreciation, you will find the creativity flowing. You will get new ideas and see possibilities that you have not seen previously. It is really important that you commit this to a daily practice. I suggest that you start with just one day and try it on. If you can see some benefit, commit to a week. At the end of the week, commit to another week. What you are wanting to do is string together 6 solid weeks of practicing aware appreciation. At that point, you will have created a habit that is going to serve you well.

12:27

My takeaway for today is just reminding myself that practicing aware appreciation is a great way to change my perspective and to help me focus on the things I appreciate rather than things I don't appreciate. I'm human just like anyone else and when things don't seem to be going the way I think they should be going it is easy to start seeing more things that aren't going the way I think they should be going. This aware appreciation practice will turn that around and start moving things in a different direction for us.

13:18

Question: I used to be a happy upbeat person but disappointments have changed that. Now I feel lonely most of the time. My free time is spent playing video games and smoking weed. This has been going on for several years. I don't want to risk caring too much about anything anymore for fear of more disappointment. What should I do to break this pattern?

13:45

Dr. Gala Gorman: First, thanks for submitting your question. You're certainly not alone. Life regularly disappoints us. And, if we meet with too many disappointments without establishing a healthy defense, it can get us down. To the point where we don't feel like getting up! From your question, it sounds like you know you're not doing yourself any favors with how you're spending your free time. So, let's turn things around. Similar to what I just shared, we are going to practice aware appreciation. You may not feel like you have much to appreciate but that's when you need to practice Aware Appreciation the most. Start by downloading the worksheet and commit to using it every day for a week. Then another week. And another. At the end of 6 weeks, you will have broken the destructive pattern. Try it. It works!

14:44

Announcer: Are you ready to create an attitude adjustment? Practicing Aware Appreciation will make a positive difference. You can access the Aware Appreciation Worksheet by visiting AwarenessAddicts.com/AA. In just a few minutes a day, you'll stop negativity in its tracks...and gain some insight and awareness in the process.

Your feedback makes a difference. What part of this episode helped you the most? Join the Awareness Addicts Facebook group and share your thoughts. Make sure you leave a review wherever you've accessed the show. And, if you know others who could use some divine inspiration, share with them! Remember, all the links and resources are available at AwarenessAddicts.com/Episodes. Don't waste another moment feeling confused and stuck. As an Awareness Addict, you're alive, alert, awake and aware of life's possibilities.

15:42

Dr. Gala Gorman: In my book, Sage Advice, I shared a technique I developed for nurturing awareness. You won't want to miss the next episode when I share the technique and show you how to use it. So, make sure you join me.

16:05

Announcer: This was Awareness Addicts with Dr. Gala Gorman. For more information and to find any resources mentioned in this episode, visit AwarenessAddicts.com/Episodes. Thank you for tuning in.

DISCLAIMER OF WARRANTY/LIMIT OF LIABILITY

The author and publisher of this material have used their best efforts in its preparation. The author and publisher make no representations or warranties with respect to the accuracy, applicability, fitness or completeness of the contents. The information contained herein is strictly for educational purposes. Therefore, if you wish to apply ideas contained herein, you are taking full responsibility for your actions.

RecoverYES.com is a division of YES Unlimited LLC providing information, insight and inspiration to support self-help through coaching. Coaching is not a substitute for regular medical or psychological care. Coaching is not about disease or illness—rather, its focus is on healing and wellness.

No one is advised to discontinue or to avoid medical or psychotherapeutic treatment. There are cases where medical or psychotherapeutic treatment are advised. Don't use these techniques to try to solve a problem where your common sense would tell you it is inappropriate. Since the information is designed to support self-help, we cannot and will not take responsibility for what you do with it. You are required to take complete responsibility for your own well-being both during and after the use of our information and/or coaching sessions.

The author and publisher disclaim any warranties (express or implied). The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental, or other consequential damages arising directly or indirectly from any use of this material which is provided "as is" and without warranties. This material is copyrighted by YES Unlimited LLC. No part of this material may be copied or changed in any format, sold, or used in any way other than what it outlined herein under any circumstances.