

SECOND EDITION

The Gem Journey

A Fable for Our Time



WORKBOOK

by Ron Phillips MA, MFT

The Gem Journey

A fable for our time

Workbook

by
RON PHILLIPS

Published by



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Poem in Chapter 15 “The Desert of Choice”
“The Road Not Taken” by Robert Frost.

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Author's Note

As a kid I didn't like 'busy work'. If it had no importance or was merely meant to keep me occupied and quiet, I didn't dig it. Hopefully this Journey Guide/Workbook will have some relevance and meaning to you. Whether you realise it or not, this is the most important time in your life, your learning time, a time of self-definition, your time for asking yourself life's big questions, "Who am I?" and "Who will I become?" Wow!

This Workbook should be personal, allowing you to be honest with yourself. Note, however, that is not to mean that your teacher can't check it out.

If you put some effort into this assignment it will be a "keeper," a real time capsule, reflecting who you were during your search for identity. It would be very interesting once you've completed the Journey Workbook to put it away and not look at it for ten or twenty or thirty years. You and your kids would love the exercise of looking at it during their learning time.

Hey! Before we start, a quick story:

Once upon a time there was this kid in a raft floating on a serene lake. He wasn't paying attention and the raft drifted into the river that the lake sourced. At first the raft drifted lazily. However that only lasted for a brief time. Suddenly the river's nature changed. It was no longer calm and predictable. The speed of the raft increased and obstacles appeared. The kid felt alone. Fortunately many other rafts had also floated into the current, each with one young passenger. Rafts gathered into groups and the kid felt better.

Suddenly the kid's group entered a dramatic canyon with high sheer granite walls. From high above someone yelled "It gets difficult up ahead and you'll need..." but unfortunately they couldn't hear more. The person tossed something off the cliff which looked like sticks, but turned out to be oars. Some of the group made the effort to collect their set. Others said to themselves "I'm drifting just fine, I can't be bothered."

The river turned and the rapids were strewn with huge boulders. The oars made all the difference to those who worked at using them.

The Gem Journey teaches you how to master eight elements of self. Embedded within the context of the Boy's journey are vital elements of self that must firstly be understood, and then the 'mastery solution' put into practice in order to attain the 'best version' of ourselves.

These elements are interrelated and are all essential to achieving identity.

The first three elements form the foundation for control of the behaviour of our body, our time, and our mind, while the remaining five elements equip us for life's great adventures. The components of self that need to be mastered are: Time/Anger, our Mind, our Heart, the Behaviours, our Self Image, our Decisions, our Self-Awareness, the Dance (our overall style of life).

Each element of you has a 'mastery solution' in the form of a model, a rule or a method. Your task is to learn these lessons in life.

I hope that this workbook will guide you along your way.

All the Best! Enjoy your Trek!

Ron Phillips



Radino's

The way it is

"Enjoy the only time you really have - your 'Now'"

Ten words that describe the Boy.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Which words describing the Boy's behaviour could also be used to describe you?

Author's Note: "Meta Messages" are the thoughts (mind conversations) all people experience. They are extremely important because they determine feelings, extended thoughts, and actions.

Please explore the Meta Thoughts of the family at the breakfast table. When the Dad leaned across the table, pointing his finger and telling the Boy to... the Boy was smirking, looking down at his cereal. What was the Boy saying in his mind?

- 1.
- 2.
- 3.

What was the Dad saying in his mind, seeing his boy mocking him?

- 1.
- 2.

2

Mum stayed behind her newspaper, but what was she thinking? (Meta Messages)

1.

2.

In similar situations all of us carry on parallel 'mind conversations' in relationship to the actual conversation.

Is everyone at the table upset and angry?

When you are told to do something you don't want to do, what are your Meta Messages?

1.

2.

Every thought produces a feeling.

How do you feel when thinking about being told to do something you don't want to?

1.

2.

Is the family in the habit of thinking, feeling, and acting like they were that morning at the breakfast table?

This week do a scientific investigation. Explore your personal, deep Meta Messages. Remember them and record them in your workbook. You may well be experiencing one right now! I don't feel like doing that bogus assignment, what a waste of time!

What was your most common Meta Thought?

Is the Thought helpful? Or does it led to conflict?

Give a recent example of one of your Meta Thoughts that led to conflict.

When you experience these messages, do they get you mad? (Every thought produces a feeling).

This Journey is about learning to think about what you think about. We are a complex inter-connected system of integrated behaviours. Our thoughts, feelings and actions are constantly in play. It's one of the amazing miracles of life and, by the way, your behaviour of thinking is your most active behaviour. We indeed form Habits of Thinking.

Can this habit of thinking Meta Thoughts be changed?

For example: If the Boy at the breakfast table had had the Meta Thought, "OK Dad, no worries." would he have felt differently?,

Are the Boy's parents worried about him?

Do you think the Boy loved his parents?
Yes / no. Why?

Is everyone at the table worried?
Where is the family heading?

Write a short paragraph.



Stranger in the Meadow

The way it will be

"If it's not working... Change"

There were all sorts of people in Foulcia's dungeon. What types of people were there?

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

What types of behaviours cause people to get stuck in their lives? (Habits)

The four components of behaviour are: Thinking, Feeling, Doing, and metabolic stuff. We form habits in each component. Give an example of:

Thinking habit

Feeling habit

Doing habit

Author's Note: Too much or too little of any behaviour = dysfunction.

What are the behavioural habits of the people in the dungeon?

When the Boy screamed: "Let's get out of here!" why didn't they just get up and go?

Could they have escaped?

When do you think the young people in the dungeon will get out?

Do people actually fear change sometimes?

When do you think some of those old people first got stuck?

Would you go or stay?

The Fox said, "Come on Boy, _____ this way. What did the Fox offer the Boy?"

List an area or areas of your life where you are 'stuck' (in your thinking, feeling or doing)

- 1.
- 2.
- 3.
- 4.

6

5.

Metaphors are defined as a name, phrase, or descriptive term of an object or action to which it's imaginatively but not literally applicable. For example, "Food for thought" or getting "Cold feet."

Think of three everyday metaphors you use all the time:

1.

2.

3.

The Gem Journey is a metaphor. Keep this in your mind, and at the end of the Workbook we will come back to this, when you have a better understanding of the messages the story imparts.*

Notes

The Spider's Web

Mastering your Stand-Alone Moment Formerly Mastery of Anger

"Think before you talk or act."

Steps to Mastering your Stand-Alone Moment

- Recognise and take command of your stand-alone moment (ON-Guard-call to action-self-awareness-you in action)
- Deep breathe with purpose to achieve clarity in the moment between recognition and response (quick to listen – slow to speak)
- Answer the moment's personal question, which is always – *"What should I do?"*
- Next step is apply the Choice Rule: Do what you should do, even if you don't feel like it, do it anyway!
- Then do it!
- Cultivate the habit of doing what you should 'do'!

What does the Spider's web represent in your life?

Could the Boy have become angry enough to break out of the web?

What did the Spider do when the Boy acted out?

Did that make the Boy angrier?

To master Anger requires knowledge. If you allow anger its way, your body will instantly perform a series of miracles in response. Absolutely instantly, like plugging in a Christmas tree, you will shift from being calm, to being ready to fight for your life or run for your life. It happens in a flash, in a moment. However you then experience upset and anger for the next hour of your life. This is the moment you must control to achieve your best self!

Command your Stand Alone time

What are the steps to Mastery of Anger? Write them out please.

Quick to _____

Slow to _____

Slow to _____

Name six changes in your body which prepare you for 'fight or flight' (War!)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

The moment between the quick and the slow is your Stand Alone time. These are the most important moments of your LIFE



To command this moment in time, what must you do? _____

What is the fourth component of your behaviour? _____

It is the most underrated aspect of behaviour and yet it is the crucial component of anger mastery.

This week practise breathing until you feel clarity. Enjoy the rich pleasure of deep breathing - one of life's really great things.

We began with the Mastery of Anger because commanding the 'Stand-Alone time' is essential for mastery of the other seven Elements of Self.

How do you usually handle your frustrations?

Are your reactions predictable?

Are the people you love predictable in their reactions?

Write a short expose on the steps to mastery of anger.

Describe some of the sticky situations you have gotten yourself into.

When you command your Stand-Alone Moment you have taken charge of your life. As you progress through the command steps you'll make good decisions and you master anger and impulsivity. This is an awesome self-help skill. Practise daily - if you make it your habit the pause of a few deep breaths gives you a personal strategy to get it right most of the time.

Notes

An Evening with Bartrum
Mastery of the Mind - Part 1

"Be honest with yourself"

Is the Boy honest with himself? Why or why not?

Why is honesty important?

Name five behaviours that interfere with personal honesty. (Thinking, feeling, doing are all behaviours)

- 1.
- 2.
- 3.
- 4.
- 5.

Who does the Boy consider to be the problem?

When Bartrum told the Boy, "When you're angry, behave the opposite to how you feel, that will be closer to right," what did he mean?

Can anyone make you be honest with yourself?

In your own words describe adolescence - your life Now; or how you remember it was ...

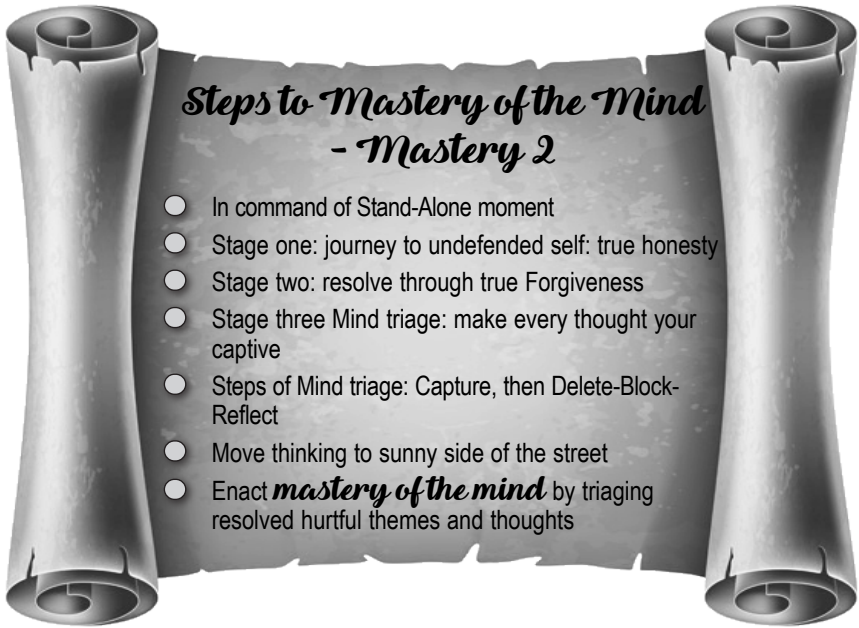
Author's Note: *Mastery of the mind* requires a person to take the deep personal journey to their state of total honesty. The Journey must break through any 'denial and blame' the listener is using and get through to the undefended area of self where change happens.

How are you preparing for adulthood?

The Quicksands of Denial

Mastery of the Mind - Part 2

"Forgiveness is the Solution"



I like the word triage. A nurse triages life or death conditions, deciding which require the most immediate attention. Triageing your thoughts is a kind of life vs death decision. "Life" can equate to healthy thinking as opposed to the "Death" of anger, lies, and blame, which are a form of stagnation thinking that leads to a kind of death in our progress as a person, in our relationships and in our long term destiny.

We have the power to decide which of our thoughts should get the most of our attention and this is vital for our on-going emotional health.

What was keeping the Boy stuck?

What were his thinking habits?

- 1.
- 2.
- 3.

Feeling habits?

- 1.
- 2.
- 3.

Doing habits?

- 1.
- 2.
- 3.

Is a person behaviourally stuck if they keep saying, doing and feeling the same way, like a broken record?. Yes / No Ask yourself, what are my 'broken record' habits?

- 1.
- 2.
- 3.

This journey is equipping you to think about what you think about. What are my constant negative internal themes, the crippling thoughts that cause me to feel lousy?

- 1.
- 2.
- 3.

How long could the Boy have stayed stuck?

Were there old people in Foulicia's dungeon who had been stuck feeling sorry for their whole lives?

What might they be thinking after years and years of stuck-ness?

Author's Note: Erik Erickson developed a life cycle theory - his "Stages of Life". The last stage of peoples' lives involves Integrity vs. Despair. Either you get there and view your life as having been a blast, or you get there feeling overwhelmed with regret/angst. All will depend on your dance. How do I know? I'm in the final stages of my life (I'm, like, old), I'm there and I can tell you my life has been a blast! A great novel, with wonderful chapters.

The Frogman told the Boy to "stay stuck"- he had time. Why did that little expression freak the Boy out?

Did this cause the Boy to take the deep journey to become his 'undefended self'?

Who was the only person who could get the Boy un-stuck from the quicksand?

Are you metaphorically stuck?

What's keeping you stuck?

The Frogman did not give the Boy the staff. Why?

If he had, would it have helped?

How do you know when you are at the pure honest state?

You know you are there when you are evaluating the thoughts that make you mad or sad. Thoughts like: "It's unfair", "Poor me, I'm a victim", "They love ... more than me". These kind of thoughts are the base or source of your anger /conflict deep inside.

Forgiveness is an interesting word. (Do a word search)

Why and how is true forgiveness the final resolution? Explain.

Steps to true forgiveness:

- 1.
- 2.
- 3.

What are the stages involved in Mastering your Mind?

- 1.
- 2.
- 3.

Describe:

Capture every thought.

Are crippling thoughts likely to cause more crippling thoughts, forming 'thought chains'?

When do you capture that first thought?

When that first thought is a troubling thought that's become a forgiven issue what must you do?

Do you have the ability to control what you think?

How does breathing for clarity enter into *Mastery of the Mind*?

When you triage your thinking: flip channels in your mind: moving thoughts to topics that make you smile, what is the instant feeling associated with the new thought?



Name some mind topics that cause you to smile.

Steps to Mind Triage

To master your mind and heart you must renew your mind by editing from your thoughts your old emotional crippling thoughts. The progression to mastery requires you to apply the first two stages. With Stage 1 your issues are identified and then progress to Stage 2 where the issues are resolved. Then they can be managed by application of Stage 3 and by applying the steps Mind Triage gives you an on-going personal editing tool to keep your mind clear and your emotions fresh.

Notes

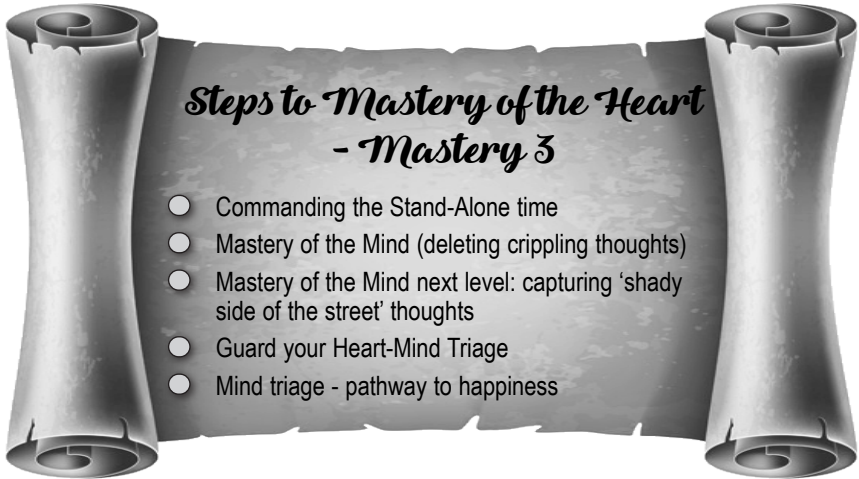


Up the Rainbow Stairs

Mastery of the Heart

*"Being thankful gives value to people, places and things.
Think it, express it"*

Our mind can only process one emotional theme at a time. If this is true, why not choose what your mind processes? Why not choose healthy thoughts?



What happened to the Boy on the rainbow?

Expressing gratefulness and appreciation is easy and hard, simple and difficult. Huh?
What do you think about this statement?

Are you more like the Boy at the beginning of the staircase or at the end?

Where would you like to be?

Are you sometimes secretly thankful, yet no one would have a clue?

When / Why?

Author's Note: Learning to articulate (speak out) feelings of appreciation and praise is 'money' in relationships of the heart. Expressing thankful stuff makes you feel good and others absolutely dig it!

Name five habits/attitudes that get in the way of being thankful?

- 1.
- 2.
- 3.
- 4.
- 5.

What would have happened if the Boy had just drunk the chalice?

Name five issues that it would be way better waiting until later in your life for?

- 1.
- 2.
- 3.
- 4.
- 5.

Too much too soon can result in ...?

"Mastery of the Heart" is the next step in finding your identity, your best self. It is essential to keep your heart from being troubled by realising how essential it is to protect your heart from troubling thoughts. By guarding the side of the street you keep your thinking creates a clear mind and regulated emotions. If a person can only consider one thought at a time and each thought produces a feeling - either a healthy feeling or an unhealthy feeling - then it makes good sense to keep your thoughts on the sunny side of the street.

If you want to master your heart/mind, what must you do in the 'Stand-Alone time'?

- 1.
- 2.
- 3.
- 4.

If you achieve the habit of keeping your mind and thoughts on the sunny side of the street it results in the wonder of happiness.

Arrange in the proper order 1-4

- ___ Sunny side thinking
- ___ Block next thoughts
- ___ Reflect thinking to
- ___ Capture thought

Author's Note: I cannot prove that the Mind Triage method is the only pathway to happiness. However, that doesn't stop me from thinking that it actually is! I believe it is impossible to achieve *Mastery of the Heart*, which results in happiness, if you spend any part of your 'mind time' processing 'shady side of the street' thoughts. Shady side of the street stuff has a broad scope: essentially any theme/thought that results in your feeling angry, 'hard done by' or is in the 'poor me' category should be considered shady side stuff.

Mind Triage method-segue to happiness (another theory for the acquisition of happiness)

- Mastering the heart by keeping most our thinking in the positive state shifts our thinking from ourselves and brings awareness of the beauty all around.
- Mind focus on 'sunny side of the street' stuff leads to an awareness of your connectedness to our garden planet.
- This new appreciation for people, places, and things imparts value to everyone and everything, leading to the grand realization that everyone and everything has utter uniqueness, beauty and worth.
- Soon a sense of personal responsibility of connectedness, and desire to contribute to the grand design appears.
- Clarity of vocational direction and purpose then emerge accompanied by a zest for life

Notes

Try living on the sunny side of the street.

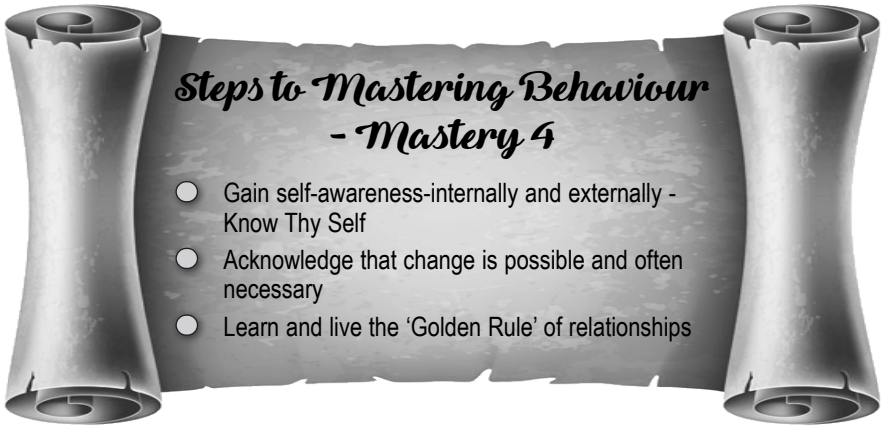


Around the Campfire

Mastery of Behaviour

Formerly Mastery of the Mirror

"What does my picture album say about me?"



Ten words to describe how the Boy treated the woodcutter's wife?

- | | |
|----|-----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |

What word best sums up his attitude towards her?

Did seeing himself within the context of his dream make him realize how his actions actually hurt other people?

Author's Note: When the Boy is relating his dream to the Fox, he notices in Teik's picture book the embossed words: 'The Golden Rule is the rule of relationships'. When we treat people as we would like to be treated, our relationships start to change. Living by the Golden Rule is an essential aspect to your *Mastery of Behaviour*.

Who did the Boy treat like the woodcutter's wife in his life?

Do you ever treat the people in your life like the Boy treated the lady?

Why do you think we treat the people we love the most, the worst?

Why did the brooch get heavy?

Is guilt good or bad? Or both?

Why is a healthy conscience important for good mental health?

Why did the Boy feel great once he completed his circle?

Do you complete your circles? (Remember, Forgiveness is the solution)

Describe the last time. What happened and how did you respond?

Why were his pictures different in the album?

Did the Boy realize his actions were abusive?

Was the Boy's experience (his realisation) down at the creek, just before he told his story, a life-changing event?

Why is this element of self called the Mirror?

How is the Golden Rule the strategy to Master Behaviour?

Explore the Golden Rule: think about how you like to be treated. Also explore actions of others you don't like. For example, if you don't like being teased or left out you can form your actions towards others by being kind and inclusive.. This exploration will help you edit shady side of the street thinking and behaviours. The rules for the Golden Rule is up to you to figure them out.

List 6 behaviours you like and start acting them out towards others - strive for them to become new behaviour habits.

1.

2.

3.

4.

5.

6.

Notes: My Golden Rules - how then should I live



The Crevice of Anger and Lies
The Gift of Sir Henry Glow
Regal's Rescue

Important lessons in life:

- Keep moving, - there'll be a way to your goal when you get closer
- Recognise the archetypes of anger and lies
- Relook at what you have, therein lies your treasure: expectations can rob joy and pleasure in what you have...examine your expectations: important knowing yourself exercise
- The ultimate proof of self-control: Learning to shut-up!

When the Boy first saw the monolithic cliff, he said, "Oh man, we'll never be able to climb that!" The Fox said "Relax, when we get there, there'll be a way."

What did the Boy immediately feel like doing?

Why is that little metaphor so true and so important to you?

Is it common to give up in your mind long before the event?

Name three times you secretly gave up? (and said: I can't do that)

- 1.
- 2.
- 3.

Another huge life lesson happened to the Boy in Sir Henry's Grotto.

Why didn't the Boy immediately pull out the tiny book when he reached into the hole?

Why did he hesitate?

What did the Boy think when he did have the book in his hand?

What did he feel like doing?

Do you have un-met expectations? Yes / No

How do you feel when you think about them?

Can un-met or unrealistic expectations become a circular crippling thought?

You now know how to resolve your annoying expectation via the mind triage method.

Should you apply the solutions of *Mastery of the Mind and Heart*?

Name three of them

- 1.
- 2.
- 3.

How do "expectations" affect your opinion of what you actually have? This is a huge question so please think about it before you respond.

Why is the old expression, "You don't know what you've got until it's gone" a major source of sadness?

It is important to understand the nature of Anger and Lies. How are the Anger Creatures described?

How are the Lie Creatures described?

Write a brief description about Anger using the concept/ideas from the Anger Creatures.

Do likewise with the nature of Lies

How do anger and lies trap us?

When the Boy was at the top of the crevice and yelled “Hey Suckers...!” explain how and why learning to shut up an important life skill?

The Boy was again rescued. Will he always be rescued?

Have you been rescued? Describe circumstances.

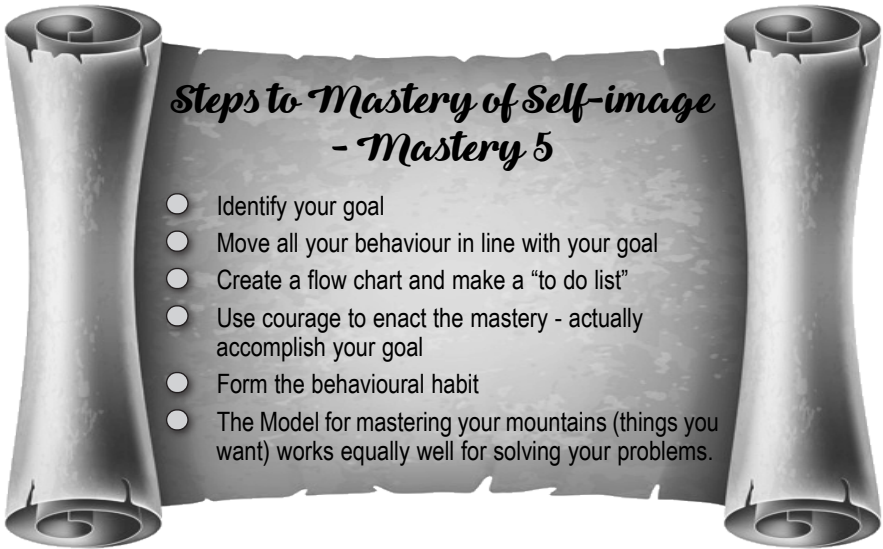
Notes

Splendor

Mastery of Self-image

Formerly Mastery of the Mountains

"Move your behaviour in-line with your goal" + Courage



Mastery of this Model serves as the clear pathway for living your life; a model for achievements and problem solving.

By the way, your new word is "Courage". How will you use it?

Can anyone make you use it?

Does it take courage to do the things you should do, when you really don't want to, mostly because you just don't feel like it?

Think about what you think about! Capture the first 'meta thoughts'. Next time you are asked to do that task you don't feel like doing, what will be your first thought?

Then what's the next thought?

What are you feeling like?

What are your behaviours?

Are you in a script or a habit of response?

Name ten weekly tasks, jobs, must do's, that take a huge amount of Courage.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Define creative alternatives.

Do two things differently this week.

- 1.
- 2.

If doing well in school is important then how would the theme, "Move your behaviour in-line with your goal" be important?

List both sides of the issue.

- | In-line | Out of line |
|---------|-------------|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |

Why is it impossible to ever achieve your goal if your behaviour is not in line?

How is this simple strategy (moving all your behaviours in line with your goal + courage) the key to the Mastery of your Mountains?

Give an example of a personal goal that you are not accomplishing because your behaviour is not in line with achieving it?

Do certain goals require a variety of tasks?

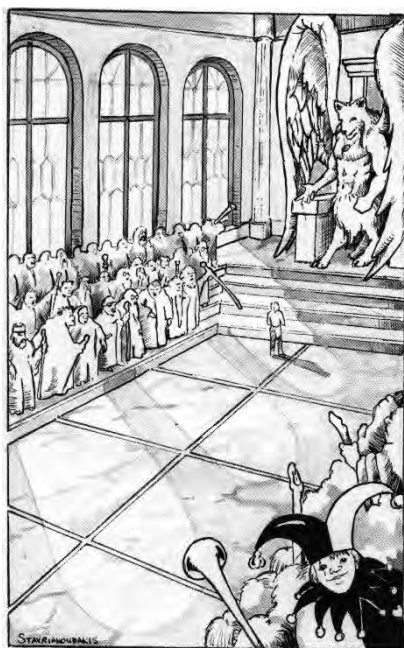
Why will a "to do list" improve success?

State a present goal and then make a 'to do' list with tick boxes in the space below. Then do them!

What are our family goals? What do we want as a family?
List.

What are the out of line behaviours that prevent us from achieving these goals.

What must I do? What part do I play?

Notes

Murk Mire: The Bowels of the Earth Through the Waiting Hordes

"I can --- I will" (12)

"Courage" (13)

What behaviours in your life does the Worm love?

List Worm's favourites of this week's behaviour. Be honest, be inclusive. What happened and how did you react?

Does the Worm love it when I denigrate (put down) myself?

What are my common Meta Messages (self-talk)?

Do I often feel sorry for myself?

What are the common Meta Messages for poor me?

Does the Worm love it when I am lazy?

What are my common Meta Messages when I'm asked to do something I don't want to do?

What is the theory opponent process of emotion and why is important to know?

After the high, prepare for the low

The Pool of Right Decisions

Mastery of Decisions - Part 1

"Good decisions = Good feelings"

All decisions have associated feelings. What is the connection, relationship between decisions/choices and your feelings?

Five words to describe a really, really lousy choice.

Think of good and bad choices and the feeling associated with each:

Choice	Associated feelings
1.	1.
2.	2.
3.	3.
4.	4.

This year my worst choice was? (Optional)

This year my best choice was?

*If you feel great when you make good choices and lousy when you make poor choices, doesn't it make sense to work on always making good choices?

What does that actually mean to you?

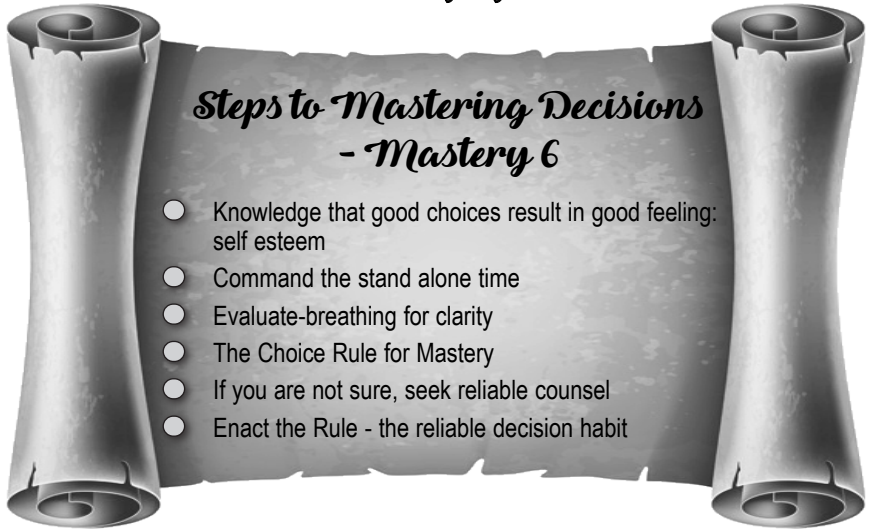
Notes



The Desert of Choice

Mastery of Decisions - Part 2

The Choice Rule: Do what you should do - even if you don't feel like it, do it anyway!



In each trance/dilemma what did the Boy feel like doing?

Money

False accusation

Friends

How do you make your choices?

What do you base your decisions on? Feelings? Or responsibilities?

Do you ever have mind arguments like the Boy did?
(Like, "Finders, keepers" versus "Hey, it's their gold")

Who usually wins? Hugh (what's right) or the Worm (what you feel like)?

Memorise Robert Frost's great, great poem:

The Road Not Taken

By Robert Frost

Two roads diverged in a yellow wood,
 And sorry I could not travel both
 And be one Traveler, long I stood
 And looked down one as far as I could
 To where it bent in the undergrowth;
 Then took the other, as just as fair,
 And having perhaps the better claim,
 Because it was grassy and wanted wear;
 Though as for that the passing there
 Had worn them really about the same,

And both that morning equally lay
 In leaves no step had trodden black.
 Oh, I kept the first for another day!
 Yet knowing how way leads on to way,
 I doubted if I should ever come back.

I shall be telling this with a sigh
 Somewhere ages and ages hence:
 Two roads diverged in a wood, and I—
 I took the one less travelled by,
 And that has made all the difference.

Mastery of Decisions is based on this rule: Always choose to do what you should do + courage

Stress is the feeling associated with making a very difficult decision. Yes, stress will be a factor until the decision is made. Stress however will increase if your decision is based on 'feel like' or 'not feel like' doing. Stress is only relieved by doing what you should do.

If you develop the habit of ***Mastery of Decisions*** what will your general, overall feeling be?

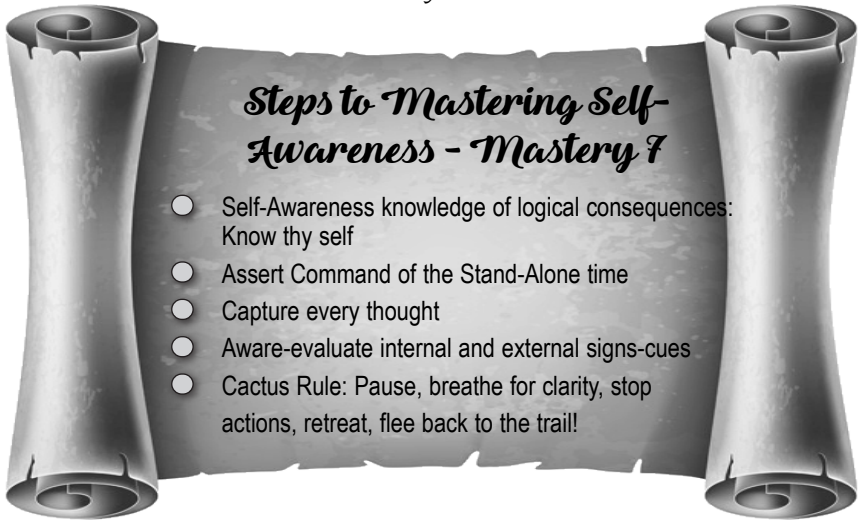
Notes

Worm's Wolves

Mastering Self-awareness - Part 1

Formerly Mastering your Me Moments

"Listen to your Fox."



Total Self-Awareness is your alarm that directs command of the moment, a crucial strategy at the first hint of trouble.

Describe your "Me" days. What happens? (Include thinking, feeling and doing aspects of your behaviour)

Why did the Boy go downhill?

The Fox suffered big time. Who suffers from your poor decisions?

If someone cares about you, do they have a choice about suffering or not suffering?

Why is the knowledge of logical consequences important to effective decision-making?
Interpret this old proverb.

“A fool that repeats his folly is like a dog that returns to eat its vomit.”

Do you make the same mistake over and over? Name some:

Can you, and should you learn from other people’s mistakes?

Give an example but don’t name names:

The longer you go toward the cactus (progress in a bad decision) the harder the recovery.
Why?

Give an example:

The Fox said, “Boy, you know them well.” Rage-on, the Commodore and Blame were exposed. What did the Boy realize about how they were components of his old self?

Anger

Lies

Blame

Mastery of your ‘Me Days’ is accomplished in the instant of thought recognition.

Reaping and Healing
Mastery of Self-Awareness - Part 2

"You reap what you sow."

Describe the difference in the Boy's attitude going to the cactus with his attitude returning from the cactus.

Does 'suffering the consequences' have the same effect on you?

Why will the Boy do things differently from the cactus onwards?

How will the Cactus Rule help you avoid the Cactus of Consequences?

Is there a relationship between the length of time involved in the mistake and the length of time it takes to recover? Explain

A Time of Healing

"Pull Your Weeds."

Have you already discovered your innermost weeds?

Author's Note: I believed I was stupid and didn't learn to read until I was about 10 years old. That misbelief was a constricting weed in my life.

What do you secretly believe that inhibits you from being your best self?

"As soon as you say or think that you can't do something, you'll be right!"
When you think you can't do something ... what happens?

The Boy believed lies about himself. Many of us experience a similar "mind state". Right?

How did the following inner thoughts (weeds) cause the Boy to behave?

1. I'm stupid
2. Life is not at fair.
3. They love _____ more than me

What do you secretly think/believe that strongly influences how you feel and behave?
(It's like a brain-weed) How does it affect what you think, feel and do?



The Wilderness
Mastery of the Dance

"Values lead to Confidence."

Steps to Mastering of the Dance
- Mastery 8

- Command of the Stand-Alone time
- Integration of the Ten Tenets
- Application of the seven Elements of Self
- Down the mind triage pathway
- Life of interesting contrasts
- Have passion for chosen vocational endeavours
- Connection to the grand design
- Finding the way

The metaphor of the roaring lion is quite important. Why?

Name 10 fears/problems that impact you like a huge roar. For example, when you hear you have to do something and suddenly an overwhelming sense of dread rushes all over your system. Know what I mean? Please list.

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

What can you personally do about pollution?

What will you start doing in a dedicated manner from this date forward?

My Action: _____

Date: _____

How could going without a meal actually make you stronger psychologically?

All behaviour is integrated (married, welded, joined-coupled) with the others.
Explain how thinking, feeling, doing and our internal metabolism affect each other.



In discussions with the Traveler going back to Batrum's. The Boy mastered the Ten Tenets as the foundation for developing his style of life (his Dance).

1. ***Be kind to everyone and everything.***
- the Golden Rule
2. ***Be quick to listen, slow to speak, slow to get angry.***
(The ability to command the Stand-Alone moment)
3. ***Honour your parents.***
(The Boy developed the habit of honouring humanity).
4. ***Your body is your gift***
(Self-care and empathy for others)
5. ***Have fun***
(The importance of recreation and balance in life)
6. ***Learn to enjoy physical work*** (The Boy experienced the balance of living a life with fun-filled contrasts. We need leisure and work to feel good)
7. ***Your yes's should be yes and your no's should be no*** (Be clear, straight forward and honest with everyone)
8. ***Forgive***
(Live freely without 'baggage')
9. ***Control your mind, body and time***
(Identity is achieved. This is who I am)
10. ***Search for the Way***
(The Boy's life quest and his journey were in search of the Way. The lessons he learned are successful 'on the way' behaviours).

Notes

Back to the Hole

Starve the Worm

"No anger, lies or blame."

What do you think the Boy was thinking and feeling as he headed towards Murk Mire? Use your imagination, (take some guesses).

How did his word COURAGE play a part?

Blame was bragging/boasting while prancing up and down the cinder pathway. I believe that people who have the habit of blaming also brag heaps. What's the correlation? Why do people often excel at both?

Reality check time. How are bragging and blaming a factor in your life?

Are these expressions and thoughts 'shady side of the street' stuff?

Consider your thinking, feeling and doing behaviours this week. What have you done to feed the Worm?

- 1.
- 2.
- 3.
- 4.
- 5.

When the Worm encouraged the Boy to return to his old behaviours, what do you think the Boy determined to do?

The point you decide to 'starve the worm' is a major milestone in your quest for identity.

Outskirts of Splendor

Numerous life lessons

"Make your puzzle look like the people you admire"

The Boy confronted the anger and lies in his life. Later the Traveler congratulated the Boy on his future success. Reflect on the Boy's accomplishments. How is he now living?

His Thinking

His Feeling.

His Doing

Look up the word "endogenous". This is where the real change is happening.

Would the Traveler say a similar thing to you?

Why?

If not, what elements of yourself do you still need to address?

Have you mastered the Eight Elements of Self?

Tick off ones you understand and have made progress in:

- | | |
|--------------------------------------|---------------------------------|
| <input type="radio"/> Time | <input type="radio"/> Mind |
| <input type="radio"/> Heart | <input type="radio"/> Behaviour |
| <input type="radio"/> Self image | <input type="radio"/> Decisions |
| <input type="radio"/> Self-awareness | <input type="radio"/> Dance |

Write out the mastery solutions for each Element of Self.

Who were the people tumbling out of control in the Martini Monster's fluid?

Explain the metaphor.

Can you make a commitment with yourself (at your age) never to become an alcoholic?

If a mate is passed out drunk and laying on his/her back, what should you do?

How can debt be terrible for your mental health? Explain:

Author's Note: Hire purchase is a trap. You're young, buy good, used stuff with cash. Grow your wealth. (I wish I had been given that advice when I was a kid)

As surely as day leads to night --- "you'll experience the "Canyon of Sadness."
How did the Boy get through the canyon?

Do people get stuck in the canyon? How? In what ways?

What kinds of behaviour are exhibited by people stuck in the “Canyon of Sadness?”

- 1.
- 2.
- 3.
- 4.
- 5.

What did the Traveler yell to the boy? (The simple rule for traumatic times.)

Does the intensity of sadness last forever?

You are now equipped with a plan for your sad times: Insight, Courage, Keep Going!
Remember: The Canyon can trap OR it can make you strong!

“Make your puzzle look like the people you admire”. What did the Traveler mean?

Describe the qualities you admire in people.

Who do you admire and why?

- 1.
- 2.
- 3.

You have my permission to make your puzzle look like them.

What would you put at the top of your staff? Everyone puts something. Think about this.

Why?

Notes



The Valley of the Shadow

It's your journey and only yours.

"Freely you receive, freely give"



Would the Boy have been ripped off (hurt) if he had entered Rose's territory?

In issues of love, can you get ripped off (hurt) if you give your good stuff away too soon?

What's the teaching in the Rose metaphor?

Why was the Twins' double-bind message confusing?

Is there trouble just off your true and right path? What sort of trouble/problems await you if you leave your well-marked path? If you get off the trail?

Will the boy who calls himself Elvis ever make it to his “Triple Peaks?”

Why?

Why did the pathetic people behind the French doors affect the Boy so dramatically?

Why or how is helping other people with their way, staying exactly on your way?

Are there situations where this is definitely not true?

When?

What do you actually do for other people?

List the ways that you help others, as many as you can think of.

Mott's Portals, and the Odd Procession

"Let your goodness flow"

The Boy stood up and said, "I'll go, I'll stand alone."

If you were in a similar situation, how would you think/guess you'd have handled it?

What character qualities are necessary to truly "stand alone."

Is it true that even the innocent may be tried?

Author's Note: You have everything necessary, wonderful unique qualities, that will equip you to reach the top of your Triple Peaks.

However my greatest fear for you is that you'll end up in the Canyon of Hopelessness which is crowded with multitudes of "could have" people

What will you do to avoid this well populated canyon?

Think about your goals. List your goals:

1.

2.

3.

4.

Now what sort of behaviours do you need to move in line in order to achieve them?

What kind of adult will you be? Write a paragraph on your predictions.

Make a series of declaration statements:

What kind of parent will you be?

What kind of citizen will you be?

What kind of son / daughter will you be?

What kind of student will you be?

What kind of friend will you be?

Personal profile:

Age: _____

Today's date _____

Height: _____

Weight: _____

Favorites:

Artist: _____

Song: _____

Musical group: _____

Album: _____

Foods: _____

Breakfast: _____

Lunch: _____

Dinner: _____

I love to:

I hate the following things/tasks:

I'm really good at:

I'm lousy at:

Personal description:

My closest friends are:

Have your friends write a message for you that will be of interest in 20 years.

My favourite teams and a bit about the teams and your favourite players

My biggest secret is:

I predict I will be a _____ in twenty years.

Notes



The Trial, and The Answer

“Arise, Stand up, Start your Journey”

Write a bit on how the Mastery of the Eight Elements equipped the Boy for the trial?

The answer to Mountain Mott's riddle came to the Boy in the midst of chaos.
Insight is often oddly timed.

Can you identify a time when you figured something out at a really odd moment?
Think about it. Come back to this one when you remember a time.

Worth More than Gold
Home Again

Starve the Worm

"Strive to make your Life a Success" (24)

"I am Responsible" (25)

Why can't people buy a good name with money?

Just before he went with Regal to Splendor for his crowning the Boy declared outside the Ruby doors; "This is who I am!" With that, he achieved identity. Can you say the same?

Do you have a good name in your circle of friends and community?
(This is a question to simply think about)

What will you do now to achieve a good name?

This week what have you done to feed the Worm?

- 1.
- 2.
- 3.
- 4.
- 5.

When the Worm encouraged the Boy to return to his old behaviours, what do you think the Boy determined to do?

Now that you have completed the Journey, think back to how the story imparts messages metaphorically - which is often more effective than being direct. List some of the metaphors that impressed you the most.

Author's Note: I hope this journey has been one of discovery and meaning. Like the Boy, I truly hope you can declare, "This is Who I am! I'm author of my life book and captain of my ship. I can't wait to experience the chapters ahead.

You have my permission to have a wonderful, fun-filled life of purpose.

All the very best. Make your trek a blast.

Notes





*This Student Workbook is presented by
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