

# ryzio Rising Together!

## 3-Day Activate with Love Experience March 19-21, 2021

Welcome! We are delighted to have you with us for this virtual 3-Day Experience!

This document is intended to be your handbook for the program. It includes information and processes for you to complete. We suggest you print it (if possible) and have it available during our virtual sessions and use it to make notes for yourself. If you can't get this printed, please have paper or journal handy for making notes. Also, we suggest you return to the processes following the program and give yourself time to allow them to "work inside you."

### Program Objectives

Our goal is for you to bring yourself, just as you are, and begin to step into the Ryzio experience with us. You have been called to something more and we want to help you along that journey.

Specifically, we will guide you to:

1. Understand and begin to experience what it takes to thrive
2. Experience safety: Feel welcome, seen and heard
3. Explore the science behind creating deeper connections and resilience
4. Have a glimpse of, and experience the Truth of who really you are
5. Garner some tools for the journey

### Day 1

#### Objectives:

1. Orient to the program and get to know each other a bit.
2. Settle in and begin to feel comfortable.
3. Explore your experiences of resiliency and begin to harvest resources.
4. Learn a bit of the science behind what it takes to create a life of safety, love and resilience.

## Dyad #1 Internal Resiliency List

When in your life did you:

1. Not take no for an answer? You didn't let someone's "No!" stop you.
2. Say no to something that didn't feel right for you?
3. Turn away from disrespect or abuse?
4. Not let obstacles get in your way of doing something you were driven to do?
5. Push yourself just a bit to get something, do something and/or complete something?
6. Just do it anyway?
7. Stay the course when others gave up or when you wanted to give up?
8. Reach out for comfort, help or support (even in small ways)?
9. Ask for something you wanted or needed even though the odds of getting it were slim?
10. Put in the time, day by day, to practice, to keep doing the mundane, even though the immediate rewards were small, because you had your eye on something larger?

11. In a time of despair or hopelessness, make yourself get out of bed and start your day?

12. Have a positive attitude, look at the bright side of things, and /or feel grateful for small things in your life?

Continue to play with these questions in the days that follow. You might think about them during the day; allow these musings to just percolate. Then come back and make some notes. Know that every question will not fit for you. That's not the point. The objective is for you to begin to get in touch with the part of you that has seen what's possible, helped you chart your course and go for the gold, even when another part of you may not have felt like it, had lost hope or didn't see a way out. This awareness will help strengthen your resilience now. It will help you see the light, the strength that has been inside you all along.

As you discover more about this, notice your experience inside your body. What sensations do you discover when you check in? As I completed my own list, I was surprised at some of my responses. It was as though part of me was writing and part of me was watching me write. Things popped into my head that I hadn't thought of before as part of resilience. I noticed a sense of settling in my gut, and a sense of quiet power.

**Whatever you experience, make a note.** Notice how this may grow and change over time as you come back to your Internal Resiliency List.

### **Dyad # 2 External Resiliency**

We find it very helpful when you can begin to discover the special people throughout your childhood and young adulthood who were there for you. The simple act of remembering that person, those experiences, can become a resource for you now. Think about your own life and respond to the questions below.

1. Who was your anchor?
2. Who saw you or believed in you or cared what happened to you, even just a single time, even for a moment?
3. Who encouraged you? A teacher, coach, family member?
4. Who did you feel safe with? If not a parent or other family member, this might have been a teacher, family friend or neighbor.

5. Who could you talk to?
6. Was there a place at home where you could go to feel safe?
7. Was there a place in nature where you could go and feel calm and safe?
8. Was there a pet who helped you center yourself?
9. Was there an activity, such as playing ball or practicing music, where you could lose yourself and feel refreshed when that time was over?
10. What was your favorite time of day? Time of year? Holiday?

## Day 2

### Window of Presence



Our early experiences create a sense of comfort, of perceived safety, and level of confidence called by neuroscientists our Window of Tolerance. At Ryzio, we call it our Window of Presence. It is our comfort zone, the range in which we feel at ease, can relate to others in appropriate and productive ways. The place where we “lose it” or “flip our lid” is the upper range, above the window. The place where we “leave”, shut down or go numb is below the Window.

If you sometimes find that you say or do things you later regret, or if you withdraw or shut down, your Window may have a more narrow range of calm and comfort than you would like. When we have “big feelings” we usually go above or below our Window and are no longer totally present. If you are depressed or anxious, your Window of Presence is also compromised. Your capacity for stress is low, your ability to handle the demands of relationships and work may be less than you would like. You may simply feel a generalized anxiety much of the time or become very anxious over small things.

This makes it difficult to handle everyday stress and can lead to passive aggressive behavior, sarcasm, anger or withdrawal and shut down. Sometimes it may appear that everything is okay. We push through, make things work, get the job done, but we are not present or connected with ourselves or others. Any of this can lead to acting within the Drama Triangle, having unclear boundaries, over giving, rescuing others, becoming resentful, adopting a victim stance and eventually becoming the perpetrator, any of which takes us outside our Window of Presence.

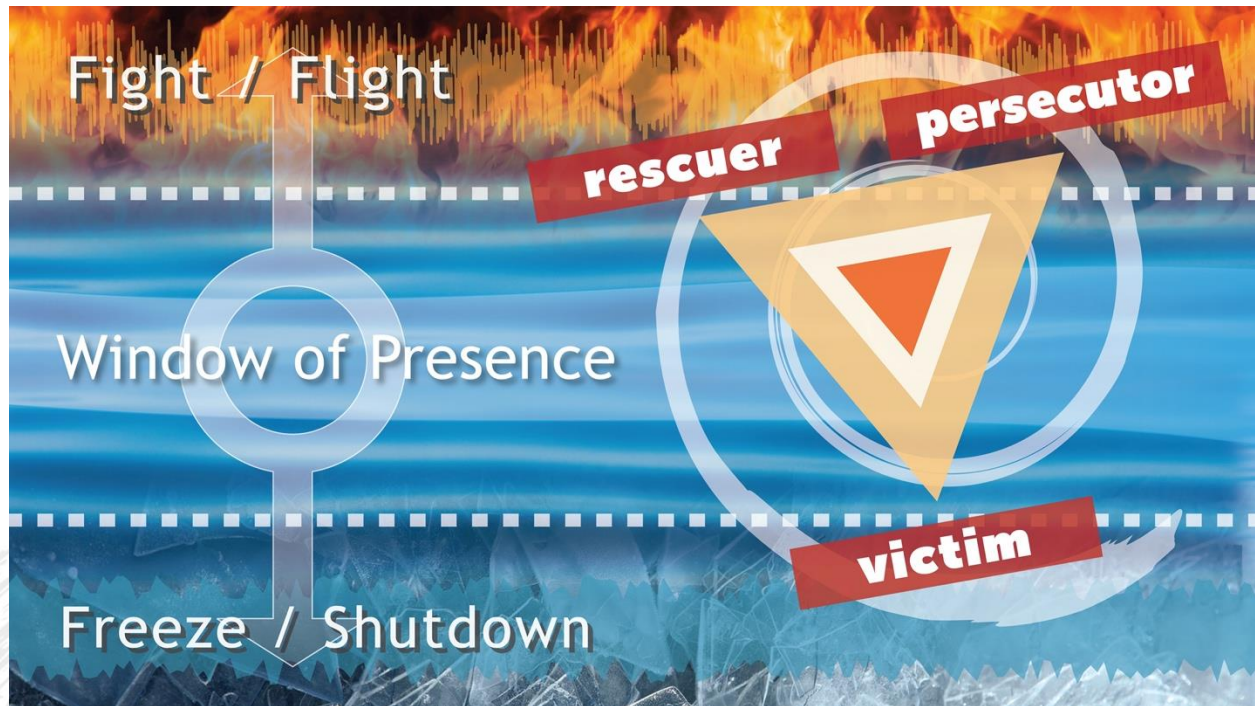
With the principles and tools we provide at Ryzio, you can begin to substantially enlarge your Window of Presence. Increasing the size of your Window or growing the capacity of your nervous system to handle stress, is what allows you to take risks, have more satisfying experiences and relationships and ultimately feel alive, creative and connected to yourself and those you care about. Our goal is having a capacity to stay cool, calm and connected most of the time, having a broad, substantial Window of Presence.

**Make a few notes as you consider these questions:**

1. What happens inside when you feel calm, present, and connected to yourself and others? What are the sensations you notice just now? How familiar is that?
2. When was a recent time when you “lost it,” got angry, became sarcastic, and/or “pushed back?” Maybe you felt hurt, betrayed, or ignored.
3. Perhaps you can recall a time when you shut down, became numb, felt like disappearing (or did disappear for a time.)

Notice if any of this is familiar. Your familiar territory could be above your Window where you either verbally or with gestures, push others away. Or it could be below your Window where you tend to shut down or disappear. Allow yourself to see what emerges as you think about this and make a few notes.

## The Drama Triangle



### Do You Play in the Drama Triangle?

The Drama Triangle, first described by Stephen Karpman in 1968, demonstrates the strategies we often use to meet our needs in relationships.

Notice if any of these roles / behaviors fit for you.

#### The Rescuer / Enabler / “Good” Person

Think about these questions:

1. When have you jumped into a situation, thinking, “I can fix this! I can rescue this person or situation?”
2. When have you come in as the authority feeling like, “You need me. You need my help.”
3. When might you have felt things like, “I’m okay but you’re not.”
4. How do you give more than is needed or asked for?
5. How do you try to please others at your own expense?
6. Are there times when you allow yourself to go further than is comfortable for you?
7. Do you often feel guilty and/or anxious?
8. Do you feel most connected and capable when someone is dependent on you?

Take a moment to consider these.

Now, let's explore the **Victim or Underdog**:

1. Do you long for someone to care for you?
2. Do you sometimes feel things like, "I'm helpless and powerless. I can't do it. I'm not okay (or "I'm less than") and/ or Something's wrong with me?"
3. Do you sometimes feel oppressed, helpless, hopeless, incapable, and/or misunderstood?
4. Do you have difficulty standing up to or stopping the aggressor?
5. Do you have difficulty following through with decisions, solving problems, getting help, or changing your behavior?
6. Do you sometimes gossip or belittle others to enroll sympathy and/or help?
7. Do you often expect others to accommodate your needs?
8. Do you sometimes feel, "How could they do this to me?"

Take a moment to consider these.

See if any of these points fit from the **Persecutor / Attacker (sometimes called a bully)**:

1. Do you find yourself looking for who to blame? "This must be your fault!"
2. Are you quick to show your innocence in a situation?
3. Do you often feel that, "I'm okay but you're not"?
4. Do you sometimes think or tell others something like, "You'll be okay when you do what I tell you to do"?
5. Have you ever been told you are critical, domineering and/or bossy?
6. Do you sometimes use sarcasm, putdowns, and/or insults in a heated debate?
7. Do you often feel angry and resentful?
8. Do you feel best when you are in total control?
9. Have you ever been told you're a rigid thinker?



## Day 3

### Resources

To continue to grow and integrate this process

- 1. ABC**
  - **Aware** of when you are about to leave your Window of Presence
  - **Breathe** Place your hand over your heart center and take a breath with a long exhale
  - **Connect** with a positive phrase, person or experience
- 2. Vagal Nurturing** Practice this several times each day to grow the vagus nerve and build your capacity for calm and connection. Access this two-minute practice here: <https://vimeo.com/search?q=vagal%20nurturing>
- 3. Work with your Truth...** that positive phrase you discovered. Say it to yourself as you awaken in the morning and when you retire at night. Write it on a paper you will see often. Find a meaningful object that can represent your Truth.
- 4. Continue to meet with one or more people** (perhaps from your small group) to continue exploring and integrate your experiences from this weekend.
- 5. Give yourself the gift of the Ryzio 6-Month Experience.** This premier program gives you 12 weeks of ongoing support: Twice each month you will receive access to a learning module that contains video, audio, PowerPoint presentations and handouts. Later that week you will meet on Zoom with your group to experience and integrate new processes that help you meet your goals and bring joy into your life. You will also have bi-weekly private sessions with your coach. Plus, there are two 3-Day intensives with your group. This program is designed to help you change and grow from the inside out. Our coaches and your new-found colleagues support you every step of the way as you get clear about your vision and purpose, release anything that holds you back and begin to live a life of deeper meaning, connection and joy.