

# ELECTION SANITY GUIDE

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How to create sanity in the storm

- **Get perspective.** Humans do crazy stuff. We've been creating fanciful drama for millenia, and if we get to stick around, we'll keep doing crazy stuff. Don't get caught in taking all of this SO seriously. Seriously!
- **Do your best to separate facts from stories.** Be ruthless with yourself. Be consistent. Get back on the horse when you fall off.

**Step 1** Define the political issue that causes you upset

**Step 2** Write down all of the facts related to the issue

**Step 3** Write down all of the stories you have about the facts

The issue is \_\_\_\_\_

## Facts

What a video camera records

## Stories

What you make up about the facts

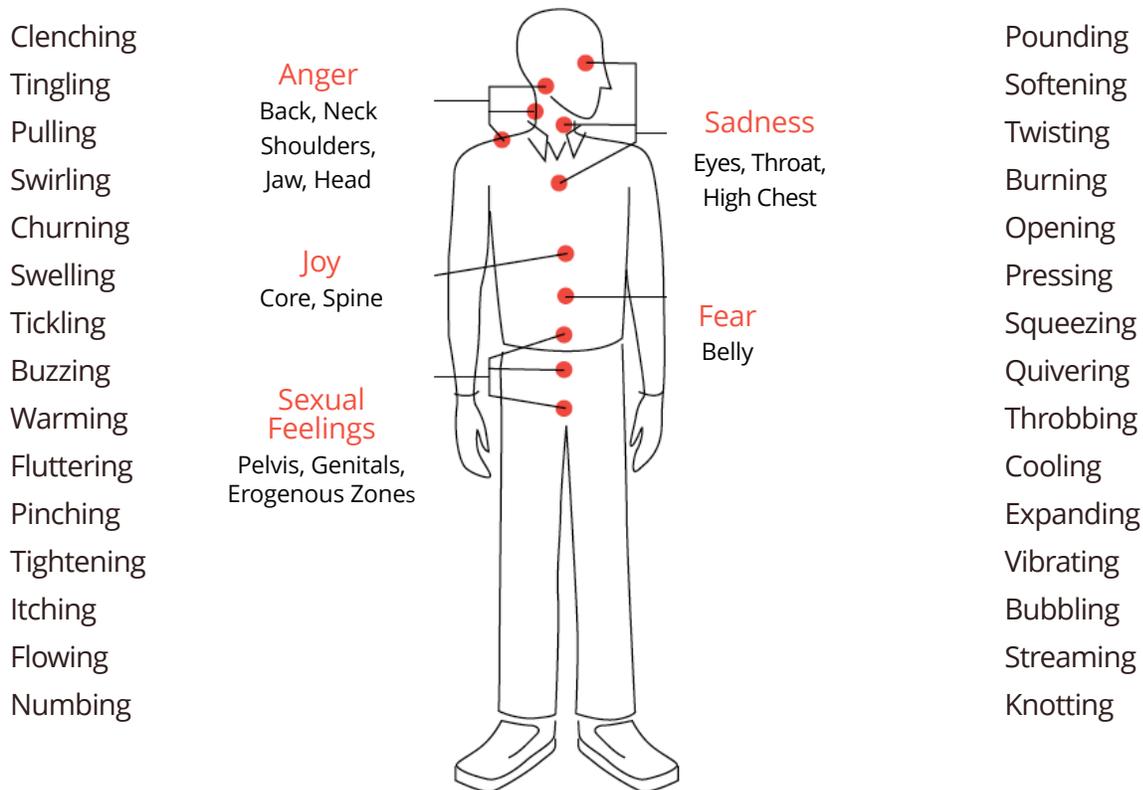
**Step 4** Notice that the facts do not cause you any upset, only your stories about the facts.

**Step 5** Look for examples of how the opposite of each of your stories is at least as true.

- **Allow yourself to feel all your feelings.** Especially fear. Stay aware of **cognitive emotive loops** when you notice you're doubling down on being right.

**Step 1** Name the feeling that is here now (sad, scared, angry, joyful, sexual).

**Step 2** Identify where the feeling is located in the body



**Step 3** Describe how the sensation is expressing itself - use words ending in "ing"

**Step 4** Breathe in and through the sensation or match it with movement or non-verbal sound until it shifts

**Step 5** Listen for the wisdom of the emotion

**Sadness** - What wants to be let go of or mourned?

**Anger** - What is no longer serving you or others? What wants to be stopped, changed, ended?

**Fear** - What wants to become known?

**Joy** - What wants to be celebrated?

**Creative/Sexual Feelings** - What wants to be created? What is attractive?

- **Separate what is in your control and what is not.** There is nothing more liberating than letting go of trying to control things that are not in your control.

### Step 1 Identify the Issue

What specifically is the issue that is causing you upset or stress?

### Step 2 Sort the files

Make two columns on a blank piece of paper as below. List everything that is in your control on the left side of the page and and everything that is not in your control on the right side of the page. Double check to make sure you actually have control, meaning that you can guarantee an outcome.

*See examples below*

#### What IS in your control

- My right to vote (if I have it)
- Deciding my own beliefs
- Taking action to care for the environment
- My happiness
- What I say and do to influence other people
- My reactivity
- My interest in other people
- Choosing not to listen to gossip
- How I take care of myself
- How much action I take toward my goals
- Creating something in the world
- Eating well, exercise and medical support
- Caring for other people
- Worrying about things and people
- Choosing where I work
- Believing or investigating my thoughts
- Feeling or suppressing my feelings
- How I respond to my emotions

#### What is NOT in your control

- The outcome of the election
- Other people's beliefs
- Climate Change
- Other people's happiness
- Other people's choices
- Others' reactivity
- Other people's interest in me
- Other people gossiping
- How others take care of themselves
- Others actions towards their goals
- How people will react to my creations
- Aging, illness and death
- Who likes me
- Others worrying about things and people
- The behaviors and values of a company
- My thoughts
- My feelings
- Other people's emotions

### Step 3 **Take Action**

If you're fixated on something that is NOT under your control, shift your attention from whatever you're focusing on to something that is under your control.

You can't control what's going to happen in the future—and worrying for sure isn't going to help—but you can take responsibility for your state of mind right now, and then direct your attention from presence towards the outcome you'd like to create.

If you're worrying about something that IS under your control, stop worrying and act.

At CLG we are also practicing staying in the moment, and recognizing that right here, right now, we're OK. What do we mean by OK? It's really basic: my heart is beating, my breath is flowing, I can feel my feet on the ground.