THE GIBSON-BANNING METHOD

## Session 2

THE CHOICES WE MAKE

Definitions, Distinctions, and Exercises

CHANGE BEGINS WITH CHOICE

Choice: An act of selecting or making a decision when faced with two or more possibilities.

Sadly, in most cultures around the world, our choices are rather limited, Limited by our culturally learned **moral** standards. Morality is all about judging what is right and wrong, good and bad.

As illustrated in this cartoon.
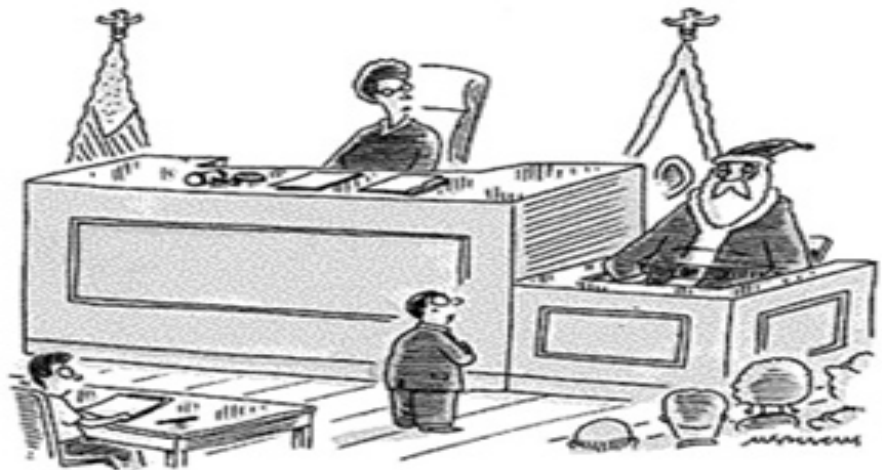
"I see. And precisely what methods did you use to determine that my client was a 'bad boy'?"

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Resistance to Change

Whether we're conscious of it or not, we're always making choices. The perceived lack of choice leaves us resistant to change. When we think we are limited by our culturally learned moral standards of right and wrong, good and bad, our options then become limited to a spectrum of moralistic choices.

Exercise #1

The Spectrum from Submission to Rebellion: Operating in the moralistic realm of external authority, choosing along a spectrum that has us submitting to moralistic judgments at one end, rebelling against moralistic judgment at the other, and acceptance or agreeing with those judgments in the middle.

Remember, you can't get where you want to go unless you know where you are now. This exercise will help you become clear about where you end up most often on this spectrum so you can make conscious choices about where you want to go instead. There is likely to be one way on the submission/agreement/rebellion spectrum that you notice yourself using more often than the others. You may notice yourself reacting in more than one way in different situations.

Circle the picture that represents how you most often react when you hear a moralistic judgment aimed at you from yourself or others.

I'll sit here,
but I won't like it!

You're right, that was a stupid thing for me to do!

Don't tell me
what to do!

submission   agreement   rebellion

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Time For New Choices

Exercise #2

Integrity vs. Morality: Integrity: Being true to your Chosen Values and your most Authentic Self. **vs. Morality:** Judging the rightness or wrongness of something according to Culturally learned moral standards.

When most of us hear the word integrity, we think of it in relation to telling the truth. We're going to expand on that definition to offer integrity as a possible new choice. If we expand the definition of integrity to include being true to your word, your chosen values, and your truest self. What would change if you chose integrity instead of morality?

And let's make it a little simpler by looking at this next distinction.

Values-Driven: Being motivated by what I have determined is most important to me **vs. Habit-Driven:** Being motivated by past conditioning and experiences.

Since our culturally learned **moral** standards have become habit, for this exercise we will use habit-driven and, for that longer definition of integrity we will be boil it down to values-driven

Also, let's take a moment and refer back to our first distinction of the day; Choice. Remember, it was defined as "An act of selecting or making a decision when faced with two or more possibilities.
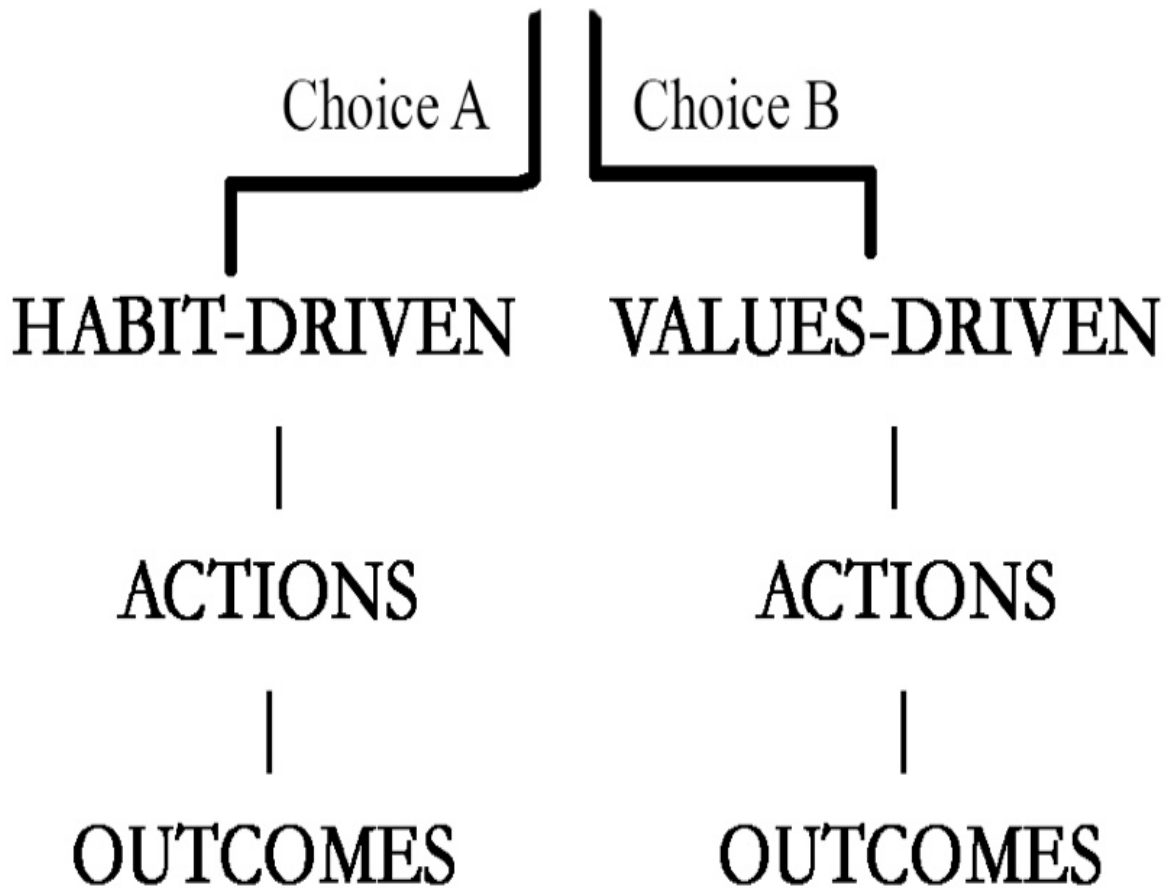
In relation to the distinction "Values-Driven vs. Habit-Driven," people that are habit driven don't even know they have a choice. They are not aware that they can use their values as a compass to guide them to outcomes they will more likely enjoy.

Their only choice is to be unconsciously driven by past conditioning and old experiences, therefore only able to choose the spectrum of submission to rebellion.

We're going to use the diagram below to do an exercise that will illustrate this point.

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Something Happens

Choice A   Choice B

HABIT-DRIVEN   VALUES-DRIVEN

| |

ACTIONS   ACTIONS

| |

OUTCOMES   OUTCOMES

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Session 2 - Life Exercise

Commitments for this week that will help me achieve my outcome:

1. _____ ☐
   By When: _____

2. _____ ☐
   By When: _____

Awareness Practice:
From now until next week, pay attention to the choices you make. Are they in alignment with what you value, or are you running on autopilot and being habit-driven?

Write down the strategy that will help you remember to practice this awareness.

_____

Discovery:_____

_____

_____

_____

How can I apply this in my life?_____

_____

_____

_____

_____

Celebrations, and "Aha's!" Write down at least one celebration, or "Aha!" moment that you've experienced so far from doing this course. _____

_____

_____

_____

_____

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