

# THE GIBSON-BANNING METHOD

## Session 3

### FEELINGS VS EVALUATIONS

#### **Definitions, Distinctions, and Exercises**

**Internal Authority:** The ability to choose our guiding principles and values. Having the trust that our internal guidance is the most reliable source of understanding and wisdom.

**YOU MUST TRAIN YOUR INTUITION  
YOU MUST TRUST THE SMALL VOICE INSIDE YOU  
WHICH TELLS YOU EXACTLY WHAT TO SAY,  
WHAT TO DECIDE.**

- Ingrid Bergman

How are you really?

To truly trust yourself, and your internal guidance; you must first be very clear about one: Who You Are, and two: How You Are.

So far, you have gotten clearer about who you are – choosing your values and have become more conscious when you might be habits driven vs. when you are taking value-based actions.

Being clear about how you really are – underneath all our stories, thinking, judgments, and opinions – is an essential ingredient for having real internal authority, which is the ability to act in integrity with your values and trust yourself above all else.

Being aware of who and how we are at any given moment is the only way we have found that allows us to choose our actions free from the influence of our unwanted habits and cultural conditioning.

This leads us to the next distinction...

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**Feelings vs. Evaluations: Feelings:** emotional feelings and physical sensations, free from my Opinion or Story **vs. Evaluations:** a belief or judgment based on evidence insufficient to produce complete certainty.

## Exercise #1

When you're out in the world, focused on making a difference, there will be times when you're going to feel uncomfortable. Sometimes, very uncomfortable. At those times, it's going to be essential that you understand what's really going on with you and know how to stay grounded and focus on what's most important to you in the situation.

An invaluable distinction for such times is the distinction feelings vs. evaluations.

Remember our definition of feelings is: Physical and emotional sensations, free of opinion or story vs. evaluation; beliefs or judgments based on evidence insufficient to produce complete certainty.

Please look at the feeling lists below. Take a moment and review the words on both lists. As you can see, they describe a range of feelings, from ones you would probably not enjoy to those you would.

## Feelings You Most Likely Don't Enjoy

This is an abbreviated list: please add more words as you identify them.

<b>Bored</b>	<b>Disappointed</b>	<b>Irritated</b>
<b>Frustrated</b>	<b>Discouraged</b>	<b>Uneasy</b>
<b>Scared</b>	<b>Overwhelmed</b>	<b>Angry</b>
<b>Confused</b>	<b>Disgusted</b>	<b>Lonely</b>
<b>Furious</b>	<b>Depressed</b>	<b>Terrified</b>
<b>Hopeless</b>	<b>Tense</b>	<b>Anxious</b>
<b>Upset</b>	<b>Hurt</b>	<b>Sad</b>
<b>Weary</b>	<b>Disturbed</b>	<b>Worried</b>

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## **Feelings You Most Likely Enjoy**

This is an abbreviated list: please add more words as you identify them.

<b>Loving</b>	<b>Comfortable</b>	<b>Connected</b>
<b>Grateful</b>	<b>Optimistic</b>	<b>Secure</b>
<b>Confident</b>	<b>Delighted</b>	<b>Excited</b>
<b>Joyful</b>	<b>Hopeful</b>	<b>Happy</b>
<b>Inspired</b>	<b>Energetic</b>	<b>Peaceful</b>
<b>Passionate</b>	<b>Exuberant</b>	<b>Relaxed</b>
<b>Free</b>	<b>Enthusiastic</b>	<b>Content</b>

Now take a look at this other list, of non-Feeling words. Compare the lists of words on these sheets for a moment.

## Non-Feeling Words

When we think about what people have done to us, we might say:

“I feel ...”

Abandoned Abused Accepted Attacked Blamed Betrayed Cheated Cornered Criticized Distrusted	Dumped on Hassled Ignored Insulted Intimidated Invalidated Isolated Manipulated Misunderstood Neglected	Patronized Pressured Put down Rejected Ripped off Smothered Threatened Tricked Used Violated
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What do you notice? How would you describe the difference between the list of feelings and non-feeling words? [Write your answer below]

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Here's a quick exercise to illustrate this difference.

## **Exercise #2**

How would you feel if you were abandoned or ignored? Notice that the words abandoned and ignored are on the non-Feeling list.

Now use the feeling list above to help identify the feelings you might have about being abandoned and ignored. Use words that describe physical and emotional sensations. Write those feelings down in the space provided below.

Abandoned: \_\_\_\_\_

Ignored: \_\_\_\_\_

Now let's see why the word abandon can't be used reliably to describe a feeling.

Let's say there's a woman who was getting into her car after a long night at work. As she opened her door, someone grabbed her from behind. They covered her mouth, threw her into the back of a van, and drove off. There was another person in the back of the van pointing a gun at her. They drove for some time, and then all of a sudden, the van stopped, the door opened, and they pushed the woman out and drove away, never to be seen again. There she was, abandoned in the middle of a quiet residential neighborhood.

Now use the feelings list to identify how the woman might feel this time about being abandoned. Write down the feelings you think would be likely in her situation.

Abandoned: \_\_\_\_\_

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Now let's look at the word ignored. \_\_\_\_\_

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So why are words like abandoned and ignored on the non-Feeling list – not feelings?

They do not describe physical and emotional sensations. Also, they are a form of judgment, evaluation, or opinion.

As illustrated in the last two stories, we may have strong feelings when we **think** we have been abandoned or ignored, but these may be very different feelings depending on the circumstances. That phrase, “when we think,” is the key to distinguishing between feelings and thoughts, judgments, or opinions.

A true feeling word describes a physical or emotional sensation. Feelings, such as tense, tired, excited, or happy, guide us toward our true selves every time we can connect to them. A non-feeling word, such as abandoned or ignored, describes what we think about a situation, and keep us in our heads, not in our heart which more accurately describes How We Are.

If we don't separate our feelings from non- feelings (thoughts, judgments, or opinions), we often stay stuck in our thoughts about the situation and disconnected from our true selves.

Identifying our actual feelings is the first key to unlocking our internal authority and living in integrity with who we truly are.

## Your Turn

### Exercise #3

**Emotional Guidance System:** Your internal compass that guides you to what you deeply value. It lets you know how you feel and when you're moving closer to what you want. It also supports you in identifying what you value that's missing in a situation.

In this exercise, you will practice noticing and identifying your feelings and using them as guides to point you toward the life you want.

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Think of a situation that happened recently that you didn't enjoy. It doesn't have to be a major event, just anything you didn't enjoy. If you can't think of something that happened recently, use a situation from your past. Write a very brief description of what happened.

Write your answer here: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Re-read what you wrote. Get in touch with how you felt at that moment. Then look at the feeling words on the list of Feelings You Most Likely Don't Enjoy above and identify the feeling word that most closely matches how you felt.

Write your answer here: "At that moment I felt" \_\_\_\_\_  
\_\_\_\_\_

Now, look at the feeling(s) you wrote down and get in touch how this feels in your body.

When you have done that, answer this question.

When I feel like this, what does it prevent me from doing in my life? Write your answer here:

\_\_\_\_\_

On a scale from 1 to 10, how intense is you're feeling about this situation right now. \_\_\_\_\_  
(1 being not intense at all and 10 being extremely intense.)

## **Now it's time to feel.**

Our bodies are designed to move the energy of our emotions. When we don't know how to do this, feelings get stuck and stagnate in our body which constricts our energy. When our energy is constricted, we fall back into more habitual patterns. Now you get to be your own EMT. And learn the - Emotional Movement Technique.

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On a scale from 1 to 10, now how intense is you're feeling about this situation? \_\_\_\_\_  
(1 being not intense at all and 10 being extremely intense.)

Now that you've felt your feeling, moved some energy, and opened up some space... let's discover the gift of our missing values.

Remember the situation you wrote about above. While looking at your values list from your pre-work, identify one or two values that were missing in the situation.

Write your missing values here: \_\_\_\_\_, \_\_\_\_\_

Now you're going to get in touch with how you would have felt if you were experiencing these values in the situation.

Go ahead: imagine right now that you were experiencing those values in the situation.

Look at the feeling list You Most Likely Enjoy above and find the words that most closely match how you feel.

Write your answer here: "If I was experiencing what I value, I would feel" \_\_\_\_\_

Your body doesn't discriminate... it wants to use its gift to experience all of your feelings. All of them should be given equal time and permission to move. The energy of your emotions wants to be in motion. And with each comes a gift.

With feelings you **don't** enjoy, your body will help you expand your perspective and open to new possibilities. When allowed to move in your body, feelings you **DO** enjoy heightens the experience of those feelings. You get to stop and truly experience them without being attached to them. OK... it's **EMT** time again. Look at the feeling you just wrote above and get in touch with it in your body.

When you have done that, answer this question.

What would feeling this way allow me to do in my life? Write your answer here:

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## Session 3 - Life Exercise

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

1. \_\_\_\_\_

By When: \_\_\_\_\_

2. \_\_\_\_\_

By When: \_\_\_\_\_

### **Awareness Practice:**

From now until our next time, whenever you feel uncomfortable, follow these five steps: 1. STOP 2. Identify what you are feeling. 3. Allow yourself to truly FEEL it. (Remember, it only takes a minute to move some energy and open things up for you.) 4. When you're done feeling, see if you can identify one missing value in the situation. 5. Then come up with one small action you can take to experience that value and take that action.

**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. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_