

How to Companion Yourself, by Betsy Lydle Smith
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It is really helpful to Companion yourself in your journal. I have found this very helpful personally, and think you will too. It will give you the opportunity to use all the steps, or only a few, and take all the time you need. Pick anything you want more clarity on. It can be something exciting you want to talk about. It can be done when you are angry, worried or frustrated about something. I have often done this in the middle of the night, when I wake up and can't get back to sleep, from worrying about something, or trying to figure out a solution to something. For example, I might start out by saying and writing down:

I am so upset about the phone call with_____!

What's upsetting?

She didn't seem to listen to me at all. She just talked and talked.

What's upsetting about that?

I didn't feel heard, and it made me feel that my ideas aren't important.

What is that like?

I feel discounted, that I'm asked for my ideas, then when I try to give them, they aren't really heard.

What virtue can I call on for myself?

Respect. I know that I am worthy of respect. I know that my ideas are valuable.

What's been helpful about this?

I just have more clarity on why I was upset and I feel more peaceful.

I acknowledge myself for *creativity*. My ideas are great!

This is the short version. I might write a couple of pages to really explore and express myself, or maybe this will do it.

Continue to ask What and How questions. Try to push yourself to use the integration questions: What's been helpful? or What's clearer now? They sometimes seem forced, but they are very helpful in integrating heart and mind, and bringing closure to companioning.

Now, what boundary could I set after companioning myself on the issue above?

What is my teachable moment?

That I didn't feel respected and I need to be assertive and ask for respect.

The boundary I would set is:

I am deserving of respect at all times. (this is also an intention)

So, the next time this happens, I could say:

I am happy to give my ideas, but I would like to be treated respectfully and listened to as I talk and have my ideas considered.

If the person still discounts or devalues what I say, I could say:

It sounds like you don't really want to hear my ideas, so I won't be participating in this conversation again.

Or

I would like to be treated respectfully when I give my ideas, and it doesn't seem respectful when you discount my ideas.

Then I have the choice of participating in conversation with this person again or not.

I want to be able to think this through and decide what boundary I will set for myself.