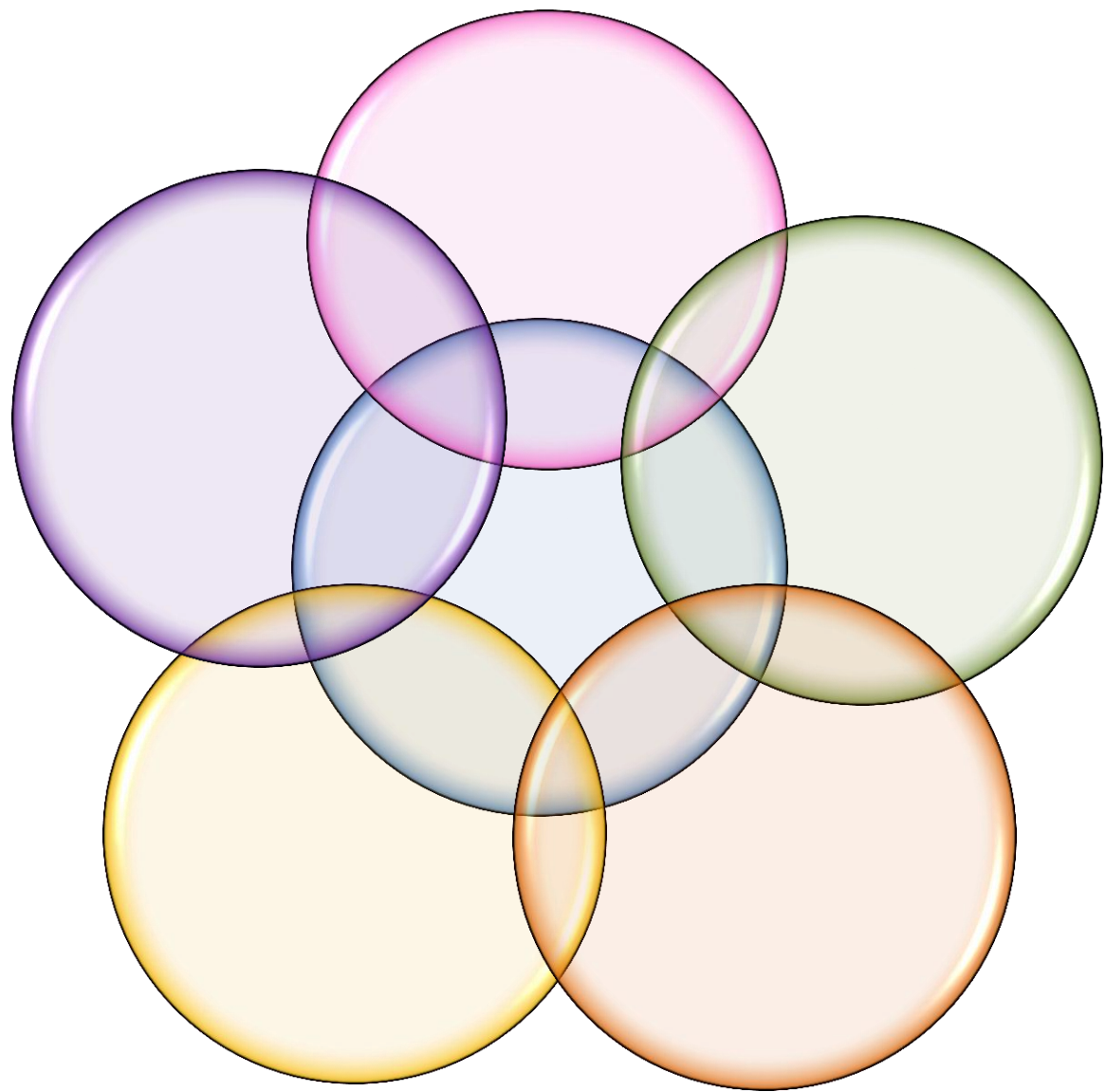


Color-Coding Chaos

In a world that's shades of....









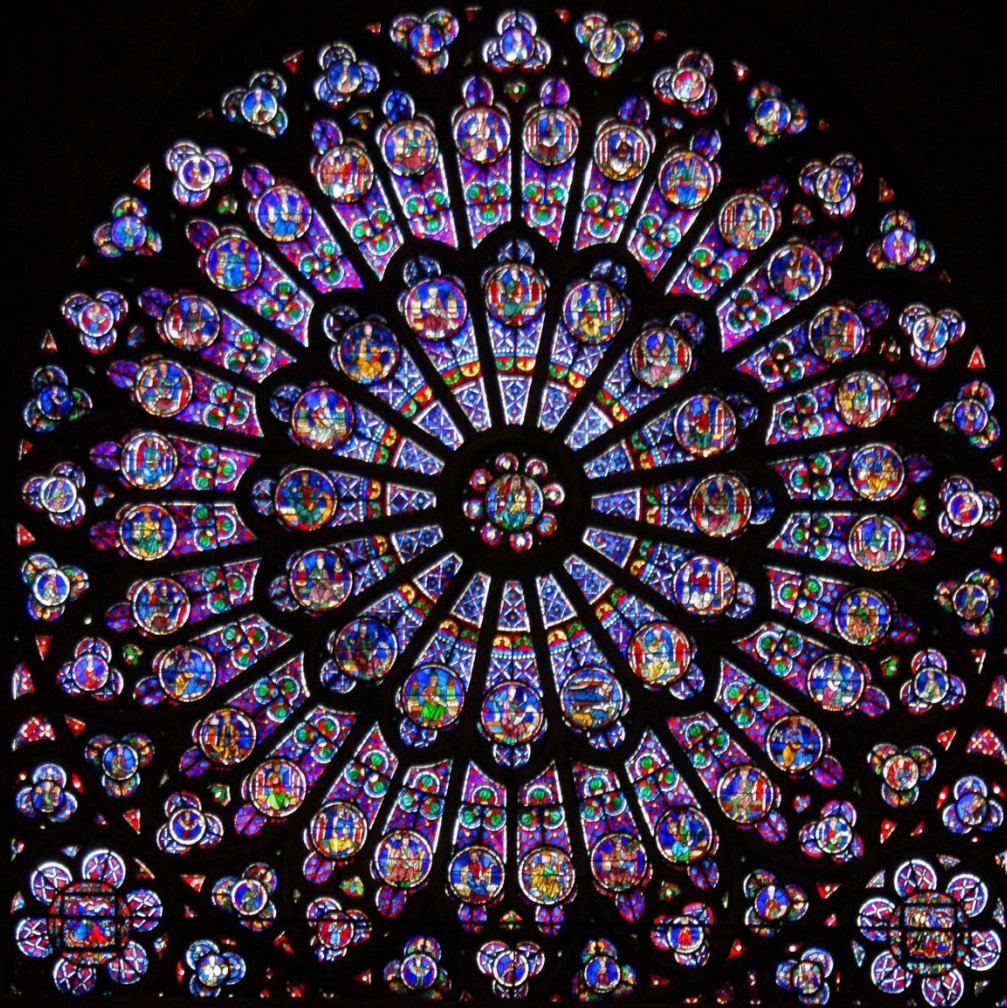
What's in Your Head?

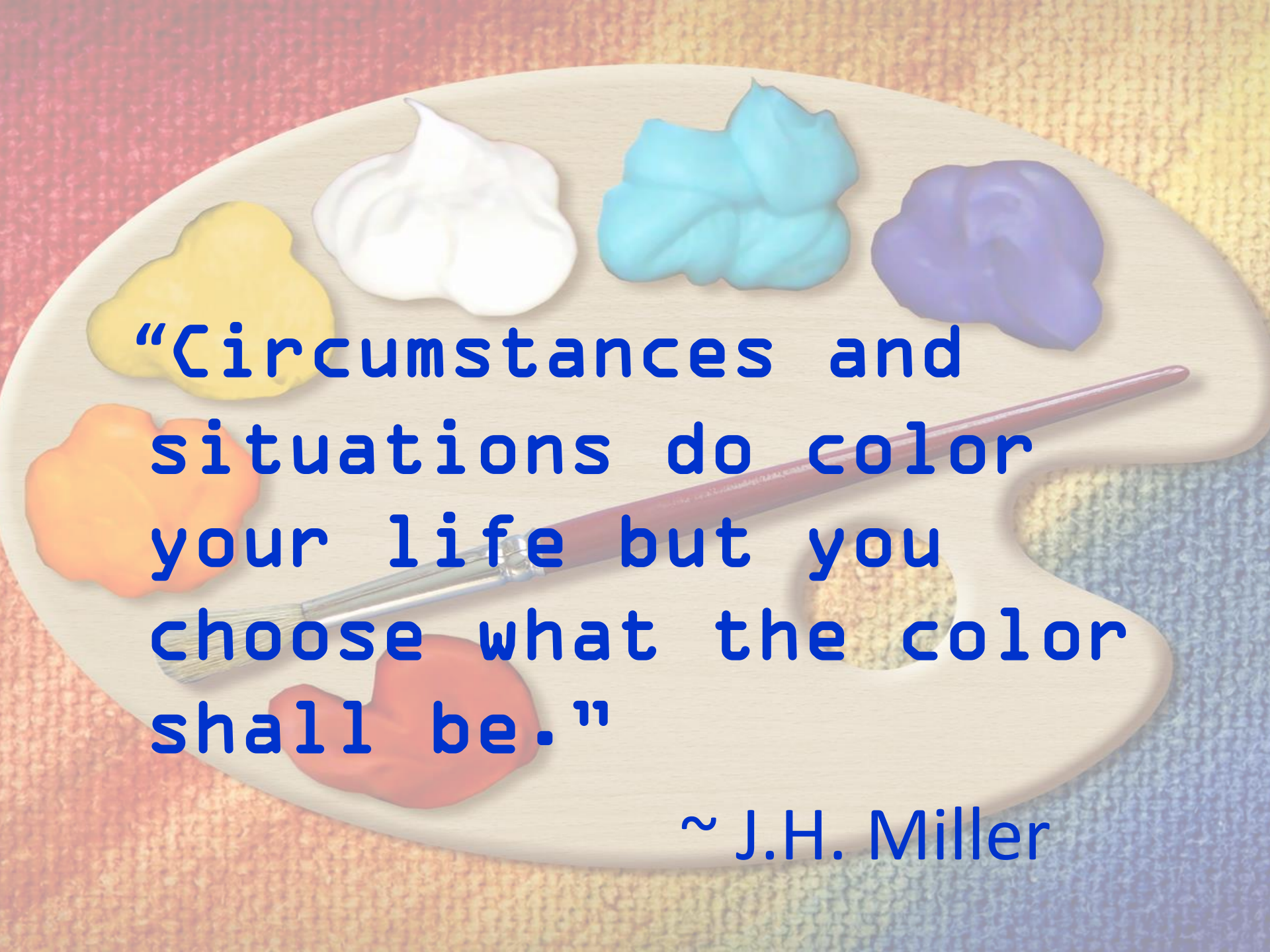
Write down ten words that describe your day so far



Self-Assessment

- **What words seem to energize or lift you up?**
- **What words seem de-energizing or deflate you?**
- **Which words seem to relate to “chaos?”**



A wooden artist's palette is shown with several dollops of paint in various colors: yellow, white, light blue, purple, orange, and red. A paintbrush with a wooden handle and a metal ferrule is resting on the palette. The background is a textured, multi-colored surface with shades of red, orange, yellow, and blue.

“Circumstances and situations do color your life but you choose what the color shall be.”

~ J.H. Miller



What word come to mind when you think of the word “chaos”?

- Mayhem
- Disorganization
-
-
-
-

“...life is that which resists order and predictability, and to the more we are alive, the more unpredictable, and perhaps disordered we may appear. It may even be worth wondering if spiritual, social and psychological growth may necessarily involve living with chaos?”

The Psychological Significance of Chaos and Disorder
Jonathan Marshall, 2011

No Chaos = Not Living



Truisms

- Out of chaos comes _____.
- Change is _____.
- When change is slow, we _____.
- When change is fast, we _____.
- How we see the world is what defines our _____.
- The only thing certain in life is _____.

What Do We Accept?



What Challenges Us



What is the difference?

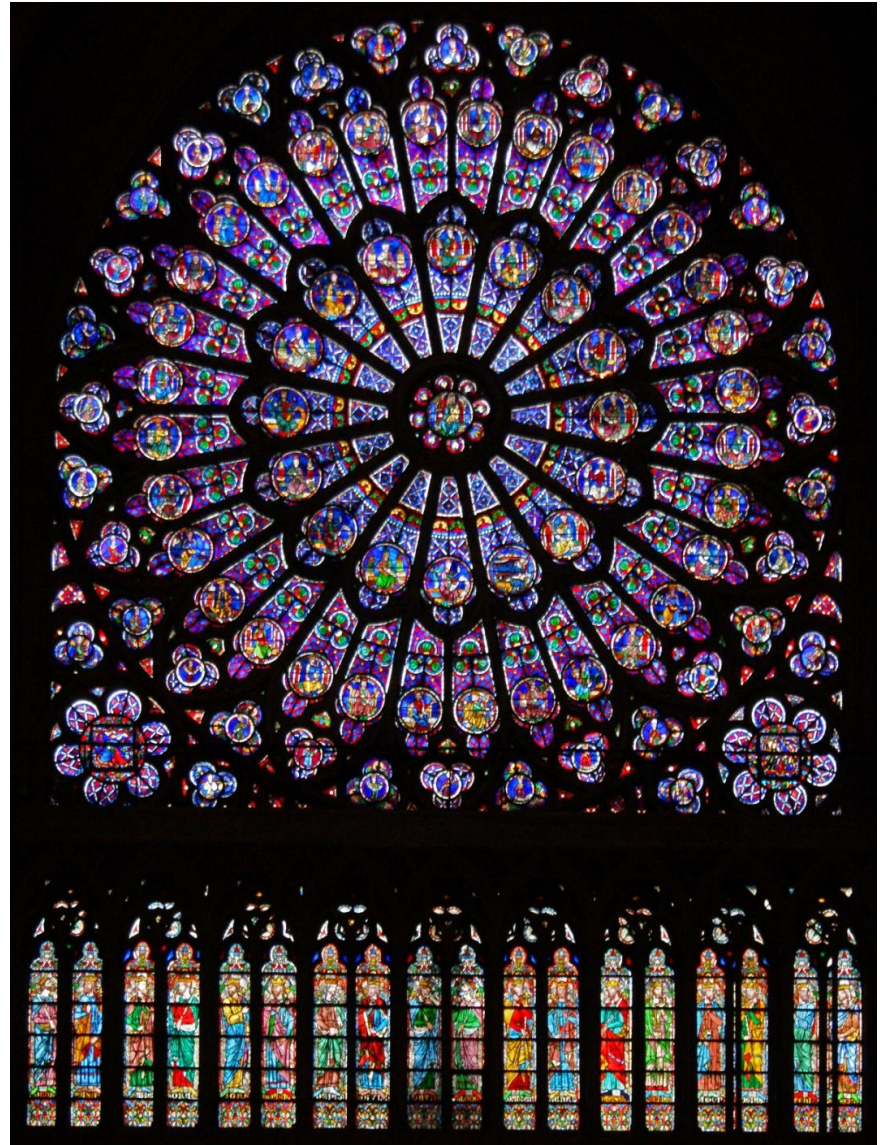


Thought Question

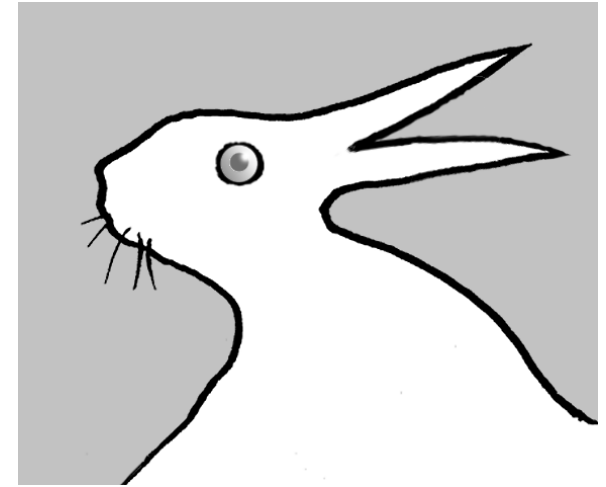
How Do You Prefer
Your World?



How Many Want the World



What We Get



Ambiguity

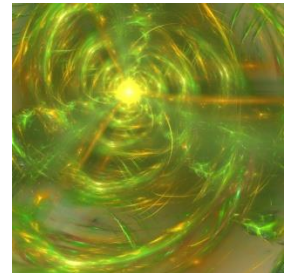
- Things that seem to be one thing but are really another
- Things that are unclear or obscure
- Words that have multiple meanings – example, *run*
- Things that can compound doubt
- Things that create cause-effect confusion
- Feeling “two ways” simultaneously




**NO
PARKING
VIOLATORS
WILL
BE
TOWED**

What Do We Do?

- “Fix”
- Work on changing the person
- Attempt to change the data
- Change or the situation
-
-

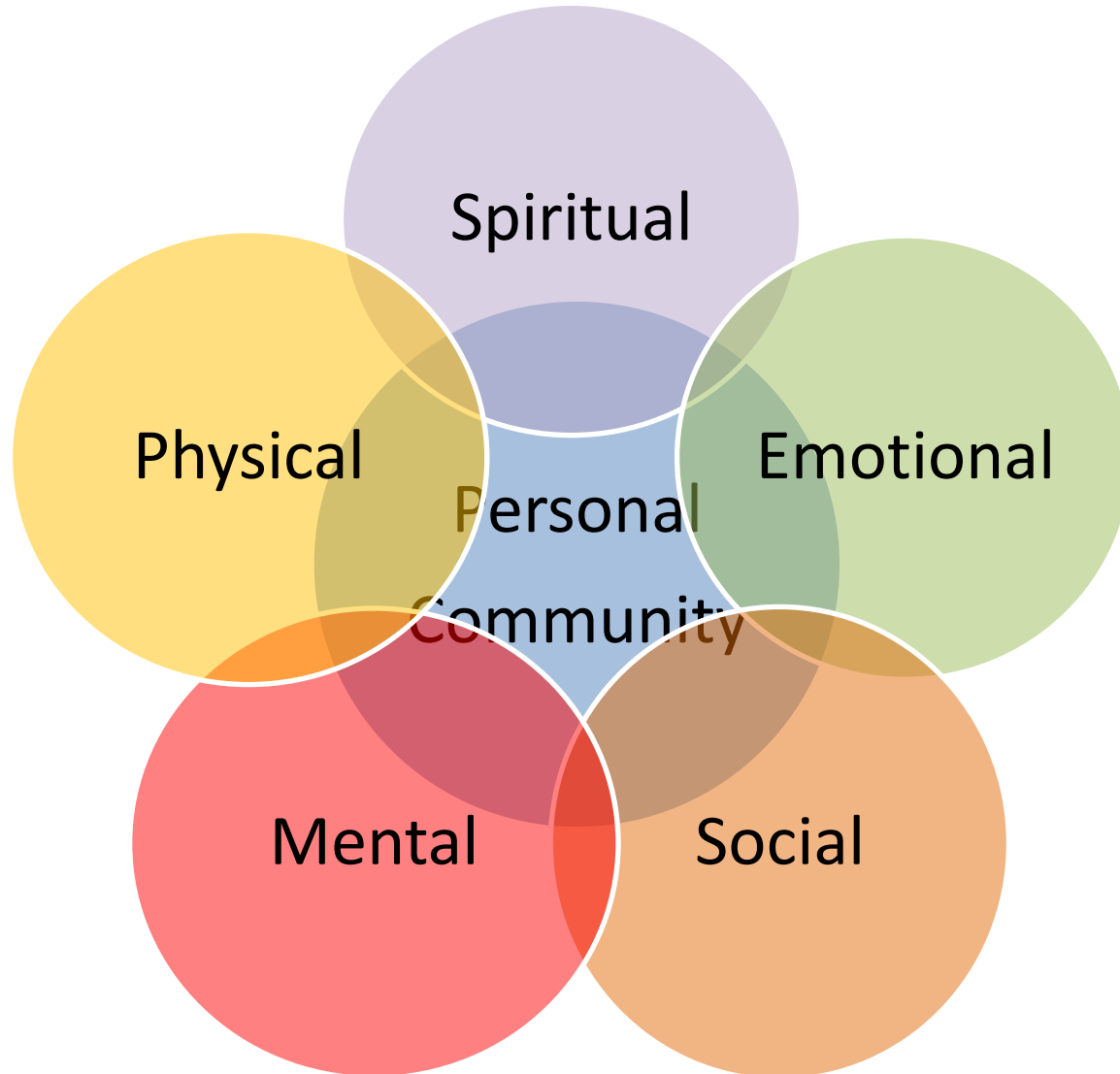


Or



Allow the chaos and uncertainty
to unfold new opportunities

Five Circles of Health



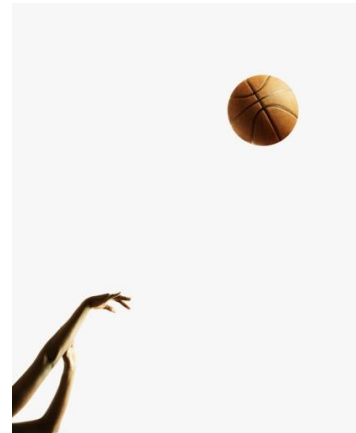
What You Can Do

- Be curious
- Create great expectations
- Write your good life story



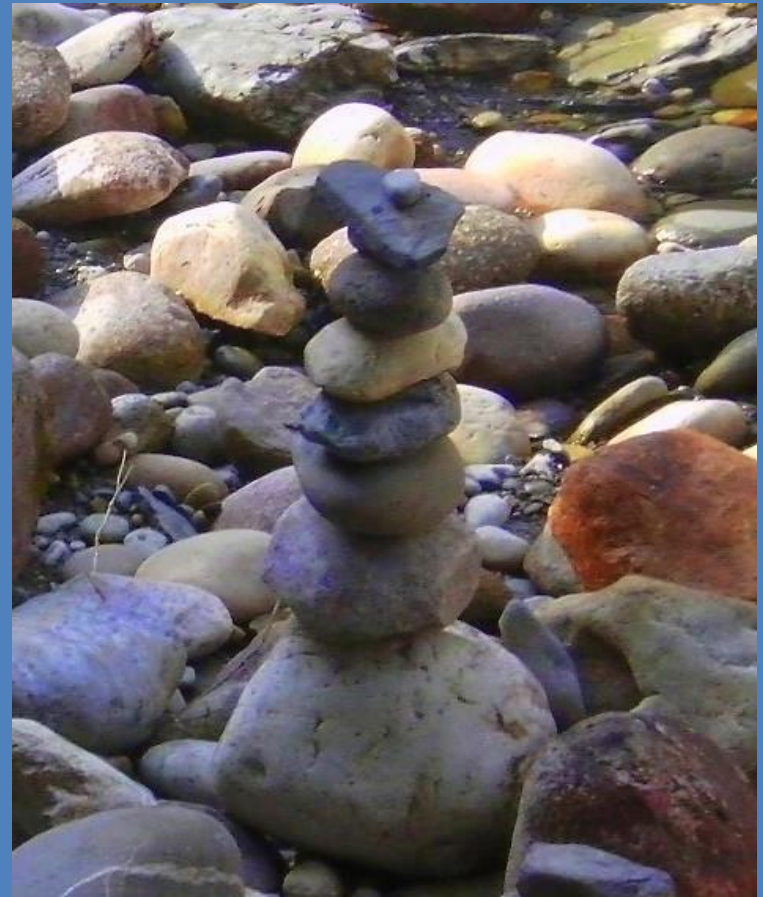
What You Can Do

- Stabilize by releasing the seemingly unimportant
- Every day, create a new you
- Learn something – every day
- Track your progress



Search Your Soul

- List five things you enjoy doing
- Write down one thing you have done that was something you had never done before
- Write down at least one thing you would love to do but you have never done
- Name three people you come in contact with on a regular basis and explain why they are a positive influence on you




SOME STORIES DON'T HAVE A CLEAR
BEGINNING, MIDDLE AND END.
LIFE IS ABOUT NOT KNOWING,
HAVING TO CHANGE,
TAKING THE MOMENT
& MAKING THE BEST OF IT,
WITHOUT KNOWING WHAT'S GOING
TO HAPPEN NEXT.
DELICIOUS AMBIGUITY.

-GILDA RADNOR

What is one thing you
will do differently as a
result of this session?





Tangled colored shards
Petals waving in the breeze
Life enters balance

Additional Resources

- Locus of Control Long -
<http://psychologytoday.tests.psychtests.com/>
- Locus of Control short
<https://www.wlc.edu/uploadedFiles/success/SurveyLocus.pdf>
- Pleasant Events Schedule
<http://www.healthnetsolutions.com/dsp/PleasantEventsSchedule.pdf>

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Thank you very much!



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