



# Changing the Narrative

BY JACOB PANNELL

# Lateran Council of 1215



[Concilium Lateranense IV. Commemorating the Octocentenary of the Fourth Lateran Council of 1215 | RHS](http://royalhistorians.org)  
[\[royalhistorians.org\]](http://royalhistorians.org)

The Lateran Council of 1215 among other thing required the lay-person to confess to the priest at least once a year and that messed the priests up.

## Dealing with anxiety in 1215



Creating a divide between the priesthood and the lay-person

# Modern Day Sin Eaters

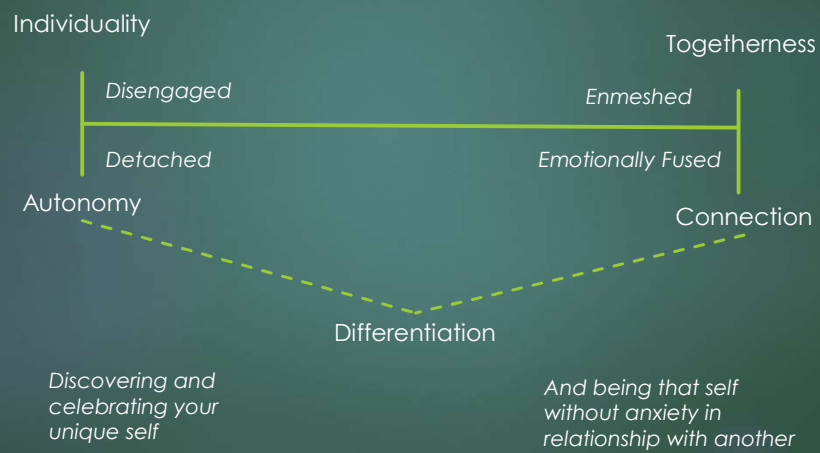


Have you ever eaten something you thought was disgusting? Today we are the modern day sin eaters



# Self-differentiation

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Non-anxious presence diagram

Scott Wyman

# Enmeshment



Anxious presence

Brought about by empathy

# Detachment



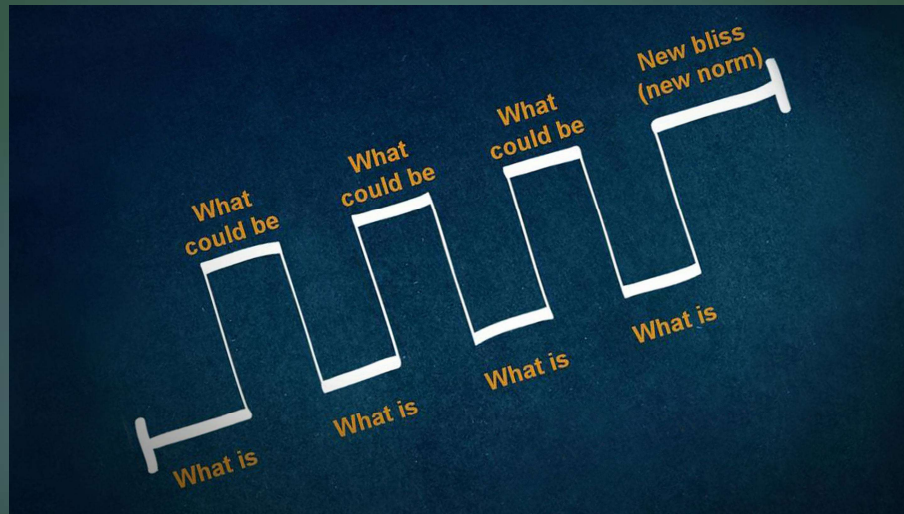
Nonanxious absence



# Storytelling

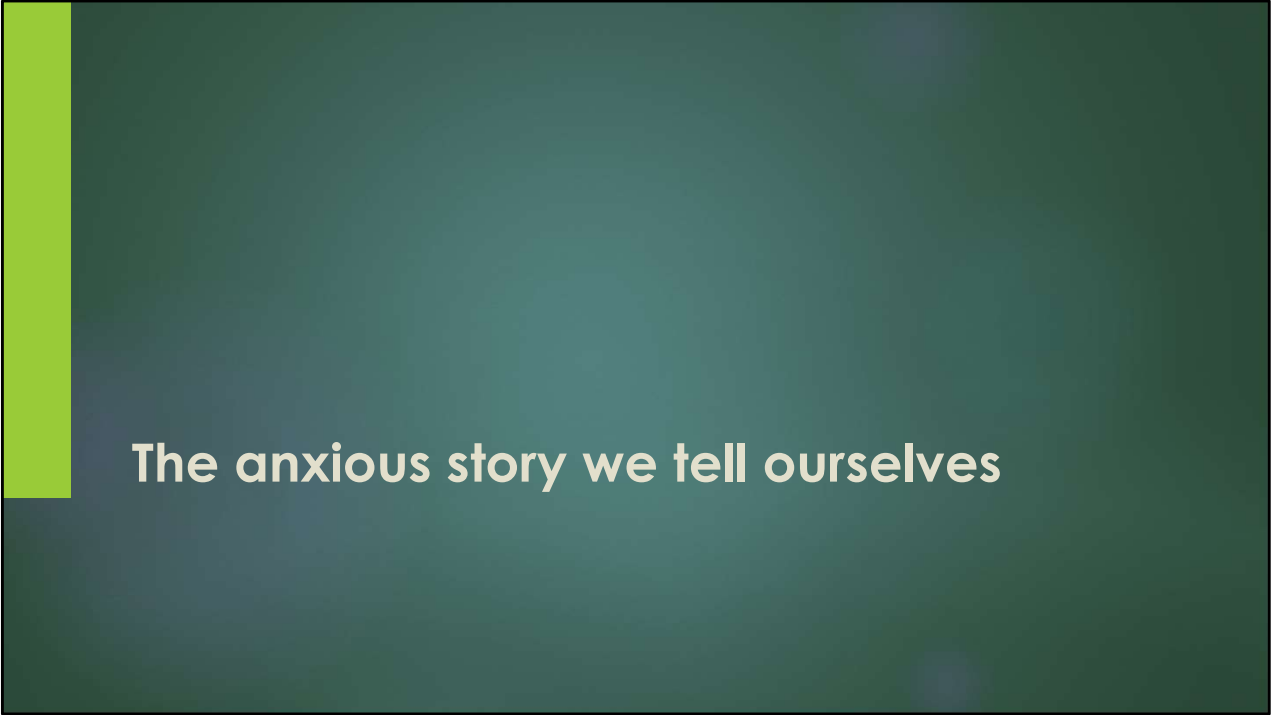


# Nancy Duarte and the Guide

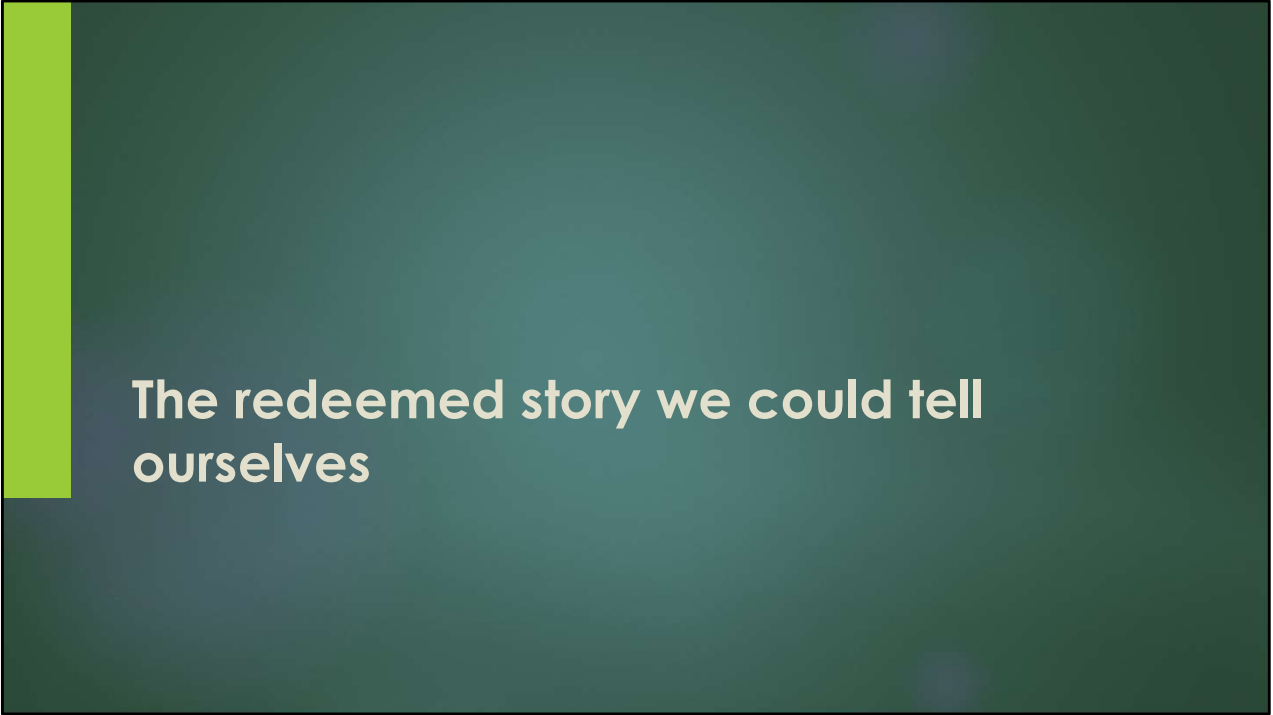


[Nancy Duarte: The secret structure of great talks | TED Talk](#)

Hearing, knowing and matching what could be so you can catalyze for what could be.



## The anxious story we tell ourselves



The redeemed story we could tell  
ourselves



**Setting yourself up to succeed**

# Pre-Game

Michael Phelps Named United States Sports Academy Male Athlete Of The Year  
([swimswam.com](http://swimswam.com))



Michael Phelps and the warm-up routine.

If the greatest athletes in the world put that much time and effort into their warm-up routine maybe we should put a little effort into ours to unlock or at least prepare to be a better version of ourself.



[Walk Up in Style: UCLA baseball players explain their at-bat songs - Daily Bruin](#)

Baseball walk on song

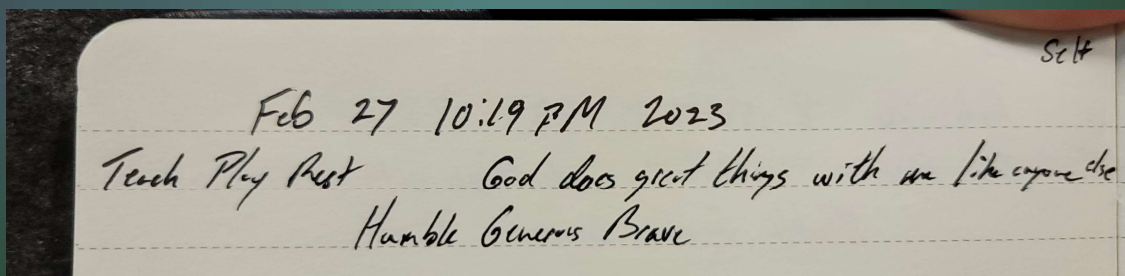
# Benefits

- ▶ Create mental space
- ▶ Prepare physical space
- ▶ Manage your energy



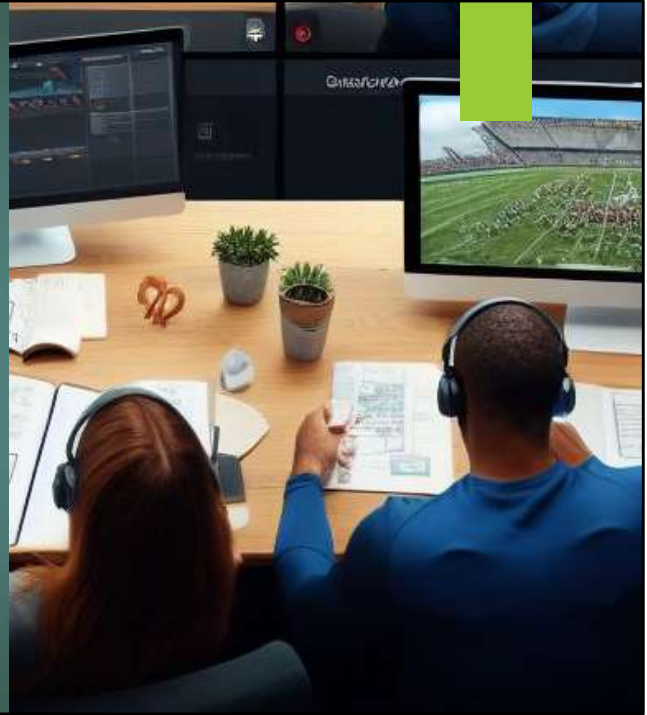
# Practical Ideas

- ▶ Walk up song
- ▶ Piece of gum
- ▶ Walk up prayer
- ▶ Bio-Break



What are the physiological tells of anxiety? Beat them now

# Post-Game Film Review



Michael Phelps and the warm-up routine.

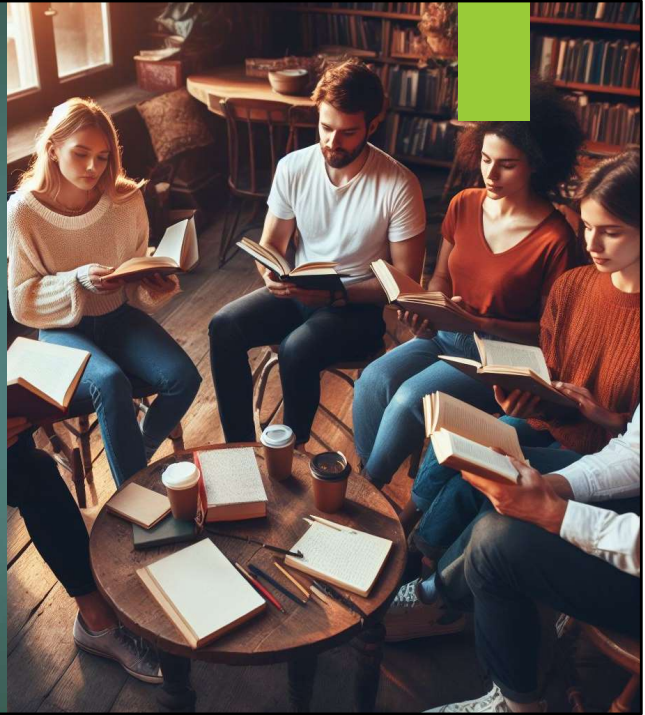
## Explore those captured trigger moments

- ▶ Journaling – both auditory and written
- ▶ Phone or conversation with someone else
- ▶ Reading and reflection
- ▶ Washing it off
- ▶ Speaking out loud

Literally washing your hands can help cleanse you of trigger moment (especially if you say it out loud).



## Verbatims and Knowing How You Show Up



A verbatim is a group presentation with trusted members who maybe not that day but later would also be expected to present.

# Verbatims in depth

- ▶ Introduction (1-4 paragraphs)
  - ▶ Verbatim (2-5 pages)
    - ▶ Left column = what was spoken
    - ▶ Right column = how you felt/reacted
  - ▶ Post Counter Reflection (1-3 paragraphs)
  - ▶ Theological Analysis (1-3 paragraphs)
  - ▶ Final Reflection
- ▶ **Questions to ask the presenter**
    - ▶ Why did you pick this encounter?
    - ▶ What would you like us to help you with?
    - ▶ What assumptions do you want to examine?
    - ▶ What are/were you thinking/feeling?
    - ▶ What patterns have you noticed?

Plan on 1-1.5 hours per person to present and discuss



“The second is equally important:  
‘**Love your neighbor as yourself.**’  
No other commandment is greater  
than these.”

JESUS OF NAZARETH, THE GOSPEL OF MARK 12:31

Grace

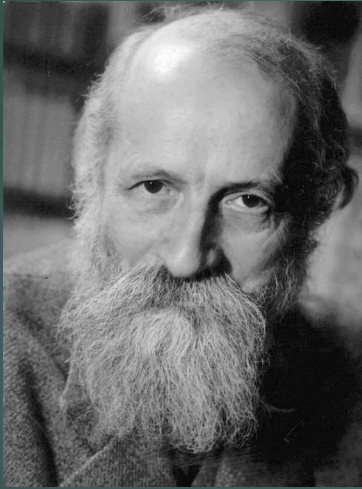
Loving your neighbor

And loving yourself





# *Ich und Du* Martin Buber



By The David S. Keidan Collection of Digital Images from the Central Zionist Archives (via Harvard University Library). Public Domain. <https://commons.wikimedia.org/w/index.php?curid=11528348>

- ▶ “I and it” relationship
- ▶ “I and thou” relationship
- ▶ “Us and them” relationship

Further reading to better understand your relationship with others. Self-differentiation is born by a combination of Buber and Bowen in Friedman.

# Talking with someone

- ▶ Text/Email
- ▶ VR
- ▶ Phone Call
- ▶ Coffee



Talk with someone just do it