

The ppreciation Project

APPRECIATING THE STONE IN OUR SHOE: shifting the way to relate to a challenge or chronic pain.

Context: This practice aims at helping us find value in the challenges we may be experiencing (whether physical, emotional, financial) and to connect to learning opportunities we may not have as yet identified.

In which situations can you make use of it: It can be used at times when we encounter situations that we cannot change immediately and that generates some suffering within us. Examples: chronic pain or family problems beyond our control (financial issues, illnesses, etc.). It helps us connect with the opportunity this challenge brings and with our best ability to cope with the ephemerality of life.

How long should the practice last: Duration: 3 or 4 minutes. When: Once a day, for 7 days or whenever there is a peak of suffering.

Instructions: Go to a quiet place and connect with this source of suffering (eg. physical pain). Choose one of the items to focus on each day and explore for a few minutes:
- what doors or opportunities has this challenge opened? - What tools have I found to deal with this suffering that I didn't have access to before (eg, knowing new techniques for dealing with physical pain, new forms of self-empowerment as a patient)? - What opportunities for connecting with yourself and others have emerged? - Which people did you meet or have the chance to meet because of this challenge? What did you learn about your own limits, fears and dreams? - where did you find support? - What did this challenge teach you about yourself? - What qualities have you been "compelled" to develop in yourself to face this challenge?

Self-observation: Notice how your cognition has expanded with regard to this problem. When did it stop being a problem or what else do I see? How does this challenge connect me with other people? (Did I become more empathetic? Did I broaden my sense of community?) Beyond what I cannot change in the face of this challenge, what do I have the power to transform now (or later) or give new meaning?

Journaling: What does dealing with this challenge reveal about myself? and about my view of the world?
(my beliefs and values).

What is my relationship with patience?
And with tolerance? What is my capacity for accepting what cannot be changed?
Who was I when the process began and who am I today after engaging with this practice?

#Cognitive practice
Purpose Practice (Spiritual)

