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The game of life rules pdf

The rules for Left Center Right, also known as LCR, are that each player rolls one of the game's special dice for every chip he has. He passes every chip according to the dice. When only one player holds any chips, he's the winner. The game is designed for three to 12 players. Each player starts the game with three slides, but they can use coins as a replacement. The players start in a circle and decide on one player to roll first. He rolls three dice, as he has three slides. The game has a special dice, which has the letters L, C and R on three of its sides. The other three sides have points. For every L or R he rolls, he passes a chip on the player on his left or right. For every C he rolls, he puts a chip in the middle pot. For every dot he rolls, he keeps a chip. Players always roll one dice per chip. Play continues to the left. If a player loses all of his chips, he's still in the game, but he's not rolling until another player has to pass him a chip. Once a player wins, he keeps on rolling and collects the chips in the middle pot. Published on January 4, 2021 Despite our best intentions and efforts, making mistakes is a fact of life. People are prone to mistakes, so we're inevitably going to mess up at some point, which is why it's so important to learn how to apologize. Many of the slip ups we make will have no impact on those around us, but what about the times when they hurt someone else, either by accident or purposeful? Are we ignoring the mistake and hoping it will go away on its own? Do we confront the mistake, but painful what may be, and apologize? How we respond to our mistakes defines both who we are and how we are perceived by others. I'm a voice and presence coach specializing in training people to find their voice and speak their truth. One of the most difficult tasks I teach my students is how to authentically apologize. It takes a lot of vulnerability to admit wrongdoing, and even more so to seek forgiveness and make amends. But, like anything else in life, if you ignore something painful instead of facing it, that pain tends to grow and appear in other parts of your life. So how do you effectively apologize? Technically, there's no one right way, but there are a lot of ineffective ways to apologize. I'm going to approach it from the perspective we're truly remorseful and want to make amends for the hurt we've caused. Simply saying the words I'm sorry is easy, but it's important to match the intention behind your words. Apologizing if you made a mistake — utter remorse grounded in your truth — is more complex, and that's what we're going to cover here. To make a real excuse where your words are backed up by your truth and your true emotion, I'm referring to a practice provided to me a few years ago by a friend Ho'oponopono prayer. Now, I'm not an expert in the history of this prayer, but after meditated with it for a number of years, I've found this practice of reconciliation and forgiveness incredibly powerful. Ho'oponopono means fixing or correcting a mistake. What sets this prayer apart is the focus not on controlling a particular outcome (i.e. healing the hurting relationship you have with this person), but instead the focus is on healing yourself to heal the situation. It's deeply simple and translated as follows: I'm sorry. Please forgive me. Thank you. I love you. Everything we need to apologize is here in this prayer. Let's break down the structure of this excuse in these 4 conceived steps for before, during, and after the excuse. Before the ApologyStep 1: I'm Sorry What Are You Sorry? Before you start talking and leading in pure emotion, it's important to really figure out what you're sorry for: Start by writing out the facts you write them out, avoid assigning any judgments to the scenario or making any assumptions about the person affected by your mistake; really sticking to straight facts. Dump the whole situation on the page and leave out no small details.Ex. You struggled with a problem. I reacted very bluntly in my feedback, and I saw tears forming in your eyes. Ex. You came to me with a problem. I answered an email on my phone, and I didn't respond much because I was distracted. I looked up and saw tears in your eyes. You walked away. Write down your part to make this mistakeStick to your contribution to the error only. Avoid writing about anyone else, even if they were a factor in you making the mistake. Simply focus on what you did that you know helped create the situation.Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake was assuming you would be better off if you heard what I felt I needed to say. Ex. I wasn't fully present listening to you when you were in need. I think my mistake continued to work on my phone when you were talking, instead of saying I needed a moment to complete what I was doing first, or just around my phone so I could listen. Ask yourself how you feel by grounding yourself in your Truth! learning a process to my clients called the Voice Body Connection process, which starts with grounding yourself in your physical sensations. This process will help you find your voice and speak your truth objectively, even if you are flooded with strong emotions in the moment. Identify the Physical Sensations You FeelNow that you are reliving the experience of making the mistake by writing it out, voting in your body, and asking yourself the question: What is the strongest sensation I feel in my body right now? Be sure to use this body-based When preparing to apologize, noting your sensations help you ground yourself in how you feel so you can show up. Identify why you think Feel this SensationsNow that you've identified your primary sensations, ask yourself the following question: What do I think is the stimulus that led me to feel this sensation? This is probably a very simple statement you've already written about. This is the heart of the matter.Ex. I spoke inappropriately to my friend. Ex. I ignored my friend when they were in need. Identify your emotionsNow that you know why you feel these physical sensations, move to identify your emotions. Ask yourself: What are my emotions in setting it all up? Some primary emotions are fear, anger, sadness, disgust, joy and arousal.Ex. I feel sad that I crossed my friend's boundaries.Ex. I feel sad and frustrated that I hurt my friend's feelings. Identify your ideal outcomeYour emotions are linked to your desire for a future outcome. Ask yourself, Do I have any desires related to everything I've just noticed? Examples of core desires are safety, comfort, bonding/loving, and curiosity/growth.Ex. I want to apologize so we can be close again and improve our relationship. Make sure you actually want Reconnect if you don't feel safe with that person, there's no need to apologize and reconnect. However, if you feel safe and comfortable with them and desire to be reconnected, you can proceed to the next step of the Ho'oponopono prayer. During the ApologyStep 2: Please forgive MeYou isn't going to share everything about your process above with your friend. What you're going to share is your recognition of the hurt you caused, your part in creating that situation, and your desire to re-join. It's also very important to be clear about just speaking your truth and not commenting on their side. That's their job. You can use this script by filling in the observations you noticed above: I think happens between us... And I think my mistake was <insert your= part= here= >... And I felt <insert your= emotions= >... and moving forward, I would want is to <insert your= desires= >. Ex. I think I gave you feedback that you weren't interested in hearing, and I think my mistake was assuming you would be better off if you heard what I felt I needed to say. And I feel sad that I've crossed your borders. Moving forward what I really want is to apologize, be close to you again and assure you that I will ask for permission in the future before giving feedback. Ex. I wasn't fully present listening to you when you were in need. I think my mistake continued to work on my phone when you were talking, instead of saying I needed a moment to complete what I was doing first, or just around my phone so I could listen. And I feel sad that I hurt your feelings Moving forward what I really want is to apologize, be close to you again and assure you that I will be more present in the future, or tell you that I need a moment to complete what I'm doing so I can be present. Once you've shared</insert > </insert > </insert > stop talking about yourself. That's all you need to say to get the conversation going. Start listening and be curious. Ask open questions about their experience like How did it feel to you? When you talk, let them know you hear what they say, and you acknowledge your impact. Step 3: Thank youAfter you expressed yourself, leave room to see the impact you had on the person. Understanding that the response may not be what you expect or hope for. The act of apologizing is about centering the other person's experience, not about focusing on yourself. Now you've asked the other person about their experience, it's quite possible they'll say things you don't want to hear. You might find that you feel defensive or even angry. A stressful situation like this can also trigger Fight or Flee down your body: you can see that you start sweating, that your pupils are narrowing, that your eyes are tearing, or that you start experiencing tunnel vision. It's all normal. To help err it down, get real curious about what their experience was. Don't listen to be right. Listen to be connected and to understand. Thank you for everything they said, and to be in your life. Even if they say something you don't like to hear, thank them anyway for sharing the truth of their experience. It's not an easy thing to do, but it's an essential step toward your own healing in the Ho'oponopono prayer. Moving forward to the ApologyStep 4: I love YouLet's saying you're actually in a place where the relationship you have with the other person can be restored. I love you encourage curiosity: how can you recover and reconnect? How can things look different moving forward? Think of something you can do to re-connect with each other, to express and experience your love, appreciation or respect for each other. Make a plan for how to move forward. Continuing the practice of Step 3 makes a list of things you are grateful for about the other person. We don't often stop sharing how much we value each other, and it feels as good to share appreciation and gratitude as it is to receive it. This last part of the prayer isn't just for the sake of the other person who has caught your mistake. It is also for you to ensure that you are healing and able to move on from the bug. It's easy for many of us to strike ourselves and continue to hold on to guilt, or even shame, about a mistake we've made, even if we're truly remorseful and have tried to make amends. Keep repeating the whole Ho'oponopono prayer to yourself after the encounter: I'm sorry. Please forgive me. Thank you. I love you. Maybe you'll apologize to yourself for hurting yourself by mistake, too. The Bottom LineWhen we speak our truth as an excuse, we appear fully in our truth without making anything from the other or try to encourage them to behave in a certain way. While we may not affect whether or not the outcome of the excuse, no matter how remorseful we are, following the Ho'oponopono can lead us to true restoration and healing. If you're stuck on finding the right way to re-join and apologize to someone in your life, I hope you'll find yourself inspired to take that first step to make things right. More on How to apologizeFeatured photo credit: Gus Moretta via unsplash.com unsplash.com

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