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Book Club For Communication: Bringing the Four Agreements to a Trauma Recovery Group

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BOOK CLUB FOR COMMUNICATION

Book Club For Communication: Bringing the Four Agreements to a Trauma Recovery Group

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Abstract

This service learning project started a book club within the Idaho Community Outreach Behavior Services (COBS) program; a 501(c)3 non-profit organization, that aims to help victims of sex-trafficking get the trauma care they need and helps them with a safer lifestyle and living situation, if necessary. The book *The Four Agreements* was provided for each woman to read the assigned weekly section, and come to the group each week prepared to discuss what they read and how it relates to them personally. Participation in an open discussion would allow each person to share while also following the theme of the book for how it relates to emotional intelligence development. To help prepare for the discussions each week, I created worksheets with guided questions for each chapter/section and an additional spot for personal reflections..

*Keywords:* Idaho COBS, Book club, *The Four Agreements*, Building communication, Self-awareness, Trauma support, service learning.
Section 1: Introduction to your Capstone Project

Idaho Community Outreach Behavior Services (COBS) is a program in our community that I am a participant of. This program was created to help victims of sex trafficking get the trauma care that they need. It provides women with a safe living situation, if needed, and assists them with any needs to set their lives in a positive direction (Idaho Community Outreach Behavior Services). This program includes a group that meets once a week for all members to attend but does not have a real structured topic to learn each week. Prior to my project, this weekly group consisted of creative activities such as painting or drawing for art therapy; other meetings would be open discussions about topics relating to healthy changes such as defining love language, establishing healthy boundaries, or other areas of positive concepts. Since this approach didn’t engage the personalization aspect for the women to relate to one another, I decided to bring in a book club format to cover specific material.

The goal was to help women improve their emotional intelligence in a social setting. Each person would read the assigned material before meeting, and come prepared to discuss together. Through this discussion, personal thoughts and reflections would be shared for other members' feedback and relation. Discussion was open to hearing from opposing sides of the material without fear of rejection or disapproval. Learning to identify areas where we are different and still work together is an important skill for building relationships (Lewin, 2021). Upon completion, each woman would have a better understanding of the material and how it applies to their emotional intelligence. To direct discussions, I put together chapter guides that
pose different questions for thought and a section for personal reflections. Each person was given a copy of these with their own copy of the book purchased by the director.

Section 2: Elements coming together

The goal of this book club is to add structure to the group, fill in communication barriers, and help individuals. Having an openness to others’ thoughts and opinions would bring unexpected outcomes. I wanted each person to feel comfortable speaking for themselves to create better communication and openness.

*The Four Agreements* by Don Miguel Ruiz focuses on how each person's life is based around their agreements with different personal, social, and spiritual realms. The intent of this book is to help people explore freedom, happiness, and love for themselves and others. In this, we discover the most important agreements are the ones we make within ourselves and determine who we are (Ruiz, 1997). While we’re able to learn how to heal individually through therapy, collaborative processing with the book club is a different approach to improving one’s self-awareness, so we may build better relationships (Bradberry & Greaves, 2009).

Emotional intelligence teaches the ability for us to recognize, understand, and manage emotions within ourselves and with others. It teaches self-awareness as the first foundation followed by social awareness and relationship management (Bradberry & Greaves, 2009). These women have experienced traumatic events in their lives which have hindered their daily thinking and behaviors. *The Four Agreements* stresses the importance of self-awareness and mindful living. By learning to be aware of ourselves we become comfortable and learn to accept what defines our lives. To progress with our self-awareness we question the way that things are. The
alleviation of misunderstandings and misinterpretation of reality begins with learning not to make assumptions (Ruiz, 2000). By asking questions, we open that door to learning the truth about ourselves and others (Ruiz, 1997). The goal is reprogramming ourselves to match who we want to be rather than defining ourselves by what we’ve been through or what others have made us believe.

**Section 3: Results**

The weekly discussions made a drastic difference in some, if not most, of the women. The results varied based on their level of commitment whereas some put on a false front in the discussion but failed to demonstrate actual change in their life outside the setting. This hypocrisy was discouraging. In one particular circumstance however, a member of the group called out her peer for her lack of practicing behavior changes outside the group discussion. The following week, both women were able to state that there was an improvement after that was brought to attention.

There are two things that I would have done differently. First, prior to handing out the books, I would have put a disclaimer or announcement that explained the first few sections wouldn’t be for everyone. They discuss how our past and how we were raised reflect how we behave and what we believe in. Coming from various upbringings, this was an issue for some of the women to relate to, while others didn’t have any issue with it. Second, I didn’t expect expertise overnight in these agreements or the development of self-awareness and better communication but I expected consideration of the material to be applied. The survey pointed
out specific people that enjoyed the book and participated a lot during discussion were applying this to their lives.

The results were where I had projected them to be in that those who participated in the reading gained the most, but all benefited from what was discussed each week. The women were the biggest stakeholders in this project. For the women who did participate, growth demonstrated their willingness and ability to listen and accept feedback from others. The focus was that each person felt heard. This book provoked some difficult conversations so empathy was practiced and encouraged during discussions. Having effective communication and more direct approaches eliminated mixed messages, passive-aggressive behavior, and taking things personally.

The director commented that we should acknowledge these concepts as we’re trying to move forward in overcoming traumatic backgrounds. When each person is able to treat each other with respect and use effective communication, there are less problems and disagreements.

Section 4: Conclusion

Taking a book-structured approach, each woman learned how to positively convey their messages with one another and there was more discussion and feedback for everyone to engage in together. Women shared similarities in their feelings about the material making them able to form stronger relationships. Each person showed respect and empathy for one another and gained more self-awareness by being able to actually see how they’re healing.
Section 5: References


Idaho Community Outreach Behavior Services (COBS). [https://idahocobs.org](https://idahocobs.org)


Section 6: Appendix

- About the Program & Book
- About other book sources
- Book Club Survey
- Book Club Survey Responses Collective
- Book Club Survey Results Originals.pdf
- Group Discussions Week 1-5
- Quote to take home
- The Four Agreements Study Guide Blank
- Woman A's Study Guide
- Woman B's Study Guide
Research

The Idaho Community Outreach Behavior Services (COBS) program, the participants within the program and the directors and case managers that will be participating in the book club.

Community Outreach Behavioral Services is a 501(c)3 organization that provides trauma care for victims of human trafficking across Idaho.

- For confidentiality and safety purposes, I have excluded names of the participants.
- Information about the COBS program itself may be answered by contacting the director of the program or by additional information found on their website.

The Four Agreements by Don Miguel Ruiz, 1997

Idaho COBS has provided a copy of the material that the group will be learning and discussing over the course of the next seven weeks for each person participating

The book provides real examples for ways to implement the different agreements into their daily lives

- The book focuses on the essentials for achieving personal freedom and happiness through the emphasis on self-love, forgiveness, gratitude
- It incorporates the thought to overcome what we have been made into. Victims of trauma often get stuck believing they are what society has lead them to believe, this book shows a different method to consider in getting to discover “you” again.
Research

The Four Agreements Companion Guide
This book provided more in depth information about each section of the book that I will be incorporating into the study guides that I hand out.

Emotional Intelligence 2.0 by Travis Bradberry, Jean Greaves, and Patrick M. Lencioni
I took some helpful information and strategies from this book to incorporate into my weekly worksheets that I will be handing out to each woman. I also used some of this material to help me shape the way that I will be running the discussions each week.
Book Club Survey
The Four Agreements

1. Overall, how would you rate the concept of adding a book to the weekly group meetings?
   a. Excellent
   b. Very good
   c. Good
   d. Fair
   e. Poor
   f. N/A or choose not to answer

2. Overall, how would you rate the book that was selected?
   a. Excellent
   b. Very good
   c. Good
   d. Fair
   e. Poor
   f. N/A or choose not to answer

3. How would you rate the time allotted enough time to accomplish the assigned reading? (1 being not enough and 5 being too much time, could have had more per week).
   a. 5
   b. 4
   c. 3
   d. 2
   e. 1
   f. N/A or choose not to answer

4. How would you rate the relevance of the material in the book?
   a. Excellent
   b. Very good
   c. Good
   d. Fair
   e. Poor
   f. N/A or choose not to answer

5. How useful was the provided study guides to reflect on the material?
   a. Extremely useful
   b. Very useful
   c. Somewhat useful
   d. Not so useful
   e. Not at all useful
   f. N/A or choose not to answer

6. Did the material in the study guide help you to understand the material?
   a. Extremely useful
   b. Very useful
   c. Somewhat useful
d. Not so useful  
e. Not at all useful  
f. N/A or choose not to answer

7. How would you rate the weekly discussions?  
   a. Excellent  
   b. Very good  
   c. Good  
   d. Fair  
   e. Poor  
   f. N/A or choose not to answer

8. How comfortable were you in voicing your opinions in the group?  
   a. Extremely comfortable  
   b. Very comfortable  
   c. Somewhat comfortable  
   d. Not so comfortable  
   e. Not comfortable at all  
   f. N/A or choose not to answer

9. Do you feel that you were able to connect with your peers when discussing the book in class as it relates to your life?  
   a. Connected a lot more than I normally would  
   b. Connected more than usual  
   c. Somewhat able to connect  
   d. Had difficulties connecting to my peers  
   e. Didn’t connect with my peers at all  
   f. N/A or choose not to answer

10. If we were to vote on books in the future to read and discuss in this similar structure, how helpful was adding a book to our weekly meetings to you, that you’d want to continue this process?  
    a. Very helpful would want to do it again  
    b. Somewhat helpful may want to do it again  
    c. Helpful but wouldn’t want to do it again  
    d. Not helpful, but would want to try it again  
    e. Not helpful, do not want to do it again  
    f. N/A or choose not to answer

11. Please add any information or comments that you feel would be helpful for the future of this process or anything that you want to share (good or bad) about this experience:

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<td>Excellent</td>
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The Four Agreements
A Practical Guide to Personal Freedom
by Don Miguel Ruiz

Agreement One
Be Impeccable With Your Word

Questions to Consider:

- What does it mean to be impeccable with your word? How do words create reality?
  - It means never use the power of the word against yourself. When you're impeccable with your word, you never betray yourself.
  - You never use the word to gossip about yourself or to spread emotional poison by gossiping about other people. You are the creator of your own life story.
  - It is your power to create. "What you dream, what you feel, and what you really are, will all be manifested through the word."

- How can you use this agreement in your own life? How can you use it to help others?
  - For me, the biggest thing is to avoid gossip. Learn to use effective communication.
  - Also to remain true to yourself and your beliefs.

- What is the difference between admitting fault if you make a mistake and judging yourself because of it? How can you prevent yourself from judgment, blame, and criticism of yourself and others?
  - When you admit your fault it is showing that you are able to grow from it.
  - Judging ourselves because of it stigmatizes a shame that you will carry.
  - Avoid comparing yourself to others, the need to be perfect, focus on strengths, practice daily affirmations and for every negative talk turn three positives or something to grow from.

- What negative words do people often use toward themselves? How can these negative words affect self-love? How can we change the words we use to affect change in our lives?
  - Examples of negative words
  - When we use negative self talk, we start to believe it ourselves and that creates a poor self-image that weighs down on us.
  - Focusing on negative thoughts may lead to decreased motivation as well as greater feelings of helplessness.
  - Those who find themselves frequently engaging in negative self-talk tend to be more stressed. This is in large part due to the fact that their reality is altered to create an experience where they don't have the ability to reach the goals they've set for themselves.
Questions to Consider:

- What does it mean to take something personally? How can you avoid doing so? How can you apply this agreement to your life? What are some things you take personally?
  - Whatever happens around you, don’t take it personally. Nothing other people do is because of you. It is because of themselves.
  - Seriously stop caring about the moods of others when all they want to do is bring you down to bring themselves up. If that is what they need to feel better, brush it off. They are not worth your time.
  - He calls these black magicians—when we take things personally we become easy prey that these people feed on—they can feed you poison because you take it personally you continue to eat it up until you’re sick
  - When you truly understand this and refuse to take things personally, you can hardly be hurt by the careless comments or actions of others.
  - I take things personally when people are passive aggressive, inconsiderate, disrespectful
  - I HATE miscommunication/lack thereof, passive aggression, shady behavior that has been acknowledged with the person but never changes

- Is there such a thing as constructive criticism and should one use it to reflect on one’s choices, character, and behaviors? What is the difference between taking feedback as a tool for reflection and not taking others’ words or actions personally?
  - There is a way to tell someone in a positive way that they need to work on something when a person asks for advice or honest criticism. However, that is taking feedback for a tool to reflect.
  - It is important to practice separating your self-worth from feedback from others.
  - When seeking constructive feedback, have an open mind, and recognize that others’ behaviors are often a reflection of their own inner reality, not yours.

- How does defending yourself against a verbal attack violate this agreement? What effect does it have on your self-image? How does it affect your interpersonal relationships?
  - When we take things personally, we take offense. When we take offense, we defend ourselves. When we defend ourselves, we create conflict. When we create conflict, we inflict harm. On ourselves and on others.
  - Oftentimes through our personal biases we can seek out conflict and/or lead with the expectation of conflict. Understanding that no one owes us anything, we can lead with better communication that seeks for clarity and understanding rather than “attacking” back with our assumptions or other biased projections.
Questions to Consider:

- What is an assumption and how can it be used to harm yourself and others? How can this agreement help improve your life? How can you apply it to your relationships?
  - An assumption is a thing that is accepted as true or as certain to happen, without proof.
  - We don't know the motives of other people, and to protect ourselves from harm, we have to connect the dots with the information given to us.
  - Social interactions are complicated because one facial expression can set off millions of interpretations in the other person's head. One change in tone or the choice of words one person chooses to use can spark anger in the other.

- What are some ways that asking questions rather than making assumptions might help a situation?
  - By asking the right questions – in the right way – you can improve a whole range of communication skills.
  - You can gather better information and learn more, you can build stronger relationships, manage people more effectively, and help others to learn too.
  - By not asking the right questions of people, we are also making assumptions as we don't get a true understanding of where a person or situation is at.
  - When you feel hurt or angry about a comment that another person said to you, you should ask for clarification. You should be direct, and ask for an explanation. You might look aggressive, but it is to clear your conscience of doubt and prevent misunderstandings.

- Have you ever made an unnecessary or incorrect assumption? When did you realize you were wrong? How did it affect your relationship with yourself or the other person?
  - I find that in many situations, I've jumped to conclusions without clarifying what the other person meant or intended to say. I've faced countless misunderstandings because of my inability to ask for clarification instead of assuming intent.
  - I've also always had trouble with this though when a particular person has the repeated behavior after multiple acknowledgements and discussions with that person to prevent them from occurring again.

- How can you work to understand another person's point of view? How does it feel when someone tries to understand yours? How can this practice improve interpersonal relationships?
Personal Notes:

- "We make an assumption, we misunderstand, we take it personally, and we end up creating a whole big drama for nothing."
- "Because we are afraid to ask for clarification, we make assumptions; then we defend our assumptions and try to make someone else wrong. It is always better to ask questions than to make an assumption, because assumptions set us up for suffering."

Lifestyle, comes through the territory

Emotions are starting to reignite

Do to others what you want

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?
Questions to consider:

- Does "doing your best" mean the same thing for all people? Why or why not? Why might your personal best vary from day to day?
  - The Fourth Agreement is the action of the first three, enabling them to become habits. It is the agreement that asks you to do just enough, but not too much. Perfection is not the goal (it never is!). Doing your best means falling down and getting back up.
  - Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse and regret.
  - If you just do your best, there is no way you can judge yourself. And if you don’t judge yourself there is no way you are going to suffer from guilt, blame, and self-punishment.

- Is perfectionism a good or bad thing? What’s the difference between always doing your best and the concept of perfectionism?
  - Doing our best doesn’t mean being perfect all the time. The fourth agreement encourages us to be flexible and honest with doing our best using the resources available to us, within and without.
  - Always doing your best is an expression of unconditional love and the willingness to see yourself where you are at this very moment.
  - Perfection is something that is completely free of any flaw. Guess what? We define what a flaw is with our agreements. There’s no such thing as a flaw in the world. It only exists in our mind and only by agreement, which means everything is perfect just the way it is.

- How does this agreement apply to the concept of "living in the present"? How can you keep yourself from reliving past experiences and letting them affect your current actions?
  - Always doing your best is always being where you are at, at that very moment. Loving yourself unconditionally and having the willingness to see yourself as you are, that’s what makes this agreement so powerful.
  - For someone who is a perfectionist, there’s a difference between passion and obsession. In passion, you can hear unconditional love say, “I do it because I want to.”

- What does your best look like on a good day? Bad day? How do you feel about yourself on each of these days? How can this agreement help you on the not-so-good days?
  - Your best is, in fact, the only thing you can do. And the best you can do doesn’t mean that sometimes you give 80 percent and other times you just give 20 percent. You’re
always giving 100 percent — that’s always your intention — it’s just that your best is always changing. From one moment to the next, you are never the same. You are alive and changing all the time, and your best is also changing from one moment to the next.

- Your best will depend on whether you are feeling physically tired or refreshed. Your best will depend on how you are feeling emotionally. Your best is going to change over time, and as you form the habit of practicing the Four Agreements, your best is going to get better.

**Personal Notes:**

**Reflection:** What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?

- Perfectionist- I need to work more on the fact that I am a human and sometimes I do make mistakes. If I get a lower score than I want on a test, I freak out thinking that I could have done better, knowing that I really did give it my everything.
- I also have a habit of letting my feelings get in the way of daily activities. This is something that I am not used to because it never used to be a problem.
  - If I work more on not taking things personally then I think that I will be able to set this aside a little easier.

**Self-compassion**

**Over look the “ Standards”**
Half the battle is to resist judging yourself. If you can listen to your own intuition and embrace more of your ideas (good and bad), you’re already partway to overcoming this fear.
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<th>MODULE</th>
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| Module 1 | (October 9, 2023-October 15, 2023) | **Goals for this week:**  
  ● Hand out book *(The Four Agreements by Don Miguel Ruiz)* to each participant, case manager, & Director in the COBS program  
  ● Discuss the overall intentions for the book club, what a reflection is, and what is expected each week  
  ● Read for next week  
    ○ The Toltec (pg.xiii-xiv)  
    ○ Intro: The Smoky Mirror (pg.xv-xix)  
    ○ Chapter 1: Domestication & The Dream of the Planet (pg. 1-25)  
  ● Use provided handout to make notes and reflection |
| Module 2 | October 23, 2023-October 29, 2023 | **Goals for this week:**  
  ● Discuss last week’s reading  
  ● Read for next week  
    ○ Chapter 2: The First Agreement: Be Impeccable with Your Word (pg. 25-46)  
  ● Use provided handout to make notes and reflection |
| Module 3 | October 30, 2023-November 5, 2023 | **Goals for this week:**  
  ● Discuss last week’s reading  
  ● Read Chapter 3: The Second Agreement: Don’t Take Anything Personally (pg. 47-61)  
  ● Use provided handout to make notes and reflection |
| Module 4 | November 6, 2023-November 12, 2023 | **Goals for this week:**  
  ● Discuss last week’s reading  
  ● Read for next week  
    ○ Chapter 4: The Third Agreement: Don’t Make Assumptions (pg. 63-74)  
  ● Use provided handout to make notes and reflection |
| Module 5 | November 13, 2023-November 26, 2023 | **Goals for this week:**  
  ● Discuss last week’s reading  
  ● Read for next week  
    ○ Chapter 5: The Fourth Agreement: Always Do Your Best (pg. 75-91)  
  ● Read for next week (Optional but recommended) |
The Four Agreements
A Practical Guide to Personal Freedom
by Don Miguel Ruiz

Agreement Three
Don't Make Assumptions

Questions to Consider:

- What is an assumption and how can it be used to harm yourself and others? How can this agreement help improve your life? How can you apply it to your relationships?
- What are some ways that asking questions rather than making assumptions might help a situation?
- Have you ever made an unnecessary or incorrect assumption? When did you realize you were wrong? How did it affect your relationship with yourself or the other person?
- How can you work to understand another person's point of view? How does it feel when someone tries to understand yours? How can this practice improve interpersonal relationships?

Personal Notes:
Assume, ask questions, to avoid misrepresentations or assumptions.

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?

let everyone speak for themselves.
Questions to consider:

- Does "doing your best" mean the same thing for all people? Why or why not? Why might your personal best vary from day to day?
- Is perfectionism a good or bad thing? What's the difference between always doing your best and the concept of perfectionism?
- How does this agreement apply to the concept of "living in the present"? How can you keep yourself from reliving past experiences and letting them affect your current actions?
- What does your best look like on a good day? Bad day? How do you feel about yourself on each of these days? How can this agreement help you on the not-so-good days?

Personal Notes:

- NO - Because some misunderstanding of compassion for self.
- Perfectionism is harmful unless it comes naturally.
- Does your best to do your best.
- If you live in past, you best move as varied as you can.
- On good days - it looks easier on bad days.

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with? All of it.
The Four Agreements
A Practical Guide to Personal Freedom
by Don Miguel Ruiz

Agreement One
Be Impeccable With Your Word

Questions to Consider:
- What does it mean to be impeccable with your word? How do words create reality?
- How can you use this agreement in your own life? How can you use it to help others?
- What is the difference between admitting fault if you make a mistake and judging yourself because of it? How can you prevent yourself from judgment, blame, and criticism of yourself and others?
- What negative words do people often use toward themselves? How can these negative words affect self-love? How can we change the words we use to affect change in our lives?
- How do people use the power of words to create or destroy energy in themselves and in the world? Have you ever experienced the negative impact of another person’s words? What are some current societal examples of using words to help or harm others?

Personal Notes:
Impeccable - without sin. Words are magic spells.
If I have positive affirmations, positive will happen.
Sincere, someone else’s black magic by creating a new spell.
Words in fact is true without black magic. Judging yourself ingrains the belief of negativity.

For people’s “not good enough” – it’s a downward spiral.
People use words to others how they feel about them and self.

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?

Words are magic spells.
The Four Agreements  
A Practical Guide to Personal Freedom  
by Don Miguel Ruiz

Agreement Two  
Don't Take Anything Personally

Questions to Consider:
- What does it mean to take something personally? How can you avoid doing so? How can you apply this agreement to your life? What are some things you take personally?
- Is there such a thing as constructive criticism and should one use it to reflect on one's choices, character, and behaviors? What is the difference between taking feedback as a tool for reflection and not taking others' words or actions personally?
- How does defending yourself against a verbal attack violate this agreement? What effect does it have on your self-image? How does it affect your interpersonal relationships?
- If a person is using negative words or actions toward you, does that mean they have a negative opinion of or emotion toward you? What else could be causing their negativity? How can understanding "where people are coming from" help you keep this agreement?

Personal Notes:
- Don't take other's words to express as a reflection of how they feel/feel about themselves.
- Constructive criticism would be to identify how one perceives others' opinions.
- Defending self indicates a weakness in self love.
- Someone neg words or actions are reacting back against themselves.

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?

Not to take anything personal.
Questions to Consider While Reading:

• Which of the four agreements most resonates with you? Why?

  *Always do your best.* - Because it allows grace.

• We are creatures of attachments so we attach to our ideas, opinions, and perspectives. This is why the four agreements seem so simple but are difficult to follow. What is something that you have difficulty letting go of specifically?

  *Fear of rejection keeps my mask on, I don’t like to feel vulnerable.*

• “Personal freedom” means living in alignment with your highest self — no judgment, fear, or jealousy. What do you need to improve to work to attain your highest self?

  *Fear of judgment*

• Dream Of The Planet=beliefs from society, religion, parents, medials. Is there a deep rooted belief you have that you don’t want to believe anymore?

  *What you were told was unrelatable. So if you persist, you will be burned.*

• In addition, we learned to judge — we judge others + ourselves all the time... where do you notice yourself judging? How can you instead extend love?

  *I judge others by witnessing their integrity.*

• “We soon develop a need to hook other people’s attention in order to get the reward... we start pretending to be what we are not, just to please others — we reward ourselves when we are “the good girl.” We punish ourselves when we are not. When we punish ourselves for making a choice that didn’t best serve us, we tend to beat ourselves up about it in our head over and over. How can we overcome this? How can we forgive ourselves + move on?”

  *Stop people pleasing and start self-pleasing.*
- "Our biggest fear is just being human." What does this mean to you?

- Right now — Who are you? What do you feel? What do you believe? How do you believe? Think about yourself 5 years from now... maybe 50 years from now... who do you want to be, how do you want to feel?

- "A sin is anything that you do that goes against yourself." Self-rejection is the biggest sin you commit — how do you reject yourself? Why?

- "Nothing people do is because of you." How can you help/support people without too much attachment? — Know life.

- We assume partners/friends know what we want. We must speak up for our desires. How can we recognize if we are desiring something "selfishly?" What are some lessons you’ve learned about the importance of communication through conversations?

- Always doing your best means being aware of your decisions. There are no "bad" decisions, there are good decisions and decisions to learn from. You are never stuck if you make a decision. Is there something you need to make a decision on?
• You can have many great ideas in your head, but what makes the difference is action. What do
you need to take action on? How are you going to do it?
  
  Start school

• “You have to stand up and be human. Honor the man or woman that you are. Respect your body,
  enjoy your body, love your body. Feed, clean and heal your body. Exercise and do what makes
  your body feel good.” ALL THE YES. How can you manifest this quote in everyday life?
  
  do it
### Module 6
**November 27, 2023 - December 15, 2023**

**Goals for this week:**
- Discuss last week's reading
- Discuss Book
  - What was liked/disliked about the book?
  - What did each person take of most significance from the book?
  - Overall rating of the book
- Discuss the added structure to group with the “Book Club”
  - What was liked/disliked about adding a reading to the group?
  - What is helpful/hurtful?
  - Should we continue the book club with a voted selection book?
- Hand out surveys to each person (will be either printed out and/or online. (Most women do not have online access)

Final project with results due Sunday

### Module 7
**December 16, 2023**

Reflect on project
Agreement One
Be Impeccable With Your Word

Questions to Consider:

- What does it mean to be impeccable with your word? How do words create reality?
- How can you use this agreement in your own life? How can you use it to help others?
- What is the difference between admitting fault if you make a mistake and judging yourself because of it? How can you prevent yourself from judgment, blame, and criticism of yourself and others?
- What negative words do people often use toward themselves? How can these negative words affect self-love? How can we change the words we use to affect change in our lives?
- How do people use the power of words to create or destroy energy in themselves and in the world? Have you ever experienced the negative impact of another person’s words? What are some current societal examples of using words to help or harm others?

Personal Notes:

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?
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Agreement Two
Don’t Take Anything Personally

Questions to Consider:
● What does it mean to take something personally? How can you avoid doing so? How can you apply this agreement to your life? What are some things you take personally?
● Is there such a thing as constructive criticism and should one use it to reflect on one's choices, character, and behaviors? What is the difference between taking feedback as a tool for reflection and not taking others' words or actions personally?
● How does defending yourself against a verbal attack violate this agreement? What effect does it have on your self-image? How does it affect your interpersonal relationships?
● If a person is using negative words or actions toward you, does that mean they have a negative opinion of or emotion toward you? What else could be causing their negativity? How can understanding "where people are coming from" help you keep this agreement?

Personal Notes:

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?
Questions to Consider:

- What is an assumption and how can it be used to harm yourself and others? How can this agreement help improve your life? How can you apply it to your relationships?
- What are some ways that asking questions rather than making assumptions might help a situation?
- Have you ever made an unnecessary or incorrect assumption? When did you realize you were wrong? How did it affect your relationship with yourself or the other person?
- How can you work to understand another person’s point of view? How does it feel when someone tries to understand yours? How can this practice improve interpersonal relationships?

Personal Notes:

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?
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Agreement Four
Always Do Your Best

Questions to consider:

- Does "doing your best" mean the same thing for all people? Why or why not? Why might your personal best vary from day to day?
- Is perfectionism a good or bad thing? What's the difference between always doing your best and the concept of perfectionism?
- How does this agreement apply to the concept of "living in the present"? How can you keep yourself from reliving past experiences and letting them affect your current actions?
- What does your best look like on a good day? Bad day? How do you feel about yourself on each of these days? How can this agreement help you on the not-so-good days?

Personal Notes:

Reflection: What are some things that stood out to you or that you can relate to? Is there anything that you learned from this chapter that you would like to implement or focus more on in your life? Things that you disagree with?
Questions to Consider While Reading:

- Which of the four agreements most resonates with you? Why?

- We are creatures of attachments so we attach to our ideas, opinions, and perspectives. This is why the four agreements seem so simple but are difficult to follow. What is something that you have difficulty letting go of specifically?

- “Personal freedom” means living in alignment with your highest self — no judgment, fear, or jealousy. What do you need to improve to work to attain your highest self?

- Dream Of The Planet=beliefs from society, religion, parents, medials. Is there a deep rooted belief you have that you don’t want to believe anymore?

- In addition, we learned to judge — we judge others + ourselves all the time… where do you notice yourself judging? How can you instead extend love?

- “We soon develop a need to hook other people’s attention in order to get the reward… we start pretending to be what we are not, just to please others — we reward ourselves when we are “the good girl.” We punish ourselves when we are not. When we punish ourselves for making a choice that didn’t best serve us, we tend to beat ourselves up about it in our head over and over. How can we overcome this? How can we forgive ourselves + move on?
• “Our biggest fear is just being human.” What does this mean to you?

• Right now — Who are you? What do you feel? What do you believe? How do you believe? Think about yourself 5 years from now… maybe 50 years from now… who do you want to be, how do you want to feel?

• “A sin is anything that you do that goes against yourself.” Self-rejection is the biggest sin you commit — how do you reject yourself? Why?

• “Nothing people do is because of you.” How can you help/support people without too much attachment?

• We assume partners/friends know what we want. We must speak up for our desires. How can we recognize if we are desiring something “selfishly?” What are some lessons you’ve learned about the importance of communication through conversations?

• Always doing your best means being aware of your decisions. There are no “bad” decisions, there are good decisions and decisions to learn from. You are never stuck if you make a decision. Is there something you need to make a decision on?
• You can have many great ideas in your head, but what makes the difference is action. What do you need to take action on? How are you going to do it?

• “You have to stand up and be human. Honor the man or woman that you are. Respect your body, enjoy your body, love your body. Feed, clean and heal your body. Exercise and do what makes your body feel good.” ALL THE YES. How can you manifest this quote in everyday life?
Agreement One

1. Biblically Speaking (in most religions) words bring curses, we can curse or bless ourselves & others with our words.

2. I can speak any lie into their world.

3. I admit mistakes, but am accountable. Helps us to grow.

4. Stupid, dumber, we can change our words by changing our thoughts. Thoughts = feelings = actions.

5. We tend to internalize things people say to us, the people closest to us. And the messages picked up through my media.

6. I agree that we often live in a dreamlike state. Information is learned through repetition. We can influence ourselves & others for good or bad with repetition. We store up & when we agree.

Agreement Two

1. I come up with false ideas or what others think of me - I get offended. Based on a false assumption.

2. I too dislike passive aggression - including someone who always makes jokes about what they truly think.

3. Yes - but I believe constructive criticism is often misperceived. We should use it on ourselves, model it on others in selective, specific, & small doses. We gain.

3. When we defend ourselves, we are positively agreeing with it. We seek truly begins with rejection of failed our god.
4. People who treat me like an idiot are usually projecting; they think of themselves that way. We should all communicate clearly and not make assumptions.

5. I need to not take things personally and open myself up to deeper friendships. Shatter my false, pretending to be a plunge below the surface.

Agreement Three

1. Things that we are sure a true, they are often NOT true. Personally, I usually make assumptions out of pride.

2. When our ego gets in the way, we can't see clearly. Asking questions calmly is a great way to stay humble & in the right mindset. Pride blinds us.

3. Yes, all the time. I assume that people do not like me & it prevents great friendships.

4. I love finding someone open-minded enough to look at something from my point of view, even if they disagree! I stay in an open state of mind, so it is easy to see things from others' perspectives.

5. Humans are addicted to suffering - totally!

Agreement Four

1. I feel like doing your best does change person to person. God gives us the personal projects/obstacles we need to grow, day by day.
Agreement 4 Continued

2.) Being perfect is not a reality. Therefore, it sets us up for stress & depression when we strive too much for perfection.

3.) I like how the book points out for me that I am not always being present when I am striving for perfection.

4.) My best looks like getting everything done, being on time & getting enough time with my children.

5.) I love the living my life intensely part!

Questions to consider:

1.) Don't take things personally or always do your best.

2.) My "comfort" attachments, or addictions, TV, etc.,

3.) Pray more to be one with my creator.

4.) That I have to be perfect in order for my creator to love me.

5.) I judge every situation with the excuse that I am protecting myself.

6.) With me - the more I pray, the more I feel "one" with my creator, if I feel no jealousy or hate, just love.

7.) I want to be perfect. We all have at least minimal levels of rejection, we want to feel capable.

8.) I want to follow 777 cultural norms.

9.) By not accepting yourself, shame shuts down your prefrontal cortex = effects judgement = hinders growth.
10. Believing on ourselves or our creator to help us feel valued instead of falling into codependency of seeing those things in people. Other people will always fail us.

11. I have always felt convicted. I have grown to be able to be accountable when I have been severely.

12. I need to decide to never lie to myself again. Or, "put my head in the sand," and I need to come into fight against my flesh.

13. Learning into fight my flesh.

14. I can manifest this by praying for strength to be accountable. I can do all things through Christ who strengthens me.