

DISCUSSION GUIDE FOR

“WHEN YOUR MIND WORKS AGAINST YOU”

1. Show the 16-minute “When Your Mind Works Against You” video.

2. Discuss the application to your team or organization in today’s rapidly changing world

- When does our need to make the “unknown known” go overboard (become obsessive and unrealistic)? How does that affect productivity, morale and stress?
- What team events or circumstances are likely to trigger the drunken monkey? Likely events can be significant changes, poor results, mistakes, conflicts between individuals, upset customers, and other high-pressure moments, such as monthly operations reviews. What adverse reactions have we observed and how should we keep the drunken monkey at bay when these things happen in the future.

3. If time permits, you can direct the discussion toward a more personal focus by having people share, either personally or professionally

- What do I know about my own drunken monkey pattern? What situations trigger, and how do I experience it—either through my expressed behaviors or through my own internalized stress?
- What help would I like from my colleagues when they see me getting hijacked by the drunken monkey? What is the most honest, yet comfortable way that people can “catch me in the moment”, so that I can shift to a more positive state and response?
- What personal development resources and techniques have people used to manage drunken monkey induced behavior and stress? Personal development techniques can be meditation, emotional release methods, and other ways to maintain awareness in support of joyful and productive living!