

Expansive Capacity Live Zoom Chat 15 December 2019

13:04:46 From Kathi Carey: Is there a link for that? Help@BonnieGillespie.com if I didn't get it?

13:05:45 From Kathi Carey: Sending that email now because I never got it.

13:08:03 From Kimberly Logan: Was that for What Works?

13:12:08 From Aaron Wilson: I LOVE that!!!

13:14:11 From Bernard O'Sullivan: I'm not sure I can ever know what someone else's happiness is like.

13:16:15 From Janet Rembaum: sometimes its quite contemplative , even in dissapointment there can be other discoveries..

13:16:27 From Emily Brown: Yes, Bernard. So beautiful. That thought also makes it so much easier to remember that others can't know what it is like for me either

13:16:54 From Janet Rembaum: yes i know too what you mean Bernard

13:17:02 From Janet Rembaum: bon appetite

13:17:52 From Kimberly Logan: to establish your identity

13:27:24 From Kimberly Logan: dispassionate labelling for the win!

13:38:22 From Emily Brown: Did anyone see the clip of Miss Jamaica winning the world pageant and Miss Nigeria loses her mind in joy!!?

13:38:23 From Aaron Wilson: I love the baseline criteria. I applied that when I visited my family over Thanksgiving.

13:41:37 From Kimberly Logan: overanalyzer's anonymous, my name is Kim.

13:41:59 From La Trice Harper: hahaaa! Yup that's me also Kim!

13:42:07 From Aaron Wilson: Haha me too!

13:44:29 From Deborah Unger: I agree Aaron. When I am really feeling down and it's nothing that I can "change", I turn it around and tell me self I am ALLOWED and given permission to feel just as bad as I want to - really indulge in the bad feelings. And what I find is that I don't get much more through an hour or two of that, and I get bored with feeling bad, or its not feeling good to feel bad. And then I tell myself "I'm done!" and I feel so much better because I didn't have to deny anything, and I got to feel 100% bad while I felt bad. Because truly, I am so much better and long-lasting at feeling happy.

13:46:07 From Aaron Wilson: I love that. Thank you, Deb!

13:51:23 From La Trice Harper: All the time!!

13:54:28 From La Trice Harper: I have a question on what Bettina shared...

13:56:41 From Bonnie Gillespie: Happy but not expressive about it.

13:56:45 From La Trice Harper: Wow yeah!

13:57:15 From Deborah Unger: La Trice, the only way other people can make you feel bad is if YOU give them the POWER. If you practice, then when the others want to bring you down, saying "You have no power over me; you have no right to change how I feel." And sort out why, in the past you did give them the power. Hope that helps.

13:58:09 From La Trice Harper: Yes indeed! Thank you Deborah!

13:58:39 From La Trice Harper: That makes total sense Bettina, THANKS!!

14:01:06 From Bettina Kenney: Thank YOU, La Trice :*

14:01:16 From La Trice Harper: <3

14:03:06 From Bernard O'Sullivan: Puritanism. The haunting fear that someone, somewhere, may be happy.

H. L. Mencken

14:03:23 From Kimberly Logan: love it, Bernard!

14:10:16 From La Trice Harper: FREAKIN' LOVE THAT! The worlds without the struggle now...yes, starting to realize I've grown up in an environment where those around me didn't know how to be happy, and so I never learned to. I just have to learn to freakin' swim! Thanks Keith!!!!

14:10:30 From Kimberly Logan: Don't let the people drowning around you make you forget you know how to swim.

Love it.

14:16:14 From La Trice Harper: Hahahaaaa! YES!

14:21:51 From Kimberly Logan: purpose

14:27:43 From La Trice Harper: I love that! The little things...

14:31:49 From Kimberly Logan: I went into choice paralysis of which tool to use

14:45:14 From Kimberly Logan: gotta run - thanks for all!!!!

14:56:31 From April Sugarman: my birthday is January 30th

14:58:51 From Kathi Carey: My birthday is January 13th