

MOURN, CELEBRATE, LEARN

This is a **SELF-CONNECTION** tool that provides a powerful response to situations where you did something you are not happy with, or are feeling **confusion, regret, guilt** or **shame**. Useful supporting tools: **Feeling and Needs lists**

The tool allows us to acknowledge that when we do something we later don't feel great about, or something that brings external criticism, it's possible to "mourn" the unmet needs and to celebrate both (1) the needs we did actually meet and (2) the needs we were trying to meet.

This is not a way of "making excuses" or "justifying" an action that we regret, or that brought pain to others. It's simply a way to look at the situation with a greater breadth of vision, to take in all sides, so as to create a foundation from which learning can more easily happen, and future actions might be taken that better meet the needs of all involved.

WHAT DO YOU WANT TO WORK ON?

Think of a specific action you took that you wish you'd done differently.

e.g. *"I walked away from my partner while on a hike on the weekend and did not turn around when my partner shouted after me to come back and talk."*

Step 1: MOURN

- **What needs did you not meet when you took this action?**
This could mean "your" needs, or the needs of others who were involved.
e.g. *"CONSIDERATION and CARE for my partner, and INTEGRITY with how I want to live and communicate...so COMMUNICATION is also an unmet need."*
- **How do you feel about not meeting those needs?**
e.g. *"embarrassed, regretful, and a little fearful about the disconnection I've experienced with my partner since the weekend"*

Step 2: CELEBRATE

- **Part 1: What needs did you meet?**
If your action did actually meet some needs, for you or the other people involved, then acknowledge and "**celebrate**" them. I'm using the word 'celebrate' here to mean "notice that you met needs that are important to you, and appreciate yourself for doing that."
e.g. *"I was about to start saying things that would be very painful for my partner, so in that sense walking away was an act of CARE and SELF-CARE."*
- **Part 2: What needs were you attempting to meet?**
This is a very important part of this process that can easily be overlooked. We want you to be aware of your needs, and to appreciate yourself for attempting to

meet them. Then when you come up with new ways of acting in future you'll hopefully still be honoring and including these needs.

*e.g. "In some ways I was trying to meet the needs for **SELF-ESTEEM** and **SELF-EXPRESSION**. I didn't like what my partner was saying, and my partner was not listening to me, so I expressed myself by walking away."*

- **How do you feel about meeting or attempting to meet those needs?**

*e.g. "I feel **happy** about trying to meet those needs. They're important needs...but I'm regretful that..."*

If the word "but" shows up during your CELEBRATION, you're probably moving back into the expression of more MOURNING. No problem – go back and forth between MOURN and CELEBRATE until you feel you've expressed them both fully.

Step 3: LEARN

- **What did you learn from this event that you'd like to remember in future?**

e.g. "In future if I feel like I'm feeling angry, especially around my partner, I'd like to at least say: 'I'm angry and about to say things I'll regret later. I'd like to step away from you for a little while so I can calm down and better understand what's going on for me, and try to get calmer so that I can hear you out about what's going on for you.'"