

DO Therapy

How Am I Showing Up?

We can spend a lot of time focused on what is happening around us or what other people are doing. This exercise shifts attention toward something we have more influence over: **how we are showing up**.

Choose one situation or interaction and get curious about the version of yourself you brought into it.

NOTICE

Think about a recent situation, interaction, or challenge.

- How did I show up?
- What did I say or do?
- What did someone interacting with me likely experience?
- Is how I showed up consistent with how I want to see myself?

REVIEW THE GAME TAPE

Look back with curiosity rather than judgment.

- What influenced how I showed up?
- What was happening inside me?
- What helped me show up well?
- Where was there a gap between **how I showed up** and **how I wanted to show up**?

Choose one part of that gap to work with.

PRACTICE

Ask: **“If I could run that play again, how would I want to show up?”**

Choose **one observable thing** to practice.

Maybe:

- | | | |
|---------------------------------------|--|---|
| • Pause before responding. | • Listen longer. | • Follow through. |
| • Ask a question instead of assuming. | • Be more direct. | • Say less. |
| • Say what I actually need. | • Stay curious. | • Speak up. |
| | • Set a boundary. | • Stay engaged rather than withdrawing. |
| | • Allow someone else to be disappointed. | |

Then make it specific: **“The next time I notice _____, I will practice _____.”**

BUILD REPS

Look for opportunities to practice the same response again.

Afterward, notice:

- What happened when I showed up differently?
- What felt easier or harder?
- Did anything change inside me?
- Did anything change in the interaction?
- What do I want to keep practicing?
- What might I adjust on the next rep?

Don't evaluate the rep only by whether you got the outcome you wanted.

Also ask: “**Did I show up more like the person I wanted to be?**”

DO Therapy

NOTICE → REVIEW THE GAME TAPE → PRACTICE → BUILD REPS → TEST & LEARN

Notice what's happening. **Review the game tape** with curiosity rather than judgment. Choose something to **practice**. **Build reps** by trying it more than once and noticing what happens. Then **test & learn**—keep what helps, adjust what doesn't, and try again.

The goal isn't to get it right. The goal is to learn from what happens.