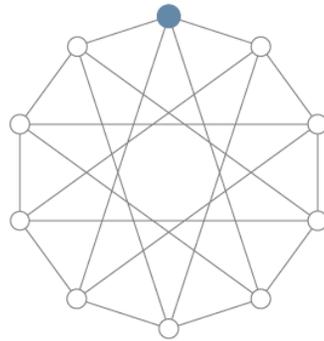


Ending Self Violation

A Wisdom Jig from



Humane
Leadership
Conference

The soul of man violates itself, (Ἐβρίξει ἐαυτὴν ἡ ψυχὴ)

- "First of all, when it becomes an abscess and, as it were, a tumour on the universe, so far as it can. For to be vexed at anything which happens is a separation of ourselves from nature, in some part of which the natures of all other things are contained.
- In the next place, the soul violates itself when it turns away from any man, or even moves towards him with the intention of injuring, such as are the souls of those who are angry.
- In the third place, the soul violates itself when it is overpowered by pleasure or by pain.
- Fourthly, when it plays a part, and does or says anything insincerely and untruly.
- Fifthly, when it allows any act of its own and any movement to be without an aim, and does anything thoughtlessly and without considering what it is, it being right that even the smallest things be done with reference to an end; and the end of rational animals is to follow the reason and the law of the most ancient city and polity."

Marcus Aurelius, Meditations, Book Two

Steps

1. List a few examples of how you violate your own soul in each of these ways.
2. What circumstances stimulate the self violation?
3. What are you feeling at those moments leading to self violation?

Violation of self	Examples from your life	Stimulus	Internal feeling/thought process leading to self violation
Vexation at situations			
Disconnection			
Intemperance			
Falsehood			
Aimlessness			

Steps

1. Ask yourself why you feel the feelings that lead to self violation. Keep asking why to each new layer/answer. Typically, five whys will get you to the root cause, though feel free to stop only when you feel like you have reached a clear root cause. 3? 10?
2. List the root cause you come to.
3. List actions (1-5) you can take to remove that cause.
4. List new, freely chosen, life affirming responses to the stimuli that have been leading to self violation

Violation of self	5 whys	Root cause	Actions to deracinate the root cause	New, consciously chosen response to those stimuli/situations
Vexation at situations				
Disconnection				
Intemperance				
Falsehood				
Aimlessness				

Steps

1. List three feelings that you really desire to have in your life.
2. List five ways you can imagine inspiring that feeling in yourself.
3. List what you would gain by experiencing both the feelings and the power to create them in your life.
4. List the real steps you will add to your calendar this week to begin creating these feelings for yourself

Desired Feelings	5 ways	What I will gain	What I will do to get this*

* Add the things you will do to your calendar now. Schedule the time over the next two weeks to begin your new life-changing habits.

Bonus points: Listen to Aoife O'Donovan - [Tears of Healing Rain](#)