

#3 THE CYCLOPS WORKSHEET

What is your relationship with anger?

Do you hide it and suppress it? Push it down to be a nice guy, agreeable, and non-confrontational?

Does it simmer just below the surface? A constant hum of frustration that permeates everything, ready to rise up when things don't go as you want, expected, or hoped for.

Or is it like a hot flash, a lightning bolt that strikes fast and destructive, and then gone.

Like all emotions, anger at its core is there to serve, protect, and guide you. In its healthy form it generates the energy and discomfort required to move you out of danger, out of situations where you or those you love and care for are not being respected, treated well or fairly, and to show you when something is amiss or does not add up.

In its distorted or suppressed form, the helpful aspects are overridden resulting in behaviors that reduce your power and agency. Often resulting in destructive or unhelpful outcomes, eroding trust with others and yourself. Unmanaged anger becomes an abduction of power.

Learning to harness the energy of anger and learning to understand the messages, both old and new, it carries for you is critical to harnessing your full power.

Embracing this trial as one of high energy and expression will serve you greatly. Anger is all about the movement and contained expression of energy. For some this can feel nerve racking and for others containment may feel impossible. Be gentle with yourself, yet be courageous. Your anger is yours and it is here to serve you. By turning into it with curiosity and compassion you will find great power.

Like all this work, there is no one and done. Reps are important. This trial is the final step of the first half of your Odyssey. Use it to solidify the skills you are learning. The POWER Process and the Welcome step in particular, the power of consistency, self awareness, and making small changes.

Anger can be intense, you are ready for it.

DAY 1 - THE INITIATION

Block 2-3 hours. No interruptions. Phone on silent or focus. In your Power Space.

You will need:

- A journal and/or The Odyssey Path Workbook available at theodysseypath.com/resources.
- A pen or pencil
- Your phone to record a short video of yourself
- One or more printed POWER Process worksheets. Print from this book or download from theodysseypath.com/resources.
- Your primary calendar (outlook, google, apple, etc)

ACT I: THE CAVE (45 minutes)

Enter the mountain of anger with your awareness. Progress through the many caves of its tectonic force. From buried suppression, to shuddering tension, and volcanic eruptions that move the earth. Which are yours and what power are they hiding from you?

Open your journal and at the top of the next page, **write** today's date and "My Cyclops Trial Initiation" and begin...

RECORD YOUR STARTING POINT (5 mins)

1) Rate yourself on the three Foundations of Command. Be honest.

Clarity: 1-10 ____

Courage: 1-10 ____

Containment (boundaries and expression): 1-10 ____

2) Write your Power Statement by completing this sentence: "When I am at my full power, I...". Don't spend any time editing it or trying to get it perfect as it will change and evolve. Just what comes to you now. It

could be identical to what it was before, a variation, or something completely different. There is no right answer beyond the one you write down.

3) Record a short (<60-second) video of yourself saying your Power Statement out loud. Save it.

ARRIVE IN YOUR BODY (5 mins)

4) Stand tall. Head above your spine, jaw relaxed. Feet hip-width apart, pointing forward and your weight balanced from your toes to your heels. Tap your chest with your palms 20 times then tap your arms, your sides, your thighs, each 20 times. Feel the sensation of each tap in your hand and where it taps. Wake up.

5) Four rounds of Box Breathing: In through your nose for a slow count of 4. Hold for 4. Out through your mouth with a sigh for 4. Hold for 4. Do at least four rounds.

6) Sit down as slow as you can. Be deliberate with each movement. Feel the weight of your body in the chair. Remind yourself that you are here in this space to return to your power. Nothing else matters while you are here.

ANGERS MIRROR (35 mins)

7) Explore the ways that anger emerges in your life to see the nature of your relationship with it,

Some instructions to help you go deeper:

- Write fast and don't stop writing or doodling on a spare piece of paper to keep the flow going
- Don't edit or judge, if you think of something or it pops in, write it down. No matter what it is,
- Listen to music without lyrics with headphones. Even better, listen to something with binaural beats. A few examples are provided at theodysseypath.com/resources.
- If you get stuck, move to the next time period and return to this one after. If you are still stuck, hold your breath for as long as you can and then do the ARRIVE IN YOUR BODY steps again to reset.
- If you get overcome by emotion, use the POWER Process on what is triggering the emotional reaction.
- Go deeper with additional options for this and other trials at theodysseypath.com/resources.

8) You will be creating five lists over five pages. Write the heading at the top of each page, **Annoyed**,

Frustrated, Pissed Off, Furious, and Out of My Mind. Divide each page into three columns, **Situation/Trigger, Pattern, and Energy.**

Give yourself only 3-5 mins per page and for the duration focus on the type of anger in the title of the page. Move quickly and don't think too much or censor.

9) Annoyed

This is all about **Annoyance**. Feels like low stakes but is present with you and clouds your joy and thoughts. Does not take over completely. Sometimes you are not even aware it is there under the surface of your day to day activities and thoughts.

- **A) Present Annoyances:** Is there anything you are feeling annoyed about right now? Don't go looking for things. Is there already an annoyance here? There may not be or there may be several. You could be annoyed about this question. List them all and for each:
 - Write the **situation or trigger**. What activated the annoyance? Who, when, circumstance, thought, event, etc. Sometimes you don't know.
 - What is the **pattern**? When it comes up how do you respond? What changes when it is present? How does it undermine or serve you? What is your reaction to it? Is it habitual?
 - What is the **energy** (or the emotional charge) out of 10? Is the energy predominantly of a moving force, 'do or say something', or is it dampening 'hold it in or say nothing'?

Then do the same for:

- **B) Past Annoyances:** Annoyances that you can easily recall that had an impact on you. This could be both situations where you were annoyed in the moment and when you became annoyed later on.
- **C) No Annoyances:** Perhaps you cannot feel or recall any annoyances. Or you discount them so much that you classify them as thoughts. Exploring this is as important as the others. Can you find situations where others have been annoyed for you, on your behalf, or have acted surprised when you told them that you were not annoyed by X. List these situations and triggers, and the patterns, and the energy level you feel now looking back at the situation.

And then do the three explorations (present, past, never) as you escalate for each of the remaining four anger levels. Remember to pay as much attention to the 'Never' option as the others.

10) Frustrated: More intense and longer lasting than Annoyance. Frustration simmers and while it may not be overwhelming it is impossible to ignore. Yet, you can still override if you need to.

- A) Present, B) Past & C) Never Frustrated

11) Pissed Off: A few notches up from Frustrated, this is both impossible to ignore and driving your behavior and decisions unless you put in a lot of effort.

- A) Present, B) Past & C) Never Pissed Off

12) Furious: You are in the heat of anger. Still present but it is all you can think about.

- A) Present, B) Past & C) Never Furious

13) Out of My Mind: There is only anger here. Everything is about anger.

- A) Present, B) Past & C) Never Out of Your of Mind

14) Predominant Relationship with Anger

- Review the five pages and see if there is a common theme to your relationship with anger. Do you:
 - Ignore or don't even feel it
 - Banish or suppress it
 - Manage and try to control it
 - Does it feel integrated or healthy
 - Does it always simmer or fester?
 - Does it come in waves
 - Does it explode in destructive fury
- Are there patterns in the situations or triggers? People, relationships, commonalities, substances, emotional states, wins, losses, etc.?
- Which of the items you list have the highest emotional charge. How are these blocking your power or helping you align with yourself?
- Write about these on a new page. Explore what comes up for you as you do so.
- How would you describe your current relationship with anger in your own words?
- How would your '10/10 in your power self' describe their relationship with anger?
- What would you like to do differently in the future? Create a list of these priorities and put them in rank order.
- If any PowerBlockers emerge as you are exploring, record them in your PowerBlocker Tracking Sheet. Or if they are intense (8+/10) then do a POWER process on them immediately.

ACT II: CYCLOPS (30-45 mins)

TAKE A BREAK (5 mins)

1) Walk around. Go to the toilet. Have some water.

DO NOT check socials, messages, or email. DO NOT talk to anyone. DO NOT consume any content of any kind. Stay focused on you and your experience.

THE ANGRY MAN (25 mins)

1) Time to look at yourself in anger to observe how you contain it, project it, and command it's impact on those around you. You will record yourself using your phone and then watch the recording to reveal to yourself what anger, or its absence looks and feels like on you.

2) Go through the list of anger moments from the previous exercises and choose one **anger provoking situation** with a high energy rating. One that you can recall and feel the intensity of the emotional charge without being overtaken by it. Err on the side of intensity rather than passivity. If your pattern is to suppress or dampen your anger, pick the highest charged one you feel comfortable exploring.

3) You will record four 30 second videos of you feeling the anger and holding it in different ways.

- **Video 1 The Cyclops:** Feel it with full expression of the anger. Embody it, act it out, leave all witnesses no doubt as to what you are feeling. This is your chance to express it 100%.
- **Video 2: Odysseus:** Feel it fully with your entire body, yet be in command. Hold the anger in. Don't suppress or block it. Let it flow through you and hold it in at the same time. Bring it to 100% and let 0% out.
- **Video 3: The Boulder:** Bring it up and then crush it. Push it down and make it small or disappear. Bring it to 100% and then drop it to 0%
- **Video 4: The Ocean:** Imagine someone else is experiencing the situation and the emotion. Feel nothing and then move, stand, express as if you are a puppet imitating what they might do. Keep it mild, like 10% or 20% of the actions they might do. 0% emotion with 10-20% expression.

4) Each video has four steps.

1. **Prep:** clear everything out except the exercise at hand. Take a few deep breaths, Make sure the camera is ready and the space is safe for your to express as you need to.
2. **Begin.** Start the recording and spend 10-15 seconds diving into the emotion and bringing its intensity up
3. **Task:** Spend the remaining time doing the exercise. Expressing, containing, suppressing, or mimicking
4. **Close:** Turn off the recording. Take a few deep slow breaths and shake the exercises out of your system

5) Watch each video without sound, write your observations, and explore what it brings up in you. Notice what you feel about this man and your perceptions for each video. Pay particular attention to:

- From watching alone can you feel what he is feeling and rate its intensity?
- Is this man **trustable**?
- Is this man in **command**?
- Is this man **connected to his emotions**?
- If it is not a 100% for each of the above, what would need to be different about his expression for you to trust him, see him in command, and see him connected to his heart and emotions?
- Anything else come up for you? Do you identify any patterns? Any PowerBlockers reveal themselves?

6) From your observations, summate where you see any power leakages or suppression. One way to explore this is asking the question **“How would my most powerful self be in these videos and what is the difference?”**

7) Optional step if you have the time and the energy. Once you have identified what you would like to change, re-record the videos and observe again. This is a powerful feedback loop. The more you do it, the faster you can embody changes.

EYE WIDE OPEN? (10-15mins)

Anger Patterns, the cost the Energy, possible redirection...PowerBlocker

7) Start a new page and review your exploration of your anger today. How does anger and your relationship with it serve you and how does it take you further from your power?

Some questions to explore: How do you benefit? How do they keep you safe, unchallenged, feeling 'superior' or 'lesser than' or 'stuck'? Who would you be without it? What are the themes and what does this reveal to you? How would it feel to be free to act on your anger, act proactively to prevent, not react to it, not be controlled by it, to be free of it, etc? What if it were an ally, like love?

When writing, keep it quick. Don't edit or self censor. Don't pause. If you get stuck, write your thoughts down ("i'm stuck and I don't know...") to get started or moving again.

8) Review and decide which PowerBlockers, the forms of anger, and your reactions to it that you want to work on in this Trial. Don't worry about 'the how' or if you believe it is possible. Acknowledge only what you want and own it.

ACT III: ESCAPE (30-45 mins)

TAKE A BREAK (5 mins)

1) Walk around. Go to the toilet. Have some water.

DO NOT check socials, messages, or email. DO NOT talk to anyone. DO NOT consume any content of any kind. Stay focused on you and your experience.

PROCESS A POWERBLOCKER (20-30 mins)

2) Select the PowerBlocker from above with the greatest Charge score and use the POWER Process on it. Follow the steps on the worksheet and take your time. The process should feel very familiar now and your confidence with the outcomes and you are learning a new skill. Be patient and give yourself grace.

3) When you finish, journal about the experience. Was there a change in the emotional charge? Do you have any insights or aha moments? What part did you meet and did it surprise you? What actions will you take to embody any shifts?

4) If you have the time and capacity, repeat steps 2 and 3 above with the next PowerBlocker or repeat the first.

PLAN THE TRIAL AHEAD (15 mins)

Your success depends on touching on your odyssey every single day. Daily 'work' is the core of the journey and while the steps may seem small, they are additive and powerful.

In this trial, as with the other five, you have 14 days. Today is the initiation into the trail. Tomorrow and the next 9 days are for you to focus on the theme: Choose how you want to respond to your anger in the moment and how anger will serve you? During these nine days these are your priorities:

1

Review how you would like to **dance with anger** differently each morning. Reflect for 5 (or more) minutes on your day ahead for trigger situations (or possible patterns of frustration or suppression) where you will have an opportunity to choose and act differently. In the evening, reread the list, and reflect for 5 (or more)

minutes on your day. Where were you successful, where could you improve the next time, and what did you learn?

2

Make opportunities to, **Embody** and **Repeat**, the insights you made processing PowerBlockers.

As in every trial your **awareness** of what arises and your **choices** are critical. Small imperfect steps many times are the way.

3

When PowerBlockers are revealed during the day, write them on your PowerBlocker list and make the time to use the POWER Process on it. Ideally immediately or if that is not possible make time within the next 6-12 hours to process them.

Those who make the most gains are those that use the POWER Process the most frequently. Daily use is the gold standard. If that is not possible then once or twice a week is the minimum required to really make shifts quickly.

5) Open your Odyssey Calendar and your primary calendar you use to manage your time and plan out the next 14 days. Put the following items in both calendars.

1. Block 5+ minutes each morning for Days 2-11 to prepare for your day's challenge.
2. Block 5+ minutes each evening for Days 2-11 to reflect and record the progress of the day.
3. Schedule time for as many POWER sessions as you can (at least 2 more during this Trial)
4. Block Days 12-14 for Integration (details below)

DAYS 2-11: THE WORK (>10mins per day)

Each day:

- **Morning:** Remember your commitments
- **Throughout:** Do your commitments. Try new behaviors and ways of being, Notice when patterns activate and when challenges and PowerBlockers arise. Run the POWER process.

- **Evening:** Track what showed up. Journal what you're experiencing and changing.

The goal is not suppression or unbounded expression, rather practicing **command** with the courage to feel what is real for you and to choose how to respond.

DAYS 12-14: INTEGRATION (30mins per day)

Do not skip this. This is in many ways the most important part of the Trial.

Day 12: What Was That About? (30 mins)

- Read through all your journal entries from the last 10 days
- What progress did you make on each of your 5-10 priorities?
- Review all the PowerBlockers that you uncovered?
- What patterns did you notice?
- What did you learn about yourself? Any perspective shifts, aha moments, recurring frustrations?
- Journal about the above and the experience.
- Run additional POWER Processes to 'catch up', to deepen, and/or to go faster.

Day 13: What has Shifted (30 mins)

- Watch your Day 1 video. Watch it again and really look at this man and listen to his voice. Watch it again without sound. If you can, watch at x0.5 speed.
- Journal about what you see in this man in the video
 - What emotions or sensations arise in you when you watch the video?
 - How much power does he have? How much power is he hiding? Where is his power leaking or being softened?
 - Is he in command? Clear? Courageous? Contained?
 - What would you say to him to help him find his power?
 - What would he need to leave behind to find his power?
- Any new insights about him and his life?
- Read your journal entries from yesterday about the trial. Think about the man who wrote those entries.
- Journal and reflect about what is different about the man in the video and you now? List the shifts, no matter how small.

- For each shift, congratulate yourself. Take a moment to sit with each one, place your hand on your heart, slow your breath, and feel into both the shift and the congratulations you are giving yourself.
- Journal about the above and the experience.
- Run additional POWER Processes to 'catch up', to deepen, and/or to go faster.

Day 14: The Go Forward (30 mins)

- Rate yourself on the three Foundations based on how you showed up over this trial and how you feel right now.

Clarity: 1-10 ____

Courage: 1-10 ____

Containment (boundaries and expression): 1-10 ____

- Compare to Day 1 and reflect on any differences in your journal?
- Journal how you could have had more Clarity, more Courage, and greater Containment/Boundaries. What would you do differently?
- Journal what you will take from this trial going forward? Habits, behaviors, patterns, people, etc. What is now non-negotiable for you?
- How will you maintain any changes or perspective shifts during the rest of your odyssey and behind into the rest of your life? Do you need support?
- How will you show up differently to the next trial?

For printable worksheets, POWER Process guides, and tracking sheets: theodysseypath.com/resources