MOURN CELEBRATE LEARN HANDOUT

Recovering/debriefing for resilience: The inner conversation when you are feeling stress/fear

The Mourn Celebrate Learn (MCL) process can be used when you're feeling FEAR/anxiety/stress in relation to something that has happened and judgments of wrongness or negative consequences towards you.

Part I: Mourning — Empathy for needs perceived as <u>not met</u> by what happened

1. **Observations:** sense perceptions and thoughts/beliefs

2. **Feelings**: body sensation and emotion

3. **Needs**: separate from the situation, universal

Cycling: As you go through OFN, you may cycle multiple times through the components as you notice/discover deepening layers. This may be nonlinear.

Part II: Celebration — Empathy for needs perceived <u>met</u> in any way related to the situation

1. **Observations**: sense perceptions and thoughts/beliefs

2. **Feelings**: body sensation and emotion

4. **Needs**: separate from the situation, universal

Cycling: You may cycle multiple times through the components as you notice/discover deepening layers of OFN. Also, if you notice more unmet needs coming up, you can cycle back to Part I, and then back and forth b/w Parts I and II. This may be nonlinear.

Part III: Learning — Emergence of New Possibilities (Requests)

1. **Learn**. What did you learn from doing Parts I and II? Any new ideas, insights, or possibilities that have emerged?

2. **Plan.** What's your specific action for how you might best meet your needs in the future? One way to get at this is to do a "post-hearsal." Imagine re-doing the conversation and what you might say or do differently.

3. **Practice:** After forming an action plan, you may want to practice whatever you came up with. You can do this by yourself or with a practice partner or coach.

Cycling: As you do part III, you may more coming up about needs met or not met. If so, you can go back to Parts I and II, and then come back to part III. This may be nonlinear.

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