

# COACHING MOURN CELEBRATE LEARN PROCESS (MCL) HANDOUT

*Helping Another Debrief and Learn from a Difficult Interaction/Conversation*

1. Starting the session: How are you? What would you like to work on today? They say they are feeling some stress (fear, anxiety, etc. about being judged by others) or disappointment related to something they did or something that happened that didn't go the way they wanted.
2. I introduce and briefly describe the 3 parts of the Mourn Celebrate Learn process (calling it something like Debriefing for Resilience process), and ask if they would like to try it? If I can, I get them a handout of the process, as well as a Feelings/Needs sheet and/or cards.
3. Moving into Part 1 of the process (Empathy for Needs Not Met), I focus on cycling between OFN, pointing out the distinctions I hear in what they're saying, and asking them questions about what they are aware of in what they are saying and how they understand OFN. The shift I'm looking for here is to a peaceful and even good feeling of natural sadness and mourning, rather than stress, anxiety. (We could also start with Empathy for Needs Met, if client would prefer)
4. When they say they are settled into connection with these needs not met, and no more thoughts and feelings are coming up to empathize with, I ask if they would like to try moving to Part 2. At this point I ask them to check with their body to see if the answer is yes or no (here revisiting the Request vs. Demand distinction). If there isn't a clear yes, we could stay with Part 1 for a while longer, again cycling through OFN for needs not met.
5. If there is a yes, then we move into OFN for Needs Met. As we are working with Part 2, this may trigger more thoughts and feelings about needs not met, and not be able to completely stay with celebrating needs met. If so, I ask if they noticed this, and would they like to go back to Part 1 or stay with Part 2?
6. So, there is often this cycling, flowing, dancing back and forth between Part 1 and Part 2, until both sides feel complete and heard. When they say they feel complete with both parts, I ask if they'd like to try going into Part 3.
7. I like to think of Part 3 as consisting of 3 components — learn, plan, practice. I say that it is essentially about making requests of self and discovering new strategies for better meeting needs in the future.
8. For the Learn component, I ask them if now, after doing Parts 1 and 2, what is different? Any new learnings, insights, perspectives, etc.?
9. For the Plan component, I ask questions that help fill out the details and steps of a plan of action to meet the various needs.
10. Depending on what the Plan is, there may be some Practice to do to support the plan happening in the future.

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