

## Climbing to Confidence

- 1) Get a stack of index cards. On each card, write a way you can expose yourself to a situation that will cause you stress. Think of as many ways as you can.
- 2) Now order the cards from easiest to hardest, with the easiest at the bottom.
- 3) Transcribe the idea from the index cards onto the ladder below.

[illegible]

Leave my kid with my mom for an entire weekend.
Leave my kid with my mom overnight.
Leave my kid with a daycare provider.
Leave my kid with a trusted babysitter (for 30 minutes, an hour, 2 hours).
Leave my kid with my mom (for 30 minutes, an hour, 2 hours).
Leave my kid with my best friend (for 30 minutes, an hour, 2 hours).

## **THE GUEST HOUSE**

This being human is a guest house.  
Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they are a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honorably.  
He may be clearing you out  
for some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing and invite them in.

Be grateful for whatever comes,  
because each has been sent  
as a guide from beyond.

-- Jelaluddin Rumi, translated by Coleman Barks