

COVID GLOBAL PANDEMIC

PROCESS GROUP:
MAY 7, 2020

POLARITY WORK:
REAL NEWS VS FAKE NEWS



COMMENTS FROM ZOOM CHAT:

WHERE ON THE EMOTIONAL SCALE ARE YOU?

- 11:39:56 From S: I'm definitely feeling mucked into the dark green Doubt-Worry-Blame-Discouragement
- 11:45:25 From Lynnsky: I am feeling mostly enthusiastic, engaged, hopeful & grateful today and this week, with intermittent spikes of overwhelm and a little fear as I stretch my comfort zone with teaching a new online course soon.
- 11:47:27 From Jude: I am mostly hopeful and optimistic, with tinges of frustration as I am making it through the last week of the semester and many of my students are impatient with me and each other.
- 11:49:13 From Lynnsky: Hey Deb, me too! Thinking there are 48 hours in a day. I've have been unrealistically ambitious that way my whole life!
- 11:50:00 From Deb, Calgary: I saw you nodding along! So many of us suffer from the overachiever gene! What course are you going to be teaching? That sounds very exciting and bold and brave!!

DEFINE THE POLARITY MORE SPECIFICALLY:

- 11:58:39 From S: Agency / ????
- 11:59:06 From Pat: Uncertainty/Certainty?
- 11:59:35 From S: agency / passivity?
- 11:59:36 From Carla: isolation
- 12:00:54 From Mary Jo: fear / ??
- 12:01:00 From Jude: Patience and Impatience
- 12:01:46 From Carla: Mary Jo - Courage?
- 12:01:51 From Joanna: lost/vision

12:02:13 From Peggy: Full and Empty
12:02:47 From Carla: collaborate

DESIRE FOR REAL NEWS:

12:15:30 From S: real news allows me to properly prepare
12:19:35 From S: I can keep my family safe
12:21:13 From S: it's scary and possibly unpredictable
12:22:09 From S: whoops sorry. wrong quadrant ;)
12:23:01 From S: the desire for fake news keeps you connected to a group. you don't have to take a risk that's different from your group
12:24:06 From Shelley: Very cool, I can see your point earlier about zooming in, on the differences even through there is a general theme- the nuances whisper foreshadowing of what may be underneath- very cool

FEAR OF REAL NEWS:

12:26:04 From Carla: Complexity
12:26:06 From Carla: Messy
12:26:32 From Carla: could be part of fear of real news . . .

DESIRE FOR FAKE NEWS:

12:29:58 From S: DESIRE FOR FAKE NEWS: I get to stay linked to a group of people. I have a supportive "ride or die" tribe
12:30:22 From Jude: Fear of real news - someone said loss of privilege - which really resonated with me
12:33:55 From S: Oooohhhh and Jude.... even deeper.... they are denying that they even HAVE privilege

FEAR OF FAKE NEWS:

12:43:11 From S: I keep fearing a repeat that my country's leader is similar to other WWII leaders that were not part of the Allies.

CHECK OUTS:

- 12:54:20 From S: I may have bounced up from discouraged to worried
- 12:58:02 From Peggy: Thank you so much will continue to participate when I can. grateful to you all
- 12:59:13 From Lynnsky: That is so cool Jude. Thanks for sharing that.
- 12:59:24 From S: Thank you Christina and the group!! This session helped ease my mind.
- 12:59:56 From Pat: Thanks for staying with us! Everyone had such great input. A great experience for me.
- 12:59:59 From Lynnsky: Love you, Shelley!
- 13:01:05 From Lynnsky: A very big, big thank you again Christina, and Pat, for your generosity. Loving and appreciating this community.
- 13:01:27 From Pat: (((HUGS))) Lynn!! Thank you for sharing!
- 13:01:29 From Jude: Thank you Christina and Pat and everyone else

RECOMMENDED READING FOR POLARITY WORK:

The Marriage of Spirit: Enlightened Living in Today's World. Leslie Temple-Thurston.

RESOURCE LINKS:

1. Registration for Process Groups plus access to Visual Tools and Recordings:
<https://www.shift-it-coach.com/communitysupport/>
2. How to book free one-to-one coaching sessions with Christina during Pandemic.
<https://www.shift-it-coach.com/free-coaching-covid/>