



Erasmus+ Programme
Key Action 210: Small-scale Partnerships in Youth



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**MindLand: Mindfulness Intervention for self
awareness in youth through serious games**

Activity 1: Curriculum on Mindfulness training and self awareness

Task 1.1: Definition of user requirements and accessibility requirements

Task 1.2: Definition of user requirements in underprivileged communities

Task 1.3: Development of material and exercises for MindLand



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I. Introduction

The aim of the MindLand project is to develop a digital intervention that focuses on the cultivation of self awareness in youth, through mindfulness and serious games. Mindfulness training and the cultivation of self awareness can be considered a luxury for many young people, as in most European countries it is not offered in public education. More so for youth in refugee and immigrant communities, who would benefit by such as intervention as part of their social integration.

Digital solutions offer the opportunity of making mindfulness accessible to all individuals that have access to a computer or smart device, regardless of ethnicity, socio-economic status and geographical location, religion, abilities or gender.

The purpose of Activity 1 (Curriculum on Mindfulness Training and self awareness) is to design the material and exercises that will be offered by the MindLand intervention. However, in order to design the appropriate material and topics, another major part of this activity is to collect the user requirements and identify the needs of the target group.

Therefore, in this report we will look at the process of collecting the user requirements for MindLand, including a user survey and its results. The survey was conducted in order to cover Activity 1 subtasks:

Task 1.1: Definition of user requirements and accessibility requirements

Task 1.2: Definition of user requirements in underprivileged communities

We will also look at the process of drafting the curriculum for MindLand, as indicated in Task 1.3: Development of material and exercises for MindLand.

II. Target Group and User Survey

The target group of the project is youth aged between 13 and 30 years old, including students and young adults, of any gender, race, nationality and socioeconomic background. The MindLand project also has a goal of reaching youth from refugee and immigrant communities.

In order to collect the user requirements for MindLand from the target groups, a user survey was developed in English and then translated in Ukrainian and Arabic. Ukrainian and Arabic were selected as the secondary languages that would be used in MindLand because My Madeira Island and Welcome Home International respectively work with youth that have these as their primary languages, and they are groups that would benefit from a mindfulness intervention because of current events. All the project's partners participated in the design of the survey questions, according to their expertise. Mindfulness For Life curated the questions related to mindfulness, and Technologos Research and Innovation Services was responsible for the questions regarding accessibility and technical aspects of the intervention.

The partners disseminated the survey in English, and additionally the Ukrainian survey was disseminated to young people from Ukraine by My Madeira Island, that has recently started involving in their activities Ukrainian



Activity 1

Curriculum on Mindfulness training and self awareness

youngsters that fled the war. The survey was disseminated to Arabic-speaking youth refugees by Welcome Home International.

Among others, the user survey gave the project's consortium insights on the following:

User Information

- Demographics of the target groups

Mindfulness, self awareness and topics

- Their current knowledge and experience around mindfulness and self awareness
- The areas in their life which they have difficulty handling, issues that are troubling them
- The topics that they find more interesting

Technical Requirements and User experience

- The kind of devices they use and have access to
- Their interest in trying out a digital educational intervention on mindfulness

The survey results are divided into two categories when presented: Combined (everyone who has responded, regardless of ethnicity and country of residence), and Ukrainian with Arabic results separately. This is in order to be able to identify the different needs and interests that youth that is affected by crises such as war and displacement from their country may have from the general youth target groups.

III. User Survey Results

The data collection for the survey took place between the 28th of April and the 20th of May 2022. In total there were 45 participants, 15 of those being youth from refugee or immigrant communities. Only the responses of participants between ages 13 and 30 were recorded. All of the participants gave informed consent to take part in the survey.

The results are presented in categories according to the type of the questions.

Demographics

We collected the participants' gender, age, ethnicity and country of residence. There is a balance across genders and the participants in the user requirements survey were between 14 and 30 years old. Most of the participants are Cypriot and Ukrainian, but there are also other ethnicities represented. We can see that even though we have a fewer number of ethnicities, because of war displacement participants reside in a larger number of different countries.

GENDER

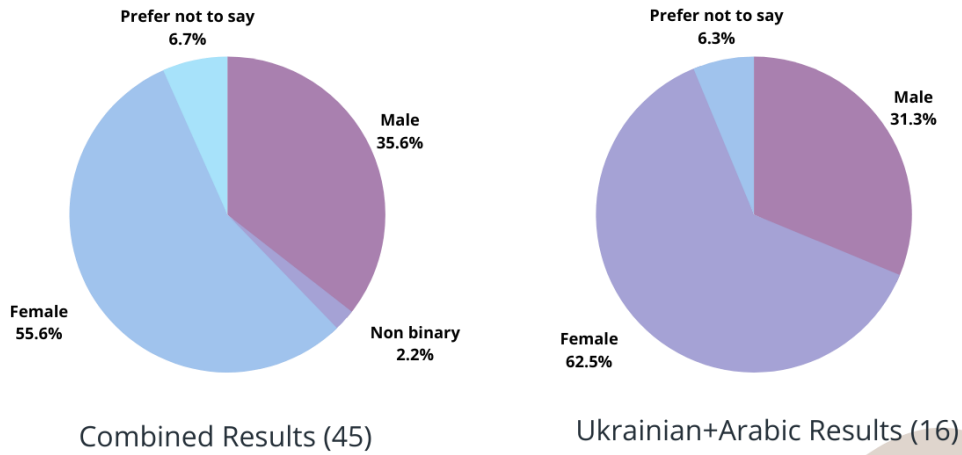


Figure 2 Participants' gender

AGE

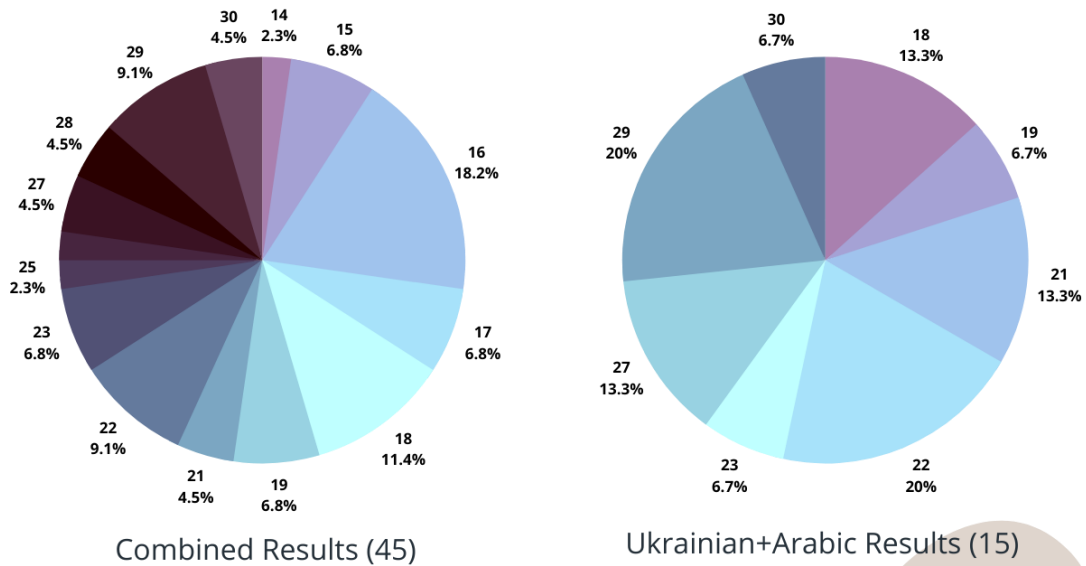


Figure 1 Participants' Age

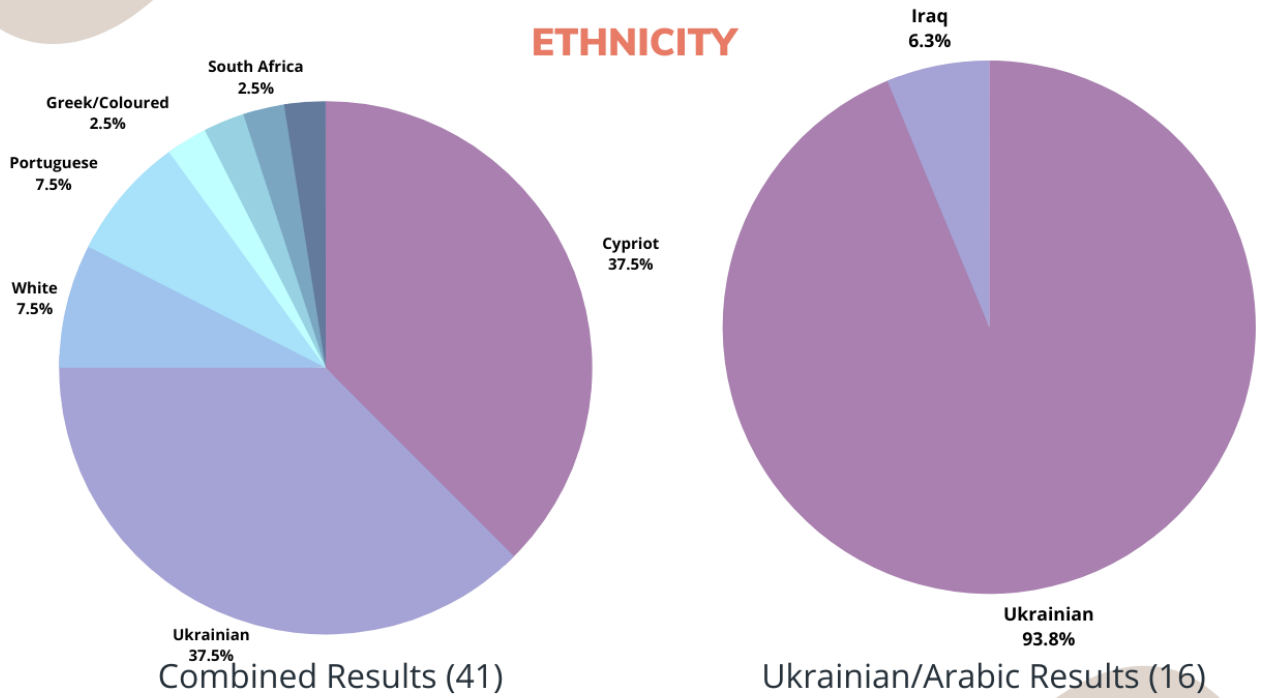


Figure 4 Participants' Ethnicities

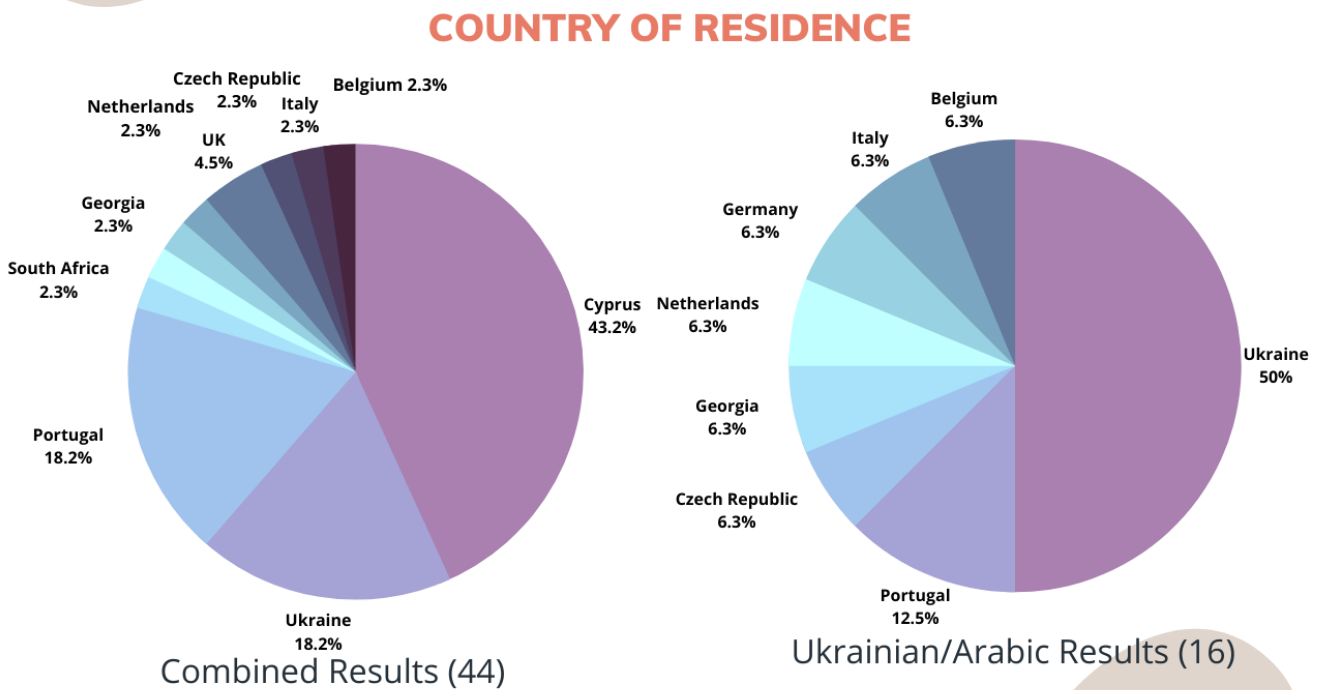


Figure 3 Participants Countries of Residence

Mindfulness Related Questions

This set of questions has the purpose of finding out if the target group is acquainted with the concepts of mindfulness and self awareness, and if they have ever done similar practices. Overall, youth from underprivileged communities had less awareness and experience with mindfulness than the general youth population. There are also questions to see which areas of the participants' lives cause them to have issues, for example with guilt, anger, uncertainty about their future, or their sense of belonging. In some areas, like fear of uncertainty and guilt, youth from underprivileged communities indicated that they experience more issues than the general youth population of the participants.

DO YOU KNOW WHAT MINDFULNESS IS?

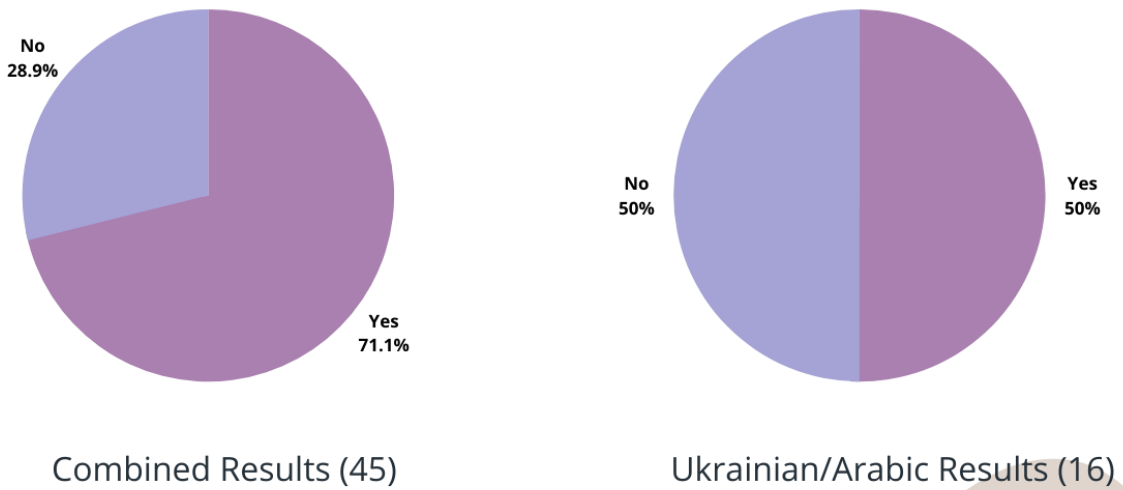
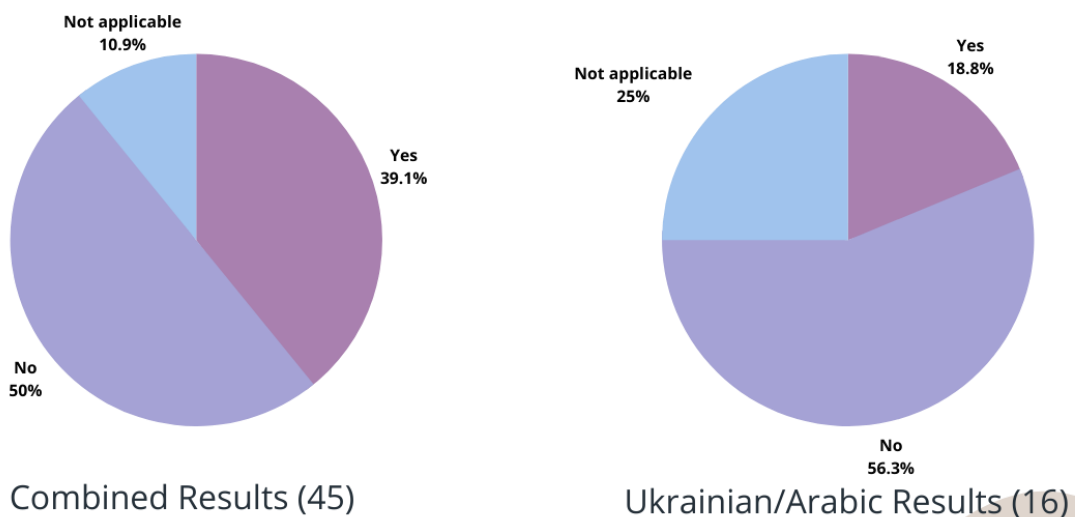


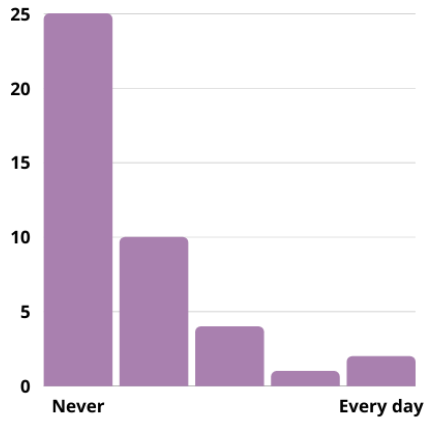
Figure 5 Knowledge of the concept of mindfulness

HAVE YOU EVER TRIED MINDFULNESS?

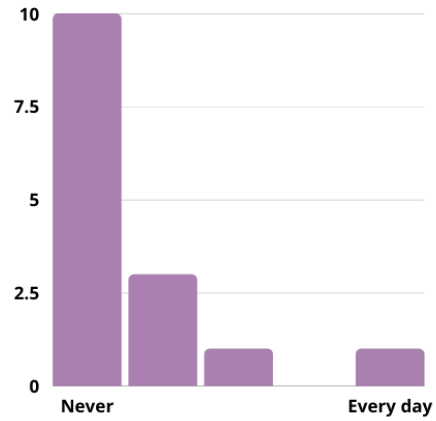


7
Figure 6 Prior experience with mindfulness

HOW OFTEN DO YOU PRACTICE MINDFULNESS?



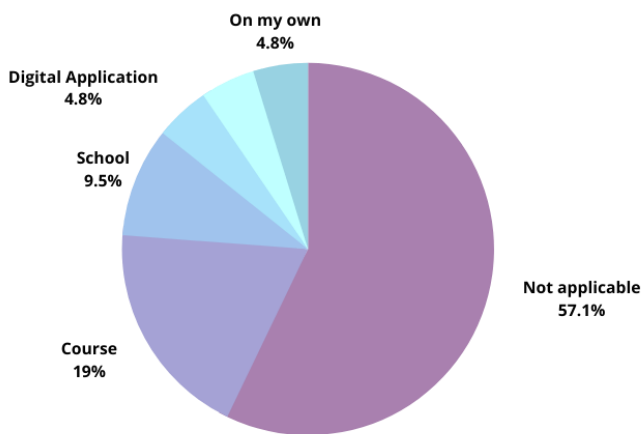
Combined Results (43)



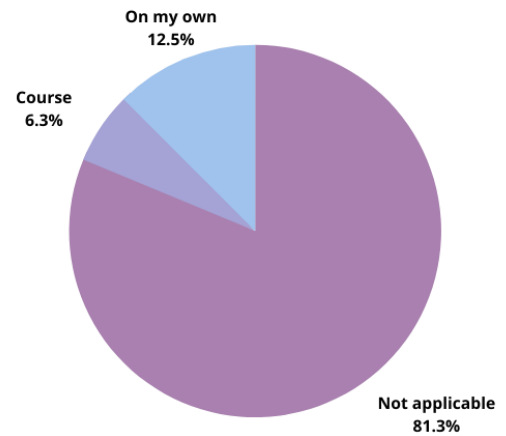
Ukrainian/Arabic Results (15)

Figure 8 How often participants practice mindfulness

IF YOU HAVE TRIED MINDFULNESS, WHERE WAS IT?



Combined Results (43)



Ukrainian/Arabic Results (16)

Figure 7 Where have participants practiced mindfulness

DO YOU KNOW WHAT SELF AWARENESS IS?

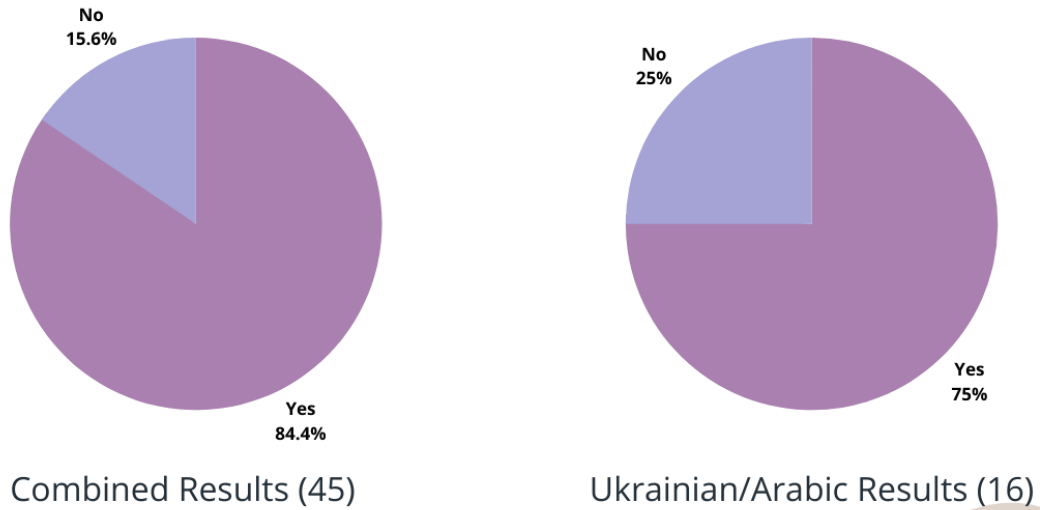


Figure 10 Knowledge of the concept of self awareness

HAVE YOU EVER PRACTICED SELF AWARENESS?

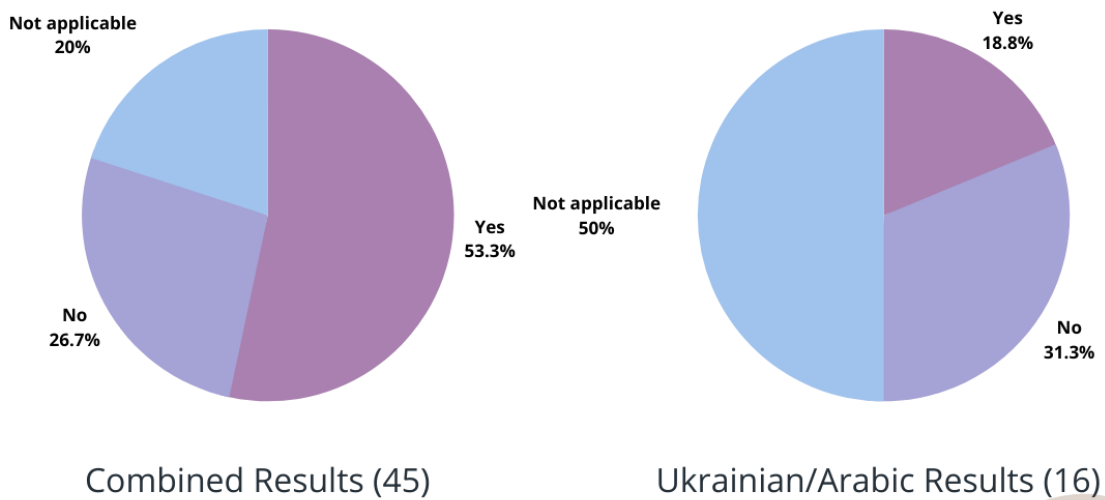


Figure 9 Prior experience with self awareness practice

IF YOU HAVE PRACTICED SELF AWARENESS WHERE WAS IT?

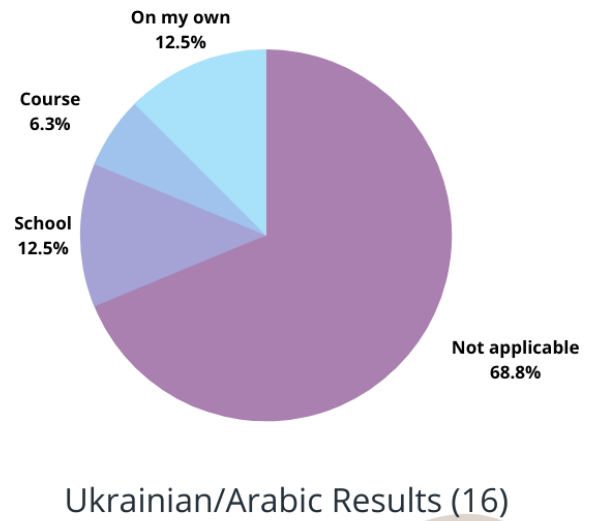
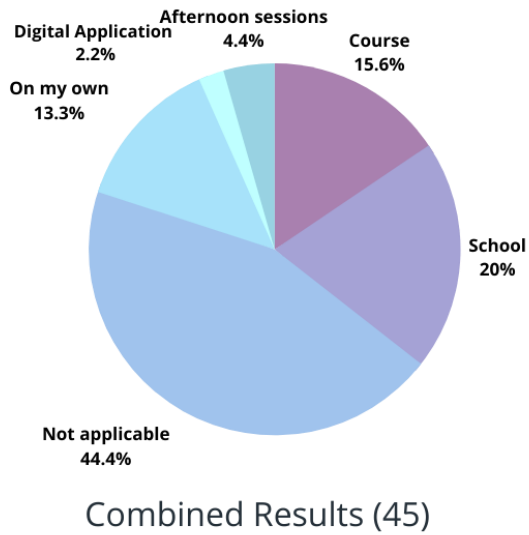


Figure 12 Where have participants practiced self awareness

HOW OFTEN DO YOU PRACTICE SELF AWARENESS?

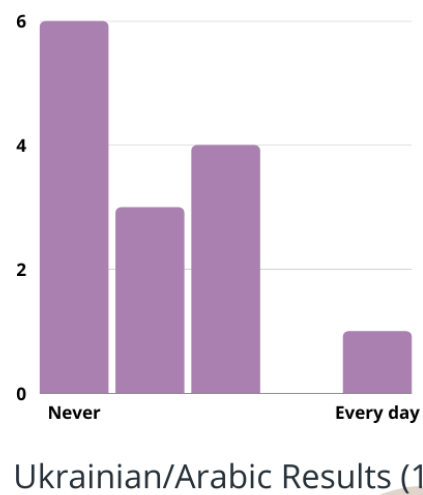
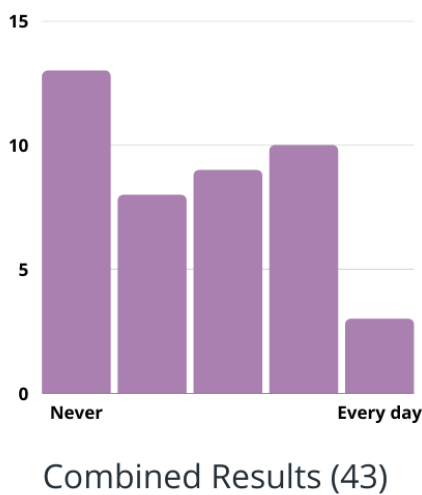
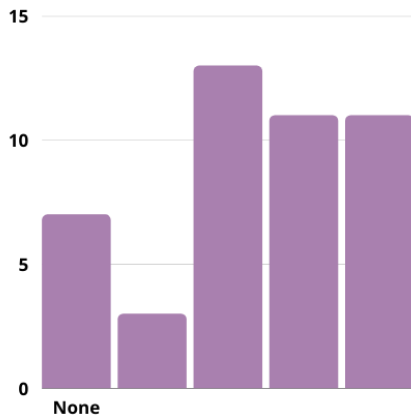
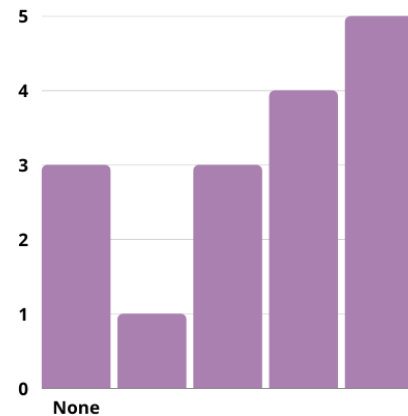


Figure 11 How often participants practice self awareness

HOW WOULD YOU RATE YOUR FEAR OF UNCERTAINTY ABOUT THE FUTURE?



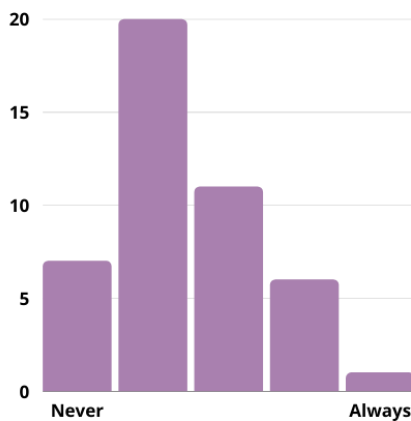
Combined Results (45)



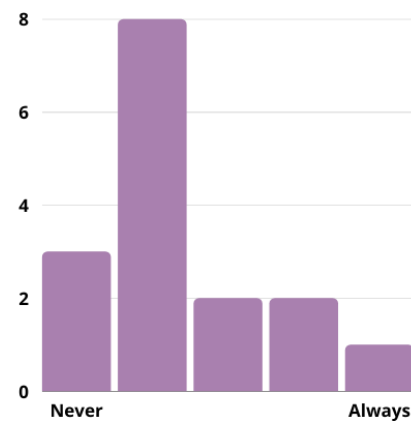
Ukrainian/Arabic Results (16)

Figure 14 Fear of uncertainty about the future

HOW OFTEN DOES ANGER GET IN THE WAY OF YOUR COMMITMENTS OR RELATIONSHIPS?



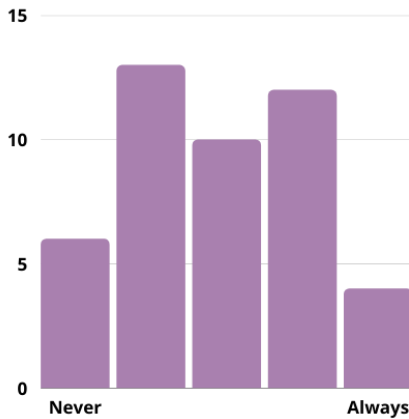
Combined Results (45)



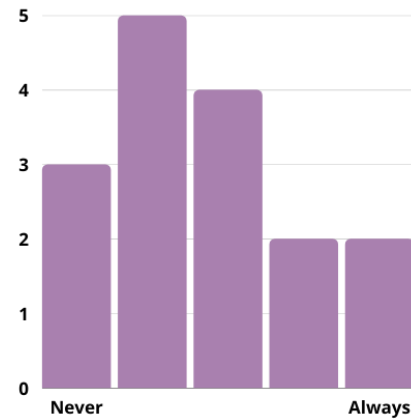
Ukrainian/Arabic Results (16)

Figure 13 Anger affecting participants' lives

HOW OFTEN DO YOU FEEL GUILT ABOUT DECISIONS THAT YOU MADE?



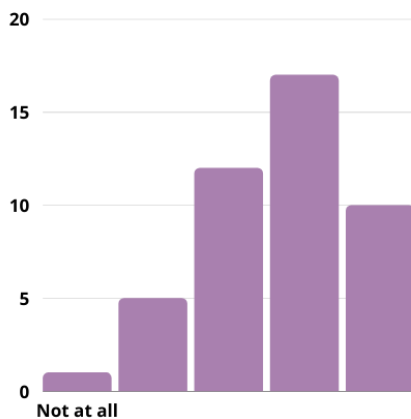
Combined Results (45)



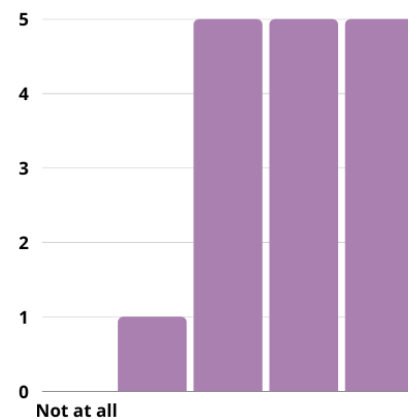
Ukrainian/Arabic Results (156)

Figure 16 Guilt in decisions made

HOW MUCH DO YOU FEEL THAT YOU BELONG AND ARE ACCEPTED IN YOUR COMMUNITY?



Combined Results (450)



Ukrainian/Arabic Results (16)

Figure 15 Sense of belonging in the participants' communities

HOW OFTEN DO YOU REACT IN A WAY THAT YOU LATER REGRET?

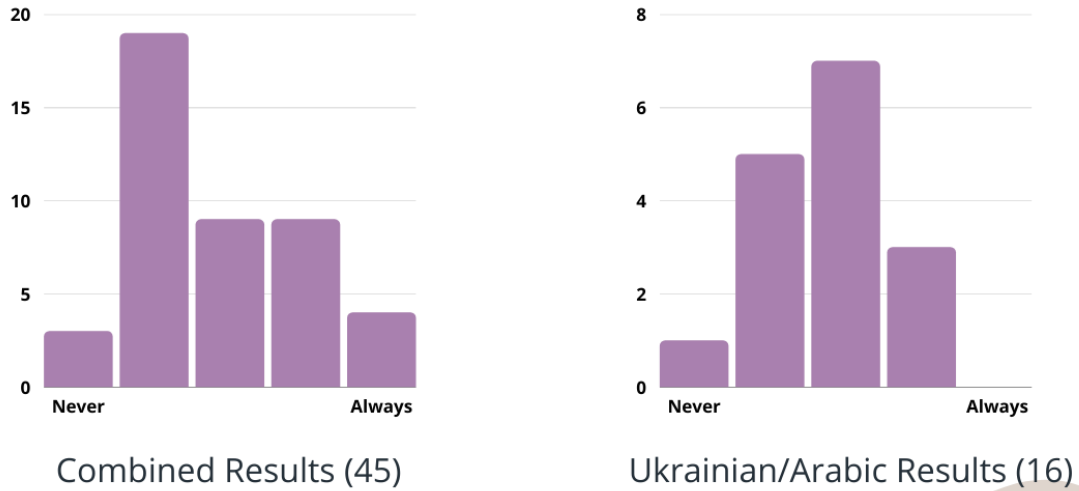


Figure 17 How often participants regret the way they react

Mindfulness Topics

Mindfulness For Life drafted a list of potential topics, and the survey participants were asked to rate each topic from 1 to 5 based on how much the topic interests them or is relevant to them. An average was calculated for each topic as presented in Figure 18.

MindLand Topics

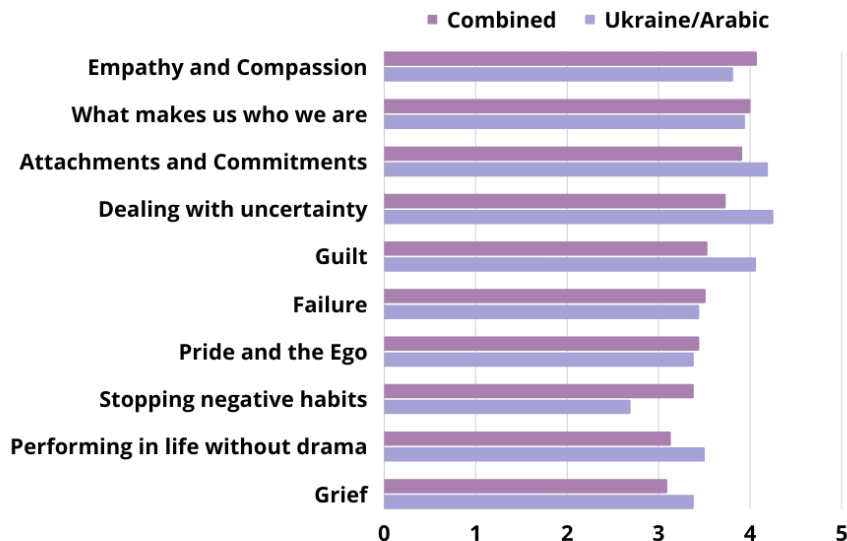


Figure 18 Participants' preferred topics

According to the results on the preferred topics, the five favourite topics are shown in Figure 19. These were the topics that were considered by the consortium in deciding what the curriculum will focus on. The topics in red were excluded from the curriculum planning process.

MindLand Topics

Combined Rated Topic List

1. Empathy and Compassion
2. What makes us who we are
3. Attachments and Commitments
4. Dealing with uncertainty
5. Guilt
6. Failure
7. Pride and the ego
8. Stopping negative habits
9. Performing in life without drama
10. Grief

Ukrainian/Arabic Rated Topic List

1. Dealing with uncertainty
2. Attachments and Commitments
3. Guilt
4. What makes us who we are
5. Empathy and Compassion
6. Performing in life without drama
7. Failure
8. Grief/Pride and the ego
9. Stopping negative habits

Figure 19 Top 5 topics

Technical and User Experience Questions

Accessibility was an important aspect in deciding how the intervention would be designed, and for which devices, so that regardless of socioeconomic background, all youth with access to a smartphone or a computer would be able to use MindLand. The results indicate that most youth use an android smartphone and most of them also use a laptop or computer often. Therefore it was decided to design MindLand in the form of an android application, but if resources permitted also to make it available online on a web page so that anyone who doesn't have an android device can use it. It was also decided to only use 2D graphics, so that low end devices can support the application.

Most of the participants hadn't tried a digital interactive intervention on mindfulness, making MindLand a quite innovative project. Most of them also believe that they would benefit by using an intervention that focuses on mindfulness and self awareness, giving the consortium more motivation towards the effective implementation and dissemination of the intervention.

WHICH OF THE FOLLOWING DEVICES DO YOU USE REGULARLY?

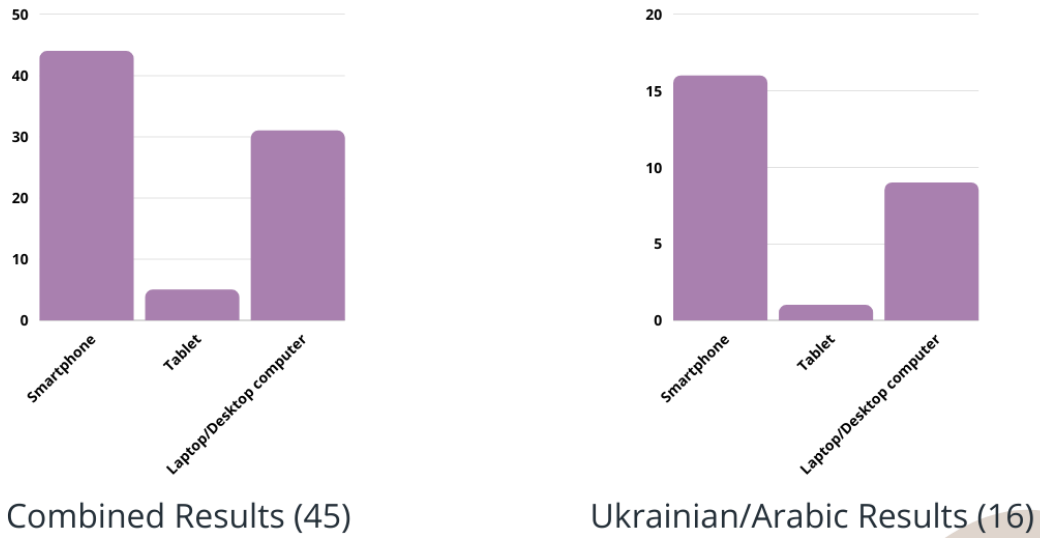


Figure 21 Devices used regularly by participants

WHICH OPERATING SYSTEM DOES YOUR SMARTPHONE USE?

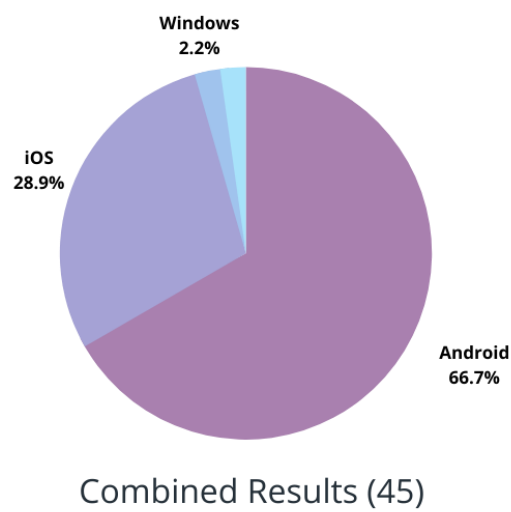


Figure 20 Participant smartphones' operating systems

HOW IMPORTANT IS IT TO YOU TO BE ABLE TO INTERACT WITH THE EDUCATIONAL CONTENT?

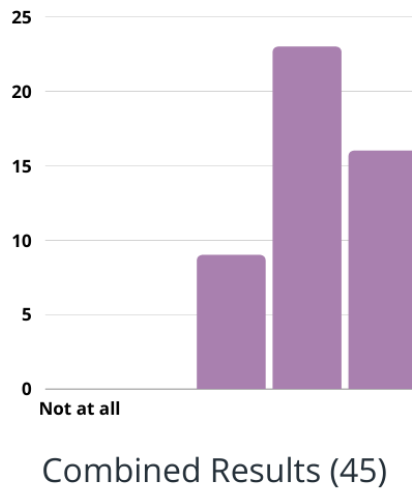


Figure 23 Importance of interactivity for users

HAVE YOU EVER TRIED A DIGITAL COURSE ON MINDFULNESS OR SELF AWARENESS?

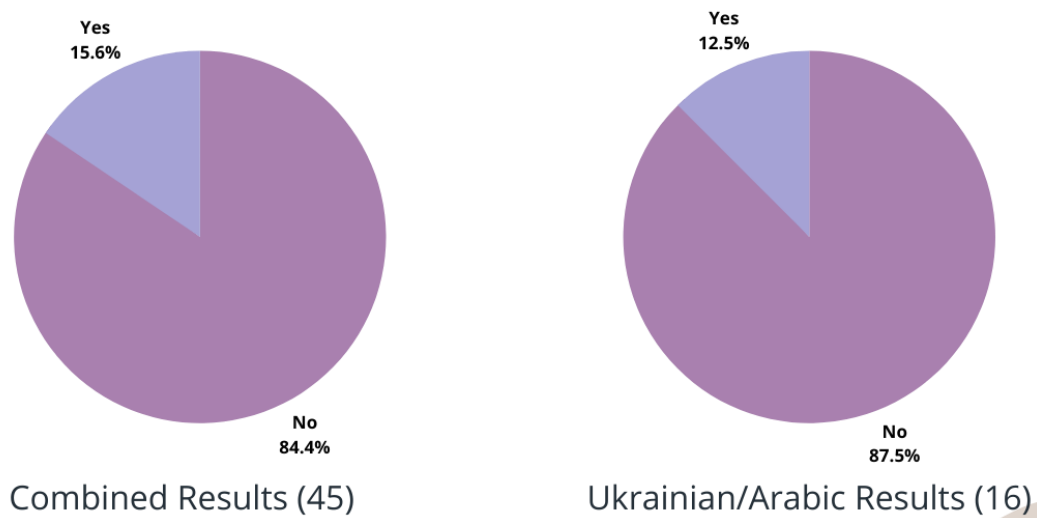


Figure 22 Prior experience with digital intervention on mindfulness

HOW INTERESTED ARE YOU IN TRYING OUT A DIGITAL INTERVENTION (COURSE) ON MINDFULNESS AND SELF AWARENESS?

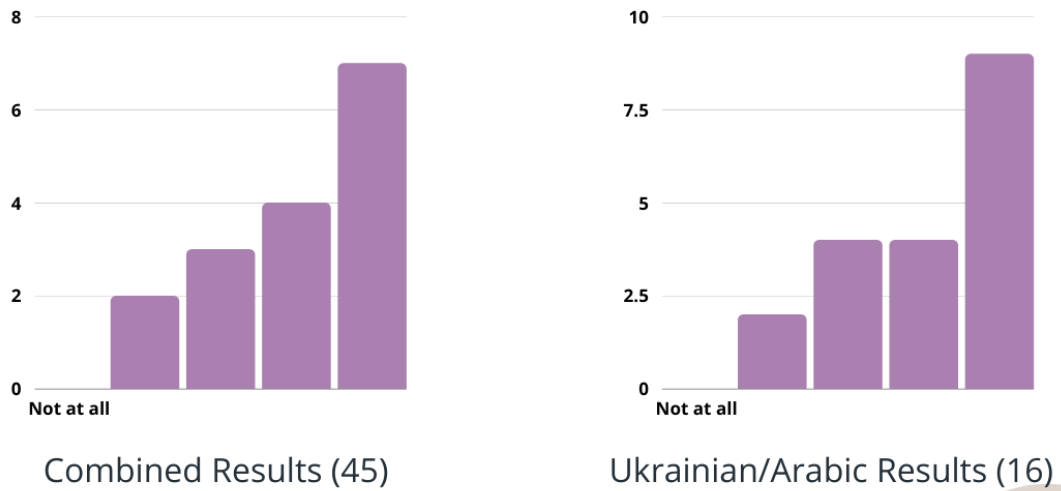


Figure 25 Interest in a digital intervention on mindfulness

HOW MUCH DO YOU THINK YOU WOULD BENEFIT BY A DIGITAL INTERVENTION (COURSE) ON MINDFULNESS AND SELF AWARENESS?

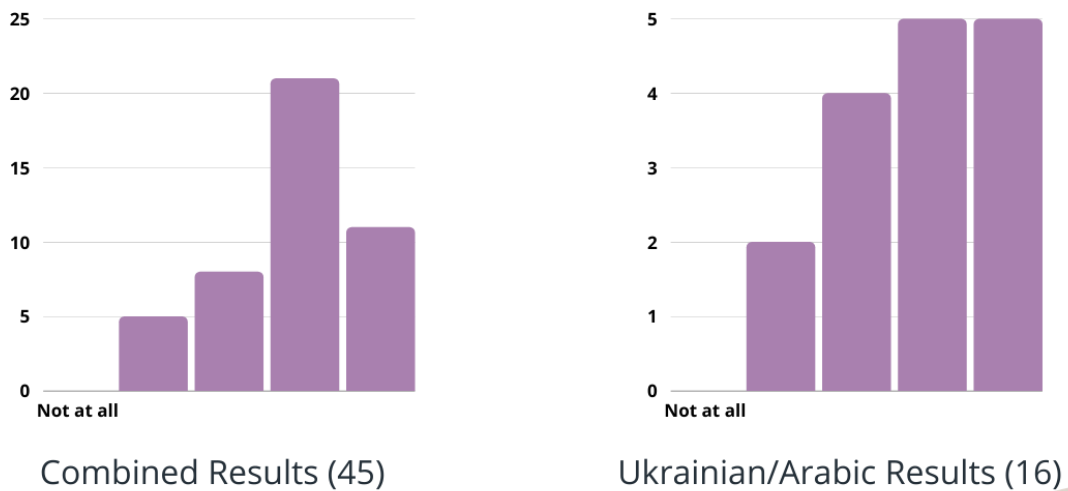


Figure 24 Perceived benefit from digital intervention on mindfulness

IV. MindLand Curriculum and Exercises

After the consortium discussed the results of the user requirements survey and considering the scope and resources of the project, it was concluded that the most relevant topic that MindLand would focus on would be “Dealing with Uncertainty”. Mindfulness For Life created the content for the topic, in the form of text, voiceovers, videos and meditation exercises.

Naturally the topic is divided in two categories. Each category includes several subcategories, as people often have to deal with uncertainty in different areas of their life:

1. Fears that could potentially happen
 - a. Health, End of life (Mine and loved ones)
 - b. Financial Concerns
 - c. End of Relationships, Being Alone
 - d. Abuse, Attack, House theft
2. Fears that are a matter of perception
 - a. Fear of failure/not being enough/looking bad
 - b. Fear of rejection/abandonment/not being worthy
 - c. Fear of being taken advantage of/misled

The content guides the user to answer questions regarding their own lives, and according to their answers they are guided to alternative paths of the content to continue their journey in MindLand and complete the process for each area they have fear of uncertainty. The user answers these questions either with multiple choice, or by taking notes in a virtual journal that is provided in the application.

During the process, the user is provided with multiple meditation exercises, which they can do while working on an area of life. The user also has access to all the meditation exercises in a separate screen, to do any exercise they want at any time. Mindfulness For Life also created video guidelines for correct posture while meditating.

The content for each area of life, along with the additional material (videos, meditations etc) was quite large. Therefore the above categories were reduced to an amount that would fit the scope of the project in order for the next activities (development, integration, localisation) to be completed effectively and successfully. The consortium decided for this project to develop the category for “Fears that could potentially happen”, and leave the rest of the categories for future work.

The content provided by Mindfulness For Life can be found in the Annex in the form of a script that would be adjusted by the developers to build the MindLand intervention.

V. MindLand Intervention Concept

During the kick-off meeting, the consortium brainstormed to create a concept for MindLand, concluding to the concept of having the human brain as a map when the user enters the digital intervention, and selecting the area of life that they want to work on. With each completed area, the path leading to that area would be coloured to show it has been completed.



Activity 1

Curriculum on Mindfulness training and self awareness

It was also decided to have a narrative interactive format, where the user makes choices that determine the content they are presented with next. So each user would be presented with somewhat different content depending on their choices and interests.

In order to make the intervention more fun and engaging, a “guide” character called Uni was designed and animated to talk and meditate along with the user.



VI. Annex

Content for MindLand Intervention

CATEGORY FEAR OF UNCERTAINTY:

PART A: Fears that could potentially happen.

SUBCATEGORIES:

1. Health/ End of Life (Mine and loved ones).
2. Financial concerns
3. End of relationships/ Being Alone
4. Abuse/ Attack/ House thief

FOR ALL 4 WHEN THEY CLICK ON FEAR FROM UNCERTAINTY ABOUT THINGS THAT COULD POTENTIALLY HAPPEN

TEXT 1:

This may be difficult to go through and address, but it is important that you go through this process to the end for the fear to no longer be underlying.

VIDEO 0: How this works. (me talking)

TEXT 2:

Fear is part of a brain pattern.

A brain pattern is a special ability of the human brain to not only find patterns but also figure out, in a logical way, what those patterns suggest about what will happen next.

A brain pattern consists of 4 states that take place simultaneously:

- a. Emotional State
- b. Mental State
- c. Physical State
- d. Thoughts and thought processes

When we fear uncertainty the brain pattern is as follows:

- a. Emotional State: Fear
- b. Mental State: Worry
- c. Physical State: Anxiety
- d. Thoughts and thought processes: Thoughts related to what you are worried might happen.

VIDEO 1: Video of me talking about anxiety and panic attacks and how mindfulness can help.

PRACTICES: TURNING TOWARDS, BODY SCAN, DIFFERENT KINDS OF MINDFUL BREATHING.



If you are mindful of your thoughts, you will see that the thoughts are in the form of questions. For example: What will happen if I get sick? What will happen to my children? How will they cope? Who will make sure they grow up well? Etc.

To transcend the fear and render such thoughts as unnecessary we must answer all the questions that come us as thoughts while we are worrying about something. In others words, face the fear and decide how we would deal with such a problem if it were to happen.

When the questions are answered, we no longer need have them as thoughts. You do not think about things you know the answer to. You do not wake up and wonder how you will get to work if you have a car outside that is yours to use to go to work with. We do not worry about anything that we know the answer to.

This is why not matter how hard it is we must face our fears and answer all those questions that come up when our fear does.

So, Be Strong, Commit to seeing this process through and follow it step by step as we present it.

FOR FEARS RELATED TO HEALTH/ END OF LIFE (OURS OR OUR LOVED ONES)

When we face such fears a lot of our thoughts revolve around the fear of death, so a lot of our questions might be about what might happen to the people that will be left behind, but also about what might happen when we die.

We will start with the latter.

It is important – though we are free to change our mind at any point in life – that we decide which one of the theories on what happens after death resonates with us.

HERE EITHER INCLUDE A VIDEO OF ME TALKING ON DIFFERENT THEORIES OR INCLUDE VIDEOS OF WHAT SPIRITUAL LEADERS SAY ABOUT LIFE AFTER DEATH AS WELL AS OTHER TEXTS AND VIDEOS OR RESEARCH ON THIS SUBJECT OR BOTH. I THINK BOTH IS BEST.

If you wish to do further research, please do. This is a very important step towards transforming our fear of uncertainty all together.

After completing - to the extent that you wish – your research, pick one of the following:

1. After death there is nothing. My body becomes dirt and there is no such thing as a soul or consciousness that continues.
2. After death my individual soul goes on and continues evolving.
3. After death my soul might go to hell.
4. After death I become part of God/All-ness or the consciousness that is all of life.
5. After death my individual consciousness continues and eventually, I move to another life (in this or any other planet) until I reach enlightenment.

PRACTICES: Analytical meditation on death/ Aura cleansing – white light protection.

IF THEY PICK 1,2,4 OR 5:

Then it is clear that without a body there is no physical pain, and therefore peace or learning – depending on what you picked. So, fundamentally, we can agree that there is nothing to be fearful of and no suffering in the afterlife.



IF THEY PICK 3:

A video negating anything fearful even for this possibility. VIDEO 2

SO NOW LET'S GET PERSONAL:

What are you actually afraid will happen? You may have more than one of the fears below. You can do this entire process for all or your fears, but one at a time.

What is your worst-case scenario?

VIDEO 3: Me explaining the importance of finding the worst-case scenario. And that this is not the worst possible scenario but the worst scenario you have ever thought of.

- a. An illness – What illness is the worst-case scenario?
- b. A person you love has an illness. What is the worst-case scenario?
- c. You dying. What is the worst-case scenario regarding that?
- d. A person you love dies. What is the worst-case scenario? Who would this person be?

Write it down:

In case of an illness:

- Would you do whatever you can to get healed (or to get the person you love healed)? YES/NO

VIDEO 4: Explaining how brain patterns work and why you should write the answer that you want and not what you find more likely

- If not, what would you do?
- If you (or the person) cannot get healed, what would you do?
- You have two options:
 - a. Not getting over it and staying depressed for ever (this would entail forcing yourself not to be happy, as this is a very unnatural state) -VIDEO 9 OF ME EXPLAINING THE NEED TO NOT GET OVER SOMETHING AND HOW TO GET OVER IT.
 - b. Giving yourself sometime to grieve but then getting out of it.

- Would you get emotional support?
- Would your family/ friends support you? (or the person?)
- How long would you grieve before you accept the fact and face it?
(How much space would you give the person before you ask them to accept the fact and face it?)
- What could help you grieve?
- Could you take some time off from work to give yourself time to grieve?
- If not, could you afford to leave work for some time with unpaid leave to heal?
- If not, then can you commit to giving yourself time to grieve during the weekends?

VIDEO 8: EXPLAINING THE IMPORTANCE OF GRIEVING

- Are there things that you would need to take care of if you or a loved one got sick?
If so, list them (financial, child care, personal assistant etc.)

- Could you somehow afford that? And how? What could you do?
- Are there other people you would need to take care of?

A. IF YOU ARE THE PERSON WHO IS ILL:

- How would you spend your time? Anything you could do that you would enjoy?
- At the moment of death, what would you do?
- Would you want to be sedated? To pray? To be with specific loved ones?
- Anything you want to do now to be prepared for if that were to happen? Insurance? Want to check whether people around you would support you or the people you leave behind? Any letters, videos, instructions for your loved ones?
- Anything you want to leave behind for your children, spouse etc?
- Do you want to make a will?

IN BOTH CASES:

VIDEO 5: Of me explaining what they need to thorough with their answers and when they are done answering all of there questions how to check if they are really done and telling them that they should keep repeating the process until there is nothing left and confirming that if they do this process thoroughly the fear shall be transcended.

- Now do the exercise one more time.
- Are the answers all there when you think of that which you were afraid of?
- Have you erased any reason for such worry to exist?
- IF NOT, THEN THERE ARE EITHER MORE QUESTIONS YOU NEED TO ANSWER OR YOU NEED TO FIND A BETTER WAY TO DEAL WITH SOME OF THE THINGS THAT CAME UP IN ORDER TO FIND PEACE OF MIND.
- Check again. Are all the answers there?
- If yes, CONRATULATIONS.

FOR FEARS RELATED TO FINANCIAL MATTERS

VIDEO 3

- What is the worst-case scenario of your fear?
 - a. Losing your job
 - b. Declaring bankruptcy
 - c. Not being able to pay back a loan
 - d. Having to depend financially on someone else
 - e. Other. If other write down the answer:

If this were to happen, how would you deal with it?

- a. Do you have people that you could count on? Borrow money from, go for food to etc (If need be...)?
- b. A place you could stay, if your living situation had to change?
- c. Any assets you could use? Sell? Etc?

Answer:

- What are your assets? Land, stocks, savings? How could these help?



Answer:

- What are your other personal assets? Skills, connections, diplomas? Could you get another job or change your circumstances with these?

Answer:

- How long would it take for you to find another job or to change your circumstances? (VIDEO 6: how to realistically answer this with no exaggeration)

Answer:

- Could you handle this? YES/NO
- Is there anything that you can do now, so that you can be better prepared for the possibility of such an event?

Answer:

List the actions you need to take and commit by when you will take the actions to be prepared.

VIDEO 4

- Can you live with that? If yes, great, if no, then think what other alternatives you have or what could you create now so that you can have other alternatives?

Answer:

VIDEO 5

- Do the exercise in the video again.
- Are all the answers there?
- Have you erased the need for the worrying to persist?
- If no, continue with the process.
- If yes, CONGRATULATIONS.

FOR FEARS RELATED TO BEING ALONE/ RELATIONSHIPS MATTERS

VIDEO 3

- What is the worst-case scenario that you can imagine? Pick the category that best fits your concern.
 - a. Being alone/ single for ever
 - b. Not finding someone in time to have kids/ or not be able to have kids
 - c. Being divorced/ break up
 - d. Be cheated on



Activity 1

Curriculum on Mindfulness training and self awareness

- If this were to happen, how would you deal with it?
- Do you have any friends/ family that could support you?
- Would this kill you?
- Do you have other things that you could focus on that would make you happy?

IF A: BEING ALONE/ SINGLE FOR EVER

- First of all, is this really realistic for you? Staying single for ever, if you actually really tried to meet people and be in a relationship? If not, what is the worst-case scenario?

VIDEO 4

- If yes, then how would you deal with being single for ever? Could you be with it? If you did exactly what you are doing now? (if you are single now, if you are not, then if you were doing exactly the same things that you did when you were last single).
- Are you sometimes happy and sometimes not? In case of emotions, doesn't the exact same things stand if you are in a relationship?
- Do relationships really make you a happier person?
- What is it about relationships that make it necessary for you?
- What things make you happy? What could you give your life to that would have meaning and depth for you, if you never end up having a family?
- If you want kids, can you adopt, or have them on your own?
- Do you have friends/ family that could support you? Go out with you? That you can have fun with? That could help if you decided to create a family on your own?
- Do you have people that if you let go of your ego, you could ask to set you up with someone?
- Would you be willing to try online training?
- Have you tried meeting people through hobbies? (dancing, meditation, poetry reading, book reading, hikes, volunteer work etc?)
- Could you do that if you chose to?
- Would it then be possible to meet someone?
- What do you think knowing your current personality, are some lessons that are there for you to learn in relationships? Putting boundaries, not selling yourself short? Not ignoring the red flags? Being in communication? Being honest? Not being afraid to saying what there is for you to say? Not being so controlling? Other?
- Would you seek emotional support to support you with some of the above if they apply to you, so that you gain more confidence in relationships?

Answer all of the above thoroughly.

VIDEO 5

- List the things you see to do that you commit to now. Can you live with the above possibilities?
- Do the exercise in the video again.
- Are all the answers there?
- Have you erased the need for the worrying to persist?
- If no, continue with the process.
- If yes, CONGRATULATIONS.



IF B: NOT HAVING KIDS

- Would you try IVF or other methods that after research you found out might help? Would your environment support you with this?
- Would you be willing to adopt?
- What is the worst-case scenario? (IF SICKNESS, GO TO HEALTH ISSUE FROM THE INITIAL OPTIONS)

VIDEO 4

- If you are willing to adopt, if problems arise what would you do? Would you work with specialists to try to work out any problems that may arise?
- If this did not work and adoption was still difficult, would you stick with it or send the child back?
- If you decided to keep the child, do you have a support system? Would your environment support this decision? (Partner, parents, other family members, friends etc.) If you do not know the answer to this, you need to specifically ask them and have an answer for the worrying to stop.
- If you decide to send the child back, would you forgive yourself and create inside you that this is for the best for all involved?
- Would you get help if you needed to from a specialist in order to really heal this and put this behind you? (If you needed to?)

VIDEO 5

- List the things you see to do that you commit to now. Can you live with the above possibilities?
- Do the exercise in the video again.
- Are all the answers there?
- Have you erased the need for the worrying to persist?
- If no, continue with the process.
- If yes, CONGRATULATIONS.

IF C: BREAK UP/ DIVORCE

- What is the worst- case scenario around getting a divorce or going through a break up that you can imagine?

VIDEO 3

VIDEO 4

- You have two options:
 - c. Not getting over it and staying depressed for ever (this would entail forcing yourself not to be happy, as this is a very unnatural state)
 - d. Giving yourself sometime to grieve but then getting out of it.
- How long would you give yourself to grieve?

VIDEO 8: EXPLAINING THE IMPORTANCE OF GRIEVING



- What could help you grieve?
- Could you take some time off from work to give yourself time to grieve?
- Would you get emotional support if you needed to so that you could let go?

IN CASE OF A DIVORCE:

- Can you afford a lawyer?
- If not, do you have any assets, skills, that you can use, or friends that you could borrow money from to get the finances to hire one?
- Do you have kids you need to support?
- Will you get them support from a specialist on how to manage their feelings?
- Will your ex-partner support this? If not, will you do it anyway?
- What would be a fair, and best for the kid schedule between you and your ex-partner? Will you ask a specialist's opinion on what would be best for the child regarding this?
- Will you let your Ego or and pride to guide your choices, or will you get support so that you can make the decisions that are healthier for you and your family if you have one?
- Can you afford support and if not, will you find a way to collect the funds to get that support?
- Can you trust yourself to stick to the agreement so that the child will have a steady environment?
- Do you have family/ support that can help you through this stage of your life? Who can you turn to if need be?
- If you need to move out of your place, do you have somewhere to go until you sort out your finances and new circumstances?
- Will you do whatever it takes to create a healthy space for your kids no matter where you live now so that you can be with them and be part of their lives in a healthy and supportive way maintaining your role as a parent?
- What would you need to do to make this happen?

IN BOTH CASES:

- Would you be able to forgive the person, no matter what?

VIDEO 7: ON FORGIVENESS.

- Do you have friends/ family that could help you find your balance again?
- What do you think knowing your current personality, are some lessons that are there for you to learn in relationships? Putting boundaries, not selling yourself short? Not ignoring the red flags? Being in communication? Being honest? Not being afraid to saying what there is for you to say? Not being so controlling? Other?
- Will you choose to move on, and if yes, how long will you give yourself before you do?
- If you are worried about staying single, please go to a of this section – put a link here.

VIDEO 5

- List the things you see to do that you commit to now. Can you live with the above possibilities?
- Do the exercise in the video again.
- Are all the answers there?
- Have you erased the need for the worrying to persist?
- If no, continue with the process.
- If yes, CONGRATULATIONS.

IF D: BEING CHEATER ON

- What is the worst- case scenario around getting a divorce or going through a break up that you can imagine?

VIDEO 3

VIDEO 4

- You have two options:
 - e. Not getting over it and staying depressed for ever (this would entail forcing yourself not to be happy, as this is a very unnatural state)
 - f. Giving yourself sometime to grieve but then getting out of it.
- How long would you give yourself to grieve?

VIDEO 8: EXPLAINING THE IMPORTANCE OF GRIEVING

- What could help you grieve?
- Could you take some time off from work to give yourself time to grieve?
- Would you get emotional support if you needed to so that you could let go?
- Would you be able to forgive the person, no matter what?

VIDEO 7: ON FORGIVENESS.

- Do you have friends/ family that could help you find your balance again?
- What do you think knowing your current personality, are some lessons that are there for you to learn in relationships? Putting boundaries, not selling yourself short? Not ignoring the red flags? Being in communication? Being honest? Not being afraid to saying what there is for you to say? Not being so controlling? Other?
- Where do you think your fear of being cheated on comes from? From your own insecurities or from the other person? Be honest and realistic. Check even with your friends your own rational.
- If the other person awakens insecurities in you with his behaviour, will you talk to them about the things that he/she does that make you feel insecure?
- Will you stay in the relationship if they keep doing those things that make you feel uncomfortable?
- If it is your own insecurities, will you get professional help, so that you do not ruin your relationships because of them?
- Will you choose to move on, and if yes, how long will you give yourself before you do?
- If you are worried about staying single, please go to a of this section – put a link here.

VIDEO 5

- List the things you see to do that you commit to now. Can you live with the above possibilities?
- Do the exercise in the video again.
- Are all the answers there?
- Have you erased the need for the worrying to persist?
- If no, continue with the process.

- If yes, CONGRATULATIONS.

FOR FEARS RELATED TO ABUSE/ ATTACK OR HOUSE THEFT

VIDEO 3

- What is the worst-case scenario that you can imagine?
- When, where and how does it happen? If you take the people in your life that you know well enough, out of all the days they have collectively lived (please literally calculate this), how many days has anything like this happened? And did anyone get hurt?

VIDEO 4

- If it were to happen, how would you deal with it?
- Do you have any way you could make sure that someone knows you are hurt? (For example, maybe if you are walking alone in a space that makes you uneasy you can always be calling someone, so in case you are hurt they would know. Or maybe you give a person you trust a beeper that you both know you would only use if you are in danger, so that you can know and bring help. Or maybe you can install cameras in your house to prevent them from wanting to try but also to give access to a friend so that they get a message, or photos, or maybe you never stay home alone or you never walk at night alone).
- If you were to physically be hurt, what is the worst-case scenario you can imagine? Would you do all you can to overcome it?
- And would the people that love you support you? If you are not sure, find out.
- If you needed emotional support, would you get it? Not just from friends and family, but also from a professional?
- Would you resolve to not blame yourself about whatever might happen and take actions to prosecute the person? (A lot of people who are abused, tend to blame themselves – this is not rational, but it seems to happen every time and so they might not have the stamina to prosecute the person).
- Would you stick with things until you get to a resolution, and do you commit to taking care of yourself until any emotional scars are healed?
- Would you be able to take time off from work to grieve and deal with your own emotions? Even if you had to take unpaid leave?
- Would you be ok financially if you needed to do this for a while?
- If the person who attacked you is in somehow in your life, or in your environment, until things are settled, would you make sure you are safe?
- Would you be able to forgive the person, even though you would still take actions against them, no matter what, so that you can find freedom and move on

VIDEO 7: ON FORGIVENESS.

- Do you have friends/ family that could help you find your balance again?
- Would this impact your work? Your worst-case scenario? Would it have to? (Could you see it as a lesson on inclusion if the reason your work would be affected is you feeling uncomfortable to show yourself?)
- If it would impact your work in a way that is practical (i.e injury that would prevent you from doing your work), what else could you do for a living? What are your assets, skill and ways you could deal with this financially? (If you need to find more information on your finances regarding any of this you need to do this. Remember you need to answer all these questions thoroughly!
- If you did not get hurt but things were stolen from your house or from your work, would you still manage to overcome it? Would you still be ok in the end?



VIDEO 5

- List the things you see to do that you commit to now. Can you live with the above possibilities?
- Do the exercise in the video again.
- Are all the answers there?
- Have you erased the need for the worrying to persist?
- If no, continue with the process.
- If yes, CONGRATULATIONS.

CATEGORY FEAR OF UNCERTAINTY:

PART B: Fears that are a matter of perception

SUBCATEGORIES:

1. Fear of failure/ not being enough/ looking bad etc.
2. Fear of rejection/ abandonment/ not being worthy/ being invisible – people not caring etc.
3. Fear of being taken advantage or/ misled etc.

FOR ALL 3 WHEN THEY CLICK ON FEARS THAT ARE A MATTER OF PERCEPTION:

VIDEO 1: Explaining what we mean by fears that are a matter of perception and why they are not real.

For 1. Fear of failure/ not being enough/ looking bad etc.

Questions to be answered:

- What are you actually afraid of? What does this mean for you? Be exact.
- Discussion maybe through a character. Does it really mean that you are a failure? Even if your boss or someone tells you that you did not do a good job, does this mean that you are a failure? Or if you got bad results in an exam or interview does this mean you are a failure? Have you really done your best? Tried hard, did everything you can to do well? And if you have done so then does the result or someone's opinion define you? Is there something that you could have done differently?

See, if we look in most cases, if we are honest, there is something we could have done differently: ask for help, or study harder, or work with someone to understand something we are not clear on, but in some cases, we really cannot do anything about it: we did do our best and maybe the person had a fixed mindset or we are really not interested in that subject etc. Is that bad? If it is someone's opinion well then should I adopt someone else's opinion of myself? Then where would the limit be? If I give the right for others to define myself does this make sense? We are the only ones that get to say who we are and who we say we are decides our relationship with ourselves, the situation and our environment, so does it help to define yourself as not good enough? (Is this better to be done on video?)

- What is the impact of this fear? What is your internal dialogue like? When you are at an interview aren't you constantly wondering whether or not you are good enough? If you said the right answer? If you said or did something wrong...

Analytical meditation on the nature of the Self-Cherishing Ego.

- Discussion through a character: As we had discussed earlier all fear is the emotional State of a brain pattern. The mental state of the fear is worry. Worry is expressed as open unanswered questions like did I do a good job? Do they like me? Did I say the wrong thing? Was that stupid etc. In these types of questions, when it is not a matter of how I would deal with it like it is with the fears that could potentially happen, the answer is a matter of opinion so it does not help. We need to find a new underlying concern other than the fear of failure/ not being enough/ looking bad etc.

- Video of an example of what is an underlying concern and what the underlying concern could be.

- Write down your underlying concern:
-

- What would your internal dialogue be like if you were really concerned for this vs. your fear of failure/ not being enough/ looking bad etc.
- How will you keep this present, so that you do not forget to practice this when the need arises? Also, you can practice this even when the fear is not arising.
- Video of me explaining the importance of keeping this in existence and making sure you are practicing so that this new way of being and thinking becomes a habit.

For 2. Fear of rejection/ abandonment/ not being worthy/ being invisible –

-people not caring etc.

Questions to be answered:

- What are you actually afraid of? What does this mean for you? Be exact.
- Discussion maybe through a character. Does it really mean that you are rejected? Even if your partner or someone you like tells you that they do not feel the same way, or that they do not want to spend time with you, or simply do not call you back, does this mean you are rejected? Or if someone says no to a request you made, does this mean that you are rejected? Maybe the person is already interested in someone else and it has nothing to do with you, or maybe they are not open or going through something right now. Or maybe because of their own insecurity or interests they feel uncomfortable, but it is their concern not yours. Rejection is not personal; it only means that the other person is preoccupied or concerned with something else.

If you remember the last time you 'rejected' someone, was it because there was something you thought was really wrong with them, or was it because your interests did not match, or you had something else

in mind to do, or you did not have time and you did not know enough or weren't close enough to make time? If you feel rejection because of someone's opinion or you, well then should you adopt someone else's opinion of yourself? Then where would the limit be? If I give the right for others to define myself does this make sense? We are the only ones that get to say who we are and who we say we are decides our relationship with ourselves, the situation and our environment, so does it help to say to yourself that people do not care? That you are not wanted or liked? That you are not worthy?

Similarly, can we be abandoned? If someone leaves, does it mean that we are abandoned? Does it necessarily have to do with us? Maybe the other person has something else they need to do, a calling or a commitment, does it mean they want nothing to do with us or that there is something wrong with us and they do not care if they go to follow their heart or their dreams? Is it not part of life that things change? Impermanence is one of the three laws of existence... Life changes, people change, we change, interests change, priorities change, things happen, people come and go. Very few people stay in our lives forever and it takes tremendous effort to maintain such relationships and even if people stay in our lives forever, the relationships definitely do not stay the same, they are in constant change... Just because people change or move on, does it really mean they do not care? Or if they are selfish with what they are preoccupied with, does it mean that they do not care? When you are preoccupied with something and you do not call your friends or are not a 100% with people does it mean you do not care? That people are invisible to you?

(Is this better to be done on video?)

Analytical meditation on the impermanence of life.

- What is the impact of this fear? What is your internal dialogue like? When you are on a date or in an interview or out socially aren't you constantly wondering whether or not you are liked, if you are wanted? If people care? If you matter to them or to anyone? If they see you? Have you spoken up from your heart so they can see you?
- Discussion through a character: As we had discussed earlier all fear is the emotional State of a brain pattern. The mental state of the fear is worry. Worry is expressed as open unanswered questions like are they happy with me? Do they like me? Am I wanted? Do I matter? Do they care? Am I worthy etc. In these types of questions, when it is not a matter of how I would deal with it like it is with the fears that could potentially happen, the answer is a matter of opinion so it does not help. We need to find a new underlying concern other than the fear of failure/ not being enough/ looking bad etc.
- Video of an example of what is an underlying concern and what the underlying concern could be.
- Write down your underlying concern:

- What would your internal dialogue be like if you were really concerned for this vs. your fear of rejection/ abandonment/ not being worthy/ being invisible - people not caring etc.

- How will you keep this present, so that you do not forget to practice this when the need arises? Also, you can practice this even when the fear is not arising.

- Video of me explaining the importance of keeping this in existence and making sure you are practicing so that this new way of being and thinking becomes a habit.

For 3. Fear of being taken advantage or/ misled etc.

Questions to be answered:

- What are you actually afraid of? What does this mean for you? Be exact.
- Discussion maybe through a character. Does it really mean that you are being taken advantage of? Even if your boss or someone keeps asking you for things does it mean that you are being taken advantage of? Or if people then move on after having had a relationship with you does it mean you were misled? Have you really respected yourself enough to set your own standards? If you are honest, have you demanded with your own behaviour that they respect you? Have you been responsible for putting boundaries where you should? Or do you expect people to do this for you?

Video of explaining what it looks like to honour your standards and values in your relationships and explaining how to put boundaries so that you no longer give people the right to treat you in a way that you do not wish to be treated.

See, if we look in most cases, if we are honest, there we are denying the responsibility for how people treat us. We do not set boundaries and then we interpret their behaviour as wrong or calculated when they were only reacting to our behaviour and acting based on what we taught them is ok. If I am very giving, I may train people that I like being always the one that gives and that I do not need to also receive. They might assume that I do it because I like to and that I am not expecting them to do the same. If I am a caring person and tend to put others first, it does not mean that people are the same. Maybe they have a different personality and they cannot do the same for me. That does not mean that I am being misled or taken advantage of.

If we are willing to take responsibility, we can see that people are not acting in a void. They are responding to how we are with them. (Is this better to be done on video?)

Video of talking about compassion and understanding the differences between people.

Analytical meditation on compassion

- What is the impact of this fear? What is your internal dialogue like? When you are being caring or open or starting a new relationship, romantic or not, or with your current relationships aren't you constantly wondering whether or not they are in it to take advantage of you, or if they are misleading you, or whether or not you can trust them? If they really like you or if they would do the same for you?
- Discussion through a character: As we had discussed earlier all fear is the emotional state of a brain pattern. The mental state of the fear is worry. Worry is expressed as open unanswered questions like are they with me because they want something? Do they really love me? Can I trust them? Are they using me etc. In these types of questions, when it is not a matter of how I would deal with it like it is with the fears that could potentially happen, the answer is a matter of opinion so it does not help. We need to find a new underlying concern other than the fear of failure/ not being enough/ looking bad etc.



- Video of an example of what is an underlying concern and what the underlying concern could be.
- Write down your underlying concern:

- What would your internal dialogue be like if you were really concerned for this vs. your fear of being taken advantage of/misled etc. ?
- How will you keep this present, so that you do not forget to practice this when the need arises? Also, you can practice this even when the fear is not arising.
- Video of me explaining the importance of keeping this in existence and making sure you are practicing so that this new way of being and thinking becomes a habit.

Analytical meditation on dependent arising.

Loving Kindness meditation.