Rekindling the Fire and Keeping it Burning
The Choice Point System illustrates that for most every decision, there is a moment in time where the decision is made. We call that moment a “Choice Point”.

The Choice Point System shows the people that:

- For every decision there is an Outcome.
- Often these Outcomes are Positive or Negative.
- If they look at the “Choice Point” and decide whether their choice is honest and kind, it will help guide them to a positive outcome.
- Because they have the ability to choose, they are responsible for the results of their decisions.
- Feelings and the outcomes are an indication of whether your making, or have made, a positive or negative choice.
- If they ended up with a negative consequence, at some point they made a decision that led them to that outcome.
Positive Beliefs

I am important. I’m good.
I belong. I am worthy.
I am good enough. I’m capable.
I matter. I am enough.
I’m smart.

Negative Beliefs

I am not important. I’m bad.
I don’t belong. I am not worthy.
I am not good enough. I’m not capable.
I don’t matter. I am not enough.
I’m stupid.
Understanding Anger is an illustration of how when we were born, we were given a place to store our Anger.

It also shows people that:

- Anger isn’t a bad thing, only energy.
- Everyone makes a Choice with what to do with their Anger, and it’s that Choice that ends up with a Positive or Negative outcome.
- If you ignore your Anger, and don’t release it in a safe way, it builds up.
- Ignoring your Anger can make it easier for you to later explode or spill old Anger on someone.
- That one small, minor thing, can cause a huge spill if there’s a lot of unresolved Anger in our Cauldron.
- We all have a “Responsibility” to take care of and keep track of the level of Anger in our Cauldron.

We also discuss safe ways of releasing and managing Anger so we aren’t as likely to dump it on someone.
Escalation of Anger

Personal Anger Triggers:

This is an illustration of how, if anger is ignored, it can build inside a person and lead to violence. “Body signs” are physical sensations the participants notice in their body when they first start getting mad.

Anger Escalation shows people that:

- At each point their body changes, and they notice their anger, they are faced with a “Choice Point”.
- People have early warning signs of possible violence.
- Violence is a poor choice with what to do with their anger.
- When someone is violent, they had early warning signs and could have chosen not to be.
- Violence is the product of many decisions, and ultimately a personal choice.
- They have a responsibility to make good choices when they are angry.
- The earlier they notice their anger and make a Positive Choice, the easier it will be.
When you act from a place you know is safe, you’ll think clearer and get better results!

The Conflict Map is an illustration of what conflict really is and what you can do about it. A conflict may be a full yelling argument with another person, a heated disagreement or a fight.

You’ll also notice how often you are at “Choice Points” during conflicts and how you can stay out of, problem solve or get out of a conflict.

The Conflict Map also shows:

- Conflict is often just made up of static. The static is what causes conversations that start off at topic “A” to end up at topic “Z”. These are those arguments you get in that have nothing to do with the original topic.

- “Static” and conflict are often times superfluous energy with no purpose. It can be unresolved anger or just done for the enjoyment of it. (“I love watching people argue!” or “I love a good argument!”)

- When you notice you are in a conflict, the first thing to do is to **Stop** your part. Next, **Think** about your safety and the other person’s – what’s your anger level? Once you’ve established safety, problem solve and **Act!**

- The most important and underlying foundation is safety.
What are Your Values?

Your Goals?

What Pulls You Off Course?

How Will You Stay On Track?

<table>
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<tr>
<th>TRUST</th>
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<tr>
<td>Motivate</td>
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<td>Inspire</td>
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<td>Lead by Example</td>
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<td>Empower</td>
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Compassion Based
DRAMA TRIANGLE

PERSECUTOR

RESCUER

VICTIM

ACCELERANTS OF ANGER

FEAR
RESENTMENTS

Resentments, Oh Resentments, how we deplore.
If it wasn’t for Resentments I’d be happy and peaceful for evermore.

INCIDENT

RESENTMENT CIRCLE

Make a Conscious Choice
Problem Solve (Sheet?)
Deal with issue / Get Support
Release the Energy
Communication Circle

Sender

Listen
Watch Your
Reactions
Triggers
Emotions in
check?
Goal?

Reevaluate
Re-send?
Auditory
Visual
Kinesthetic

Receiver

Did they understand?
Look for verbal cues
Body Language
Paraphrasing

Information

Did you mean?
So you mean?
Paraphrase
Ask Questions

Listener
Watch Your
Reactions
Triggers
Emotions in
check?

Goal?
Think of a person you’re having difficulty with. What might YOUR filters be that are distorting what’s really going on?

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

What might THEIR negative driver be?

1. ____________________________________________________________

2. ____________________________________________________________

3. ____________________________________________________________

How are you going to use this information to help your working relationship with them?

_________________________________________________________________________________

_________________________________________________________________________________

_________________________________________________________________________________
The Amazingly Easy – Obstacle Removal Tool!

What’s Happening

About Me

What I’ll Do

OBJECTIVELY LOOK AT:

About Location/ Person

What I’ll Do
Positive Change System

Date:

What’s not working?

Did I create it or have a part in it?
(Really look at this one. It may be subtle.)

What Ground Rule did I break in this?

What did I do to create or take part in it?

How was I was feeling before I created it -or made a choice.
(Was it MAD, FRUSTRATED, CRANKY GLAD, SCARED, WORRIED, SAD, something else?)

What I really wanted was:
(Something that is Healthy, Honest Kind and Respectful, and okay to have. Realize you can’t change others. It starts with you.)
Positive Change System

What will I choose now to not take part in creating this, or creating this directly? (Look at Honesty, Kindness and Respect. Did you React? Was it Anger? Were you believing a Negative Belief about yourself? Look at the Choice Point System. What Choice can YOU make that will change the outcome?)

Do I need support to make this new choice? To consistently make it? If so, what am I willing to do for myself? (You’ll notice this is about and for you.)

Do I need to do anything about the feeling? (Breakthrough, Self Communication Assessment, Anger Release, Talk with Someone, Other?)

Do I need to do something to get some of or all of what I want? (This is something that is HEALTHY to have. It also is okay to have, doesn’t harm you or anyone else. It’s not in anger, not demanding and is honest kind and respectful. Ideas like: Be more gentle with me / Create peaceful time for me / Create fun time for me.)
Self Communication Assessment

Use this in your mind when you find yourself overreacting to something someone has said or done.

1) I am Feeling ___________,

2) Because when he/she ________,
   (said/did)

3) I thought it meant that I am ________________,
   -Negative belief about yourself-
   (Bad, Not Loveable, Not Good Enough, etc.)

4) What is true is that I am ____________!
   -Opposite of negative belief

   (What you really want to hear and what's true!)
   -Repeat this often to yourself!

This tool works wonders when you notice you are taking something personally. It may be a friend that has said or done something, a co-worker or supervisor. This process will help you get out of the emotional reaction and think clearer.

Here’s an example. Say you were to meet someone at a certain time, and they forgot. You might feel mad and think that you are unimportant because they forgot to meet you. So you would put your feelings in the first line, that they didn’t show up in the second line, that you think you are “Unimportant” in the third line and the truth, that you are “Important” in the fourth line. Using this can help you to know to not take things so personally. It will also take a lot of the “charge” out of conflicts.
Paul Figueroa, the founder of Peace Enforcement LLC is an expert in violence prevention, conflict resolution, self esteem building and motivation.

A 12-year veteran of the King County Sheriff's Department, Paul spent much of his career working with street gangs. Drawing on this experience, Paul re-channeled his efforts, and for the last 13 years has been working to positively impact the lives of people, both young and old, before law enforcement sees them. In his trainings, programs, and keynote addresses, Paul provides kids, parents, educators, and child advocates the tools they need to ensure a safe healthy future.

Paul is an award winning professional speaker that specializes in helping kids, parents, adults, companies and organizations overcome challenges they are facing.

For Kids:
Helping them overcome the challenges they are facing in assemblies, workshops and events. Topics include Bullying Prevention, Understanding Anger, Conflict Resolution and Positive Choices.

For Parents:
Parent Support Workshops: Comprehensive, fun, life changing and making parenting easier.
Parent Presentations (PTA’s, etc.): Bullying Prevention, Self Esteem for Kids, Positive Choices and Structure is a Loving Thing.

For Companies and Organizations – For a more complete list on Staff and Organizational Development check [www.PaulFigueroa.com](http://www.PaulFigueroa.com). Also, if you don’t see a topic or challenge you’d like him to speak to, do call. He’s great at helping you, and your organization, get the changes you want.

Seven Steps to Phenomenal Management Skills: Easy ways to improve your management skills of others, supportive, life changing, profit increasing and fun.

Gossip Prevention (Featured on the Today Show): Easy tools to save you tons of money and increase productivity.

Compassionate Leadership Training: Improving morale, productivity and revenue in a positive way.
Compassionate Leadership CD: Available at [www.PaulFigueroa.com](http://www.PaulFigueroa.com) Many tips on how to create this positive and effective work environment.

Conflict Resolution – A Map to Solution: Positive way of solving conflict by staying present, not giving in to your emotions and staying safe.

Team Building and Communication Skills: Enhancing your workplace by increasing efficiency and create a positive work environment.

In recognition of his work with children and families in Washington State, Governor Gary Locke awarded Paul "The Governor's Child Abuse Prevention Award". His Peace Enforcement Self Esteem / Conflict Resolution Curriculum was nominated for KCTS' Golden Apple Award for its use in elementary school violence prevention programs. Paul has also been recognized by the Snohomish County Juvenile Court for his work with Juvenile Offenders, and he has been nominated for the United Way “Outstanding Mentor Award.” He has appeared frequently on Radio Disney to share his expertise, has presented to HR managers in Singapore, been interviewed on Take a Stand TV for his passion on bullying prevention and helping children and has appeared on the Today Show.