

CLASS 1 – LOOKING INWARD

The amygdala's job is to constantly look for threats. However, it cannot tell the difference between a physical threat and an emotional threat, nor can it tell the difference between real threats and perceived threats. The amygdala can easily assume embarrassment, public failure, or being ignored as threats, which are common risks to asserting your voice in new or important spaces.

What is the biggest fear you have related to advocating for an unpopular position to a large group of people your age? What about a group of powerful people much older than you?

Review your answers to the pre-course worksheet. On those occasions you wrote about in questions 3 and 4, do you think you were in your comfort, stretch, or panic zone(s)? Why?

What types of interactions, whether in person or through electronic devices, are most likely to cause you to experience an amygdala hijack?

Did you notice Dane didn't verbally mention *age* as a social identity group? How did this make you feel? Have you made any assumptions about why he didn't? If so, what have you assumed?

For the next six days, pay attention to your behavior while you are in groups (both peer and non-peer groups). **Each night, spend 10 minutes journaling** about observations you make. Do you tend to speak after particular people speak? Why? Do you tend to speak up when you agree with something already said? Or disagree? Why? What happens if you speak and people did not understand what you were trying to say, either because it did not come out right or they weren't fully listening? Did you spend time in your panic or comfort zones?

In the next week, speak to three people who know you well. Ask them what types of interactions are most likely to cause you an amygdala hijack. If it is uncomfortable for you to ask and listen to their answers, remember it is helping you grow and evolve. 😊 Journal what you learned.

Prior to taking Class 2, complete the *Social Group Identity Flower* activity. The activity sheet and instructions are on the *Class 1 Review & Worksheets* page.