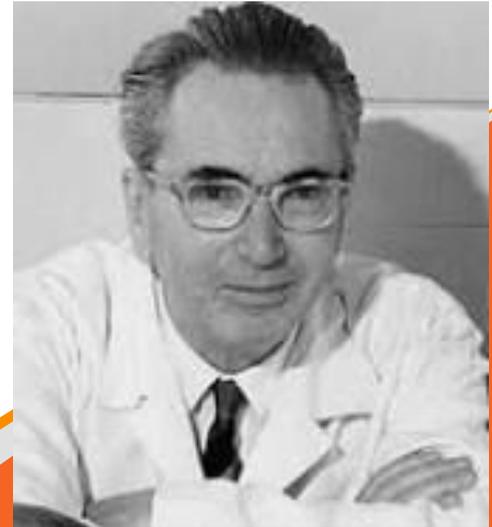


Think Good/Viktor Frankl Coaching Program

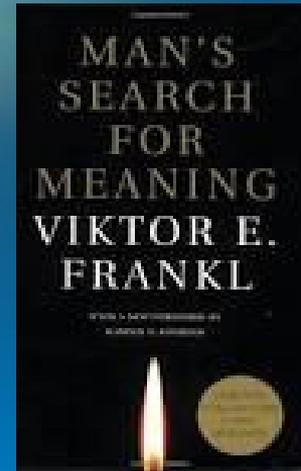
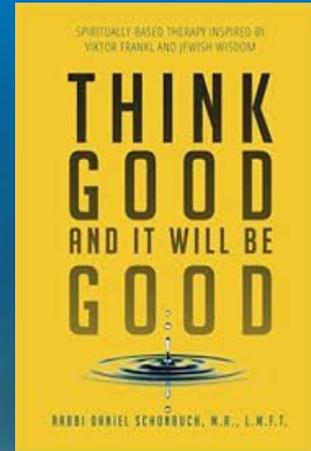
Week 6

With Rabbi Daniel
Schonbuch, LMFT



Week 6

- Torah Psychology
- Application
- Role Play



Spiritual Neurosis

- Not knowing what to live for
- Overwhelmed by technology
- Spiritual Crisis

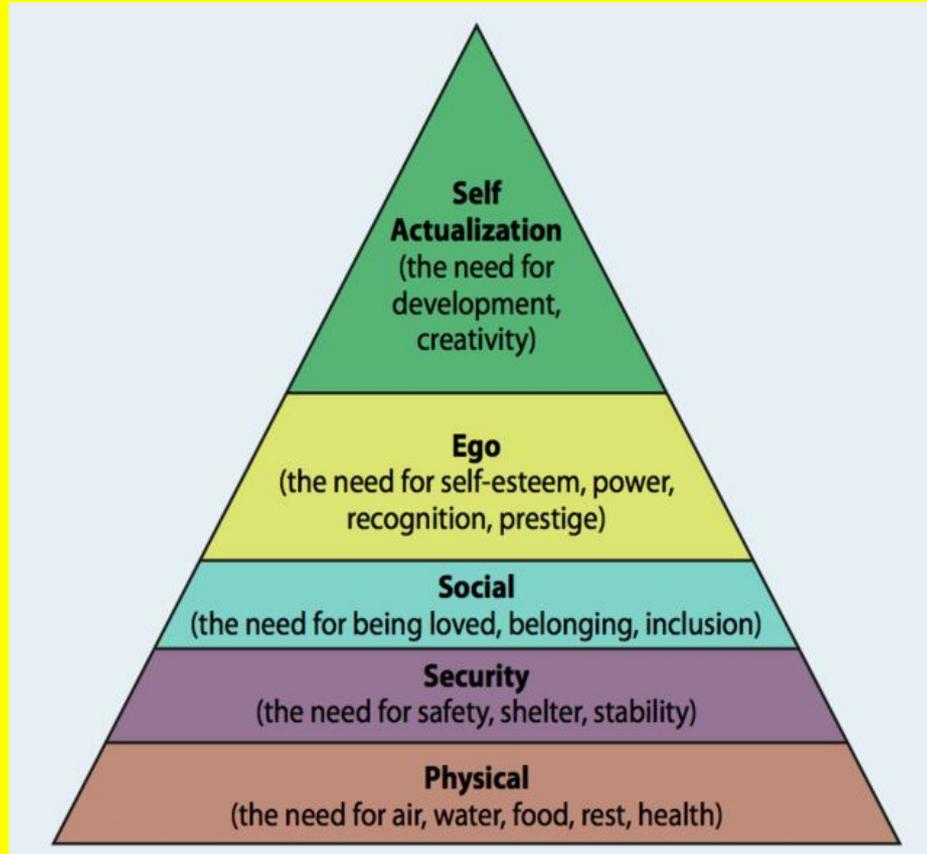


MASLOW VS. FRANKL



"Frankl insists that, in today's world, there is far too much emphasis on self reflection. Since Freud, we have been encouraged to look into ourselves, to dig out our deepest motivations. Frankl even refers to this tendency as our "collective obsessive neurosis." (1975, p. 95) Focusing on ourselves this way actually serves to turn us away from meaning!"

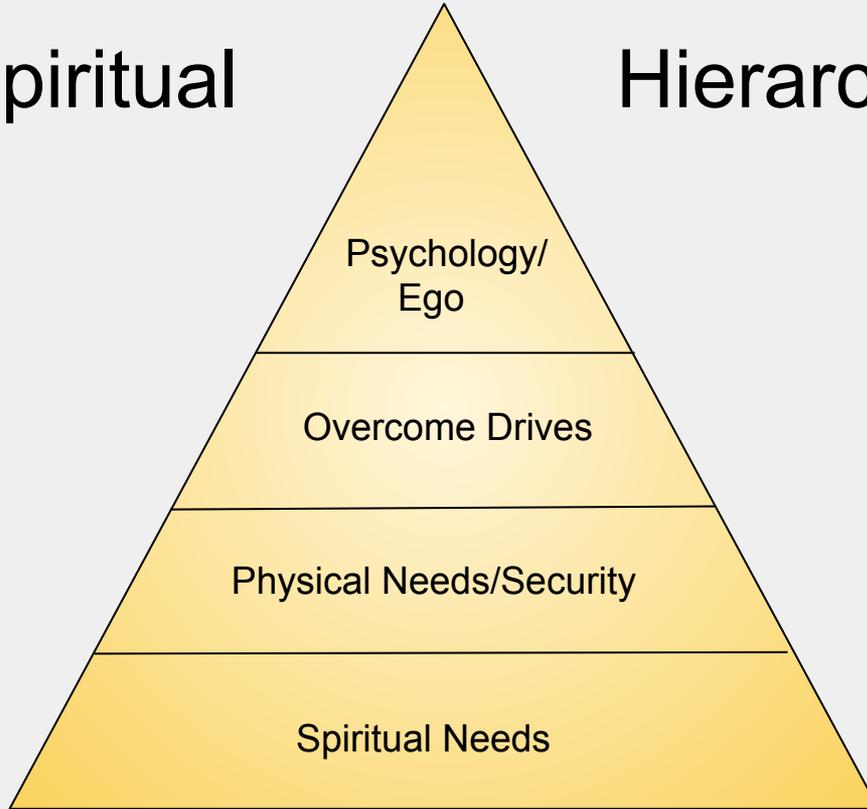
Maslow



—

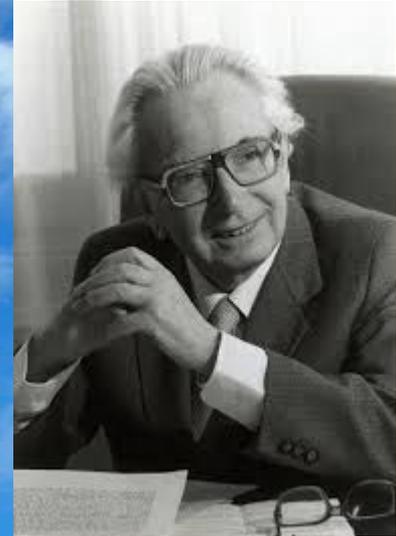
Spiritual

Hierarchy



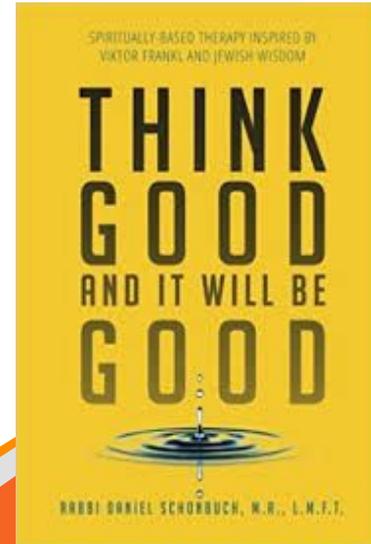
The Unconscious G-d

- The term "the unconscious God" refers to a "hidden relationship with the hidden God".
- Advocated clients to get in touch with their "Noetic" (or spiritual) unconscious.

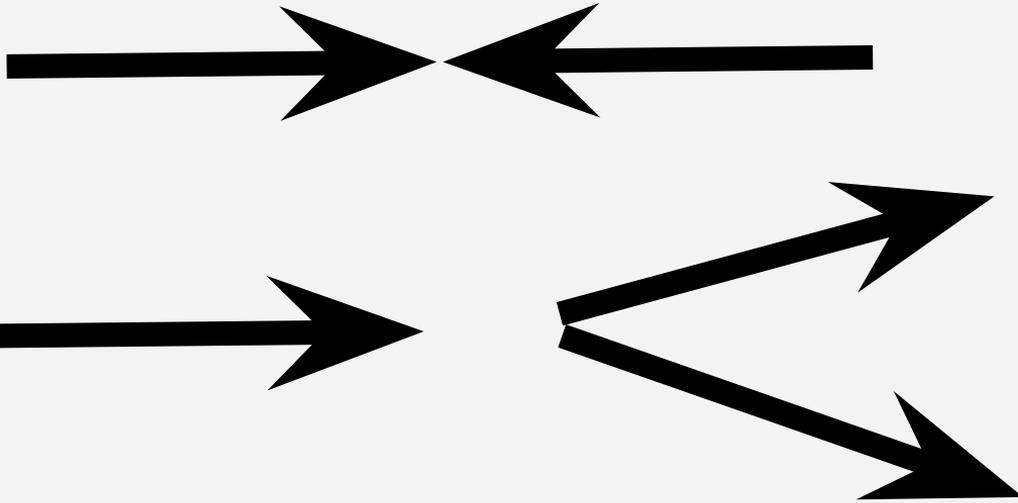


Torah-based Coaching

1. Create Space
2. Go Above
3. Think Good
4. Design Your Future
5. Do Good
6. Be Connected



1. Creating Space: Between Stimulus and Response



Imagination



Free Will
Bechira

Vision
Tachlis

Conscience
Tov V'Ra

- **“Moach shalit al halev,” or “The mind rules over the heart” (Chapter 16, Tanya).**
- **The Modzitzer Rebbe sang during surgery.**
- **Napoleon himself placed his hands upon Rabbi Meisels’ chest to see which side he was on.**

Success in Time

Being fully immersed in the here and now by focusing sharply on the task at hand to the exclusion of other concerns.

The Rashba, answered complex questions in Jewish law – yet still managed to take a leisurely stroll every day.



Rabbi Yoseph Yitzchak
Schneersohn, Z"l

The past is only memories; the future
is but illusory hopes;
focus on the present;

**For that is where your life really is;
and it consists only of tests.**

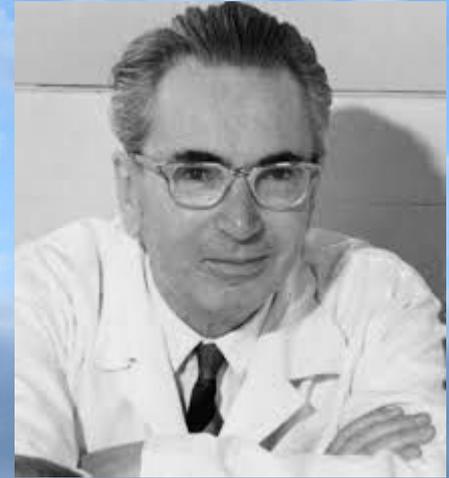


Rabbi Eliyahu Dessler, Z'l

“It did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life—daily and hourly.

Our answer must consist, not in talk and meditation, but in right action and in right conduct. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual.”

— Viktor E. Frankl, Man's Search for Meaning



Hitbonenut

- **Practicing Hitbonenut creates a “space” or “distance” from anxiety, since it is only possible to concentrate on one thing at a time.**
- **At the moment of contemplation, you are no longer overwhelmed by your thoughts, as you become absorbed by something beyond yourself.**

Metacognition

A deeper level of thinking that includes your ability to think about your thinking; how you understand, adapt, change, control, and use your thought processes.”

Describe your thoughts:

-“I’m thinking thoughts about how things don’t turn out right”

-“I see how those thoughts are affecting my emotions and causing me unwanted anxiety.”

-“I’m thinking a critical thought about myself”



Go Above: Different Pathways

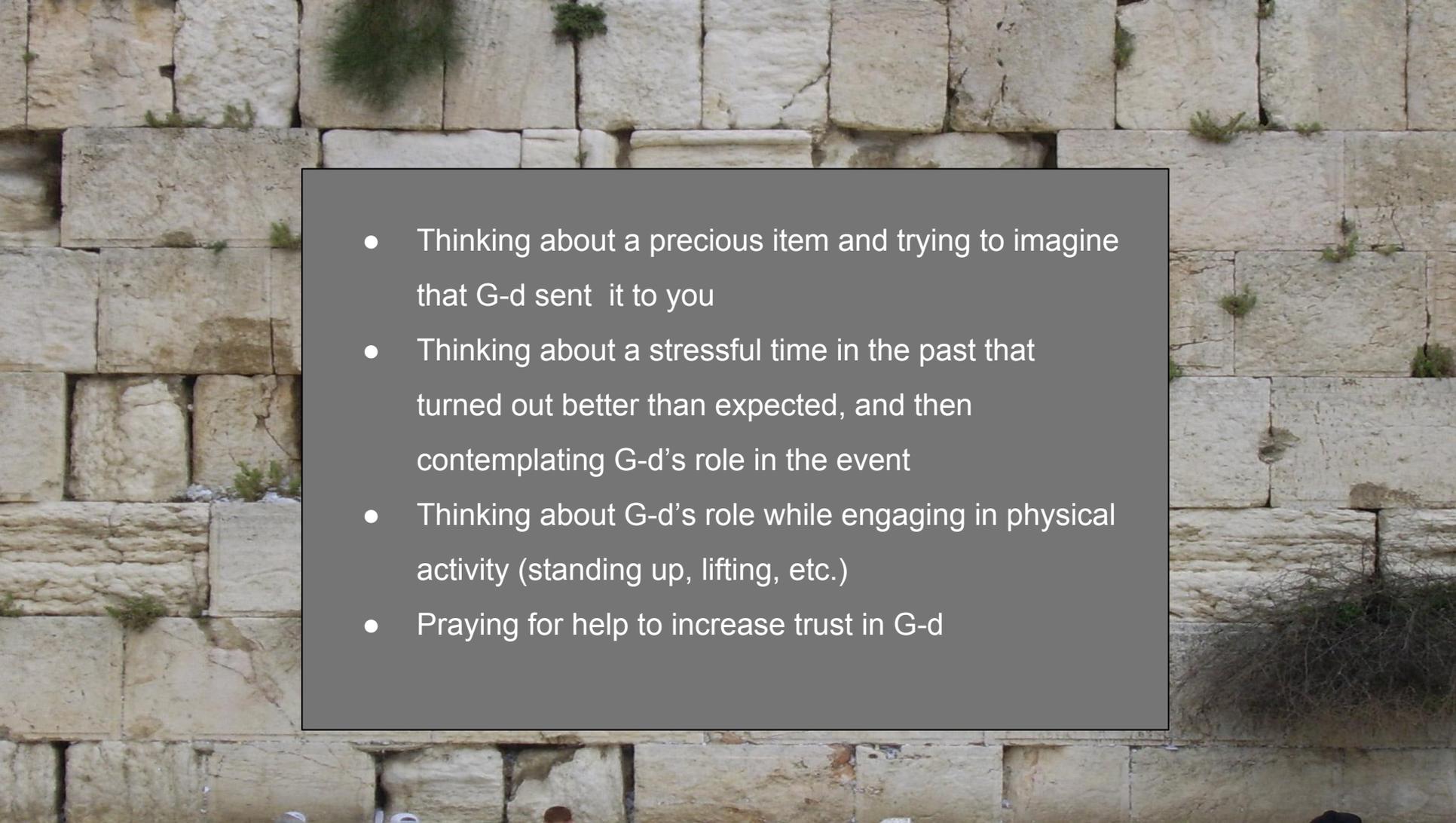
- **Strengthen Emunah Daily**
- **Kabbalah (Everything is G-dly)**
- **Hashkafa / Mussar**

Emunah: Spiritually Integrated Therapy (SIT)

- **Introduction about the purpose of the program (to increase trust in G-d)**
- **Inspiring anecdotes about belief**
- **Reading four passages from Torah sources about belief**
- **Picturing a person you trust and imagining that he/she was sent by G-d to help you**



Dr. David Rosmarin,
Harvard

- 
- The background of the slide is a photograph of a weathered stone wall, likely made of limestone or a similar light-colored stone. The wall is composed of large, rectangular blocks with visible mortar joints. Some small green plants are growing in the crevices between the stones. In the center of the image, there is a dark gray rectangular box with a thin white border. Inside this box, there is a bulleted list of five items, each starting with a white circular bullet point. The text is white and centered within the box.
- Thinking about a precious item and trying to imagine that G-d sent it to you
 - Thinking about a stressful time in the past that turned out better than expected, and then contemplating G-d's role in the event
 - Thinking about G-d's role while engaging in physical activity (standing up, lifting, etc.)
 - Praying for help to increase trust in G-d

Results

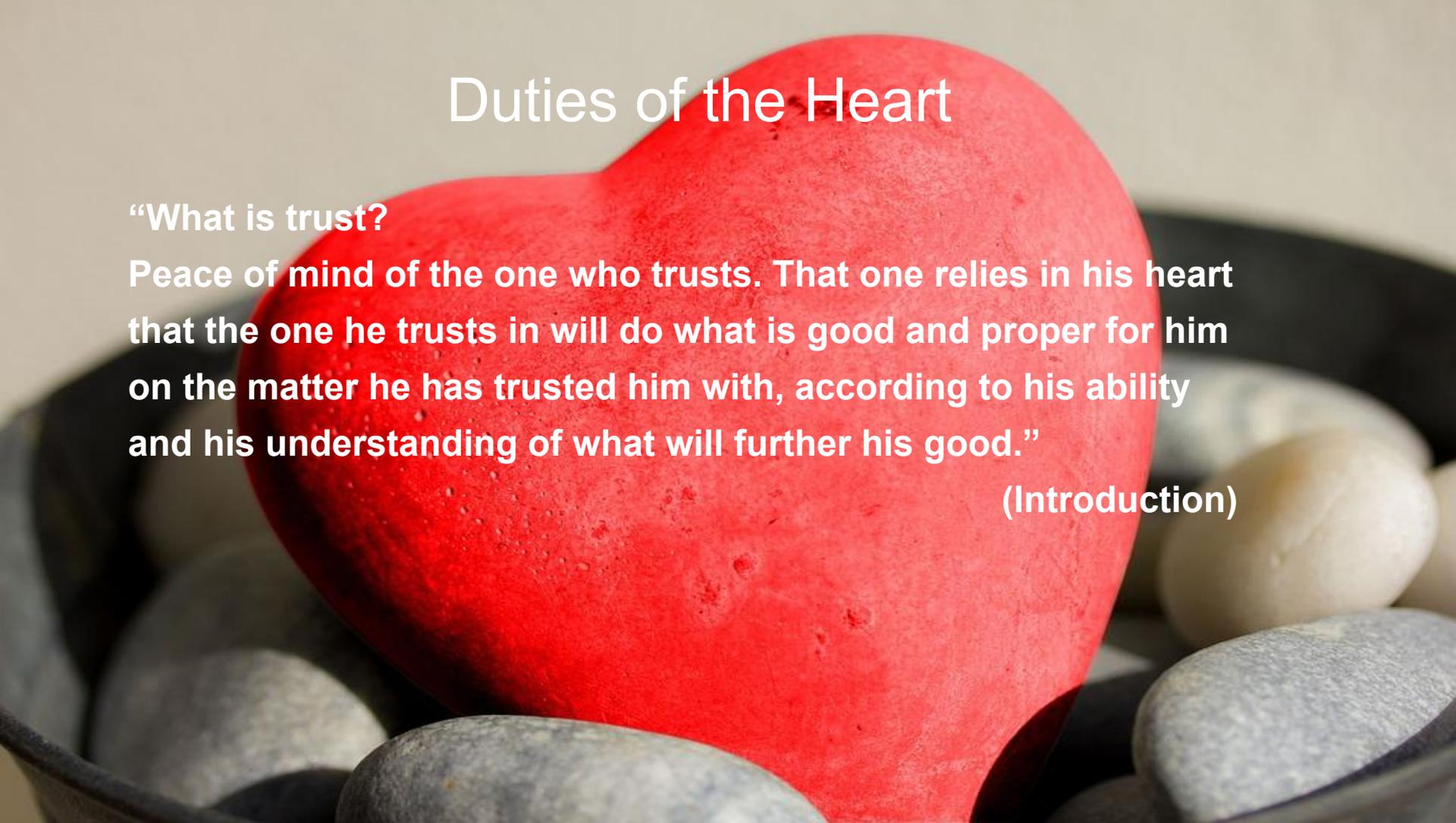
- SIT participants showed significantly reduced levels of stress, worry, and symptoms of depression from following the prescribed regimen.
- They also reported “greater belief in treatment credibility, greater expectancies from treatment and greater treatment satisfaction than PMR participants.”



Duties of the Heart

- Introduction - Benefits of trust
- Chapter 1 - What is trust
- Chapter 2 - The criteria for trusting someone
- Chapter 3 - The prerequisites to trusting in G-d
- Chapter 4 - When trust applies and when it does not
- Chapter 5 - The difference between one who trusts in G-d in earning a livelihood and one who does not.
- Chapter 6 - Obligation to refute those who promote delaying the service of G-d until reaching sufficient material prosperity.
- Chapter 7 - Things that damage one's trust in G-d, and a summary of the matter of trust.

Duties of the Heart



“What is trust?

Peace of mind of the one who trusts. That one relies in his heart that the one he trusts in will do what is good and proper for him on the matter he has trusted him with, according to his ability and his understanding of what will further his good.”

(Introduction)

MBSM

- Mindful-Based Stress Management is a spiritually-based program aimed at reducing stress and worry.
- Developed by Rabbi Adam Stein, a clinical instructor at the Stony Brook University School of Medicine
- 8 workshops (15 minutes per day) based on guided meditations that teach participants ways of “Living in the Moment’ devoid of stress, worry and anxiety.”
- Based on the concept that G-d recreates the world continuously, every single moment.



Rabbi Adam Stein

Kabbalah: Tzimtzum

- The concept of *tzimtzum*, the contraction and “removal” of God’s infinite light in order to allow for Creation of independent realities, is elucidated in the teachings of the *Arizal*.
- From the perspective of God as it were, His omnipresence (and that of His infinite light) is constant, undergoing no change from before to after Creation.
- From our perspective, however, His light seems to disappear.



Divine Providence

One day the Baal Shem tov was walking through the forest with his students, he pointed out a leaf that had just blown off of a tree floating down to rest on the sun-parched dirt road.

Rabbi Yisrael told his students that this leaf falling off the tree at this particular time and landing in this specific place was orchestrated by God.

Divine providence governs every minute creation, a fallen leaf that has been tossed over and over by the wind.

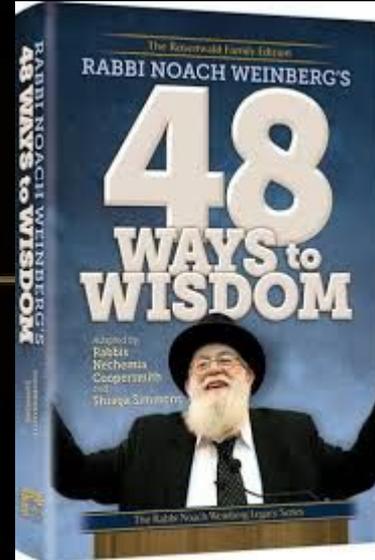
Each blade of grass is created uniquely with a godly energy, each leaf on each tree has a purpose to being created.



Rabbi Noach Weinberg, Z"l

“If you don't know what you're willing to die for, then you don't know what you're living for.”

Rabbi Noah Weinberg, founder of Aish HaTorah



48 Ways of Wisdom

Way #1 Be Aware of Every Moment

Way #2 Listen Effectively

Way #3 Say It Out Loud

Way #4 Introduce Yourself to Yourself

Way #5 The Power of Awe

Way #6 Mastering Fear

Way #7 The True Charisma

Way #8 Constant Joy

Way #9 Total Concentration

Way #10 Honor The Wise Person

Way #11 Work It Through With Friends

Way #12 Growth Through Teaching

Way #13 Think About It

Way #14 Written Instructions For Living

Way #15 Oral Instructions For Living

Way #16 Apply Business Acumen To Living

Way #17 - Marriage Power

Way #18 The Use of Physical Pleasure

Way #19 Wake Up and Live

Way #20 The Art of Conversation

Way #21 Laughter Is Serious Business

Way #22 Conquer Frustration

Way #23 The Good Heart

Way #24 Search For Wisdom

Way #25 No Pain No Gain

Way #26 Know Your Place

Way #27 Happiness

Way #28 Protect What Is Precious

Way #29 Subtle Traps Of Arrogance

Way #30 Be Loved By Others

Way #31 Seek The Ultimate Pleasure

Way #32 Love Humanity

Way #33 Fulfill Your Obligations

Way #34 Use Your Inner Guide

Way #35 Love Criticism

Way #36 Handling Social Pressure

Way #37 Never Be Bored

Way #38 Responsible Decisions

Way #39 Share The Burden

Way #40 Make Others Meritorious

Way #41 Getting Into Reality

Way #42 Peace of Mind

Way #43 Fascination With Living

Way #44 Analyze the Issues

Way #45 Expand Your Ideas

Way #46 Learn In Order To Teach

Way #47 Learn In Order To Do

Way #48 Educate the Educators

Way #49 Organize Your Mind

Way #50 Rewards of Gratitude

DAILY FOCUS ON VALUES

- Emes
- Chesed
- Rachamim
- Tzedakah
- Emunah
- Talmud Torah
- Tefillah
- Kedusha
- Shalom
- Anava
- Hakarat Hatov
- Chochma
- Tzedek
- Forgiveness

See Handout

The Self

Beyond Self

Success in Time

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Torah

The Soul

G-d

Self

G-d



1. Nefesh: The physical body
2. Ruach: Emotions
3. Neshamah: Thoughts
4. Chaya: Unconscious divine life force
5. Yechida: Unconscious total communion with G-d

1 - Self



5 - Beyond Self

Torah Meditations

- Read Pesukim/Prayers Slowly
- Choose a Torah mantra and repeat it daily for 5 minutes.
- See Handout



Practice Time

IF YOU'RE
HAPPY
AND YOU
KNOW IT
LAPY
YOU
RIHANDS



Active Listening/ Intake
10 Minutes each person