

You Are Not A Frog

Workbook, CPD & Reflection Log



Episode 88: How to Ditch the Saviour Complex and Feel More Alive with Rob Bell

In this episode, Rob Bell, a New York Times Bestselling author, joins us on You Are Not A Frog to share excellent advice and ask some big questions. Rob is also the host of the podcast RobCast and was named one of Time Magazine's Most Influential People in the World in 2011.

Rob talks about the realisation which may come in the face of difficulties and how this may cultivate the energy to change or break away from a toxic environment. From the individual to society, he discusses the importance of taking care of yourself to help others and feel good doing it.

Podcast links

- Check out the [Permission to Thrive CPD membership](#) for doctors!
- [THRIVE Weekly Planner](#)
- Join the [Shapes Collective Facebook group](#).
- Rob's [website](#) and podcast, [The RobCast](#)
- RobCast Episodes mentioned
 - [Ep 276: Apocalyptic Hope](#)
 - [Ep 303: South Star](#)
- Rob's books:
 - [Everything is Spiritual](#)
 - [How to Be Here](#)
- Films by Rob Bell:
 - [An Introduction to Joy](#)
 - [Everything is Spiritual](#)
- [Sign up here](#) for more FREE resources.
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- More about [Daniel Siegel](#)

QUOTE TO REMEMBER:

"We have to make peace with our limits. If we're going to live in a sustainable way, you have to move from the tyranny of this present moment to how do we build new systems and how do we live in ways that are actually good for us and each other."

What You Will Learn from the Activity

www.shapestoolkit.com

There is a lot of truth that goes unsaid in our lives and the systems we work in. Part of that truth is the problems, cracks, and breaks that we need to address collectively.

This workbook helps you to apply what you have learned from listening to Rob's advice. The activities prompt you to be open to the changes that need to happen and reflect on Rob's insightful questions to find the answer.

We've had many realisations about ourselves and our systems from our experiences in the past and the pandemic. Through the workbook, we can learn from them and realise when we need a break, an exit, or the help of others to face these difficulties.

Right now, when the challenges feel never ending, is a good time to make the changes we really need.

Activity: What You Can Learn From the 'Apocalypse'

This episode kickstarted with a discussion on facing the COVID-19 pandemic, which felt like the apocalypse to us. Rob shares that the word apocalypse did not always mean the end of the world but originally meant 'disclosure or revealing'.

These realisations are often daunting. At times we need to acknowledge and accept the existence of a problem or its root cause before we can start addressing them.

Rob talks about two columns - one is the things that are said, the second is the things that remain unsaid - often it's the things in the second column which are running the show.

Fill in the table below for a challenging environment at work or at home. What are the truths that can be discussed, and what the things are unsaid but are running the show?

Things Which Are Said	Things Which Are Unsaid

Look at the table and try to see it with second naivete. Where these problems exist, there are also reasons why they are ignored and ways to find solutions.

What transformative steps can you take to address these unsaid issues? Write down a list of things you can do below.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Making change takes a lot of time and effort, and you cannot do it all by yourself. Rob tells you to recognise your limits.

Make a list of the responsibilities you currently have right now and make a list of what your limits are (or should be).

My Responsibilities	My Limits

How can you honour your limits and / or cut back on your responsibilities to recharge yourself?

Part of acknowledging your limits and fulfilling responsibilities is taking care of yourself.

List the self-care activities that you practice or want to practice and put a tick in the column when you've done one.

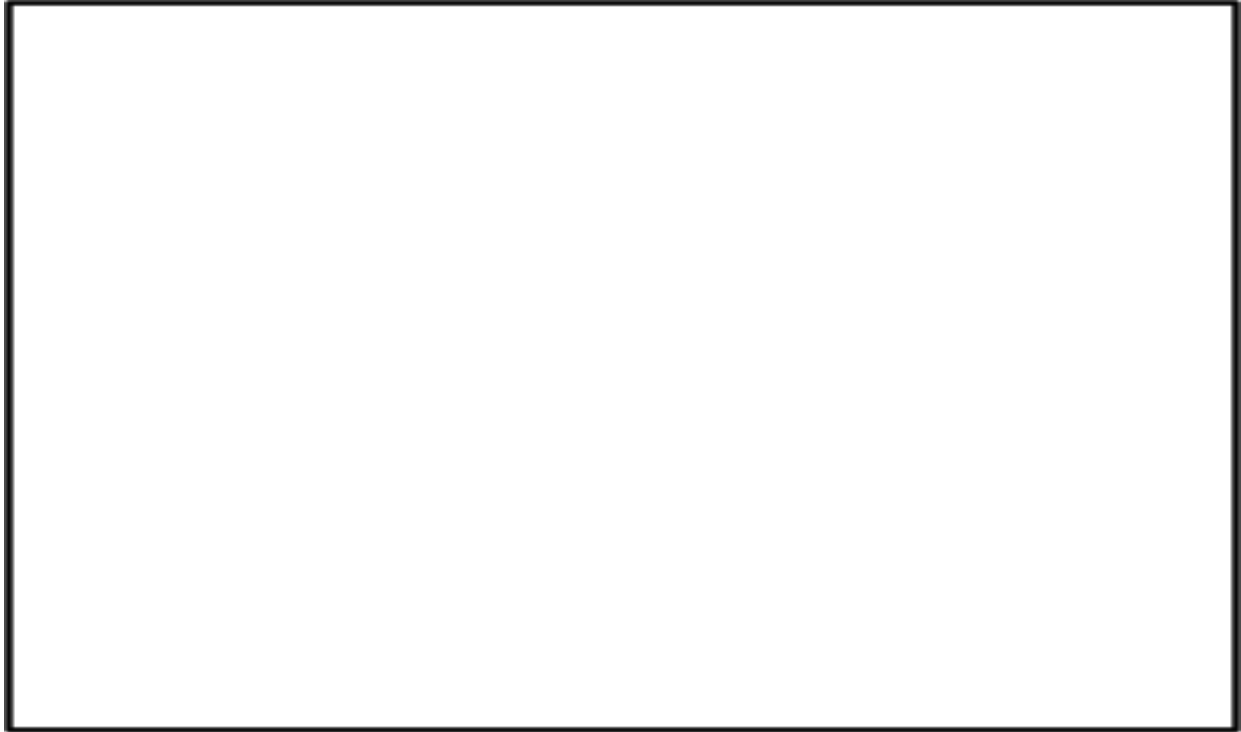
Self Care Activities	Done!

To live a sustainable life, you need to know if it's best to stay on board or it's time to jump ship. Use these questions to reflect and find your answers when you feel like you might need to get out of your current system.

How long does it take for you to recover from the toxicity or the frustrations at work through daily de-stressing activities?

How much energy do you spend worrying or moaning about these frustrations?

What are your North stars (your inspirations) and South stars (your frustrations, dislikes)? Write them down in the space below and ask yourself how you can be guided by both.

A large, empty rectangular box with a black border, intended for the user to write their North stars and South stars.

CPD time claimed:

For more episodes of You are not a frog, check out our website www.youarenotafrog.co.uk follow Rachel on Twitter @DrRachelMorris and find out more about her online and face to face courses on surviving and thriving at work at www.shapestoolkit.com