

2023 Transcript Mary

Interviewer 1:

So, just so we have it on the record, this is going to be transcribed and recorded. So, is that OK with you?

Mary:

Yes.

Interviewer 1:

OK. Alrighty, well, so you would be the class of 2026, correct? So, if through your first year?

Mary:

Correct.

Interviewer 1:

Wow. How does that feel?

Mary:

It's good. It's fun, yeah.

Interviewer 1:

That's good. Yeah. So, when you say fun, what do you mean by that?

Mary:

Um, it's just different from the first year. We have a little bit more free time. It's a little bit more control of our afternoons and evenings, which is nice, and it's just cool that having had first year behind us. I feel like we, we know some things and so it's cool and fun to be using all the hard work of last year to apply to kind of more clinical stuff this year. So that's been fun.

Interviewer 1:

So you kind of have an idea of what is expected.

Mary:

Yeah.

Interviewer 1:

Pretty much. Awesome. So, you're able to have more fun because you have an idea of what's expected. That's kind of neat.

Mary:

Yeah.

Interviewer 1:

So, what made you interested in participating in this study?

Mary:

I had a friend in my year who's...who knew [LUCOM Student]. One of the, now third-years who was running this research project.

Interviewer 1:

OK.

Mary:

And so she knew her and had heard about it and was telling me about the...just very vaguely telling me about it,

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and was like, oh, I'm not able to do it. But like, if you're interested, you should. Um, and so yeah, she just kind of like suggested it and, I mean, I like working with horses, so I was like, interested. I was... Yeah, I was just interested by the concept of the research project, and how they were gonna kind of tie together the leadership training with horses. So, I was like, oh, that's very different. So, it seemed like an interesting thing to be a part of.

Interviewer 1:

OK, so you've had experience with horses?

how will this influence?

Mary:

Very mildly and recreationally nothing very official, just kind of road here and there throughout my childhood and like, took a couple classes at the undergrad university here, so.

Interviewer 1:

OK, OK. Did you have any experience with Heartmath at all?

Mary:

Um, no.

Interviewer 1:

Yeah. So was there anything else like that... So for you, what interested you was that there were horses involved and it was suggested by a friend?

Mary:

Mm-hmm.

Interviewer 1:

And you said you were interested in it as well because of the leadership aspect.

Mary:

Yeah.

Interviewer 1:

And can you tell me more about that part?

Mary:

Um, I guess... I've been in a few leadership positions before and it's not always the most comfortable... kind of situation for me. Like, I do enjoy it in some capacity, but it's also something that I struggle with a little bit. So, I think I was... just kind of thought of it as like, well, there can't be any harm in seeing kind of what this training is like, and kind of had an open mind about the research project kind of being able to teach me areas that I might like, be weak in, and improve in those areas.

growth

learning

Interviewer 1:

Were there any ideas or did you have any ideas of areas where you felt like you struggled? As far as in leadership?

Mary:

struggle/challenge

Um... I'm I think like confrontation probably.

Interviewer 1:

OK, OK.

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Mary:

Yeah.

Interviewer 1:

So, kind of like setting a boundary.

Mary:

Challenge

Yeah, like setting boundaries, but more so I think kind of enforcing that over time and figuring out how the balance between like maintaining expectations and boundaries without being dictatorial.

Interviewer 1:

avoid?

OK.

Mary:

Um and overbearing. avoid?

Interviewer 1:

So kind of how to... Basically how to keep those expectations up because once they're set, you kind of were struggling with like, alright, well, how do I tell a teammate or, you know, someone I'm leading, like you've gotta kind of step it up a little bit.

Mary:

Yeah. Or even just like kind of knowing where is a good place to even put that boundary and like what maybe is, like too high. That then leads me to have like, you know, over expectations for maybe what people underneath me are capable of, or like can do reasonably. Versus you know what's too low and like settling for something that's less than the potential of the group.

avoid

avoid

Interviewer 1:

Yeah, that's a balancing act. Do you feel like this program helped with any of those struggles?

Mary:

Um, I think it's in a little bit. More so on the front of like, talking about confrontation. And like I felt that it was... I think when I was going through it, it felt more like kind of personal. Like learning like how... what are like my own personal like, boundaries, and like, the way that I relate to like more and more personal relationships. But I think that you know, those kind of lessons that I learned in that, I can definitely see how I can apply that to more what I would consider like leadership positions, roles that are more you know like official within school organizations or like workplace organizations and that sort of thing.

Interviewer 1:

OK, so the program for you, it was focused a lot on the personal.

Mary:

Mm-hmm.

Interviewer 1:

So did you see any changes in how you were able to implement boundaries, confrontation, or really anything else in those personal relationships?

Mary:

Um... I think that maybe I kind of just developed new... um, ways of thinking about boundaries. Cause it's something that I've like talked about before, and like you know, read books on and stuff like that. So, it's not

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like a new concept really for me to like, talk about like the importance of healthy boundaries. But I think the leadership training kind of talking about like more like physical space and just kind of like the persona of you, and like how you carry yourself in certain situations, and how that can have an effect on like your own confidence level, which then affects how much you enforce boundaries, you know. So, that's why I say it felt more like working on personal qualities, but then that can bleed over into other things. So, I don't know if that was like, specific enough, but yeah...

Interviewer 1:

Yeah, well, I heard that, you know, one of the things I heard you saying was it gave you new ways of thinking, and that it increased your confidence.

Mary:

Yes, or... Yes, I wouldn't say that like my confidence is like, all of a sudden, like super high. But I think it did give me new ways of thinking, to where, like when I have certain moments where like maybe I'm not feeling as confident or I'm feeling frustrated about something. It's almost like I have kind of more tools now to like, turn to, to kind of like, think through that... and like work through that and like regulate that then I maybe had before.

Interviewer 1:

Well, that's interesting. That's really neat. It sounds like it was a powerful experience for you.

Mary:

Yeah.

Interviewer 1:

Yeah. What were some of the old ways of thinking?

Mary:

Um... Let's see... Well, we did this one exercise where we specifically kind of talked about... I don't know, am I allowed to, like, mention specific things that we did?

Interviewer 1:

Yeah, yeah, absolutely.

Mary:

OK, we did this one exercise where we talked about like what are the like, contracts, like subconscious contracts that you've made with yourself. I think that was really powerful doing that exercise, kind of like acknowledging what are like the rules that I've set for myself, like subconsciously that I always felt.

Interviewer 1:

OK.

Mary:

And for me it's it was... I guess to give an example, like I had like a subconscious contract of like I need to like, hold myself to a certain level. And if I don't perform up to that level, or if I'm struggling, or if I don't know what to do, like that's not acceptable and I need to, like reprimand myself for that. And so that was kind of like a subconscious contract that I realized I had that was kind of influencing, I guess, like my confidence levels and my ability to lead... is that whenever I would struggle with something I'd be like, oh, you're not allowed to struggle with this. Like you need to just figure it out and you need to just like have it together. And so that was kind of a way of thinking that I was able to identify through one of the exercises that we did. And then, you

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know, where we kind of like burned those contracts and talked about like, OK, now that you've acknowledged this, like you can think back to this moment when you burned this contract and remind yourself that, like, you don't, you're not bound by that anymore and you don't have to do that.

Interviewer 1:

Right.

Mary:

So it's not necessarily that you know that immediately changes that and that you no longer think like that, but it's just more of an awareness of a subconscious way of thinking that can then help me like work on that when I notice it come back.

Interviewer 1:

Right. Have you found it... So, it kind of was like a mentality of I've got to push through this.

Mary:

Mm-hmm.

Interviewer 1:

So, you know something I noticed that was interesting is you had talked about leadership, and like struggling with enforcing, like expectations, and not really knowing when that was too like tyrannical or dictatorial or whatever.

Mary:

Mm-hmm... Mm-hmm...

Interviewer 1:

It sounds like one of your contracts, was kind of doing that to yourself.

Mary:

Yeah, for sure. Yeah.

Interviewer 1:

Yeah. So, when you talk about that was there, do you have any examples of like how that impacted you or maybe like since doing this program, maybe you've caught yourself imposing that upon yourself, and then you've said, OK, no, I'm aware of that now, so I'm not gonna impose that.

Mary:

Yeah, I think just like there's a lot of, like, little day-to-day things as a medical student that build up. Um, and a lot of expectations that we put on ourselves and that other people then put on us.

And sometimes that can be a lot to carry throughout the day. So, whether it's just like a day where I am like really behind, or like I feel really behind like on lectures, and I have emails that also need to be sent out, and I haven't exercised, and like stuff like that. And I just like, feel really bogged down and like, I'm behind on everything. Um, in those moments I'm a little more able to be self-compassionate I think now. And instead of saying like, dang it, Mary, like, why are you behind? Why haven't you done this? Why haven't you exercised? And just kind of like, um, talking down to myself that way, I can more times now than I used to be able to, I can kind of take a moment to say, OK, I'm feeling really behind, but like, let me just, like, encourage myself instead of, you know, be mad that I'm behind. And say, OK, well, what can we get done today, and like, hey, look at all the other stuff you've already done today. Like good for you for like going to class, and like trying to stay

or knowledge

about?
critical
of self

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focused, and like doing XY and Z, and like let's just like get whatever else done we can today and be more encouraging with myself.

Interviewer 1:

So that internal dialogue has changed quite a bit.

Mary:

I think I'm working on it.

Interviewer 1:

OK.

Mary:

It's a slow, slow work in progress.

Interviewer 1:

Yes.

Mary:

Yeah.

Interviewer 1:

Well, if you thought one way, your whole life, of course, you know... Where do you think some of those ideas came from? From that internal dialogue.

Mary:

Um, that's a good question... I mean, I think it partially just kind of has to do with some of the stuff I mentioned. Just like how there's a lot of expectations put on medical students. There's just like so much that we have to get done. And we're all, I think a lot of personality types come into that. Where many people that are drawn to this profession, um, have that kind of drive to, like, work really hard, and do really well. You know, I definitely do. Um, I mean, I think that maybe some of it comes from like my upbringing of just like parents that like really pushed me to like do my best at things, and like work really hard, and worked really hard themselves. And seeing that example, I think I just developed a very like, high sense of like, what it meant to like, be disciplined and work hard. And kind of that led me to just like, have very high expectations for myself. And also, just like, a lot of people talk about, like how significant of a calling it is to be a physician. Not like even just within the Christian community, and at LUCOM. It's not just like, oh like, you know, societal, or like an economical status thing. Like, people talk about what a privilege it is to be here, and how like we can use this to serve other people. Which is awesome and great, but it also like sets that standard very high of like, I need to be my utmost best, because I'm gonna be serving people, and I need to give them the best of me that I possibly can. And so even if it's for a good cause, it can still kind of put that external pressure to be perfect all the time.

Interviewer 1:

Yeah, that word perfect. It's it sounds like this program has given you a new pathway to... a new way to think about discipline. Or like a new, almost like a different type of fuel in your tank to drive you to be disciplined, if that makes sense.

Mary:

Yeah, yeah, I'd say so.

Interviewer 1:

Yeah. Well, and so how do you feel... Like, what do you feel like this experience... How do you feel like this experience will help you in medical school and like in your practice? I know you've talked a little bit about that.

Mary:

Yeah. Um...

I think that it's given me a couple of different tools for kind of recharging. Which is important. Just like some of like, the power pose stuff we learned, and just like breathing techniques, like meditation-type techniques. that are just like physical ways, you can help your body relax and high-stress scenarios. I think that's helpful and can be used as a student, but also as a physician in practice. Um, I think just a lot of the discussions on like mission, goals, values, are really good because when you have like that central compass, you understand like kind of what drives and motivates you when you're really tired or you're trying to make decisions. That can be a nice goal post. So, like working on that was really helpful. Um... And then I think also just like talking through... I think I just learned a lot more about how I think. Like metacognition stuff. Just like learned how to think about my thinking. Um, and in that like recognized, maybe like some negative patterns that I have, kind of like I mentioned, that can like drain me, and keep me from being successful, or keep me from like supporting myself in becoming successful.

And so I think those are all things that I can use like as a student and as a physician.

Interviewer 1:

So, you're able to support yourself a little better now.

Mary:

Yeah.

Interviewer 1:

Nice. Do you feel that... Or I guess I could ask, what do you think was your most valuable takeaway?

Mary:

Hm... That's a tough question to answer, my most valuable takeaway... Like sort of in terms of a like, lesson learned, or something like that?

Interviewer 1:

Whatever you want. Whatever was valuable to you.

Mary:

Ah... Hm... I think that... Working like, with the horses just taught me... I think I thought that I was very aware of my emotional state of being before I started this. And it's one thing to kind of like talk about like, have the one-hour portion where we just like talk about different stuff, but that one hour where we would actually go out and try to like apply things. And I was constantly so surprised by how sensitive like, the horses were to our emotional state. And that was just very, I think eye-opening to me. And kind of opened a new level of awareness of my own emotional state, which was, um, I think really helpful. Because like I said, I think before I was like oh yeah, I'm very cognizant of like how I'm doing, and what I'm feeling, and like oh, I can totally regulate myself really well, and like be calm and collected and stuff. But then, like the horses could pick up on all the internal turmoil that I wasn't necessarily expressing, but that was like still there.

And so I think that was really helpful for me just to be able to see like, oh wow, I do still have this layer underneath that's still not very... I can't remember what the word was that they like to use, but just like... What's the word she used... I don't know... Like calm, and like collected, or just like at ease.

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Interviewer 1:

Was it coherence?

Mary:

Yes! Thank you. I was struggling to think of it.

Interviewer 1:

Head in heart coherence. Is that what they used?

Mary:

Yeah, yeah, I guess. Or just, yeah... She, like the instructor would just talk a lot about, like a state of coherence. And if you're in a state of like coherence, then the horse will follow you because you're steady and calm, and they will trust you to be able to make decisions and stuff. So, yeah, I guess that was kind of my biggest takeaway is just like learning that I have that extra layer underneath that I can continue to keep working on. *

Interviewer 1:

Do you... Do you know now when you're in coherence?

Mary:

Um... I think a little bit more than I did before. Yeah,
Or I think I think I can more readily identify times when I'm not.

Interviewer 1:

OK, so you're able to identify...

Mary:

Where maybe previously I would have thought I was... but I really wasn't.

Interviewer 1:

So what's... What's an example of that? Like, a time where you've been like oh, I'm not... Like, you know, you might have in the past thought you were in coherence, but now kind of realizing...

Mary:

Um... I don't know if I've had an example since like this one exercise, but like one of the weeks we were talking about like a difficult... or a situation that I was like apprehensive about... or that I like, would have to take some action steps to make happen. And in my brain, I was like, oh this is a very simple thing. It's like, not really a big deal. Like sure, I guess we can use it as an example, but I don't know if it'll really show much because, like it doesn't really stress me out that much. And then when we got into the round pen, and we were like walking through different stations that had to do with like action steps to make that goal happen, like there were a couple that I was very surprised at, like, how actually internally stressed I was, even though I was... my brain was like, oh it's not a big deal. My emotions were more like, oh, no, we're actually quite apprehensive about this. And I just, in my apprehension, I told myself that I wasn't stressed about it. And so, um, I don't know if I could give a specific... another specific example after that.

I think I'm still kind of working on identifying when like, what are the times when like my brain tells me that I'm not stressed about something, but I really am stressed about it still. I'm still kind of working on like, honing that awareness. But just like little situations of like whether it's like asking someone for a favor, asking someone to like, do something with, and I'm nervous about being rejected, or something like that... I can tend to, like, downplay in my mind when in reality, I'm like, oh, this actually does mean quite a lot to me and I'm a little bit nervous about it not working out.

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Interviewer 1:

Right. Well, so it sounds like previously there was a disconnect.

Mary:

Mm-hmm.

Interviewer 1:

And that you maybe if something meant...it's...it sounds like almost if something meant a lot to you, you would cognitively say, I'm fine.

Mary:

Yeah. Yeah, because I'd be very nervous about it not working out. And um, I think subconsciously in that nervousness, I would tell myself it wasn't a big deal to try and like, calm down the nerves.

Interviewer 1:

Do you feel like...how was that working out for you before doing that?

Mary:

Um...I think that, uh, it just kind of, even though I would tell myself it wasn't a big deal, I think it like, kind of, kept me from trying to pursue some of those things. Because subconsciously I was still nervous, and I wasn't acknowledging the part of me that was nervous. And so, it just kind of, I...even though my brain would tell me that it wasn't that big of a deal, I still just like wouldn't try. Or wouldn't do it, because ultimately that, like subconscious nervousness was still kind of like controlling things. And so, I've noticed now that if I can be more aware about how I really feel about things and what my true expectations are, I can work with myself a little bit more, and be more willing to, like, step outside of my comfort zone once I've like worked through those nervous feelings.

Interviewer 1:

What does it look like, or what's an example of you working through the feelings that maybe you learned from the program?

Mary:

Um, we just, we learned a lot of exercises about like...Um...taking a situation and thinking about like, what are what is my ideal? Like what do I really want to happen?

Interviewer 1:

Mm-hmm.

Mary:

What is like the worst-case scenario, or what am I afraid of happening? And then just kind of like taking that worst-case scenario and trying to look at it from different perspectives. It's like, OK, is there anything positive that could still come out of this even if the worst-case scenario happened? Or like, what are different ways we can look at your fears, or your worst-case scenario differently, or with a more positive attitude? And so, I think taking that and looking at the scenario from those different aspects tends to make it a little less scary. Because then it's like, OK, even if what I'm afraid of happens, I've like talked and thought about how there are still good things that could still come from that. So, I'm not as scared.

Interviewer 1:

Not as nervous about it, it sounds like.

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Mary:
Mm-hmm.

Interviewer 1:
It sounds like it increases your confidence in your ability to handle the situation, even if it turned out in a way you didn't want it to.

Mary:
Yeah.

Interviewer 1:
Have you found any...is there any examples you have of like maybe using that in medical school?

Mary:
Um...Good question...I think that maybe it would be more applicable next year.

Interviewer 1:
OK.

Mary:
I think the examples that I can think of right now are more so in my personal life.

Interviewer 1:
OK.

Mary:
Just because of the nature of my studies right now. It's...I mean, I pretty much just sit in a classroom all day and then go over PowerPoint slides. So, there's for me at least, there's nothing particularly nerve-wracking or super apprehensive about that. But I think next year when I'm faced with having to see actual patients and being given responsibility over real people's lives, there will be a lot more apprehension and nervousness. So, hopefully, those are things that I, can more take into my third year.

Interviewer 1:
OK, so what are some examples from your personal life then?

new code?

Mary:
Um, I think...like I always get nervous when like asking, like asking other people for things. Whether it's like favors or, whether it's even just like trying to make plans to, like, do fun things. I tend to get very nervous that like I'll be rejected or something like that. And so, these kinds of skills have been helping me like try to put myself out there a little bit more, in that front of like asking for things that I actually want from friends. Or like making an effort to, like, make plans and thinking through, like, OK, even if they say no, like it's OK, or like that sort of thing.

Interviewer 1:
OK. So, you feel like you are able to...So, how do you feel...How does it feel differently? Or does it feel differently? Or what are the thoughts around it now?

Mary:
I think that, um, it's more just that I'm...I have a greater sense of awareness of the situations that make me very nervous.

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Interviewer 1:
OK.

Mary:

Whereas before, like I said, I wasn't really being honest with myself about what I was feeling in a particular situation. So, I wouldn't say that necessarily my nerves have decreased, but since I have that greater awareness of like OK these are situations that tend to like actually make me quite nervous... Um, I'm like that one step closer to being able to then do those things more often. ✱

Interviewer 1:

Yeah. So, kind of acknowledging that, you know, these are important to me and that's why I'm nervous about them...

Mary:

Yes. Yeah.

Interviewer 1:

✱ And that's OK. I can still do them, and even if they don't turn out how I want, I know I'm confident that I can handle that, and try again in another way.

Mary:

Yeah. Yeah, I'm... I'm definitely... I'm working towards that for sure.

Interviewer 1:

Working towards that, that's good. Do you still feel like, or has the program helped with those feelings of, you know, being rejected?

Mary:

I think a little bit, yeah rejection

Interviewer 1:

OK.

Mary:

Just cause um yeah. Just like, kind of, stuff I've already talked about, with trying to, like reframe worst case scenario. It helps a little bit.

Interviewer 1:

Trying to think of maybe like, OK, the rejection isn't... almost giving yourself a little more control.

Mary:

Yeah. Or yeah, because we talked about different things too, about like, OK, what, what can I control in these different scenarios, and what can't I control? Um, and focusing on those things that I can control and having that be the judge of if something is successful or not. Have you done what is within your control to do, and that you wanted to do, and then counting that as a success, rather than the outcome of the interaction or whatever. ✱

Application? awareness?

Interviewer 1:

OK. Yeah. So, like if you're asking your friend to do something or hang out, even if they say no, the fact that you asked is the success.

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Mary:

Yes.

Interviewer 1:

So it's a successful outcome.

Mary:

Mm-hmm. Yeah.

Interviewer 1:

Nice. So, did you feel like the horses impacted your learning experience? I know you talked a little bit about that. Do you have any additional examples or maybe things you'd like to share about that?

Mary:

I mean, I definitely think they were very, very impactful.

Interviewer 1:

Yeah.

Mary:

Ah... I think like, they kind of just forced you to be honest, because you couldn't really lie to them, and you couldn't really filter what they knew, because they're just like animals. You're not having a conversation with them, so they just kind of like pick up on how you're feeling. And so you can't really manipulate that. And I thought that that was a very cool and eye-opening part of the experience, because like, sometimes I don't even know.

Interviewer 1:

Right.

Mary:

Like, I don't even know exactly what I'm feeling, but like, going out there and doing some of those exercises and seeing how they respond to different things was very eye-opening because it gave me a better idea of what was actually going on with myself. Um, that I wouldn't really have been able to gauge from another person necessarily. Because I can like... subconscious things can still be interacting or affecting those interactions, but...um, when you brought the horses into it... Yeah, you can't really pretend with them. So, I thought that was a very eye-opening experience of like, yeah, just like seeing where I was at with certain like exercises and stuff.

Interviewer 1:

So it was like a true... Like they had no agenda. So, it was a true nonbiased measure of how your coming off, or how you're... what you're portraying.

Mary:

Yes, definitely.

Interviewer 1:

So, do you think if you went back and you did this program again without the horses, do you think it would have that same impact?

Mary:

I don't think so. No. I think it would still be beneficial for sure, but I think it wouldn't be quite as beneficial.

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Interviewer 1:

What do you think...Or have you used...It sounds like you were seeing yourself through the horses' eyes to some extent.

Mary:

A bit. Um.

Interviewer 1:

Do you feel like that's been useful with your, you know, in your personal relationships or in, you know, in medical school?

Mary:

Good question...I think I would just kind of echo what I said before. in that it's created a better sense of awareness. Um, because I don't necessarily always think like this, but like if, like a stressful situation is coming up, and I'm telling myself I'm fine, and it was like...so, there were like instances where it's like I was telling myself that I was fine, and I remember what that felt like...Um, and I remember going with that feeling into the round pen and having the horse respond like I was very much not fine. And so, remembering that feeling, and then how the horses responded, it was kind of like a gauge for me, like, oh am I feeling like how I felt in that moment where I told myself I was fine, but I really wasn't. And so, like having the horse respond in that way, like helped me categorize how I was feeling. And then in different situations, whether it's like interacting with friends mostly...Um, then I could be like, oh this is how I felt in that moment. I'm telling myself I'm fine, but I'm probably not actually fine. Let me take a minute to just like acknowledge that, give myself the space to feel what I'm actually feeling, and kind of like open that conversation with myself up a little bit, and like work through that. ~~that~~ outcomes

Interviewer 1:

Right. So, it's when you said the conversation with yourself...instead of it being like a disjointed, like, in my head I'm fine, it's a head and heart...It's a coherent, I'm fine.

Mary:

Mm-hmm. Or being OK with...or just like acknowledging, oh, OK, we're actually not fine right now, but that's OK. Let's talk about maybe what's making you not fine, and just like, acknowledge that that's OK.

Interviewer 1:

Right. Well, it sounds like the program had a positive impact overall on you.

Mary:

Yeah.

Interviewer 1:

So, is there anything else you feel like is important for us to know. Or just anything, really anything you would like to share?

Mary:

Um...I don't think so. I think that we talked about a lot of kind of, the key aspects that I got out of it, so...

Memo

ideas of perfection → from upbringing, privilege to serve, collegiate
- discipline pressure
- hard work

application of ~~what~~ made things "fun"
learning

* thought challenging

Self-awareness ↑ → insight?

past behaviors? → need for change? letting go? new coping

personal goals? → qualities?

internal vs. external awareness → conflict?

interpersonal relationships

Codes

- self awareness (internal) → thoughts/body
- relationship awareness → boundaries, communication
- noticed changes in behavior (+ acknowledgment)
- desire for change
- impact of horse
- impact of training

→ conflict of self?

→ acceptance?

Themes Categories

insight

~~relationships~~

goals (change?)

