

Mourn, Celebrate, Learn (MCL)

The Mourn Celebrate Learn (MCL) process can be used for when you are reacting to something you did in a situation and feeling fear/stress about the judgment of others. It can be done by yourself or with another, such as a practice partner or coach.

PART I: MOURNING — EMPATHY FOR NEEDS *NOT MET*

- **Observations:** Of (1) what you did, and (2) any self-judgments
- **Feelings:** Sensations and emotions in your body (watch for “faux feelings”)
- **Needs:** Universal human needs, not mixed with “strategies”

Cycling: As you go through OFN, you may cycle multiple times through the components as you notice/discover deepening layers.

PART II: CELEBRATE — EMPATHY FOR NEEDS *MET* BY WHAT HAPPENED IN THE SITUATION

- **Observations:** What happened that met your needs, including good things that might happen in the future from what occurred
- **Feelings:** Sensations and emotions in your body
- **Needs:** Universal human needs, not mixed with “strategies”

Cycling: You may cycle multiple times through the components as you notice/discover deepening layers of OFN. Also, if you notice more unmet needs coming up, you can cycle back to Part I, and then back and forth between Parts I and II.

PART III: LEARN — EMERGENCE OF NEW POSSIBILITIES (REQUESTS)

1. **Learn:** What did you learn from doing Parts I and II? Any new ideas, insights, or possibilities that have emerged?
2. **Plan:** What’s your specific action for how you might best meet your needs in the future? One way to get at this is to do a “post-hearsal.” Imagine redoing the conversation and what you might say or do differently.
3. **Practice:** After forming an action plan, you may want to practice whatever you came up with. You can do this by yourself or with a practice partner or coach.

Cycling: As you do Part III, you may feel more coming up about needs met or not met. If so, you can go back to Parts I and II, and then come back to part III.