

Talks about Living in Process

Summary of 2014 video by Dr. Michael Obsatz ¹

CORE IDEA

Life is not about getting it right.

Life is about learning, growing, and experimenting.

There is no failure—only feedback.

THE PROCESS MINDSET

TRY → LEARN → ADJUST → TRY AGAIN

- Experiment with life
- Notice what works / doesn't work
- Reflect without judgment
- Try something new
- Repeat over a lifetime

SHIFT AWAY FROM...

- Perfectionism
- Self-judgment
- Shame and fear
- Staying stuck in comfort zones

MOVE TOWARD...

- Curiosity and experimentation
- Self-compassion
- Courage to try again
- Openness to growth

¹ Summary created using ChatGPT from a YouTube transcript of Dr. Michael Obsatz' "Talks about Living in Process" video. April 2014. Link: <https://www.youtube.com/watch?v=hdYJKbPdf1M>
Find more of Dr. Michael Obsatz' and others writing and video's at: www.lifesjourney.us
More on Living in Process read: *Living in Process* by Anne Wilson Schaef; available at [Amazon.com: Living in Process : Basic Truths for Living the Path of the Soul: 9780345394071: Schaef, Anne Wilson: Books](https://www.amazon.com/Living-in-Process-Basic-Truths-for-Living-the-Path-of-the-Soul-9780345394071/dp/9780345394071) and other book sellers.

KEY TRUTHS

- You are always changing, growing, learning
- Setbacks are setups for future insight
- Every experience is a learning opportunity
- You are perfectly imperfect

CULTURAL INVITATION

Less:

- Criticism
- Blame
- Put-downs

More:

- Support
- Encouragement
- Guidance
- Space to grow

THE JOURNEY

- Not smooth
- Not predictable
- Often uncomfortable
- Growth-producing
- Insight-building
- Life-giving

WHEN YOU FALL DOWN

1. Pause
2. Reflect
3. Seek support
4. Try again—differently

FINAL INSIGHT

Freedom comes when you stop judging your life and start living it as a process.

From self-judgment → to self-awareness → to service in the world.