

## **Kegan Clip 5 transcript**

KEGAN: So now I'm going to give you, like, five, six minutes, keeping the room quiet, to just work your way across the columns. And then after you've done the first one, go on to the second one. Then go on to the third one. You have a quick question?

AUDIENCE: Could you just re-clarify, what are the kinds of experiences we're looking for in the first column?

BOB KEGAN: Non-catastrophic, non-tragic experiences viewed from your lens today, but on the negative side of the spectrum-- things that were alarming, worrisome, disappointed, made you embarrassed, made you confused, made you upset. Something on the negative side of the spectrum, but which looked at now from your point of view is like, yeah, this is the stuff that happens to kids.

I can remember one of mine. We were, like, seven years old, second grade. The teacher was doing this creative thing. We all had paper and crayons. She played a piece of music. We were supposed to kind of draw to the music as we were kind of moved by it. I completed my drawing, very proud of it. And I brought it up to my teacher for her admiration.

And I still remember to this day what she said was, it's just an exercise, maybe next time you'll do better.

[LAUGHTER]

That's what came to my mind. But if you'd asked me about this, nothing I'd thought about for-- I think the first time I did this exercise, I was probably in my 50s. It's nothing I'd thought about for 43 years. But just having me think about something, that was a thing that came to mind. That's the kind of thing I mean.

OK, how do I actually feel? What did I actually think? What might I have concluded from that little experience, OK? So take five minutes, work your way through.