

CZP ACTIVITIES & HANDOUTS

Printable labs, cards, trackers, scorecards, practicum forms and carry-forward tools.

USE THIS FILE

These are the pieces worth writing on, saving, printing, carrying, practicing or submitting. This is intentionally not another copy of the Participant Workbook.

LANGUAGE AUDIT

Find the fixing, grading and should-ing.

COMMON LANGUAGE	WHAT IT ASSUMES / IMPOSES	JUST BE-COMPATIBLE REWRITE
You need to be more positive.		
You should make yourself a priority.		
Your energy is bad today.		
You have to let that go.		
You need to forgive them so you can heal.		

SHAKEN CASE MAP

Name possibilities privately; ask questions publicly.

PARTICIPANT SIGNAL	POSSIBLE ROOM(S)	QUESTION I COULD ASK	WHAT I MUST NOT ASSUME
I keep saying yes to intimacy because I don't want my partner upset.			
My brain wants to finish everything, but my body is done.			
I keep saying 'I'm thriving' when I'm actually overwhelmed.			
I planned the perfect week and then one bad night wrecked it.			
I feel like I'm performing a version of myself everywhere.			

SIGNAL MATCHING CARDS

More than one doorway can be valid.

SCATTERED

Ten minutes before the next thing.

Possible doorway: _____

Tiny action: _____

IRRITATED

Everyone keeps asking me for something.

Possible doorway: _____

Tiny action: _____

FLAT

I have been sitting all day.

Possible doorway: _____

Tiny action: _____

DEPLETED

I forgot lunch and everything feels impossible.

Possible doorway: _____

Tiny action: _____

SELF-ATTACK

One mistake and my inner voice says I am a failure.

Possible doorway: _____

Tiny action: _____

OVERFULL

My wellness routine has become another job.

Possible doorway: _____

Tiny action: _____

SECTION 4.2 • REQUIRED DEMONSTRATION SUPPORT

TOOL LAB 1 - POSITIVE SELF TALK / SELF REFLECTION

VERDICT → OBSERVATION → POSSIBILITY → BELIEVABLE PHRASE

Verdict / harsh statement

Neutral observation

Possibility

Believable phrase

Believability 0-10

If under 7, make it smaller / more specific / more honest

DEMONSTRATION CHECK

■ Explain ■ Connect ■ Choice ■ Facilitate ■ Adapt ■ Scope ■ Debrief

SECTION 4.2 • REQUIRED DEMONSTRATION SUPPORT

TOOL LAB 2 - MEDITATION / BREATHING

NOTICE → ANCHOR → WANDER → RETURN

My chosen anchor - breath / feet / sound / object / movement / other

What made returning easier?

What would I change next time?

My 30-second version

DEMONSTRATION CHECK

■ Explain ■ Connect ■ Choice ■ Facilitate ■ Adapt ■ Scope ■ Debrief

SECTION 4.2 • REQUIRED DEMONSTRATION SUPPORT

TOOL LAB 3 - GROUNDING / NATURE / BASIC NEEDS

GROUND + CHECK → CHOOSE ONE ORDINARY NEED

One thing I see

One contact point I notice

One sound / temperature / texture

Basic need I notice - water / fuel / rest / bathroom / movement / air / sensory load / other

One optional ordinary response

DEMONSTRATION CHECK

■ Explain ■ Connect ■ Choice ■ Facilitate ■ Adapt ■ Scope ■ Debrief

SECTION 4.2 • REQUIRED DEMONSTRATION SUPPORT

TOOL LAB 4 - CHAKRA / ENERGY BALANCING

CHOOSE FOCUS → NOTICE → SYMBOLIZE → CHOOSE

Participant-chosen spiritual / secular theme

What does this theme mean to ME?

Same practice in secular language

One ZENYA-sized action

DEMONSTRATION CHECK

■ Explain ■ Connect ■ Choice ■ Facilitate ■ Adapt ■ Scope ■ Debrief

SECTION 4.2 • REQUIRED DEMONSTRATION SUPPORT

TOOL LAB 5 - EXERCISE / YOGA

NOTICE CAPACITY → CHOOSE MOVEMENT OR REST → RECHECK

Capacity today

Choice - seated / standing / walk / reach / tiny movement / rest

What range / version fits?

Afterward: better / worse / same / different

Bad-Tuesday version

DEMONSTRATION CHECK

■ Explain ■ Connect ■ Choice ■ Facilitate ■ Adapt ■ Scope ■ Debrief

SECTION 4.2 • REQUIRED DEMONSTRATION SUPPORT

TOOL LAB 6 - SOUND / LIGHT

PREFERENCE CHECK → ONE SMALL CHANGE → NOTICE → RETURN

Sound choice - silence / voice / music / nature / ambient / no change

Light/environment choice - glare / softer light / natural light / screen / position / no change

What changed, if anything?

Keep / change / drop

DEMONSTRATION CHECK

■ Explain ■ Connect ■ Choice ■ Facilitate ■ Adapt ■ Scope ■ Debrief

BOUNDARY LANGUAGE REFERENCE CARD

Warm, clear, useful.

SITUATION	PRACTICE LINE
PASS / PRIVACY	You decide what, if anything, you want to share.
NO DIAGNOSIS	I can help you use this as a reflection framework. I cannot determine a diagnosis or cause.
MOVEMENT	Choose the version that fits your body and setting. Rest or no movement is also valid.
BREATH	You can use breath if that feels comfortable, or choose feet, sound, an object or movement.
SPIRITUAL OPTIONALITY	If that language is meaningful to you, we can use it. If not, we can translate it into secular/sensory language.
REFERRAL	That need is outside what I can responsibly provide through ZENYA. I can help identify the kind of support that may fit.

SCOPE DECISION PRACTICE

FACILITATE • ADAPT • PAUSE • REFER • STAY OUT

CASE	DECISION	WHAT I SAY / DO
Participant dislikes journaling but wants the reflection.		
Participant asks you to diagnose chronic exhaustion.		
Participant becomes visibly overwhelmed during a private reflection.		
Participant asks which chakra caused a physical symptom.		
Participant cannot stand for the movement activity.		
Participant asks for a therapeutic diet for a medical condition.		
Participant wants prayer included in their reset.		
Participant asks you to promise the tool will work.		

EXPERIENCE DESIGN BUILDER

Build something worth showing up for.

Human moment + participant promise

Signature experience - what participants actually DO

Key distinction / tension

SHAKEN lens

ZENYA response

Section 4.2 tool, if any

Choice / adaptation

Scope boundary

Bad-Tuesday version

Experiment + re-entry

PRACTICUM OBSERVATION FORM

20-30 minute original ZENYA experience.

DOMAIN	PASS STANDARD	EVIDENCE / NOTES	RESULT
Frame	Purpose, choice, pass/private participation		☐ Met ☐ Re
Experience	Participant actively does/chooses/notices		☐ Met ☐ Re
Distinction	Useful tension becomes visible		☐ Met ☐ Re
SHAKEN	Lens without diagnosis		☐ Met ☐ Re
ZENYA Match	Action/tool fits signal/context		☐ Met ☐ Re
Facilitation	Questions + debrief preserve authorship		☐ Met ☐ Re
Adaptation	Responds to real participant/context needs		☐ Met ☐ Re
Scope	Appropriate claims and boundaries		☐ Met ☐ Re
Section 4.2	Tool handling appropriate if used		☐ Met ☐ Re
Return	Experiment + ordinary-life re-entry		☐ Met ☐ Re

Overall: ☐ PASSED ☐ TARGETED RE-PRACTICE ☐ FULL RE-DELIVERY

PARTICIPANT FEEDBACK FORM

Feedback is data, not a popularity contest.

- Yes ■ Somewhat ■ No I understood what I was being invited to do.
- Yes ■ Somewhat ■ No I felt I had meaningful choice.
- Yes ■ Somewhat ■ No I could participate privately or pass.
- Yes ■ Somewhat ■ No The activity helped me notice something rather than simply giving me advice.
- Yes ■ Somewhat ■ No The ZENYA response felt adaptable to real life.
- Yes ■ Somewhat ■ No I did not feel the facilitator decided what my experience meant.
- Yes ■ Somewhat ■ No I know what I might test or return to after the session.

One thing that helped me participate

One place I wanted more choice or clarity

SELF-DEBRIEF + RE-PRACTICE

Review yourself before defending yourself.

What happened that I did not expect?

Where did participants have the most agency?

Where did I over-explain, rescue or steer?

What question worked well?

Where did I adapt in real time?

What claim or interpretation would I change?

What will I keep?

What specific competency needs re-practice?

Targeted drill + what pass will look like

PLAIN-LANGUAGE SCOPE STATEMENT BUILDER

Can a reasonable participant understand what you actually do?

ZENYA is...

I help participants...

I do NOT diagnose / treat / prescribe...

If I hold another qualification, I distinguish that role by...

When a need is outside scope, I...

My 30-second scope statement

PRACTITIONER COMMITMENT

The method I am agreeing to protect.

- I will use SHAKEN as a lens, not a diagnosis.
- I will match ZENYA tools to participants rather than make participants fit my tools.
- I will preserve choice, privacy and the right to pass.
- I will not use spiritual language as medical/scientific certainty.
- I will work within my actual qualifications and role.
- I will adapt rather than shame.
- I will not turn participant disclosure into practitioner curiosity.
- I will teach experiments rather than obedience.
- I will refer when another kind of support is more appropriate.
- I will aim to leave participants with more authorship, not more dependence on me.

Trainee name / signature / date

Trainer / assessor / date