

DOING & BEING MODELS OF AUTHENTICITY

Doing vs Being

Indigenous peoples use the concept of "ways of being" to describe how their relationship to each other and to the land contrast with that of colonizers and settlers. Doing is acting to achieve something; Being is responding with presence in a way that reflects who we want to be in the world.

— Doing Mode —

This is how we "get things done" in order to achieve tasks. Necessary to execute tasks like chores, project deliverables, to write reports, to create output.



What Doing May Feel Like

- ☐ productive
- ☐ practical
- ☐ pragmatic
- ☐ ticking off items on the list
 - ☐ task-oriented
 - ☐ goals-oriented
- ☐ thinking about past effects and future outcomes
- ☐ keeping plans on track

What Doing Looks Like to Others

- ☐ moving quickly, talking forcefully
- ☐ focused on the task/goal/bottom line to the exclusion of all else
- ☐ not hearing/listening
- ☐ overly critical of others
- ☐ Type-A personality:
 - ☐ ambitious
 - ☐ competitive
 - ☐ driven



— Being Mode —

This is the mode in which we communicate most effectively, letting go of past events and future possibilities to focus on the present. It is the mode where values take precedence over tasks, with a focus on purpose such that authentic reflection can occur.



What Being May Feel Like

- ☐ centred
- ☐ thoughtful
- ☐ present
- ☐ open to possibilities
- ☐ grounded
- ☐ mindful

What Being May Look Like

- ☐ pausing before speaking
- ☐ curiosity - asking curious questions
- ☐ responses align with what is spoken
- ☐ collaboration, group well-being
- ☐ caring personality: Kind, inclusive, welcoming



Shifting From Doing to Being

The mode of doing is reactive; easier to fall into. Most of us wish to accomplish what we must in order to succeed in life and when we are busy, we fall into doing mode. Doing mode is frequently intimidating. It is the mode of being, however, that creates that sense of welcoming of authenticity, of inclusion and of belonging.



The Behavioural Shift

- ☐ Move from → towards:
 - ☐ irrational anger (wrath) → patience & tolerance
 - ☐ procrastination (sloth) → diligence & discipline
 - ☐ wastefulness (gluttony) → temperance & moderation
 - ☐ intense desire for others (lust) → chastity & loyalty
 - ☐ intense desire for power (greed) → charity & giving
 - ☐ jealousy of others' benefits (envy) → kindness & gratitude
 - ☐ displaying overt satisfaction of own benefits (pride) → humility & accurately knowing oneself and one's accomplishments

What To Do Until the Shift Is Natural

- ☐ pause
- ☐ build silences into agendas
- ☐ engage in self-reflection
- ☐ practice grounding/ moment of mindfulness/ prayer
- ☐ use resources to become regulated
- ☐ add mindfulness practice to meetings agenda

*Recommendations to add to the list?
Let us know at the address below*

For more information about doing vs being, see <https://dbtvoicover.com/being-vs-doing/> is a perspective blog; <https://www.mindful.org/difference-between-being-and-doing/> gives a readable summary and practice tools, based on Mindfulness Based Cognitive Therapy for Depression, by Zindel V. Segal, Ph.D., C.Psych. On The Shift, <https://www.psychologytoday.com/info/blog/position-202007/throw-the-creative-the-top-of-our-betters-doing-and-being>. For more information about doing vs being behaviours, see https://en.wikipedia.org/wiki/Seven_deeds_of_a_monk#cite=The%20Seven%20Deeds%20of%20a%20Monk%20of%20the%20Other%20World%20and%20Humility.

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