



k Empty & Meaningless: the Box Project k
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E&M Worksheet Usage Agreement

Thank you for taking an interest in this project. We've had the privilege of directly serving over 350 people with the *Empty & Meaningless: the Box Project* (E&M) process in a variety of situations – in prisons, schools, with personal growth groups, as a pre-wedding event, with churches and during other social change events.

If you choose to use this worksheet and the E&M process in your classroom or with your group after reading the enclosed agreement, we'd love to hear about your experience with the project. And please, do not hesitate to contact the founder of the project, Adrienne Fritze for more information on the workshops and this worksheet, via e-mail at adrienne@urbanesque.com, or phone at 503.445.1268 ext 2.

This worksheet is made available to you to give you an idea of the outline of the discussion that E&M workshop participant's engage in with a trained E&M facilitator. If you use this document and the project process without the benefit of a trained facilitator, you must agree in writing to the following BEFORE you do anything with this worksheet:

- 1) I am involved with a non-profit organization, K-12 classroom, or a non-commercial group interested in personal and community growth. If I am unsure of my group's eligibility, I will contact Adrienne Fritze via e-mail at adrienne@urbanesque.com, or via phone at 503.445.1268 ext 2, to discuss my intent and the group I serve, and will abide by her judgment regarding eligibility.
- 2) I promise to use this worksheet on a one-time only basis. If E&M is something that I see has potential for a wider application, or I wish to extend its reach within my community, I will call or e-mail Adrienne and see what may be created to fulfill on the collective vision of myself and E&M.
- 3) I understand that I am solely responsible for any impact my using this worksheet and the E&M process may have on my group participants. As such, E&M recommends that I provide a list of resources available to anyone who participates in the E&M process, that includes, but is not limited to: local counseling and therapeutic resources, local shelters for abused individuals, educational resources (colleges, trade schools, etc.), appropriate support groups, or other resources I know will be helpful to the people participating with me.
- 4) I promise to credit *Adrienne Fritze* and *Empty & Meaningless: the Box Project* in any distributed materials (hardcopy, electronic or in any presentations) related to my use of this worksheet or the project process, including the session where this worksheet and the E&M process are used.
- 5) I promise not to use this worksheet or the concept of *Empty & Meaningless: the Box Project* for commercial or financial gain. I understand that E&M was developed by Adrienne Fritze over many years, and is the basis of her professional work. If I wish to become a trained facilitator of the E&M process, I will contact Adrienne directly via e-mail at adrienne@urbanesque.com, or phone at 503.445.1268 ext 2.

You may indicate that you **accept the terms of this agreement** by sending this document as an e-mail attachment to empty@urbanesque.com. Include the following statement in the body of your e-mail: **I have read and accept all the terms of the attached "E&M Worksheet Usage Agreement". Signed, <Include Your Full Name; name of the group, school or non-profit you represent; your position; your e-mail address; phone number; and the address of the aforementioned organization you represent.>**

Send your e-mail and attachment to empty@urbanesque.com. We hope to hear from you soon - Thank you!

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transformational
community art



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POINT-OF-VIEW INQUIRY

1] Write down an important relationship, related to the topic we are exploring today, where you find yourself in some sort of recurring upset or challenge with them. You may find yourself feeling thwarted, angry, annoyed, sad, frustrated, and the like, perhaps triggered and reacting to them in one of these ways. Use the first or second person who comes to mind. (e.g. me and mom, or me and my older brother, or me and my boss, etc.)

2] Write a series of single words or simple phrases that describe that recurring experience in this relationship. Be blunt, bold and honest. (What does it feel like? What do you have to do in this relationship? What do you think about and say all the time?) Use additional paper if needed.

3] In the same way, imagine the relationship being any way you choose. Then let yourself imagine what that would be like. Describe what you are feeling. What thoughts come to mind? Imagine what others who know you say about the two of you now. Write that down. Again, use additional paper if needed.

Your name: _____
Workshop Topic/Title: _____
Workshop Leader: <Online Questionnaire> _____
Facility: _____
Date: _____

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POST BOX-CREATION

4] Describe your experience - what you felt, what thoughts came to you, etc. - while decorating the box.

5] Write down what your basic, gut reaction is to your box when you look at it now.

6] What did you discover, notice, or uncover in your experience of this relationship? Has anything shifted for you with regard to this relationship?

7] What do you see might be your next step in this relationship? What action is there to take with this very important person in your life?

In this area, write a short description of what your box is and what it is about.

Your name:

Date:

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