

CATNIP: Autonomy

Remember that a cat's most precious value is *freedom*. Cats are highly self-selective. With this in mind, try to build as much choice as possible for the cat. Allow them their independence. Let them decide, or not decide as may be. Try to not get personally attached to the outcome.

How can you build in choice and allow the cat freedom where you might currently be insisting on it being "your way?"

Using an activity described above, try offering the cat student a choice. What was the result? Did they decide? Not decide?

Discuss your attachment to the cat doing what you ask them to do. Are you more able now to become unattached to the outcome? Discuss how you may have become too personally involved in the past and how that may have changed since attending the workshop.