

# Empowering Clarity For Me

|  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|--|--|---|-----------------------------|------------------|--------|---|---------|--|-------------|------------|-------|---------|-------------------|-------|--------------|-----------|---------------------|------------|----------|---------|-------------------|--|---------------------|-------------------|-------------------------------------|--------------|---|-------------|------------|---------------|--|------------|-----------|-----------|------------|-------------------|--------------|------------|-------------------------|-----------------------------|---------|---------------|------------|--------|------------------|------------------|--------------------------|-------------------------|-----------|---------|----------------------|-------------|------------------------|---------|---------------------------|--|------|--|-----------------------------|--|-------------|--|---------------|--|---------------------------|--|---|--------------|-------|-----|---------------|----------|---------------------|-----------|-------------|----------|--------------|-------------|
| <p>↘</p> <h2>THOUGHT</h2> <p>What am I telling myself is the case that is painful?</p>   |  | <p><b>* Feeling examples:</b></p> <table border="0"> <tr> <td>uncomfortable</td> <td>nervous</td> </tr> <tr> <td>uneasy</td> <td>anxious</td> </tr> <tr> <td>puzzled</td> <td>afraid</td> </tr> <tr> <td>discouraged</td> <td>frightened</td> </tr> <tr> <td></td> <td>panicky</td> </tr> <tr> <td>sad</td> <td>tired</td> </tr> <tr> <td>disappointed</td> <td>exhausted</td> </tr> <tr> <td>depressed</td> <td>distressed</td> </tr> <tr> <td>hopeless</td> <td>in pain</td> </tr> <tr> <td>despairing</td> <td></td> </tr> <tr> <td>annoyed</td> <td>puzzled</td> </tr> <tr> <td>irritated</td> <td>confused</td> </tr> <tr> <td>angry</td> <td>overwhelmed</td> </tr> <tr> <td>furious</td> <td>spaced out</td> </tr> <tr> <td></td> <td>helpless</td> </tr> <tr> <td>impatient</td> <td>reluctant</td> </tr> <tr> <td>frustrated</td> <td>resentful</td> </tr> <tr> <td>stressed out</td> <td></td> </tr> <tr> <td>concerned</td> <td>embarrassed</td> </tr> <tr> <td>worried</td> <td>ashamed</td> </tr> <tr> <td>upset</td> <td>guilty</td> </tr> </table>   | uncomfortable               | nervous          | uneasy | anxious                                 | puzzled | afraid   | discouraged | frightened |       | panicky | sad               | tired | disappointed | exhausted | depressed           | distressed | hopeless | in pain | despairing        |  | annoyed             | puzzled           | irritated                           | confused     | angry   | overwhelmed | furious    | spaced out    |  | helpless   | impatient | reluctant | frustrated | resentful         | stressed out |            | concerned               | embarrassed                 | worried | ashamed       | upset      | guilty |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| uncomfortable  | nervous  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| uneasy   | anxious  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| puzzled  | afraid   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| discouraged  | frightened   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|  | panicky  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| sad  | tired  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| disappointed   | exhausted  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| depressed  | distressed   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| hopeless   | in pain  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| despairing   |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| annoyed  | puzzled  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| irritated  | confused   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| angry  | overwhelmed  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| furious  | spaced out   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|  | helpless   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| impatient  | reluctant  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| frustrated   | resentful  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| stressed out   |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| concerned  | embarrassed  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| worried  | ashamed  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| upset  | guilty   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| <p>↓</p> <h2>OBSERVATION</h2> <p>What am I actually reacting TO?</p> <p>= What are the <b>FACTS WITHOUT INTERPRETATION</b>?</p>  | <p><i>I'm reacting to the fact that..</i></p>  | <p><b>** UNIVERSAL HUMAN VALUES/NEEDS:</b></p> <table border="0"> <tr> <td><u>PHYSICAL NURTURANCE:</u></td> <td><u>AUTONOMY:</u></td> </tr> <tr> <td>Air</td> <td>Choosing one's own values/ goals/dreams</td> </tr> <tr> <td>Water</td> <td>Choosing strategies for fulfilling one's values/ goals/ dreams</td> </tr> <tr> <td>Food</td> <td>Freedom</td> </tr> <tr> <td>Light</td> <td>Power</td> </tr> <tr> <td>Movement/Exercise</td> <td></td> </tr> <tr> <td>Rest</td> <td></td> </tr> <tr> <td>Shelter/ Protection</td> <td></td> </tr> <tr> <td>Touch</td> <td></td> </tr> <tr> <td>Sexual expression</td> <td></td> </tr> <tr> <td><u>CELEBRATION:</u></td> <td><u>INTEGRITY:</u></td> </tr> <tr> <td>Celebrate life and dreams fulfilled</td> <td>Authenticity</td> </tr> <tr> <td>Celebrate losses: loved ones, dreams.. (= Mourning)</td> <td>Meaning</td> </tr> <tr> <td>Completion</td> <td>Truth/Honesty</td> </tr> <tr> <td></td> <td>Self-worth</td> </tr> <tr> <td></td> <td>Wholeness</td> </tr> <tr> <td></td> <td>Growing/Evolution</td> </tr> <tr> <td></td> <td>Creativity</td> </tr> <tr> <td><u>INTERDEPENDENCE:</u></td> <td><u>SPIRITUAL COMMUNION:</u></td> </tr> <tr> <td>Empathy</td> <td>Peace/ Safety</td> </tr> <tr> <td>Connection</td> <td>Beauty</td> </tr> <tr> <td>Contact/ Company</td> <td>Harmony/ Balance</td> </tr> <tr> <td>Compassion/Consideration</td> <td>Order/Structure/ Rhythm</td> </tr> <tr> <td>Tolerance</td> <td>Clarity</td> </tr> <tr> <td>Community/ Belonging</td> <td>Inspiration</td> </tr> <tr> <td>Sharing/ Participation</td> <td>Variety</td> </tr> <tr> <td>Warmth/Closeness/Intimacy</td> <td></td> </tr> <tr> <td>Love</td> <td></td> </tr> <tr> <td>Honesty (about limitations)</td> <td></td> </tr> <tr> <td>Reassurance</td> <td></td> </tr> <tr> <td>Help/ Support</td> <td></td> </tr> <tr> <td>Collaboration/Cooperation</td> <td></td> </tr> <tr> <td>Contribute to the enrichment of life/others</td> <td><u>PLAY:</u></td> </tr> <tr> <td>Trust</td> <td>Fun</td> </tr> <tr> <td>Understanding</td> <td>Laughter</td> </tr> <tr> <td>Acceptance/ Respect</td> <td>Adventure</td> </tr> <tr> <td>Recognition</td> <td>Learning</td> </tr> <tr> <td>Appreciation</td> <td>Imagination</td> </tr> </table> | <u>PHYSICAL NURTURANCE:</u> | <u>AUTONOMY:</u> | Air    | Choosing one's own values/ goals/dreams | Water   | Choosing strategies for fulfilling one's values/ goals/ dreams | Food        | Freedom    | Light | Power   | Movement/Exercise |       | Rest         |           | Shelter/ Protection |            | Touch    |         | Sexual expression |  | <u>CELEBRATION:</u> | <u>INTEGRITY:</u> | Celebrate life and dreams fulfilled | Authenticity | Celebrate losses: loved ones, dreams.. (= Mourning) | Meaning     | Completion | Truth/Honesty |  | Self-worth |           | Wholeness |            | Growing/Evolution |              | Creativity | <u>INTERDEPENDENCE:</u> | <u>SPIRITUAL COMMUNION:</u> | Empathy | Peace/ Safety | Connection | Beauty | Contact/ Company | Harmony/ Balance | Compassion/Consideration | Order/Structure/ Rhythm | Tolerance | Clarity | Community/ Belonging | Inspiration | Sharing/ Participation | Variety | Warmth/Closeness/Intimacy |  | Love |  | Honesty (about limitations) |  | Reassurance |  | Help/ Support |  | Collaboration/Cooperation |  | Contribute to the enrichment of life/others | <u>PLAY:</u> | Trust | Fun | Understanding | Laughter | Acceptance/ Respect | Adventure | Recognition | Learning | Appreciation | Imagination |
| <u>PHYSICAL NURTURANCE:</u>  | <u>AUTONOMY:</u>   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Air  | Choosing one's own values/ goals/dreams  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Water  | Choosing strategies for fulfilling one's values/ goals/ dreams   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Food   | Freedom  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Light  | Power  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Movement/Exercise  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Rest   |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Shelter/ Protection  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Touch  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Sexual expression  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| <u>CELEBRATION:</u>  | <u>INTEGRITY:</u>  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Celebrate life and dreams fulfilled  | Authenticity   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Celebrate losses: loved ones, dreams.. (= Mourning)  | Meaning  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Completion   | Truth/Honesty  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|  | Self-worth   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|  | Wholeness  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|  | Growing/Evolution  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
|  | Creativity   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| <u>INTERDEPENDENCE:</u>  | <u>SPIRITUAL COMMUNION:</u>  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Empathy  | Peace/ Safety  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Connection   | Beauty   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Contact/ Company   | Harmony/ Balance   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Compassion/Consideration   | Order/Structure/ Rhythm  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Tolerance  | Clarity  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Community/ Belonging   | Inspiration  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Sharing/ Participation   | Variety  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Warmth/Closeness/Intimacy  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Love   |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Honesty (about limitations)  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Reassurance  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Help/ Support  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Collaboration/Cooperation  |  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Contribute to the enrichment of life/others  | <u>PLAY:</u>   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Trust  | Fun  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Understanding  | Laughter   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Acceptance/ Respect  | Adventure  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Recognition  | Learning   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| Appreciation   | Imagination  |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| <p>↓</p> <h2>FEELINGS *</h2> <p>What is my emotional and/or body response?</p>   | <p><i>I'm feeling...</i></p> <p>BREATHE INTO THE FEELINGS AND REALLY FEEL THEM!</p>                          |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| <p>↓</p> <h2>VALUES **</h2> <p>What do I actually want/need/value?</p> <p>= Why is it important to me?</p>   | <p><i>...because I so love/value...</i></p> <p>ATTENTION ON THE + <u>ENERGY</u> OF THESE NEEDS. BREATHE!</p> |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |
| <p>↓</p> <h2>STRATEGY/ REQUEST</h2> <p>What is it that I want right in this moment?</p> <p>= A <u>present &amp; doable</u> request of myself or another</p> <p>NOTE: A request is <u>not</u> a demand!</p> | <p><i>Would I/you be willing to...</i></p>   |   |                             |                  |        |   |         |  |             |            |       |         |                   |       |              |           |                     |            |          |         |                   |  |                     |                   |                                     |              |   |             |            |               |  |            |           |           |            |                   |              |            |                         |                             |         |               |            |        |                  |                  |                          |                         |           |         |                      |             |                        |         |                           |  |      |  |                             |  |             |  |               |  |                           |  |   |              |       |     |               |          |                     |           |             |          |              |             |