Getting To The Heart Of The Matter

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STIMULUS

Something happens.
Someone says or does something.
Or, forgets to.

INTERNAL RESPONSE

Stuff arises within me.

Perception
Feelings
Judgements
Needs & Desires
Interpretations
Attachments

Constrict and React

CONTROL

Blaming yourself or others.

THE DOMINATION PARADIGM

What's wrong with me? What's wrong with you?

Judge, analyze, diagnose, evaluate

What is wrong?

ME

Self-blame
Shame

YOU

Blame others
Righteousness

LEADS TO:

Evaluations
Analysis
Fixing
Controlling
Attachment to preferred strategies
Denial of Choice
Denial of Responsibility
Power Over/Under
Defensiveness
Deserve
Dualism
Diagnosis
Demands
Judging
Submit/Rebel
Right/Wrong
Fragmentation

Expand and Respond

CONNECT

Relating to yourself or others.

THE COLLABORATION PARADIGM

What comes alive? What is important?

Focus on feelings and needs

What would help?

SELF-RESOURCING

Self-Awareness
Empathy from Others
Self-Connection
Self-Trust
Self-Compassion
Self-Responsibility

DIALOGUE

EXPRESS SELF

Notice
Feel
Need
Ask

LISTEN TO OTHERS

Notice
Feel
Need
Ask

POWER WITHIN

Co-creative
Feedback flows back and forth
Responsive
Emergent
Flexible
Relational

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