

LIFE ON A CONTINUUM Visual Model

Comparing three mindsets which impact capacity

This visual model is not intended to be a medical diagnosis tool. It is a compilation of observations re. how we feel as we experience inspiration and degrees of spin.

Your mindset impacts your experience and your experience impacts your mindset. The first step to getting your balance back is to be able to identify where you are. Circle one number from 10-0 that best measures your capacity in the 10 areas listed (PIES)

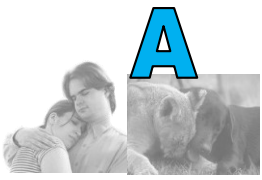
Your intuitive Observer Mode will help you take a step back to assess where you are at any time.

INSPIRATION High Capacity (open energies)

B COPING Medium Capacity (contracted energies)

SURVIVING Low Capacity

	10 9 8	7 6 5 4	3 2 1 0
PHYS			
1 Energy	Substantial and consistent Physical, Intellectual, Emotional, Spiritual (PIES) energies for initiative and follow through.	Inconsistent energies, increased need for rest, may use sleep as escape when issues are unresolved.	Desperate for basic energies, with no time for fun or humour. Running on fumes. Internal emotional chaos taking up much energy.
2 Physical Wellness	Overall wellness & resourcefulness. Lack of illness, chronic pain, etc. Feeling able to respond to life challenges.	Increased signs of body pain, headaches, backache, colds, flu, allergies, hyperness or exhaustion, increased experiences of anxiety.	Ongoing health issues, which can lead to chronic problems. Vulnerable and prone to flu/colds. Prolonged and frequent illness and anxiety.
3 Resilience	Not easily discouraged. Able to bounce back after stress, resistance, workload or disappointment.	Inconsistent bounce back from activity, stress, conflict, disappointment, especially with unresolved issues. Can feel discouraged from time to time.	No bounce back, devastated, intimidated by disappointment, conflict. Feelings of falling further behind. Easily, ongoing discouraged.
INTELL			
4 Attent/Memory	Able to focus attention on tasks, recall facts. Able to concentrate on new learning, new ideas, creativity. Not easily distracted.	Spin reaction narrows focus, limits access to all details, easily distracted, difficulty recalling details when in spin mindset. Distracted at times.	In an effort to not be overwhelmed, tunnel vision narrows the information being received thus less is recalled. Distracted by internal chaos.
5 Communication	Talk, listen and question to understand and be understood. Able to talk and listen from head and heart with clarity and patience.	Demands of interaction and being high profile are too much at times. Reactive talking and listening at times, defensive. Can see the other as adversary when feeling off balance.	Adversarial approach - defensive or aggressive talk. Reactive power games to win argument. Fight, Flight or Freeze in interaction. Reactively putting up walls to protect self and gain space.
6 Decision Making	Able to make decisions based on values, insight, logic, compassion, patience. Able to see, appreciate and consider both the big and little pictures.	If spin energy dominates, often falls back on old ideas, old routines to cope. Narrowed view from spin creates reactive (impulsive or panic) decisions leading to regret or self-doubt after the fact.	All or Nothing thinking. Self-doubt, doesn't trust own instincts/senses. Decisions often based on toxic fear, toxic obligation, powerlessness and self doubt. Distracted by internal chaos.
EMOTION			
7 Self Care Strategies	Healthy lifestyle choices for emotional management. Able to recognize emotional needs and take action. Able to regain balance after emotional processing. Calm confidence in own resourcefulness.	Often uses reactive self-care strategies by attempts to numb pain, toxic fear, chaos, powerlessness. Sometimes loses sight of what is emotionally and physically OK and not OK for self.	Impatient with feeling unwell, stressed, creates reactive strategies and yearning for quick fix. Fight, Flight and Freeze become the driving force behind strategies to just survive.
8 Boundaries and Containment	Able to set clear boundaries/limits for self, respects those set by others. Emotions contained to situation, processed, resolved.	Less able to set clear boundaries/limits for self, can take too much on (feeling- no right to say no) emotions start to overflow, taking work home or home to work.	Unable to set clear boundaries/limits for self. All or nothing thinking - takes everything on, or nothing on. Experiences the 3 O's Overflow, Overlapping spins, Overwhelmed.
9 Sense of Proportion	Able to assign priorities to issues. (do now or later, big or small issue). Emotional response to an event is in proportion to event. Perceives issues as do-able.	Tends to assess priority and proportion through reaction, urgency and panic. Issues look bigger than they are. Often feels overwhelmed because of feeling small and lacking resourcefulness.	Everything looks, feels TOO BIG!!!! Little sense of distinction between issues. More extreme over-reaction or under-reaction. Often frozen because things look and feel too overwhelming.
SPIRIT			
10 Motivation	Able to take action from enthusiasm, purpose, vision, meaning, morals and inspired to follow through to completion.	Often relies on reactive adrenaline to get things done. Motivated by panic, urgency at times. Inconsistent creativity, disconnected from Spirit while spin energy dominates. Lacks vision.	Toxic guilt, obligation, fear, urgency and lack of meaning motivate reactions. Life is serious, uninspired, task-oriented, unfulfilling. Feeling powerless adds toxic fear and resentment.




FUNDAMENTAL CHOICE of MINDSET



As part of both the **human race** and the **animal kingdom** we have inherited, in our DNA, both **RESPONSE-abilities (A)** and primal **REACT-abilities (B)**, as animated by the cartoons.

Our combined DNA provides us with a high capacity of **response-abilities** (expanded resources) with which to **respond** and **resolve** issues in our lives. Such abilities are compassion, love, imagination, reasoning, insight, reflection, rationalization, vision, negotiation, etc. Our **react-abilities** are limited resources of **FIGHT, FLIGHT or FREEZE**. Because **B (react-ability)** is primal survival and competitive (1 vs. 2), we don't represent our true moral selves and sensibilities. When we act out from our primal spin energy we hurt ourselves and inflict the impact of our spin on others.

Fundamental Choice	
Life from A or B?	
Respond from SPIRIT	React from SPIN
A	B 
meaning values identity purpose	FIGHT FLIGHT FREEZE

Since we are hardwired to experience both A and B, we all have a **Fundamental Choice**. **A – Spirit mindset is the authentic core self**. We may experience B spins but they are only events, not our true selves.

Shifting Back to Spirit to Respond The spin may happen first, instinctively and as a result of our survival DNA. But we can observe ourselves in the spin energy and mindset, then deliberately **shift back to Spirit to regain our balance**. Our Spirit shows our true intention and is congruent to our values, our core self. From our Spirit mindset we can apply our **expanded resources** to **RESPOND** to and **RESOLVE** life's challenges.

Your intellect is working in tandem with your core Being as you assess yourself. The intellect knows what the words mean, the Being knows how they feel.

LIFE ON A CONTINUUM Visual Model

Comparing three mindsets which impact everything
From Observer Mode assess your mindset by applying the Visual Model

This visual model contrasts **Inspiration's balance** with two degrees of **spin's imbalance: Coping and Survival**. It is natural to flow from one mindset to another and back again as we experience life events. With awareness of your mindset and energy, you can make deliberate choices to return to balance. Physical energy is often the most accessible to immediate change. Breathing deeply, focusing on quiet strength and grounding yourself physically can calm the mind, body and emotion, which innately want to return to our natural state of balance.

What puts you in a SPIN?

As an Individual?



money problems, parenting/family issues, grief/loss, job stress, threat of change, past trauma/pain, dilemma, conflict, feeling alone, lonely, health issues, being intimidated, trauma, fear, coming out of isolation, lack of self-discipline, learning new things, making decisions, anger—yours or theirs, lack of successes

In Relationships?

conflict, being bullied, disagreement, being devalued, being ignored, being criticized, being intruded on, people not doing their share, people not playing fair, feeling unsafe, feeling you have no rights, feeling not heard, feeling lack of connection, feeling intimidated, not supported by partner

In a landscape

inconsistent leadership, inconsistent rules, leadership by intimidation, incompetence and blame, too many responsibilities without authority, others making immoral choices, lack of training, being devalued or taken for granted, injustice, time pressures, dealing with the public, multi-tasking, unattainable Standards

A SPIRIT	B <i>occasional</i> SPINS 	<i>overlapping</i> SPINS 
INSPIRATION High Capacity	COPING Medium Capacity	SURVIVAL Low Capacity
Healthy fear identifies needs RESPONSE-ability	Healthy FEAR identifies needs REACT-ability	Toxic FEAR leads to self-doubt Over REACT-ability
Sees the world in wide angle and full color. Able to deliberately look at things from a distance, (observer mode) you can see how the different pieces fit together. Inspiration is the most naturally resourceful mindset for decisions, healing, insight, compassion, negotiation, consideration and to respond to life.	Physiology kicks in. Sees the world through a temporarily narrowed lens as you are reacting to the issue. Your psyche uses anxiety energy to alert you to unresolved issues until you take action to address and resolve them. Heightened anxiety can lead to more reaction. Shifting back to inspiration can increase your capacity to resolve your issue.	Fight, flight or freeze physiology kicks in. After many overlapping and/or unresolved spins, you see the world through tunnel vision . TOXIC FEAR DOMINATES perpetuating the adrenaline reactions and making you feel small/powerless. Even after an issue is resolved you can feel vulnerable, perpetuating the anxiety, self-doubt and dread.

Reminder - A – Spirit mindset is the authentic core self we are meant to experience as our lifestyle. We may experience B spins but they are only events, not our true selves.

Rose Fuller M.Ed. R.C.C.
copyright 2015



Emotions Are Wisdom

Living From Spirit



I believe that emotions are messages from your core, your Spirit. They provide energy and valuable insight to help you identify your pain, your joy and your needs, to understand yourself and to make healthy choices for yourself. *Many times we cannot easily express our feelings because we are experiencing many emotions at once. Many of them are conflicting. These lists may help you become AWARE of how you feel in your independent life and in your relationships.*

What emotions do you most often experience?

<p>HAPPY?</p> <p>Affectionate Loved Blissful Love-struck Calm Lucky Caring Grateful Centered Meditative Confident Motivated Cared for Optimistic Comfortable Passionate Connected Peaceful Content Playful Curious Pleasant Ecstatic Purposeful Elated Relieved Empathetic Satisfied Energized Spiritual Generous Supported Grateful Sympathetic Inspired Thoughtful Interested Trusting Kind Understood Valued</p>	<p>SAD?</p> <p>Alone Fragile Rejected Abandoned Grieving Self-doubt Agonized Guilty Sorry Apathetic Hopeless Tired Apologetic Hurt Toxic Ashamed Indifferent Unappealing Bitter Invisible Victimized Bored Isolated Vulnerable Bullied Lonely Cold Low Confused Mechanical Defeated Melancholy Depressed Miserable Devalued Misunderstood Disappointed Needy Disconnected Oppressed Disoriented Pained Dismissed Perplexed Distant Powerless Exhausted Regretful</p>	<p>FEARFUL?</p> <p>Anxious Submissive Bewildered Suspicious Captive Threatened Confused Traumatized Desperate Wary Dread Worry Fight, Flight Freeze Frightened Hesitant Horrorified Hysteria Nervous Obligated Overwhelmed Paranoid Powerless Scared Shocked Stressed</p>	<p>ANGRY?</p> <p>Aggressive Agitated Annoyed Cranky Critical Combative Defensive Explosive Exasperated Frustrated Furious Moody Reactive Obstinate Argumentative Rage Resentful Violent</p>
---	---	---	--

1. **Put a check beside the above emotions you are feeling?**

2. **What needs can you identify, based on what your emotions are telling you?**

- | | | | |
|---|---|--|------------------------|
| <input type="checkbox"/> Physical safety | <input type="checkbox"/> To be valued | <input type="checkbox"/> To be taken seriously | <i>list more needs</i> |
| <input type="checkbox"/> Emotional safety | <input type="checkbox"/> To feel fulfilled | <input type="checkbox"/> To be understood | _____ |
| <input type="checkbox"/> Intellectual safety | <input type="checkbox"/> To be successful | <input type="checkbox"/> To be believed in | _____ |
| <input type="checkbox"/> Spiritual safety | <input type="checkbox"/> To belong | <input type="checkbox"/> To be connected to others | _____ |
| <input type="checkbox"/> Financial security | <input type="checkbox"/> To learn | <input type="checkbox"/> To be acknowledged | _____ |
| <input type="checkbox"/> To be powerful in life | <input type="checkbox"/> To be healthy | <input type="checkbox"/> To be creative | _____ |
| <input type="checkbox"/> To be respected | <input type="checkbox"/> To make a difference | <input type="checkbox"/> To have peace of mind | _____ |
| <input type="checkbox"/> To be supported | <input type="checkbox"/> To be worthy | <input type="checkbox"/> To feel competent | _____ |
| <input type="checkbox"/> To be heard | <input type="checkbox"/> To be needed | | _____ |
| <input type="checkbox"/> To be loved | <input type="checkbox"/> To be trusted | | _____ |
| <input type="checkbox"/> To be included | <input type="checkbox"/> To be skilled | | |
| <input type="checkbox"/> To be appreciated | <input type="checkbox"/> To be resourceful | | |

3. **What INTERNAL choices can you make to RESPOND to your needs? (energy/mindset)**

4. **What EXTERNAL choices can you make to RESPOND to your needs? (behavior/problem solving)**
