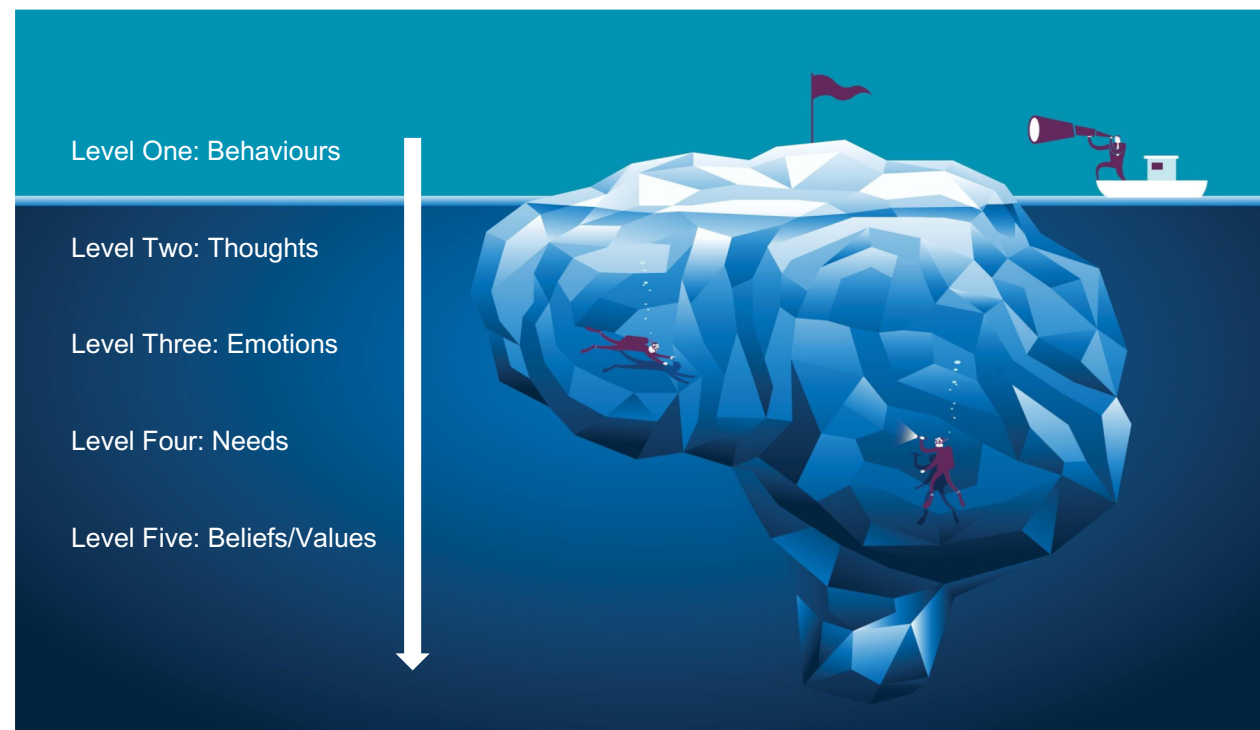
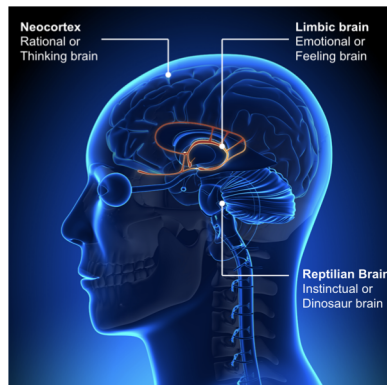


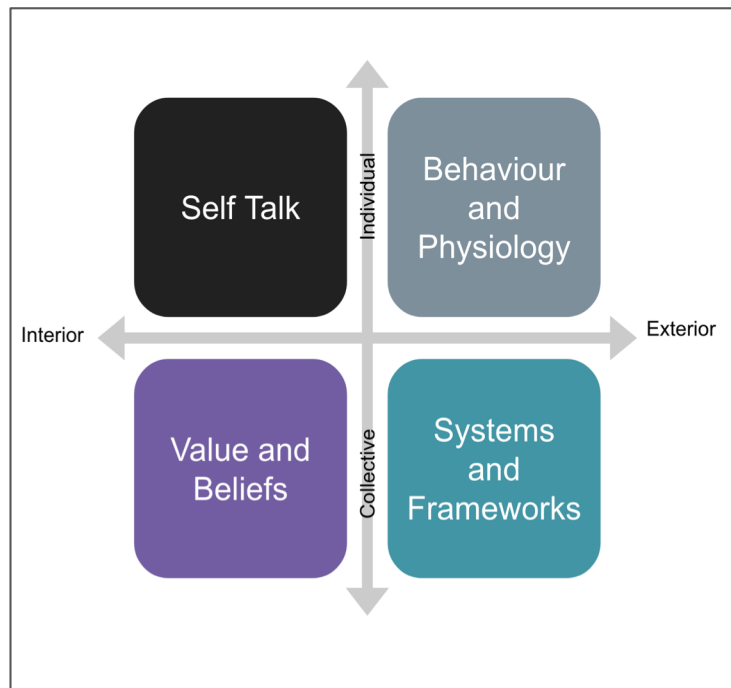
THE INTERNAL WORLD

What goes on in our head can have a disproportional effect on how we experience life.

Gaining better awareness is the first step to gaining a healthier internal world.



THE INTERNAL WORLD



Reflection on a strong emotional trigger.

What was happening?

What was the feeling(s) that you felt most intensely?

What need was it giving you an insight too?

Using the integral model, what quadrant might the 'root' exist in?

Practice Name & Reframe

I am feeling _____

because my need for _____ is not being met/being challenged.

I choose to [action/response] _____ or

I invite the other too [action/response] _____