

Every Moment We Choose

An event stimulates feelings:



Then we get to choose how we will respond to the message.

“Who’s to blame for these feelings?”

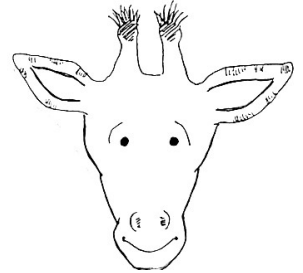
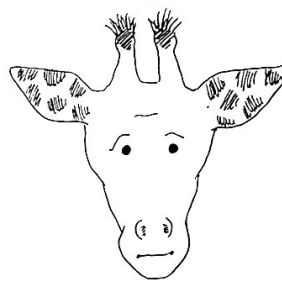
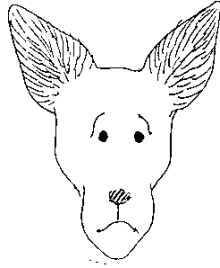
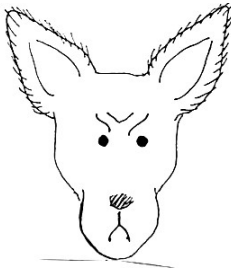
“Hello. What needs are calling?”

Jackal ears outward

Jackal ears inward

Giraffe ears inward

Giraffe ears outward

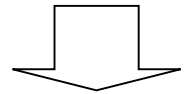
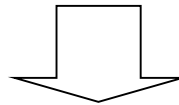
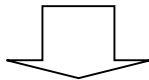
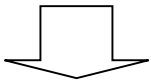


Blame others
Feel anger!

Blame self
Feel depression,
shame, guilt

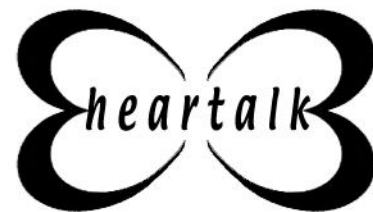
Hear
own needs

Hear
Other's needs



FIGHT

FLIGHT



use up power or
give away power

power with

To blame is to give your power away to the past.

Everyone's needs matter!

Loss of Power
and
Separation

Empowerment
and
Connection