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

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

Loss of Power and Separation

power with
Everyone’s needs matter!

Empowerment and Connection

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