

PRESENCE

INTENTION

		Fully Disconnected	Disrupt Pattern	Present Awareness	Observing Awareness	Full Self Empathy	Fully Connected
		<i>Some looping through these stages may occur as we progress toward self-connection</i>					
Needs Conscious	Strategy Oriented, Outcome oriented.	Awareness of Choice	Differentiate Stimulus and Response	Connect to need for self connection, cognitive awareness of need.	Consciousness of the beauty of the needs.	Dwell in the beauty of the need.	
Physical	Folded in on oneself, Shrinking Inward	Breath, Slow down	Ask for Empathy, Uptime, Bodily Awareness	Make Clear Observation	Calm	Physical Sensations of Aliveness, Bubbling up	
Behavioral	Flight, Fight or Freeze, Reactive	Snap fingers, physical movement	Laughter. Walk in Nature, Sit in a peaceful place, Record yourself	Alert attention	Stillness	Needs drive actions	
Emotional	Self Protection, Fear (Chronic and Acute), Tension, Anxiety, General Emotional Upset, General State of Unhappiness, Tend and Befriend), Disconnected from aliveness, Freneticness, Reactive response	Curiosity, Acceptance of Feelings	Enjoy Jackal Show, Curious	Cultivate self-compassion, Find self-tenderness, Be gentle	Sitting with feelings until they shift.	Aliveness, joyful, compassionate	
Mental Cognitive	Survival Motivations; Revolving Door, Treadmill, Looping Thinking; It's not fun, Desire to get away from, Something is wrong or lacking, Chronic reactivity	Change self talk (encouraging)	Self Connect Inquiry, Repeat Jackal Over and Over, Keep a running list of reactive triggers.	Notice thought as thought, Write jackals	Core Jackal and Transforming Pain Processes	Awareness of choice and the ability to live from this needs consciousness	

RECOGNITION POINT (I am in a jackal show)

**WATER, CARETAKE, FEED A LIVING INTENTION
HAVE A PRACTICE OF INTENTION**