



Vigilance vs Awareness Chart

We need to change this to the positive.

We have the ability to change how we respond to feel better.

Under stress we try to change THIS to feel better.

Negative Translations

- I don't matter
- No matter what I do, it's wrong / not enough
- I'm not appreciated, heard, or respected
- I'm not lovable
- I'm not safe
- I am alone / powerless

Positive Translations

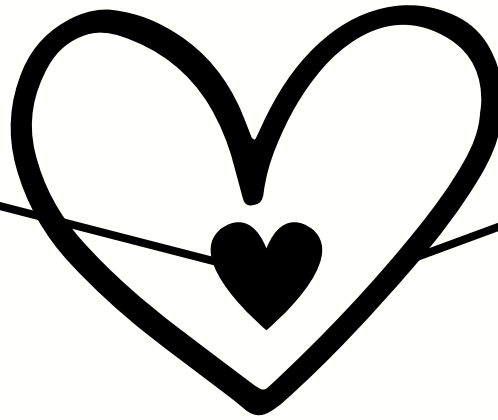
- I matter for who I am
- I do enough / I am enough
- I am appreciated, heard, and respected
- I am lovable
- I am essentially safe
- I am supported

Protected Heart

(When we live from negative translations).

Open Full Heart

(When we live from positive translations.).



Vigilance = Attention directed outside at what you don't want / anticipatory fears (survival pattern / reactivity).

Awareness = Attention within and externally, so we have the altitude to see what is (pattern of presence & responsiveness).

Intention is to:

- Protect
- Defend
- Fortify
- Lash out
- Shut down
- Retreat
- Control
- Be helpless
- Be "right"
- Blame
- Judge "Give to get"
- Victim

Intention is to:

- Be present, ask questions instead of having conclusions
- Be curious
- Connect with Self (true essence)
- Balance self first before giving attention to others (breathe consciously)
- Listen deeply and see clearly
- Be objective
- Strengthen connection to your core / God
- Cultivate compassion, acceptance, and respect