

# ARROWS – Connecting Points

Jerry Wagner, 2022

## ONE: THE GOOD PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m good and right” to “I’m O.K.”
- Rejoice in the good that is there vs. resent what is missing.
- Spontaneity and fun balance rigidity and seriousness.
- *Divergent* thinking (creative and imaginative solutions) complements *convergent* thinking (looking for the one right way).
- Connecting with authentic feelings and desires vs. tyrannized by shoulds.
- “I am good because I am me” vs. “I am above reproach because I am perfect.”

### *Shift to Non-Resourceful State*

- Try harder, push more strenuously, work longer.
- Tighten up vs. loosen up.
- Feeling misunderstood even though you are trying your hardest.
- Feeling depressed because you are never good enough.
- Exaggerating how hopeless you and the situation are vs. doing something about it.
- Sneaking “pleasures” to gain surcease from inner critic.

## TWO: THE LOVING PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m helpful” to “I’m special.”
- Shift from self-abasing to self-expressing. In touch with creative self.
- Appreciation of solitude and aloneness.
- Can take care of self and let others take care of themselves.
- Able to say “no” as well as “yes”.
- I am lovable because I am me vs. because I am useful.

### *Shift to Non-Resourceful State*

- Give more, sacrifice more, suffer more.
- Feeling victimized and taken advantage of.
- Guiltting others for not appreciating and caring for you more.
- Fantasizing revenge and vindication for not being appreciated.
- Becoming more dependent on others and getting them more dependent on you.
- Becoming pseudo-independent and pushing others away (temporarily).

## THREE: THE EFFECTIVE PERSON

### *Shift to Resourceful State*

- Image shift from “I’m successful” to “I’m loyal.”
- Loyal to self and commitments vs. to persona and roles.
- Two qualities of good leader: trustworthiness and competence.
- Honest and congruent: what you see is what you get.
- Relaxed flow vs. drivenness.

- “I am worthwhile because I am me” vs. “My worth comes from my performance and deliverables.”

### *Shift to Non-Resourceful State*

- Work faster; look flashier.
- Give up and drop out.
- Either on or off: from exertion to exhaustion.
- Doubting self and abilities.
- Resigned to failure vs. redeemed by relationships.
- Losing self in the organization or group.

## FOUR: THE ORIGINAL PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m special” to “I’m good.”
- Move to action-oriented, problem-solving approach.
- Sense of inner wholeness and completeness.
- Sense of connection to world.
- Genuine altruistic concern for others.
- I am both unique and universal vs. I am somebody because I’m special.

### *Shift to Non-Resourceful State*

- Feel more misunderstood and hurt.
- Get stuck in feelings.
- Flight into service vs. deal with own issues.
- If you don’t love me because I’m special, perhaps you’ll love me because I’m helpful.
- Become picky and pedantic.
- Resentment and anger turned inward against self.

## FIVE: THE WISE PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m perceptive” to “I’m powerful.”
- Sense of competence: “I can do.”
- Move from head into body and feelings.
- Engaged. Interactive.
- Negotiate for what need; let go of what don’t need.
- I have a right to exist (stand out) vs. I think therefore I am.

### *Shift to Non-Resourceful State*

- Further remove self from situation.
- Avoid involvement.
- Avoid feelings.
- Avoid pain.
- Intellectualize and strategize vs. take action.
- Become aggressive vs. assertive.

## SIX: THE LOYAL PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m loyal” to “I’m settled.”
- Remain calm. All will be well. Don’t struggle. Go with the flow.
- Trust your inner authority.

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- See all sides of the issue.
- Be proactive and move into action toward concrete goals.
- I am efficacious, confident, and courageous *vs.* I worry therefore I am.

## *Shift to Non-Resourceful State*

- Further paralyzed by fears.
- Increasing self-doubt and increasing suspicion of others.
- More dogmatic, orthodox, rigid.
- Getting busy *vs.* getting things done.
- Adding procrastination to doubting.
- Numbing *vs.* calming self.

## SEVEN: THE JOYFUL PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m O.K.” to “I’m Wise.”
- Staying focused *vs.* being distracted and pulled in numerous directions.
- In depth exploration *vs.* superficial sampling.
- Channel creative intuitions into organized structure.
- Do the right thing *vs.* what feels good.
- I’ll be happy when I get here *vs.* when I get there.

### *Shift to Non-Resourceful State*

- More plans, pleasures, and pursuits.
- Angry and resentful because joyful expectations aren’t being met.
- Critical of self and critical of others.
- Avoiding anger and disappointment as well as pain and suffering.
- Detaching and withdrawing instead of engaging in the here and now.
- More intellectualizing and less action.

## EIGHT: THE POWERFUL PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m powerful, I can do” to “I’m helpful.”
- There is nothing stronger than true gentleness and nothing gentler than true strength.
- Assertive *vs.* aggressive.
- Justice tempered by mercy and compassion.
- Reflective: think before you act. Ready, AIM, fire.
- I am a child of the universe *vs.* only the strong survive.

### *Shift to Non-Resourceful State*

- Becoming tougher, more aggressive, more controlling, more possessive.
- Exaggerated independence and autonomy leading to isolation.
- Energy turned against self. Implode *vs.* explode.
- Feeling depressed and wanting to venge and punish yourself because you’ve been unjust or inadequate.
- Making others dependent on you. The Godfather or Godmother.
- When in doubt, lash out.

## NINE: THE PEACEFUL PERSON

### *Shift to Resourceful State*

- Self image shift from “I’m settled” to “I’m effective.”
- Awake and attentive to self and surroundings.
- Focused, goal-oriented, self-determining.
- I have something to contribute. I make a difference.
- Courage to push through fears and self-doubt.
- I am and so I matter *vs.* I don’t matter and it’s no big deal.

### *Shift to Non-Resourceful State*

- More resigned, unaware, inattentive, avoidant.
- Not taking care of business. Busy with inessentials *vs.* being productive.
- More obsessing, ruminating, scrupling, worrying, doubting.
- Seeking affirmation from outside authority.
- Becoming suspicious of others’ intentions and actions.
- Disappearing into a role *vs.* self-expression.

## PARADIGM SHIFT

### **Exercise –**

What is it like when you are in a resourceful state, a flow state, the top of your game?

What is it like when you regress to a less-resourceful state, a back-up state, a less mature state?

- About how old do you feel there?
- What was happening in your life when you were that age?