

## RESOURCEFUL & NON-RESOURCEFUL STATES

### STYLE 8: The Powerful Person

#### Shift to Resourceful State

- Self image shift from “I’m powerful, I can do it!” to “I’m helpful, when needed or requested.”
- There is nothing stronger than true gentleness, and nothing gentler than true strength.
- Assertive vs. aggressive.
- Justice tempered with mercy and compassion.
- Reflective: Think before I act. Drop down into my heart.
- 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 and feelings of loneliness.
- Energy turned against self. Implode vs. explode.
- Feeling depressed and wanting to punish myself because I’ve been unjust or inadequate.
- Objectifying: believing I can control others and myself like pieces on a chess board.
- Making others dependent on me. The Godfather or Godmother.
- Focusing on others. When in doubt, lash out.

### STYLE 9: THE PEACEFUL PERSON

#### Shift to Resourceful State

- Self image shift from “I’m settled” to “I’m effective.”
- Awake and attentive to myself 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 I matter vs. I don’t matter, and it’s no big deal.

#### Shift to Non-Resourceful State

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

### STYLE 1: THE GOOD PERSON

#### Shift to Resourceful State

- Self image shift from “I’m good and right” to “I’m O.K. and acceptable right now in this moment.”
- Rejoice in the good that is present 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 and perfect way).
- Connection with authentic feelings and desires vs. being tyrannized by should’s.
- 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 I am trying my hardest.
- Feeling depressed because I am never good enough.
- Exaggerating how hopeless I am and the situation is vs. doing something about it.
- Sneaking “pleasures” to gain approval from my inner critic(s).

### STYLE 2: THE LOVING PERSON

#### Shift to Resourceful State

- Self image shift from “I’m helpful” to “I’m special right here, right now.”
- Shift from the roller coaster swing between arrogance and self-demeaning to self-expressing my true being.
- Appreciation of solitude, silence and aloneness.
- Take care of myself, and let others take care of themselves, especially when I think I know best.
- 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

- Victimology of give more, sacrifice more, suffer more.
- Feel victimized and taken advantage of.
- Guilt others for not appreciating and caring for me.
- Fantasize revenge and vindication for not being appreciated.
- Become more dependent on others while manipulating them to be more dependent on me.
- Become pseudo-independent and push others away as a temporary ploy to get what I want.

### STYLE 3: THE EFFECTIVE PERSON

#### Shift to Resourceful State

- Self image shift from “I’m successful” to “I’m loyal to my essence.”
- Loyal to inner self and commitments vs. loyal to persona and roles.
- Two qualities of good leader: trustworthiness and competence.

## RESOURCEFUL & NON-RESOURCEFUL STATES

- Honest and congruent: what you see is really what you get vs. seeing just a superficial mask or image.
- 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; impress, impress, impress.
- Give up, and drop out.
- Either on or off: from exertion to exhaustion. No pain, no gain.
- Doubting myself and my abilities.
- Resigned to failure vs. redeemed by relationships.
- Lose myself in the organization or group.

### STYLE 4: 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 grounded 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 am *sooo* special.

#### Shift to Non-Resourceful State

- Feeling more misunderstood, hurt, disheartened.
- Getting stuck in feelings.
- Flight into service for others vs. dealing with my own issues and challenges
- If you don’t love me because I’m special, perhaps you’ll love me because I’m helpful and what I can do for you.
- Become picky and fussy.
- Resentment and anger turned inward against myself.

### STYLE 5: THE WISE PERSON

#### Shift to Resourceful State

- Self image shift from “I’m perceptive” to “I’m powerful.”
- Sense of competence: “I can do this.”
- Move from head into body and feelings.
- Engaged. Interactive.
- I don’t have to know or understand everything. I don’t have to know why or how.
- Negotiate for what I need, and let go of what I don’t need.
- I have a right to exist and shine vs. I think therefore I am.

#### Shift to Non-Resourceful State

- Further remove myself from the situation and isolate.

- Avoid involvement.
- Avoid pain.
- Avoid all feelings.
- Intellectualize and strategize vs. take action.
- Become aggressive and pissy vs. thoughtfully assertive.

### STYLE 6: THE LOYAL PERSON

#### Shift to Resourceful State

- Self image shift from “I’m loyal” to “I’m settled.”
- Remaining calm. All will be well. Going with the flow. No need to struggle.
- Trust my inner authority.
- See all sides of the issue without getting stuck in questioning each side.
- 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

- Paralyzed by fears and doubts.
- Increasing self-doubt and suspicion of others.
- Dogmatic, orthodox, unyielding, rigid.
- Getting busy vs. getting things done.
- Adding procrastination to doubting.
- Numbing and dissociating vs. using my grounding skills to calm myself and be present and focused.

### STYLE 7: 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 all at once.
- In depth exploration vs. superficial sampling.
- Channel creative intuitions into organized structure.
- Do the right thing vs. what feels good and instantly gratifying at the moment.
- I’ll be content when I’m *here* vs. I’ll be content when I get to the elusive, always unreachable *there*.

#### Shift to Non-Resourceful State

- Endless plans, pleasures, and pursuits.
- Angry and resentful because positive expectations aren’t being met.
- Critical of myself and others.
- Avoid making a definitive choice or decision, thereby cutting off all other options.
- Avoid anger and disappointment as well as pain and suffering.
- Detach and withdraw instead of engaging in the here and now.
- Intellectualize and rationalize instead of taking action.