

LEVEL	VARIABLES – page one				
Synchronicity	Non-issue – I trust myself therefore all that is needed is my awareness and skillful action	I know and express who I am in every moment, no matter who I am with and what I am doing	Loss of separation, pure connection, sense of “you are me and I am you.” There are no important differences	All is well and unfolding as it should, there is no rush. A “follow where the energy wants to flow” mindset/dynamic action	The most wonderful, amazing solution is right there waiting, and it is bigger than anything I can think of myself. Can use intention skillfully.
Innovation	Trust more and more assumed by all so that the enterprise can move forward	My passion to contribute and be a part of positive, creative solutions brings out my authentic self	Complete leaning in to others (you can see heads coming together), total non-defensiveness. Want to learn more about differences.	Reasonable timelines are set based on experience and capacity. Move as needed without drama.	Cool, fun, quirky left-turn ideas get moved into effective action. True “out of the box” solutions occur
Engagement	A feeling that most people can probably be trusted – willingness to trust unless /until proven wrong	It feels like there is room for me to be who I am most of the time in most situations	More leaning in than leaning away, an overall sense of wanting to be there and to stay. Respect differences.	Somewhat aware that I have options and can be intentional but fairly flexible.	Collaboration emerges, workable solutions are developed through effort and energy
Courage	Tentative trust, things feel scary but necessary	I begin to express my thoughts and feelings despite fear and concern	Slightly more leaning in to others than pulling away, the beginning of connection. Acknowledge differences.	Patience emerges as an option. There is a willingness to stop doing what isn’t working even if there is no immediate solution	The possibility of effective solutions emerges
<i>Variable increases as levels go up</i>	TRUST	AUTHENTICITY	CONNECTION	PATIENCE	CREATIVITY



THE BELOW THE LINE VARIABLES ARE SHADOWS OF THE ABOVE LINE VARIABLES

<i>Variable increases as levels go down</i>	SUSPICION	DECEPTION	DISCONNECTION	IMPATIENCE	REACTIVITY
Frustration	Everyone else is competition for me and I need to prove I am better. I am wary of what they might gain.	I am focused on what I think success is compared to others, I will put great energy into being what I think will “win,” but to some degree I know I am doing this	Engaged enough to fight, but it is easy for me to leave in a huff. I am slightly more aware, but I don’t care. My anger is justified and more important that your feelings.	Come on people, what is wrong with you? Things need to happen for my ego and on my timetable. I will get louder or meaner to make this happen.	My buttons are exposed and ready to be pushed. The solution must benefit me and that is where I will look from and what I will fight for. I don’t need to change -- YOU do.
Fear	Everyone else is a threat to me and I am wary of what they might do to hurt me or cause loss in my life. I need structures to protect myself.	I have less sense of who I am -- I will do or say whatever is needed to feel safe but am often not aware I am doing so. I try not to offend anyone.	Push-pull reaction (frightened animal, come close, move away). Unaware.	Things feel terrifyingly out of control. There is frenetic “make something (anything) happen” energy (herding cats).	Life is scary and the only solutions worth considering are those that keep me/us safe so I don’t have to change (it’s too scary).
Hopelessness	Everyone else is inherently better than me. I need to disconnect myself from them or even destroy them so that I can survive.	Whatever I do here, I do with complete unawareness. I don’t “feel” worthless – I know I <i>am</i> worthless – I will do and say anything to get what I think I need for survival	Very disconnected, pulling away from others, wanting to leave physically or emotionally, almost entirely internal and separate from all others. Profoundly alone.	It’s all bad and will never get better. Resignation.	Beaten down by life, the expectation is that people and things will be bad – I am ready for failure before it happens. There are no solutions. I can’t change, it’s impossible.

LEVEL	VARIABLES – page two				
Synchronicity	Very rarely triggered into fight or flight; when triggered it is managed easily and quickly. I am almost entirely calm and very loving. There is no fuel to ignite.	Things make sense on every level. My view is the big and little picture all at once. There is no confusion.	I am, therefore I think ☺ And feel, and experience, and desire... Everything starts with me. As within my self, so without.	I feel absolutely free at all times and know others are as well.	I can generate being right here, right now, at will. The more time I spend here, the more present I am on a moment to moment basis
Innovation	I am reliably calm. I don't blame and I share even negative feelings honestly and calmly.	Things can be understood with a rationality that does not abandon the awareness of emotion.	I think, therefore I am ☺	I feel mostly free to create, to design, to live, and have no trouble granting this to others	It is common for me to have stretches of time when I am very present, but I cannot generate these.
Engagement	I get triggered, but can be counted on to calm down with some help and breathing space. I can be coached to return to myself.	Things come more into focus the more I engage myself, and I am somewhat OK with what I don't understand	I experience myself as a part of things; I know that to some degree I am creating this experience through my decisions and actions	I can experience freedom myself and know I have some choices, and because of this I can often allow others freedom as well	Moments of presence and even a sense of flow are available though not predictable. Presence is there, but feels random.
Courage	I am still fairly easily triggered here;, but there is enough love of something (self) to move above the line	There is the possibility I will understand if I begin to act courageously.	The possibility emerges that I myself can make a difference in what is happening	I am willing to risk giving up some small amount of control for the sake of positive change	I have brief and rare glimpses of being right here, right now. This is not common.
<i>Variable increases as levels go up</i>	BODY RESPONSE (calmness increases)	CLARITY	INTERNAL VIEW OF SELF	FREEDOM	PRESENCE/AWARENESS

<i>Variable increases as level go down</i>		BODY RESPONSE (amygdala hijack)	CONFUSION	EXTERNAL VIEW OF SELF	CONTROL	ABSENCE/ UNWARENESS
Frustration	↓	Flushing, tightness, a need to get the feelings out (want to hit something). I want to be mean, to get you back, and I want to get rid of these feelings. Not necessarily conscious.	Things move more out of focus here. My anger makes me “see red;” the only thing that matters is my own point of view	Bad things happen to me, good things I make happen myself. And I must resist the world and fight for my small piece.	I need to control everything so I get what I want and need.	I am somewhat aware at times, but justification of my negative actions overwhelms my ability to really see or admit this.
Fear		Anxious feelings in pit of stomach, can't eat, can't focus, heart may be racing. A sense of either paralysis or frenzy. This may also be slightly below consciousness level.	Life is coming at me in a fast and furious way. Nothing makes any sense at all. I am very confused.	Things happen to me and I have little impact – I am aware of a strong need to protect myself.	I try very hard to control, but on some level know I can't. It's all so overwhelming.	I am lost in the swirl of fear, but may occasionally be aware that this is what is happening.
Hopelessness		Overwhelming multiple body sensations just below conscious awareness. Strong need to distract themselves or they may be frozen or apathetic. (drink, shop, gamble, eat)	I have completely given up trying to understand anything. Life is completely random and I am its victim.	Whatever happens to me will happen. There is nothing I can do.	I have no control and neither does anyone else.	I am unaware that there is even such a thing as awareness, or that it would in any way apply to me

NOTE: Each higher level includes the lower.