

## Needed at the different levels (additions)

### 1) Hopelessness

- Circle process (glimmer of hope)
- Baby steps (of RH or LH)
- Encouraging or asking them to act might move them to anger (not a bad thing)
- Holding onto and showing them hope until they can find it
- Hear and see the hopelessness (witness it)

### 2) Fear

- Looking for assumptions – is it true, is it irrational
- Us the “yarn” process of red and blue neural pathways (what do you/have you focus(ed) on?)
- Look for evidence of the previous path
- Using chaos/rigidity tool for awareness
- What’s the worst that can happen
- Saboteur work – re-write story

### 3) Frustration

- Bigger vision, meaning
- More RB activities/tools
- Control vs. no control (make a list/fold it over – Dee’s tool)
- What is your part in it?
- Who do you want to be?
- Mirror the being.
- Change the direction, stop it, call them on their BS – love has teeth

### 4) Courage

- Purpose, meaning, cheerleading,
- Held with strength and tenderness, honor the heart
- Encouragement
- Holding the agenda
- Accountability, vision

### 5) Engagement

- Good, deep reflection
- Looking at the process of success, recall what you have done
- Neural pathways strengthening
- Journaling
- PFC: what is your “just right?”

### 6) Innovation

- What else do I need to know?
- Thirst for more info....give me more...
- Let’s look at fear
- Less Accountability...more support....brainstorming.

### 7) Synchronicity

- Reflection back on impact
- Spiritual questions, mirroring back lightness
- Witnessing one-ness with each other
- Tap into the knowing, the delicate space
- Intuition, clearing channel to the divine
- Borrow each other’s brain, connection
- Other healing modalities

