



# HUMAN CONSCIOUSNESS ARCHITECTURE

## The A-Z of DOING







Primary Skill










Secondary Skill











Tertiary Skill

 <b>ACKNOWLEDGMENT</b>	
<b>Def:</b> Recognition of the existence or truth of something; a statement of appreciation	<b>Skill:</b> Noticing and naming who client is <i>being</i> . Does not always have to be positive.
<b>Activation:</b> Helps to create a towards and open state in the brain, creates deeper connection between practitioner and client as client feels seen and known.	
 <b>BLURTING</b>	
<b>Def:</b> Divulge impulsively without restraint	<b>Skill:</b> Speaking what comes to the practitioner (usually through INTUITION SYSTEM—see below) suddenly and in the moment without censoring or holding back.
<b>Activation:</b> Activates and reinforces PRACTITIONER’s intuition system. Creates trust between practitioner and client.	
 <b>CELEBRATING</b>	
<b>Def:</b> To praise or highlight	<b>Skill:</b> Focusing the client’s attention on what is good, noteworthy, or has been accomplished. Helping client “amp up” self-appreciation for achievements or breakthroughs.
<b>Activation:</b> Activates the limbic system to be more cued to positive events and less focused on negative events and perceived threats.	
 <b>DESIGNING</b>	
<b>Def:</b> Planning skillfully and intentionally	<b>Skill:</b> Creating the “rules of engagement” for the relationship and/or session.
<b>Activation:</b> Activates the Prefrontal Cortex by lessening uncertainty; creates trust.	

 <b>ENCOURAGING</b>	
<b>Def:</b> Inspire with courage, spirit or confidence	<b>Skill:</b> Helping the client see that yes, they can.
<b>Activation:</b> Helps to create a towards and open state in the brain.	
 <b>FOLLOW-UP</b>	
<b>Def:</b> Checking back on promises or intentions	<b>Skill:</b> Asking client about homework or other promises.
<b>Activation:</b> Activates the Prefrontal Cortex and Task Positive Network	
 <b>GOALS and FOCUS</b>	
<b>Def:</b> Result or achievement towards which the effort is directed	<b>Skill:</b> Setting clear focus for the engagement and sessions, helping client to have an end in mind for your work together.
<b>Activation:</b> Activates the Prefrontal Cortex and Task Positive Network	
 <b>HUMOR</b>	
<b>Def:</b> A comic, absurd or incongruous quality causing amusement	<b>Skill:</b> Shifting energy when needed, finding the lighter side in order to keep client engaged or help them take a new perspective.
<b>Activation:</b> Reduces stress and thereby activates the Prefrontal Cortex	
 <b>INTUITION (SYSTEM)</b>	
<b>Def:</b> Anything we know below conscious processing, thought or observation	<b>Skill:</b> Sensing what is going on with the client that is not being overtly said or communicated. Trusting and blurring (see BLURTING above).
<b>Activation:</b>	
 <b>JUXTAPOSITION</b>	
<b>Def:</b> Looking at things together for comparison or contrast	<b>Skill:</b> Pulling in client's seemingly disparate or forgotten topics or issues to see how they all help make a whole.
<b>Activation:</b> Activates Prefrontal Cortex; creates integration	
 <b>KINESTHETICS</b>	
<b>Def:</b> Using the body in the session	<b>Skill:</b> Having client embody and/or check in with internal state during the session.
<b>Activation:</b> Activates vagus nerve and wisdom from heart, gut and other body neurons	

 <b>LISTENING</b>	
<b>Def:</b> The ability to hear specifically what is being said (and also what is not said)	<b>Skill:</b> Being aware of the three levels of listening, listening at L2 and L3 in the session, self-regulating L1.
<b>Activation:</b> Activates a towards and open state in the brain	
 <b>METAPHOR</b>	
<b>Def:</b> Something used to represent something else; often a visual symbol	<b>Skill:</b> Offering visual symbols for what is being said, asking client to come up with their own as well.
<b>Activation:</b> Activates Right Hemisphere of the brain	
 <b>NOTICING</b>	
<b>Def:</b> Paying attention, observing and perceiving	<b>Skill:</b> Offering client reflections on what you have perceived; highlighting things client may be unaware of.
<b>Activation:</b> Activates Prefrontal Cortex	
 <b>OPEN-ENDED QUESTIONS</b>	
<b>Def:</b> Short, simple questions that cannot be answered yes or no	<b>Skill:</b> Asking curious, non-judgmental WHO, WHAT, WHERE, WHEN, HOW questions. Avoiding WHY.
<b>Activation:</b> Activates towards and open state in the brain	
 <b>PRINCIPLES and VALUES</b>	
<b>Def:</b> Core beliefs and personal basis for conduct and life	<b>Skill:</b> Helping clients understand and articulate fundamental beliefs; connecting client to core values when stressed or upset.
<b>Activation:</b> Reduces stress and makes Prefrontal Cortex more accessible; activates Right Hemisphere and Default Mode Network	
 <b>QUERY</b>	
<b>Def:</b> An open-ended question that cannot be answered in the moment	<b>Skill:</b> Asking client to ponder a question over a period of time, generally between sessions.
<b>Activation:</b> Activates Default Mode Network	
 <b>REFRAMING</b>	
<b>Def:</b> Looking at things from a different perspective/perspectives	<b>Skill:</b> Helping client look at things differently, stand in someone else's shoes, and/or explore other ways of interpreting events.

<b>Activation:</b> Activates Default Mode Network, Right Hemisphere and Prefrontal Cortex	
 <b>SELF-REGULATING</b>	
<b>Def:</b> Governing oneself without outside interference	<b>Skill:</b> Being aware of own L1 (see LISTENING above) opinions and triggers. Managing self-referential thoughts and keeping focus on client. Recovering from amygdala hijacks, no matter how mild.
<b>Activation:</b> Activates Prefrontal Cortex <i>in practitioner</i>	
 <b>TRYING</b>	
<b>Def:</b> Attempting new habits and behaviors	<b>Skill:</b> Encouraging client to make steps towards change, letting them know each attempt reinforces new pathways in the brain. (Often needs a lot of FOLLOW-UP and ENCOURAGING.)
<b>Activation:</b> Activates neuroplasticity	
 <b>UNCONSCIOUS</b>	
<b>Def:</b> Not consciously realized, planned or done	<b>Skill:</b> Paying attention to what client may be doing, thinking or feeling on an unconscious level and bringing to the surface for examination..
<b>Activation:</b> Activates Default Mode Network and Right Hemisphere	
 <b>VISION</b>	
<b>Def:</b> Creating possibilities for the future	<b>Skill:</b> Helping client dream and create a desired future state
<b>Activation:</b> Activates Default Mode Network and Right Hemisphere	
 <b>WHOLENESS</b>	
<b>Def:</b> Undivided, integrated	<b>Skill:</b> Bringing disparate pieces together for and with client, helping client find connections between things, helping client use all aspects of their brain and being.
<b>Activation:</b> Activates Right Hemisphere and Integration	
 <b>eXTERNAL/INTERNAL</b>	
<b>Def:</b> The shift from being externally defined (the world is happening to me) to internally defined (I am responsible)	<b>Skill:</b> Helping clients see that life is not randomly happening without their control or influence, to having more efficacy and responsibility for creating their own reality.
<b>Activation:</b> Activates higher levels of effectiveness/consciousness	

 <b>YES and NO</b>	
<b>Def:</b> Setting boundaries and being clear	<b>Skill:</b> Helping client say clear yeses or noes as necessary, both within the coaching session and in their lives.
<b>Activation:</b> Activates Left Hemisphere and Task Positive Network	
 <b>ZEST</b>	
<b>Def:</b> Hearty enjoyment, passion, liveliness	<b>Skill:</b> Helping client find their spark and joy
<b>Activation:</b> Activates dopamine in the Prefrontal Cortex	

**ADDITIONAL NOTES:**

- 1) Activation, unless specified, refers to *client's* brain, not practitioner's.
- 2) Many of these skills also activate NEUROPLASTICITY by helping client create new neural connections