

# Spirituality

100 (Green)

(Red) 0

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Love	Fear
Connected	Separate-alone
Grateful	Entitled
Lite/light	Heavy/dark
Happy	Grumpy/depressed
Peaceful	Chaos/struggle
Present	Future-Past
Flow	Jerky/Hesitating
Free	Stuck/buried
Forgiven/Honored	Judged/Criticized
Transparent	Shielded/Hidden
Giving – purposeful/gratitude	Giving – obligation/duty
Whole/complete	Broken - Empty
Open	Closed
Joy	Entitled/Anger
Letting go	Holding tight/grabbing
Trust	Skeptical/Unbelieving
Faith	Cynical/Emotionally Removed
Inspired	Driven/Forced
Peace Maker	War Maker
Empathy	Ego
Enough/Abundance	Scarcity

## Some Techniques for Staying in “Love”

- Pause-Breathe-Smile
- Meditation
- Questions I ask myself (i.e. “What would I do/be if I loved myself enough?”)
- Stories I share about what works (i.e. Colin Powell assures his soldiers love their country, family, fellow soldiers enough before sending them into war)
- Conversation(s) with my creator (including prayer)
- Forgiveness of self (Spirituality or cognitively)
- Living poison free (poisons: criticism, contempt, stonewalling/withdrawal, compete to not lose/to win, defensiveness, character interruption)
- Share life with people you love
- Giving with gratitude and purpose
- Hang out with positive people