

Guide

to Transformational
Living



MODEL OF TRANSFORMATION

Challenging Current Assumptions



Defenses

Perceived Threats

Defense
Mechanisms

- Conscious/Unconscious
- Affective/Cognitive

Transference

Distortions

Judgments

Mistaken Beliefs

Projections

RELATING TO OTHER

Process vs. Content Communication

In the natural occurrence of interacting with others, there is an often missed application of contexts in which the exchange of information can be considerably more impactful.

Content-based communication is that which is made up of knowledge, ideas, concepts, facts, beliefs, and doctrines—all that is associated with thoughts in your head.

Process-based communication is based on what you are feeling at the moment—the truth of your heart through your feelings.

We think of content as the thoughts we are communicating head to head, and process as the feelings we are expressing heart to heart. Both are essential and vital to clear, effective communication. However, many of us are much more comfortable expressing our thoughts at the expense of our feelings.

CONTENT: HEAD

Facts, Opinions,
Concepts, Ideas,
Thoughts, etc.



PROCESS: HEART

Feelings in
the Moment

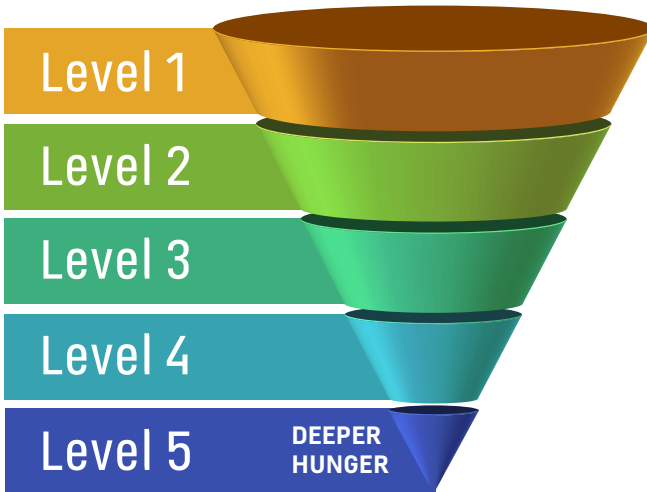


GETTING TO TRUTH IN RELATIONSHIP

Funnel of Truth

The *Blue Funnel of Truth* illustrates the principle that we often use truths to avoid deeper truths. There are layers of truth. Most relationships focus on the surface content of a fight and get caught up in defending the details of their argument, which leads nowhere. Friction tells us that a hunger or yearning is not being met. At CLE we coach individuals and couples to go beneath the topic they are fighting about to see what feelings are not being expressed. When those in a relationship honestly get to their hurt, or anger or fear or pain the air clears and the opportunity to draw closer is a common outcome.

BLUE FUNNEL OF TRUTH



LEADING EMOTIONS AND THEIR CORRESPONDING HUNGERS

SAD

Affirmation
Recognition
Love
Affection
Hope

ANGRY

To be Understood
Validation
Respect
Appreciation
Attention

SCARED

Security/Safety
Connection
Assurance
Comfort
Community

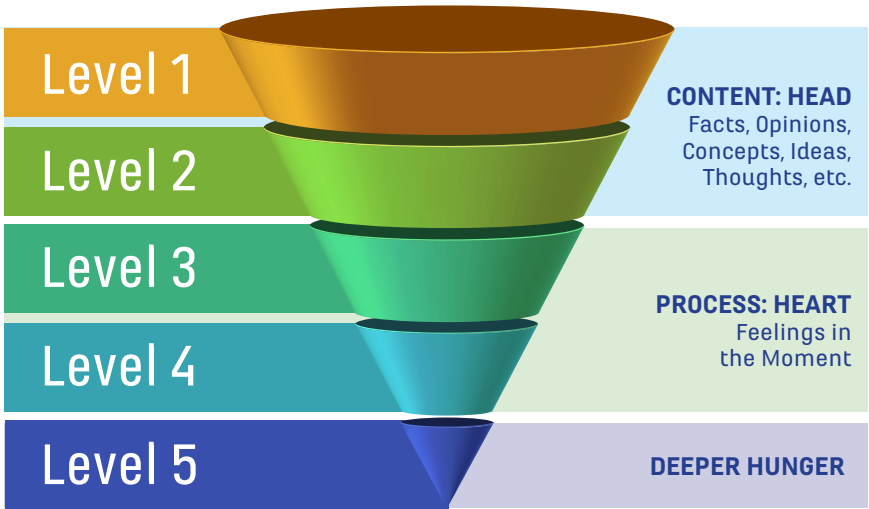
HURT

Comfort
Assurance
Companionship
Encouragement
Hope

TRUTH & FEELINGS

In the Moment

PROCESS VS. CONTENT in the FUNNEL OF TRUTH



FEELINGS IN THE MOMENT



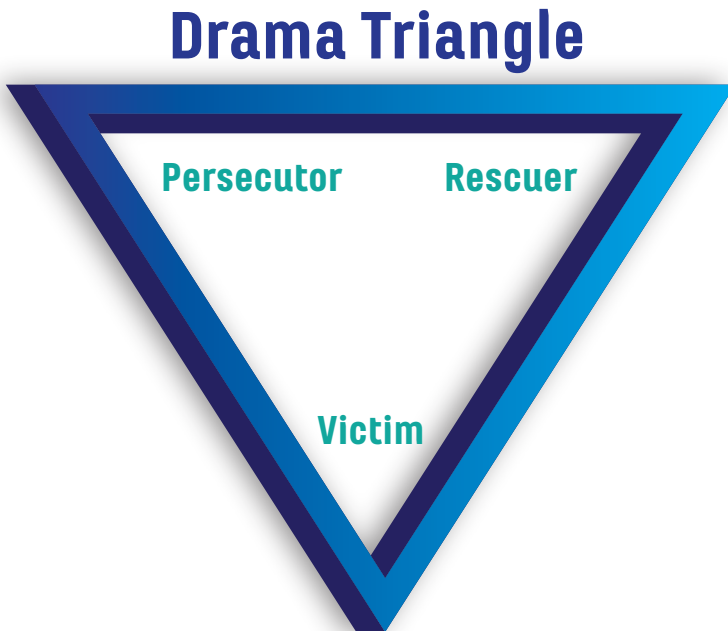
DRAMA TRIANGLE

Social Model of Human Interaction

We all find ourselves at various times playing each of the roles in the Drama Triangle.¹ Victims attract both Prosecutors as well as Rescuers. All the roles of the Drama Triangle refuse to operate from the principle(s) of responsibility.

Choosing to move out of the Drama Triangle to operate from the principle of responsibility means:

- Victims shift to feelings and expressing them responsibly,
- Persecutors use truth to confront in love and,
- Rescuers offer support from the position of holding the other person as whole and complete.



¹Thanks to Stephen C. Karpman, M.D., www.karpmamandramatriangle.com

PROCESS OF TRANSFORMATION MODEL

Engaging in Critical Reflection

Mild
TRIGGER

Severe
(Amygdala Hijack)



CORE WOUNDS
and EARLY CHILDHOOD EXPERIENCES



Feelings

Self Talk

Defenses

Unconscious & Conscious

Mistaken Beliefs

Yearnings

Feelings Recognition Journal

EMOTION What am I feeling?	SENSATION How do I physically recognize what I am feeling?	FEELINGS SASHHET
SAD Grieved, Dejected, Heartbroken, Mopey, Mournful, Distressed, Melancholy, Blue, Depressed	Tightness in throat, behind eyes, and down the center of the chest	
ANGRY Violent, Upset, Inflamed, Furious, Rage-filled, Resentful, Irritated, Frustrated, Irate, Disgusted, Mad	Tight jaw, clenched fists, pain in pit of stomach, tension in neck, arms want to hit	
SCARED Panic-stricken, Afraid, Anxious, Tense, Terrified, Stress-filled, Jittery, Frightened, Nervous	Tight down the back of the neck and shoulders, tight across chest, constricted in breathing	
HURT Upset, Bothered, Disturbed, Distressed, Pained, Outraged, Offended, Traumatized	Blow to the gut, abdomen; broken heart	
HAPPY Joyous, Content, Satisfied, Pleased, Optimistic, Complete, Relaxed, Peaceful, Glad, Fulfilled	Relaxed muscles	
EXCITED Ecstatic, Perky, Energetic, Jittery, Sexual, Aroused, Antsy, Effusive, Nervous, Bouncy	Jumpy and shivery all over, fast pulse	
TENDER Intimate, Loving, Touched, Soft, Kind, Gentle, Empathetic, Warm-hearted, Sympathetic	Soft tears around eyes, full sensations around heart, arms want to hug	

CIRCUMSTANCE <i>Where/When/Why</i>	SENSATION <i>Body</i>	RESPONSE

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to providing cutting-edge,
dynamic, and effective support to
those who want to **live great lives**,
have **meaningful relationships**,
satisfying careers, and
deep, fulfilling faith.



3100 Dundee Rd. Suite 102 | Northbrook, IL 60062
847.272.3684 | www.cle.us.com