

EXPERIENTIAL INTELLIGENCE BEFORE ARTIFICIAL INTELLIGENCE

Shared Wisdom Patterns Snapshots (SWPS™) Hotspots of 2D <=> 3D Insight

Feel the Fear and Do It Anyway by Susan Jeffers

Dynamic Techniques for Turning Fear, Anxiety, Stress, Indecision & Anger into Power, Action & Love



EXPERIENTIAL INTELLIGENCE (EI)

EI is your VALUES BELIEFS CONVICTIONS® (VBC's®) personal legacy of a "Senses Driven" ability to perceive & interpret everything you encounter 24/7, your whole life. The SWPS™ 7 Series choose & rank thinking tool provides a comprehensional leap forward in better understanding the influences of life's EI transitional power, along with the manipulative power on our minds of 2 distinctive and interactive EI realities.


- (1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception and interpreted meaning of any digital or printed image.
- (2) The merging of human cognitive (intentional) Q&A thought and reasoning with AI generated Q&A programmed "thought" that creates our thinking identity.

FEEL THE FEAR AND DO IT ANYWAY – ANXIETY? FEAR? STRESS? FACE IT/EMBRACE IT/REPLACE IT!

Susan Jeffers provides a straightforward way to immediately improve your attitude and everything going on in your life. Pay attention to your inner CHATTERBOX sending you "SAY NO" messages to what happens in your daily life and immediately respond with I am "SAYING YES to my Universe" and nod your head up and down. WM suggests that you keep this SWPS Series, dissected from Susan Jeffers' book, accessible and at your fingertips. You can even cut out any of the 3 boxed components of a Portrait page that strongly resonate with you and positively motivate you to "SAY YES" to accepting and working through any situation that you encounter. WM has an "analogy knock off" from one of his favorite movies as a witism. "If you build it, they will come." (FIELD of DREAMS). Keep saying "Yes to your daily life Universe" and positive thinking results will indeed come.

HOW TO COMPLETE A SWPS™ SERIES

CHOOSE 4 SWPS PORTRAITS

Skim/read the statements positioned around the RTH thinking head clockwise, 1,2,3,4 (or 1-8).  Then scan the content in the Summation Boxes (SB) and Conclusion Boxes (CB) on each SWPS Portrait. Review all 7 SWPS Portraits in this series. Choose your 4 favorite SWPS Portraits and note this in the upper right hand corner of your chosen SWPS Portraits. 1st "✓" here to CHOOSE this SWPS ____

Now RANK the 4 Summation Boxes (SB) on the 4 SWPS Portraits you chose.

Rank this Summation Box: 1__ 2__ 3__ 4__

Now RANK the 4 Conclusion Boxes (CB) on the 4 SWPS Portraits you chose.

Rank this Conclusion Box: 1__ 2__ 3__ 4__

TAKE A MINUTE TO REFLECT

Were you aware of any 2D<=>3D mental "intentional" shifting as you read the RTH Thinking Head statements? Can you recognize if you engaged your whole brain to choose your 4 SWPS Portraits? Were you aware of your EI/VBC's® Judgements forming in your thoughts? Did your reasoning go from left brain to right brain and back and forth as you ranked the SB's 1-4, CB's 1-4, on your 4 chosen SWPS?

REASONS NOTES

What new interpretive EI/VBC's insights have appeared? Write what you deem important on the feedback lines at the bottom of each chosen SWPS portrait.

EI/VBC's Judgement Insights:

RANK YOUR 4 SWPS PORTRAITS 1-4

Was it more EI self-awareness satisfying NOW to use your evolved complete brain focus as you rank your 4 chosen SWPS Portraits, 1-4, of this series?

Rank given to this SWPS:

1__ 2__ 3__ 4__

RECORD/RETAIN

Now RECORD the choosing/ranking numbers (#'s) from completing this SWPS Series on the Response Report (page 10). RETAIN your 4 chosen SWPS Portraits and Response Report for future reviews to enhance your life success and satisfaction.



SHARE your recorded EI/VBC's Judgement pattern report with others. Email your 4 SWPS and Response Report with your comments to **INFO@EIB4AI.COM**

Go to www.EIB4AI.com/NOWWHAT for further uses and suggestions.



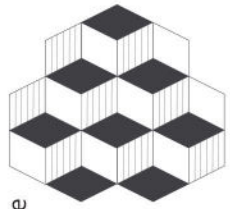
2D <=> 3D Perspective Shifting Overview

Feel the Fear and Do It Anyway by Susan Jeffers
Anxiety? Fear? Stress? Face It/Embrace It/Replace It!

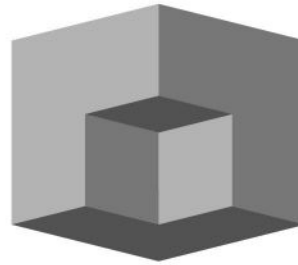
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

Automatic Shifting Autonomous Reasoning

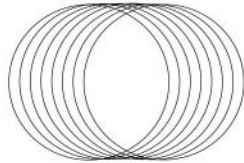


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



With continued inspection, the 2D drawing shifts from a cube with a corner missing to a cube in the corner. (Source unknown)

Friendly tip: Turn this page 90° to the right to enable quicker shifting.



Series of Rings: Either end of the series of rings may be seen at the near or far end of a tube.
(Sensation + Perception Pg 321, Fig 17.15d Schiffman)

Intentional Shifting Rational/Intuitive Reasoning

SUMMATION BOX (SB):

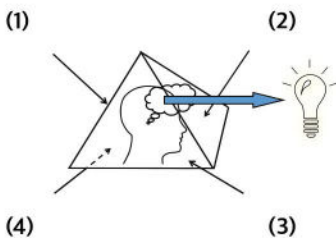
An introduction to the book's hotspot of the author's shared knowledge.

Reference
Book's
Pages

Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

4-sided RTH

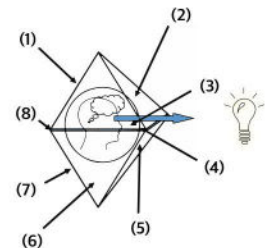
Thinking Head Commentary Collective



The RTH Thinking Head Commentary Collective (4 or 8 sided) transcends 2D<=>3D "this or that" perception habits and escalates a complete brain understanding for viewing. The SB and CB components of the SPWS Portrait allow a left to right brain - back and forth shifting.

8-sided RTH

Thinking Head Commentary Collective



CONCLUSION BOX (CB):

Insights that add guidance to take action or a decision making process.

Reference
Book's
Pages

Retain these "Complete Brain" insights of awareness-shifting as you choose/rank your 4 chosen SWPS™.

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

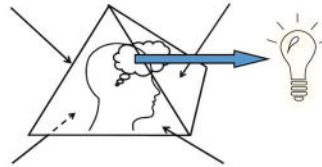
What is it for you? Fear of asserting yourself, making decisions, intimacy, changing jobs, being alone, aging, losing a loved one, ending a relationship? Is it some of the above? All of the above? Perhaps you could add a few more to the list. Never mind – join the crowd! Fear seems to be epidemic in our society. We fear beginnings; we fear endings. We fear changing; we fear "staying stuck." We fear success; we fear failure. We fear living; we fear dying. You may be surprised, encouraged to learn that while inability to deal with fear may look and feel like a psychological problem, in most cases it isn't. It is primarily an educational problem and by reeducating the mind, you can accept fear as simply a fact of life rather than a barrier to success. Fears can be broken down into 3 levels.

Book
Pages
3, 4, 13,
14, 15

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. The First Level is the surface story. This Level of fear can be divided into two types, those that "happen" and those that "require action". Things to Fear that happen WITH one's life; aging, retirement, illness, sexual/physical abuse, becoming disabled, dying. Things to fear that happen IN one's daily reality and impact one's life; children leaving home, natural disasters, loss of financial security, war, losing a loved one, accidents.

2. On the other hand – Level One fears caused by "required action". On a personal relationship basis; making friends, ending or beginning a relationship, losing weight, intimacy, behavior changes to correct reoccurring relationship mistakes. Level One fears caused by "required action" in society for success/achievement can include; going back to school, changing a career, asserting oneself, being interviewed, public speaking.



4. Level Three fears get down to the nitty-gritty of the issue: the biggest fear of all. The one that really keeps you stuck. "I CAN'T HANDLE IT!" At the bottom of every one of your fears is simply the fear that you can't handle whatever life may bring you. As examples of Level One fears perceived with Level Three response, I CAN'T HANDLE ILLNESS, I CAN'T HANDLE LOSING MY JOB, I CAN'T HANDLE GETTING OLD, I CAN'T HANDLE BEING ALONE. LEVEL TWO FEARS TRANSLATE INTO: I CAN'T HANDLE BEING REJECTED, I CAN'T HANDLE FAILURE, I CAN'T HANDLE THE RESPONSIBILITIES OF SUCCESS. The truth is "If you knew you could handle anything that came your way, what would you possibly have to fear?" The answer is: "Nothing!"

3. Level Two fears have to do with inner states of mind rather than exterior situations. They reflect your sense of self and your ability to handle this world. Level Two fears are not situation oriented, they involve the ego. Rejection, success expectations/outcomes, failures, being vulnerable, being conned, helplessness, disapproval, loss of image. If you are afraid of being rejected, this fear will affect almost every area of your life. Rejection is rejection – wherever it is found. So you begin to protect yourself and as a result greatly limit yourself.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

This is a great piece of news I've given you. To be able to handle all your fears without having to control anything in the outside world as you proceed to use one or more of the tools in this book to help build yourself up. By practicing a shift in some of your ingrained thinking habits it will greatly reduce your fear every time you feel afraid. Remind yourself "that you experiencing fear" is simply because you're not feeling good enough about yourself. Strengthening your mindset against any of your fears requires developing more trust in your ability to handle whatever comes your way. I do not really know why we have so little trust in ourselves. I know that some fear is instinctual and healthy and keeps us alert and in control. The rest – the part that holds us back from personal growth, is inappropriate and destructive, and perhaps it can be blamed on our conditioning.

Book
Pages
3, 4, 13,
14, 15

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

If you have not been successful in dealing with fear, you probably never learned "The Fear Truths", and interpreted fear as a signal to retreat rather than a green light to move ahead. You tended to play those WHEN/THEN games (Fear Truth Two below). All you have to do to find a way out of your self-imposed prison is to retrain your thinking.

Book
Pages
22,23,25,
28, 29

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Truth One – The fear will never go away as long as I continue to grow. As long as you continue to push out into the world, as long as you continue to stretch your capabilities, as long as you continue to take new risks in making your dreams come true, you're going to experience fear.

8. More Truth Insights – By now you've got the picture. We can't escape fear. We can only transform it into a companion that accompanies us in all our exciting adventures; it is not an anchor holding us transfixed in one spot. Some people told me they are never afraid, but when I question them, they reveal that we are just differing on semantics. Yes, they feel nervous or anxious – they simply never labeled it fear.

7. More Truth Insights – After my divorce, I had no choice but to start doing things on my own. Fixing the vacuum cleaner by myself, brought me enormous satisfaction. The first night I invited people to my house for dinner as a single person was a monumental leap! The day I booked tickets for my first major trip without a man was a day for celebration. As my confidence grew, I kept waiting for the fear to go away. Yet each time I ventured out into new territory, I felt frightened and unsure of myself. I told myself "just keep putting yourself out there eventually the fear will go away" it never did!

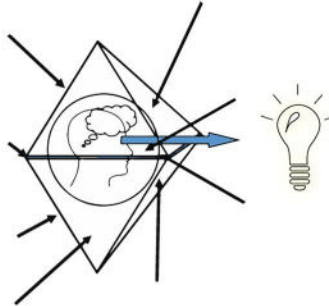
6. More Truth Insights – Those who have successfully dealt with fear all their lives seem to have known, consciously or unconsciously, the message in this book: "you must feel the fear... And do it anyway." The author quotes a very successful individual pondering "the fear topic" as saying "I can't remember not being afraid, but it never occurred to me that fear would prevent me from taking the risks necessary to get what I wanted. I just went ahead and did what I had to do to make my ideas work – despite the fear."

2. Truth Two – The only way to get rid of the fear of doing something is to go out and do it. This sounds contradictory to Truth One, yet it isn't. Fear of particular situations dissolve when you finally confront them. The "doing it" comes before the fear goes away. Don't play the WHEN/THEN Game – "When I feel better about myself, then I will do it."

3. Truth Three – The only way to feel better about yourself is to go out... And "do it". It comes before the feeling better about yourself. When you make something happen, not only does the fear of the situation go away, but also you get a big bonus: you do a lot toward building your self-confidence. When you finally master something and get rid of the fear there is always something else out there you want to accomplish, and – guess what! The fear begins again as you prepare to meet a new challenge.

4. Truth Four – not only are you going to experience fear whenever you are in unfamiliar territory, but so is everyone else. You can say to yourself: "you mean all those people out there that I've been envying because they're not afraid to move ahead with their lives have really been afraid? Why didn't somebody tell me!?"

5. Truth Five – Pushing through fear is less frightening than living with the underlying fear that comes from a feeling of helplessness. That is the irony of Fear Truth Five: people who refuse to take risks live with the feeling of dread that is far more severe than what they would feel if they took the risks necessary to make them less helpless – only they don't know it!



Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

A first step in retraining your thinking is to say the Fear Truths bulleted above (also book pages 22, 23, 25, 28) at least 10 times a day for the next month. As you will certainly discover, retraining faulty thinking takes constant repetition. KNOWING the FEAR TRUTHS is not enough. You have to keep feeding them to yourself until they become a part of your being – until you start to reverse your behavior and move toward your desired goals, rather than retreat. There will be more later in this book about why repetition is important. For now, you have to trust me and repeat the Fear Truths over and over again.

Book
Pages
22,23,25,
28, 29

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

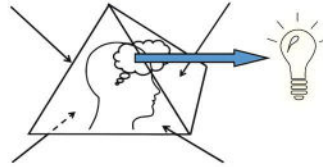
The world is filled with people who have been handed the "worst" life has to offer and they have come out winners! We are all winners when we say "YES", and it is worth every effort to learn how. The following steps will help:

Book
Pages
163,164

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Create awareness that you are saying "NO." It helps to surround yourself with reminders. Put signs on your desk, on your night table, on your mirrors, in your daily calendar or wherever you'll see them. Some signs that help me were "say 'YES' to your universe; I am finding value in everything that happens to me; if life gives you lemons, make lemonade." You can create your own sayings that work for you.

2. Once consciousness is there, actually nod your head, say "YES". There is something about physically affirming an idea that helps to create acceptance. Try nodding your head right now. You'll notice you feel something positive about the feeling of physically nodding in agreement. It gives you the sense that everything will be alright – because you're going to make it alright.



4. Look for ways to create value from any experience. Ask yourself these questions: what can I learn from the experience? How can I use this experience to my advantage? How can I learn to better myself as a result of this experience? Simply having the intent to create something positive automatically ensures that something positive will happen. Let go of the picture of what the outcome "should" be, to open the way for possibilities your mind is incapable of predicting.

3. Using the same principle, physically relax your body starting at the top of your head and going to the tip of your toes. Notice where you are tense and focus on letting the tension go. Again the body can take the lead in setting up positive feelings.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

Be patient with yourself. Don't say "NO" to your difficulty in saying "YES". This is one of those concepts that seems easy but requires diligence to put into practice. It is easy to feel frustrated when gloom and doom overtake you. Just keep noticing this. Trust that you'll eventually get bored of being depressed or upset and you will then find a way out of the quicksand. Most of us do anyway. Saying "YES" helps you find your way much faster, thus vastly improving the quality of your life.

Book
Pages
163,164

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

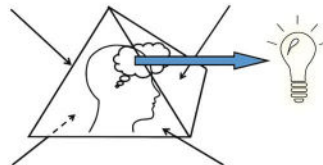
When you consider that mistakes are an integral part of living, it is amazing how we are taught to think we must be perfect. This "mistake" in our thinking has created many fears about being adventurous and trying out new territories. Let's take an example from a favorite national pastime, baseball. It is extremely rare for a baseball player to obtain a .400 average. Translated, that means having a hit four times out of ten at bat-four successes out of 10 tries. That's a champion's performance – and most of us are just beginners!

Book
Pages
130,131

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Start pushing yourself out there in all parts of your life. Realize you have to shift from being afraid of making a mistake to being afraid of not making a mistake. If you are not making any mistakes, you can be sure you are not learning and growing.

2. You're not going to succeed in everything you attempt in life. That's guaranteed. In fact, the more you do in life, the more chance there is not to succeed in some things.



4. Although you now know how to minimize your fears about decision-making and making a mistake, you might notice that adopting the concepts presented are more difficult than they sound.

3. Look at how rich your life can be, however from your many adventures. Win or lose, you just keep winning! Using the OFF-Course/Correct Model (page 127, book 1987 edition), you can now have a new freedom in flying.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

Again I remind you of the lengthy process involved in behavior change. Simply begin! Keep working on it. Keep reinforcing the new way of thinking presented here by using the exercises in this book to help you push through your fears about making decisions and mistakes. Are you making any mistakes lately? I hope so!

Book
Pages
130,131

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

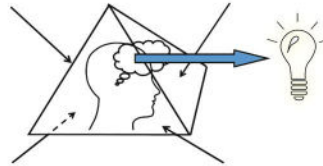
One of the most valuable lessons in learning to diminish fear is embodied in the phrase "say YES to your universe". A valued teacher of this author was quoted as saying "It's simple. Whatever happens to you in your life, just nod your head, up and down, instead of shaking it, side to side. Just say "YES" instead of "NO". Over the years this author has incorporated this quoted phrase into her life with magical results. The term "Universe" refers to that life plan that seems to take over despite what we have in mind – that "Force" operating, seemingly on its own, and often interferes with our picture of how we would like things to be.

Book
Pages
153,154

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. It refers to a certain flow in our lives and the lives of others over which we have little or no control. So often we are all set to move in a specific direction, and an unexpected event changes everything.

2. Those unexpected events or even the possibility of the unexpected sets us up for a great deal of fear. We anticipate the worst. It is important to remember "in saying 'YES' lies the antidote to our fear."



4. It means to relax bodily and calmly survey the situation, thereby reducing upset and anxiety. Aside from the emotional benefits, the physical benefits are enormous. Conversely, saying "NO" means to be a victim. "How could this happen to me?" Saying "NO" creates emotional upheaval – or, worse, it creates apathy.

3. The phrase "say YES" means "to agree to" those things that life hands us. Saying "YES" means letting go of resistance and letting in the possibilities that our universe offers in new ways of seeing the world.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

The truth of the matter is that saying "Yes" is our only hope. Not only is saying "Yes" our antidote to dealing with day-to-day disappointments, rejections, and missed opportunities (CoVid, the flu, a leaking roof, a traffic jam, a flat tire, a lousy date, and so on), it is the miracle to dealing with our deepest, darkest fears.

Book
Pages
153,154

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

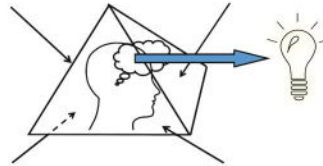
SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

You can't avoid pain, but you can say "yes" to the pain, understanding that it is part of life. You do not, then, feel yourself the victim. You know that you can handle the pain, as well as the situation causing the pain. You do not feel it is hopeless.

Book
Pages
156,157,
158,159

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Life hands you a lot of goodbyes – but that's just the way life is. One needs to embrace the difference between handling the death of a loved one as a catastrophe (saying "NO") and keeping in mind how blessed one was having had that person in their life (saying "YES"). It is seeing death as part of living – a natural process – as opposed to seeing it as a horrible deprivation and unjust phenomenon.



2. The ability to feel pain when something ends but then to go on and build new hopes and dreams for oneself opens up new pathways. There is something enriching about leaving one beautiful experience in your life and looking forward to other beautiful experiences.

4. When we don't acknowledge pain, it will be transferred into a bodily symptom, anger or something equally destructive. Saying "YES" means letting in the painful force, knowing you will not only get to the other side of it, but also gain something in the end – if you look for it.

3. In the final analysis, it can be said that your ability to cope effectively with the world around you corresponds to your ability to say "YES" to your universe, including the pain. Remember "acknowledgment of pain is very important; denial is deadly."

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

The richer our lives, the more likely we are to experience the pain of loss. If we have a multitude of friends, we will have to deal with more goodbyes. The more we are able to reach out into the world, the greater the likelihood is that we are going to experience "failure" or rejection. But those who are living rich lives wouldn't change them for a moment. They delight in the opportunity to taste all that life has to offer – the good and the bad.

Book
Pages
156,157,
158,159

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB): *Anxiety? Fear? Stress? Face it/Embrace It/Replace It!*

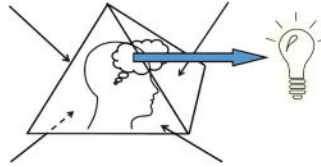
There you sit, stand or walk... Filled with all sorts of information about how to make yourself powerful in the face of all your fears. What's next? What can I say to you to help keep you on course as you continue on the next part of your journey? First, the encouragement and motivation you have already received from this book will always be here for you whenever you need it. (Also use WM SWPS Series) When you feel you're going off course or are being battered about by outside forces, come back and reread the parts that make you feel good. Become "one" with this and other books that make you feel good.

Book
Pages
213, 214,
215, 216

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. The biggest pitfall as you make your way through life is Impatience. Remember that being Impatient is simply a way of punishing yourself. It creates stress, dissatisfaction and fear. Whenever your Chatterbox is making you feel Impatient, ask it, "What's the rush? It's all happening perfectly. Don't worry. When I'm ready to move forward I will. In the meantime, I am taking it all in and I am learning."

2. When we wake up to the potential power within, our impulses is to grab it all "quick". The more we grab, the more it seems to elude us. There is no quick. There are quick – and wonderful – seminars, workshops, books, and other sources (WM SWPS Series). They give you tools, but they are not quick tools. They are to be used and mastered throughout a lifetime.



4. As long as you can remember that life is an ongoing process of learning, you won't have the disgruntling sense that you haven't made it yet. My experience of the last few years has shown me that so much of the joy in life is the challenge of figuring it all out. Nothing is as satisfying as those moments of breakthrough when you discover something about yourself and the universe as another piece to the jigsaw puzzle. The joy of discovery is delicious. I know of no Explorer once having reached his or her goal is not wanted to go out and explore some more.

3. Patience means knowing it will happen... And giving it time to happen. Again, it requires Trust – Trust that it is all happening perfectly. What do I mean by "Perfectly"? I have come to believe there are only two kinds of experiences in life: those that stem from our Higher Self and those that have something to teach us. We recognize the first as pure joy and the latter as struggle. But they are both perfect. Each time we confront some intense difficulty, we know there is something we haven't learned yet, and the universe is now giving us the opportunity to learn. If we go through the experience with this in mind, all the "victim" is taken out of the situation, and we allow ourselves to say "YES".

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB): *Learn/Earn Life Satisfaction PhD*

The challenge is to stay on the path of the Higher Self. It is a far more enjoyable journey than the other paths you may choose to follow. You will know if you are on the right path by the way you feel. Trust your feelings. If the path you're on isn't providing you joy, satisfaction, creativity, love and caring, that's not it. Say to yourself, "Okay, I tried this, and this isn't it. What else can I try?" Don't be deceived into thinking that by changing the external, the internal will be changed. It works the other way around. The path that needs changing is the one in your mind. This is not to say that once you become aligned with your Higher Self, you won't want to change things in your physical world, but it is your mind that has to be changed first – then all that is right will follow.

Book
Pages
213, 214,
215, 216

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING YOUR VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

Feel the Fear and Do It Anyway by Susan Jeffers
Anxiety? Fear? Stress? Face It/Embrace It/Replace It!

ENTER YOUR CHOOSING/RANKING NUMBERS BELOW
THAT YOU RECORDED ON YOUR 4 COMPLETED SWPS PORTRAITS
LEFT TO RIGHT ORDER 1, 2, 3, 4 BELOW.

4 OUT OF 7 SWPS™ SERIES CHOICES:

SWPS#___ SWPS#___ SWPS#___ SWPS#___

4 CHOSEN	_____	SUMMATION	1	_____
SWPS	_____	BOX (SB's)	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

4 CHOSEN	_____	CONCLUSION	1	_____
SWPS	_____	BOX (CB's)	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

RANK YOUR 4 SWPS CHOICES				
4 CHOSEN	_____	SWPS	1	_____
SWPS	_____	PORTRAIT	2	_____
PORTRAIT	_____	#'s RANKING	3	_____
#'s	_____		4	_____

EI TRANSFORMS REASONING HABITS

This new method of thinking, “2D <=> 3D perspective shifting,” and whole-left-right-complete-brain anatomy engagement - reveals insights as you record both obvious and hidden judgments. Ultimately, you’re using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBC's) that influence and define all aspects of your daily identity to complete this SWPS Series Response Report which will enable you to recognize your thinking patterns.

Use your EI Choose-Rank-Reasons-Record-Retain (CR4™) pattern-revealing report to communicate multiple dimensions of meaningful feedback. Articulate new or evolved questions and possible unforeseen answers/solutions, as this SWPS™ series prompts you.

NAME (optional): _____

AFFILIATION (optional): _____

OUR VISION: AN ONLINE SWPS™ PATTERN MATCHUP CENTER

Let’s use AI to discover ways to meet humanity’s needs and provide fulfillment. Together we can compel Change Agents and Influencers to build an online space where SWPS™ are correlated and matched-up by a beneficially focused algorithm. The possibilities for improving mental health at all ages of life are endless and may build an exciting new frontier of hope, positivity, and unity.

Yes! This SWPS™ series created motivation for me to impact social media/digital tech’s future development. I am sending my CR4™ response report & my selected 4 SWPS™ with my feedback/suggestions to the email below.

INFO@EIB4AI.COM