



YOUR VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

Feel the Fear and Do It Anyway – Susan Jeffers

This SWPS™ 7 Series Topic – Jeffers' Positive Thinking Muscles Building Program

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# 1 SWPS# 5 SWPS# 6 SWPS# 7

4 CHOSEN SWPS PORTRAIT #'s	<u>1</u> <u>5</u> <u>6</u> <u>7</u>	SUMMATION BOX (SB's) #'s RANKING	1 <u>6</u> 2 <u>5</u> 3 <u>5</u> 4 <u>7</u>
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4 CHOSEN SWPS PORTRAIT #'s	<u>1</u> <u>5</u> <u>6</u> <u>7</u>	CONCLUSION BOX (CB's) #'s RANKING	1 <u>1</u> 2 <u>5</u> 3 <u>6</u> 4 <u>7</u>
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RANK YOUR 4 SWPS CHOICES

4 CHOSEN SWPS PORTRAIT #'s	<u>1</u> <u>5</u> <u>6</u> <u>7</u>	SWPS PORTRAIT #'s RANKING	1 <u>6</u> 2 <u>5</u> 3 <u>5</u> 4 <u>7</u>
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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

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 – POSITIVE THINKING MUSCLES BUILDING PROGRAM

What a remarkable book by the "face & erase your fears" teacher Susan Jeffers! Pragmatic, it clearly focuses on how to recognize your inner hidden habits of self talk that keep you cynical, uncertain, and in a NO-WIN mindset. Jeffers offers a well tested (by herself and her students) positive thinking self-development program that is easy to follow (but can be difficult to maintain) and brings life-changing results by practicing guidelines for creating a dynamic personal force of positive thinking and NO-LOSE attitude. It doesn't matter how you follow Jeffers' program, just remember her statement about how you respond to your CHATTERBOX's criticisms. "I'm doing this perfectly" - as she emphasizes optimistic persistence - rising above set-backs - is all you need to succeed at this program's objectives.

HOW TO COMPLETE A SWPS™ SERIES

Chose 1, 5, 6, 7

CHOOSE 4 SWPS PORTRAITS

REASONS NOTES

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 ____

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

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

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 this Summation Box: 1 6 2 7 3 5 4 1

Rank given to this SWPS:

1 6 2 7 3 5 4 1

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

RECORD/RETAIN

Rank this Conclusion Box: 1 5 2 6 3 7 4 1

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**

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?

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

Shared Wisdom Patterns Snapshots™ (SWPS™ #6)

1st "✓" here to CHOOSE this SWPS _____

Feel the Fear and Do It Anyway by Susan Jeffers

Rank given to this SWPS

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

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

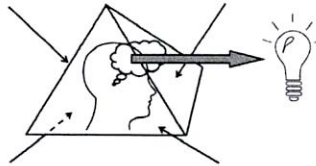
After making a decision – let the picture go. Since you can't control the future, the picture can create unhappiness if it's not fulfilled. Disappointment may make you miss the good that can come out of every situation in which you find yourself. Don't forget to look for the silver lining. If you see the outcome of a decision as looking a certain way, you will increase the likelihood of missing other opportunities. Yet the unexpected opportunities can create more value than your original picture. If you're focused on "the way it's supposed to be", you might miss the opportunity to enjoy the way it is or to have it be wonderful in a totally different way from what you imagined.

Book
Pages
124,125,
126,127

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

1. After making a decision – throw away your picture. We all create expectations of what we would like to happen after a decision is made. The picture in our mind's eye might have served a valuable function in helping to make a decision but your decision has been made and it is time to move on.

2. After making a decision – accept total responsibility for your decisions. This is a tough one! We all have a tendency to look around for someone to blame if things are not working out to our liking. When you can find the opportunity in any decision, it is much easier to accept the responsibility for making it. When you take responsibility for your decisions, you become a lot less angry at the world, and, most importantly, a lot less angry at yourself!



4. When you decide to change paths – whether with your career or your personal life – you will often face criticism from those around you. Explain that the time you invested before you decided to change has not been a waste. Much was learned and much was gained in the way of experience. It simply doesn't feel right anymore – it's time to change. Why stay locked in an unsatisfactory situation that no longer works for you because you invested so much and would be ashamed not to continue. How illogical! Why invest more, if it's no longer paying off? Remember – the quality of your life is at stake.

3. After making a decision – don't protect, correct. It is most important to commit yourself to any decision you make and give it all you've got. But if it doesn't work out, change it! Many of us are so invested in making the "right" decision that even if we find we don't like the path we have chosen, we hang in there for dear life. To my way of thinking, this is the height of craziness. There is tremendous value in learning you don't like something. Then it is simply a matter of changing your path. If you truly committed yourself to something, give it everything you've got, and then conclude that it is not for you then move on to something else.

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

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

The trick in life is not to worry about making a wrong decision; it's learning when to correct! There are many inner clues that help you know when it is time to correct. The two most obvious are confusion and dissatisfaction. Ironically, these are considered negatives instead of positives. I know it is hard to accept, but an upset in your life is beneficial, in that it tells you that you are off course in some way and you need to find your way back to your particular path of clarity once again.

Book
Pages
124,125,
126,127

A credible advisory source - Jeffers - best selling
Gained EI/VBC's insights: *authentic - means clearly defined mix*
of researched facts, all topics fear management
issues solutions in easy steps - embraced
quite completely - motivated me apply advice.

Shared Wisdom Patterns Snapshots™ (SWPS™ #1)

1st "✓" here to CHOOSE this SWPS _____

Feel the Fear and Do It Anyway by Susan Jeffers

Rank given to this SWPS

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

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

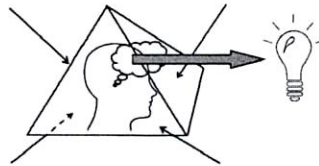
As you know, positive thinking is not a new concept. Why don't people think more positively? My guess is that people don't understand what being a positive thinker requires. It takes a special commitment and requires a great deal of practice. And once you get it all down perfectly, a maintenance program is a must.

Book
Pages
76, 77

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

1. I know of no one who has been able to make "positive" a permanent way of thinking without practice – such people may exist; I simply haven't met them.

2. In my experience, if you don't practice, you lose the skill. This is the point most people don't seem to understand.



4. The intellect acts in the same way. When problem-solving, stimulating discussion or reading is a part of your daily life, your mind is sharp. After a two week vacation of lounging on the beach, your brain feels soggy. It takes quite a few days to get your brain back in shape.

3. I know it doesn't seem fair that you automatically become negative when you stop practicing the positive. I liken it to exercise. Once you get your body in shape, you can't stop working out.

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

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

Obviously certain aspects of ourselves need constant reinforcement, and a positive mental attitude is just one of them. I know most people resist the fact that constant practice is required, or we would all be positive thinkers. It might help to remember that your shower, your makeup, or your shave also doesn't last, yet you don't have any resistance to starting your day with showering, shaving or putting on makeup. These are refreshing activities – and so is positive thinking. In fact it feels wonderful.

Book
Pages
76, 77

So encouraging to hear clearly and simply in strong, non-judgemental language that expert says practice - over + over works - all it takes a special commitment to get results. I want those results.

Gained EI/VBC's insights:

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

Please believe me when I tell you that if you commit yourself to this positive thinking program your whole world will turn around. Positive thinking changes everything in your life. Without your negative Chatterbox, you will wonder what you were always so afraid of before. Give yourself at least one month, before you cut back, and begin a maintenance program. If on some days you were not as diligent as you would have liked, don't let your Chatterbox scold you. I can just hear it saying, "See, you can't even follow a simple program like this. You'll never feel good. You're hopeless:- You can outtalk your Chatterbox and the strongest response is "I'm doing it all perfectly:- It's a wonderful affirmation when the Chatterbox tries to tell you you've goofed. I can't stress enough that positive thinking needs daily practice. I've been practicing it for years and still spend some time each day focusing on the elimination of negativity from my thinking. You can do this.

Book
Pages
81,82,83,
84,85

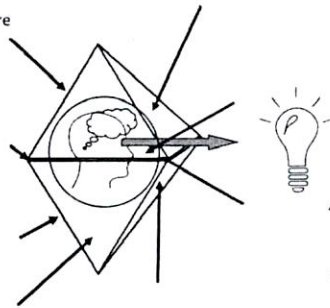
Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. Beginners intensive for positive thinking – as you begin to awaken, turn on your smart phone or recorder and listen to what you have chosen the night before. Most of the inspirational messages last 20 to 30 minutes. Lie with your eyes closed and let the soothing loving messages sink in. You have to admit this certainly beats lying there thinking about how you don't want to get up and face all the "lousy" things you have to do all day.

2. As you get out of bed, pay attention to the positive quotes you've surrounded yourself with – on the wall, your bed table, your mirror and so on. You might want to chuckle at what it takes for the human race to make itself feel good!

8. Before you go to sleep, put on a relaxation recording and let in the soothing messages. As you've done this homework – I assume you have found some excellent meditational or positive self relaxation and encouragement recordings that your smartphone can now play at bedtime. These "caring" tapes serve you much better than your Chatterbox, which tries to convince you that you're imperfect. Drift off to blissful sleep with the recording playing.

7. No matter how you record your daily affirmations - in some form of smart phone diary or elsewhere - listen to them and state the affirmations over and over again. As daily pressures and doubts begin to seep in, simply give yourself a "fix" of positive energy. Your Chatterbox will also be trying to enter your consciousness all day; remember to out talk it. Keep these positive affirmations fixes going day and night. ("WM speaking again. In the past carrying around a diary and writing down your daily affirmations made sense - as suggested by Susan Jeffers in this best-selling 1987 book. But there are phenomenal recording software now available - I use the Dragon Speak program on my PC - which is already outdated but it works for me").



6. Back to morning – eat a healthy breakfast, it's now now time to get yourself to work. If you drive, you're lucky. From my perspective a long commute allows you to make your vehicle a "Temple of learning". I can't wait to get into it. I immediately turn on one of my recorded motivational or inspirational messages or even stirring music. This is time that some people see as wasted and I see as immensely productive. Without my car trip, I lose out on a lot of listening time. If you work in your home, you are in luck, because you can play your positive messages all day.

3. Now that you're up – turn on some calming music – there are many soothing tunes that can be found – such as soundscapes with composer's credits on your smartphone – use your creativity to come up with other sources. As you dress, with the music in the background, begin to repeat the affirmations you have chosen for the day. Repeat your affirmations for at least 10 minutes. As you are dressing, your negative voice will try to begin its Chatter routine. It requires vigilance to notice it's there. It sneaks in so quietly. As soon as you are aware of it, begin replacing this negativity with your affirmations. Don't let the little voice take over. OUTTALK your CHATTERBOX! I promise you that with practice the negative voice will be the rarity and the positive voice the norm. Just believe that constant repetition will do the trick eventually.

4. In the beginning, it's important that you do not access news sources — on your smartphone, television or radio, if that is your habit. The presentation of the news is overwhelmingly negative. For the time being, let your chosen positive voice be the only news you hear as you prepare for the happenings of the day. Once you have acquired the positive thinking habit, you can resume reading the entire paper and listening to the news.

5. If you exercise daily, whether early-morning or at night, that is an excellent opportunity to pump in your positive thinking. Affirmations such as, "I can feel the energy coursing through my body" and "every day I am getting stronger and stronger" will make your exercise routine far more effective.

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

One more thought about positive thinking: it is important that you don't use it as an excuse for denial. We begin to feel so good that it's tempting to not let in any of the doom and gloom that exists in the world. Remember: "Positive Thinking in its most Constructive Form does not Deny the Pain and Suffering that Exists in this World." There are many issues that need handling. To deny they exist is folly. There are many other problems. We all need to be involved! And we have to approach our involvement with the positiveness that something can be done, even if the answer is not readily seen. Denial creates inactivity... And so does hopelessness.

Book
Pages
81,82,83,
84,85

Really like the through-step by step approach
Gained EI/VBC's insights: to setting a simple yet
thorough plan to follow and stick too!
So much good advice - Need to "blow up
all 8 points and hang on my wall - Keep close
at hand.

Shared Wisdom Patterns Snapshots™ (SWPS™ #5)

1st "✓" here to CHOOSE this SWPS ____

Feel the Fear and Do It Anyway by Susan Jeffers

Rank given to this SWPS

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

1 ____ 2 ____ 3 ____ 4 ____

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

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

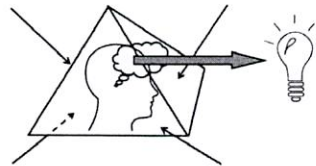
Now that you've learned there really are no right or wrong decisions when using the NO-LOSE model, there are steps you can take to heighten your awareness about the alternatives that lie before you. This awareness will better improve the chances of the outcome being aligned with your wishes, and will give you greater peace of mind. I suggest that the following steps be taken when you face a major decision and after you've made one.

Book Pages
118, 119,
121, 122,
123

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

1. Before making a decision – focus immediately on the NO-LOSE model. Affirm to yourself, "I can't lose – regardless of the outcome of the decision I make. The world is a place of opportunity, and I look forward to the opportunities for learning and growing either pathway of choice gives me." Push out thoughts of what you can lose and allow only thoughts of what can be gained.

2. Before making a decision – do your homework. There is much to learn about the alternatives that lie before you. Don't be afraid to approach professionals relative to the decision to be made. Look for feedback from other sources as well. It is important that you talk to the "right" people. My definition of the "right" people are those who support your learning and growing. Or if they are legitimately referred professionals – will treat you fairly regarding the advice value they can give versus their hourly charge.



4. Before making a decision – trust your impulses. Although you might have difficulty getting to the "person within" through the soul-searching process, your body sometimes gives some good clues about which way to go. Even after you've done your homework, talked to many people and come up with a logical choice, it is possible that your impulses are telling you to go with the other choice. Don't be afraid to trust it. Very often your subconscious mind sends knowing messages as to which choice is better at a particular time.

3. Before making a decision – establish your priorities. This will require some soul-searching. Give yourself time to really think about what you want out of life. This is a very difficult thing to discover for most of us, since we were trained at an early age to do what other people want us to do. We are out of touch with those things that really bring us satisfaction. It is important to remember that goals constantly change as you go through life, and you have to keep reassessing them.

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

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

Before making a decision – Lighten up. We live in a world where most people take themselves and their decisions very seriously. I have news for you. Nothing is that important. Honestly! It can be fearful and threatening – losing money, losing a lover, choosing to divorce and learning to handle living on your own, choosing to marry – learn to view each of these outcomes from a "No Problem" mentality of NO LOSE results. From the moment you're born to the moment you die – each experience is a valuable lesson to be learned. If you choose path A, you will learn one set of lessons. If you choose path B, you will learn a different set of lessons. The trick is simply to learn everything you can about yourself and the world around you. So – lighten up! What happens as a result of your decision, you'll handle it!

Book Pages
118, 119,
121, 122,
123

Emphasizes extra effort - all bases covered
Gained EI/VBC's insights: When facing big life impacting decisions - Very help re-enforcement and strengthening of my resolve to follow through.



AWAKEN EXPERIENTIAL INTELLIGENCE THINKING

2D <=> 3D Perspective Shifting Overview

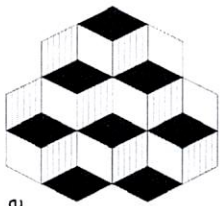
Feel the Fear and Do It Anyway by Susan Jeffers

This SWPS™ 7 Series Topic – Jeffers' Positive Thinking Muscles Building Program

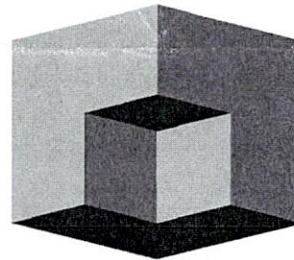
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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

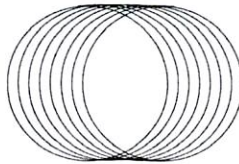


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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):

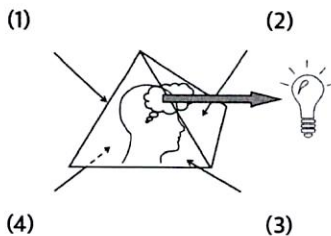
An introduction to the book's hotspot of the author's shared knowledge.

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

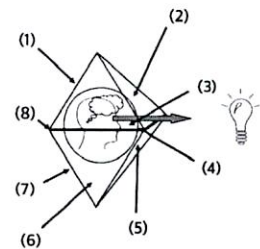
Thinking Head Commentary Collective



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™.

Shared Wisdom Patterns Snapshots™ (SWPS™ #2)

1st "✓" here to CHOOSE this SWPS _____

Feel the Fear and Do It Anyway by Susan Jeffers

Rank given to this SWPS

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

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

Some of what you learn may require that you drop beliefs and behaviors that have been part of you from the time you were born. Sometimes you experience an "aha!" and transformation will seem to occur at the same instant. Again, not so. Sudden insights are the result of all that has happened before. Your Subconscious Mind, as the computer – searches and sorts without your awareness and, when you least expect it, comes up with the answer. Insights happen more frequently, however, the farther along the journey you are. The Conscious Mind lets go of its resistance to new ways of thinking. It develops more trust. The initial stages are the most difficult and require the greatest concentration.

Book
Pages
216, 217,
218

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

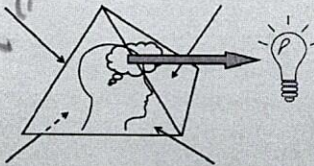
1. Sometimes when you think you've finally "got it", the Universe will step in to show you haven't. I have learned that there is always more to learn. And experience is our greatest teacher.

2. That is why I'm so in love with the aging process. Youth so rarely understands what age allows us to know. We need to go through many life experiences before the power within is brought forward in all its glory. And as long as we see ourselves as unfolding beings, there is no wish to go back one single day – and age becomes a beautiful thing.

4. And so it is with this book and every source available to you. "DON'T WAIT FOR IT TO TAKE! TAKE IT! USE IT. LIVE IT. ABSORB IT." Unless you use the muscles that lift you to your Higher Self, they will weaken – just as your body weakens when it is not used. If you think you need additional help, then by all means, enlist the aid of a professional. Take action. Nothing is going to work for you unless you do the work.

3. There is so much excitement and wonder in front of you. Sometimes you will experience the ecstasy of being in the Flow. Sometimes you will experience the agony of being way off course. Remember you are not alone. This is a world filled with an abundance of support systems that are there for the taking whenever you are feeling troubled by life experiences.

SO AGREE WITH THIS - "WALK JEFFER'S TALK"



NOT CHASE

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

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

Say YES to life. Participate. Move. Act. Write. Read. Sign up. Take a stand. Or do whatever it takes for you. Get involved in the process. As Rollo May who wrote MAN'S SEARCH for HIMSELF goes on to say "Joy is the result of using our powers to their fullest, and for that reason, joy, not happiness, is the goal of life." And what is joy? It is something that expresses the exuberance of the spiritual part of ourselves. Joy is characterized by lightness, humor, laughter and "gaiety"! Lighten up!

Book
Pages
216, 217,
218

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

1st "✓" here to CHOOSE this SWPS _____

Feel the Fear and Do It Anyway by Susan Jeffers

Rank given to this SWPS

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

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

One of the biggest fears that keeps us from moving ahead with our lives is our difficulty in making decisions. The irony, of course, is that by not choosing, we are choosing. We are afraid that the wrong decision will deprive us of something – money, friends, lovers, status or whatever the right decision is supposed to bring us. Welcome to how most of us were raised the "NO-WIN" model. Closely tied to this is our panic at making mistakes. For some reason we feel we should be perfect, and forget that we learn from our mistakes. There really is nothing to lose, only something to gain, whatever the choices you make or actions you take in life.

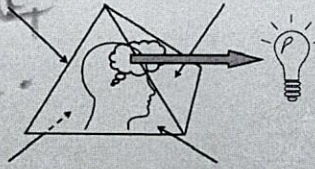
Book
Pages
111, 112,
113

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

1. Let's begin with decision-making. Suppose you are at a choice point. If you're like most of us, you've been taught to use the NO-WIN model as you think about the decision to be made. With this model whatever choice you make is either right or wrong.

2. Your heart feels heavy about the choice you have to make. You feel somewhat paralyzed as you think about the consequences in life and death terms. You stand at the threshold of the decision, lamenting and obsessing: "Should I do this or should I do that? "WHAT IF" I go this way and what happens? "WHAT IF" it doesn't work out the way I plan?

JEFFERS' BOOK
HOTSPOTS
SO HELPED ME.



NOT
CHOSEN

4. After the decision is made, the NO-WIN model makes you constantly reassess the situation, hoping you didn't make a mistake. You keep looking back and berating yourself with "if only I had..." You waste valuable energy and you also make yourself miserable.

3. The "WHAT IF's" are out in full force. The internal Chatterbox is at it again. You look at the unknown and try to predict the future; you try to control outside forces. Both are impossible. At this point you might notice you are driving yourself crazy.

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

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

You gain relief if the outcome is as you hoped it would be – but only temporarily. As you breathe a sigh of relief, you are already worrying that the situation might reverse itself and that it might ultimately prove to be the wrong decision. Furthermore, you are already fearful about the next decision you have to make, because you will have to go through the whole agonizing process once again. Look familiar? Crazy, isn't it! Clearly this is a NO-WIN situation. But there is another way – the NO-LOSE Model.

Book
Pages
111, 112,
113

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #4)

1st "v" here to CHOOSE this SWPS _____

Feel the Fear and Do It Anyway by Susan Jeffers

Rank given to this SWPS

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

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB): *Positive Thinking Muscles Building Program*

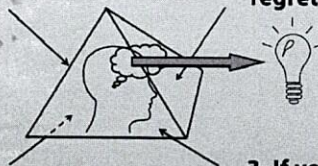
Go back and stand at the choice point again. This time the situation that lies ahead has simply two paths – A and B – **both of which are right!** Each path has nothing but "goodies" along the way. You're clearly facing a NO LOSE situation. And what are these goodies? They are opportunities to experience life in a new way, to learn and grow, to find out who you are and who you really would like to be and what you would like to do in this life, each path strewn with opportunities – **despite the outcome.**

Book
Pages
113, 114,
115, 117

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

1. "What? Despite the outcome?" Up to this point you may have been willing to go along with me, those three words are making you a little dubious, if not downright resistant. "WHAT IF" comes up again in your thinking, let me answer your "WHAT IF'S" with an

*I HAVE REALLY
BECOME AWARE OF
MY CHATTER BOX!*



2. Imagine you are faced with the choice of staying with your present job or taking a new one that has opened up for you. If you stand at the NO-WIN choice point, your Chatterbox takes over and craziness begins "If I stay here I might be missing a very good chance to move ahead. If I go, maybe I won't be able to handle my new responsibilities. "WHAT IF" I get fired on the job, then I have nothing? But what if I regret leaving? "WHAT IF" Oh, I don't know what to do! I could ruin my whole life if I make the wrong decision!"

4. The other NO-LOSE choice point of your "fearless" self again takes over "If I stay at my present job, I have an opportunity to deepen the contacts I've made here. I really feel better about myself having been offered the other job, so if I stay, perhaps I'll ask for a promotion. If for some reason it doesn't work out here, there will be other opportunities to pursue. It's all an adventure, no matter which way I turn."

3. If you stand at the NO-LOSE choice point, your "fearless" self takes over. "Isn't it fantastic! I've been offered a new job. If I take it I'll have an opportunity to meet new people, to learn new ways of doing things, to experience an entirely different work atmosphere and to broaden my base of experience. If something happens and it doesn't work out, I know I'll handle it. Even that will be an interesting experience, I know somehow I will find another job if I need one. I'll learn to deal with the loss of a job and learn to solve the problems that might come up if I am unemployed."

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

CONCLUSION BOX (CB): *No-Lose = Confidence/No-Win = Insecurity*

As you compare the above insight between the NO-WIN and the NO-LOSE choosing models of decision-making – it can move you from a position of pain to one of power, which is ultimately the goal as we learn to deal with fear. Another point to consider is that it feels better to come from a NO-LOSE position. Why continue to resist coming from a NO-LOSE position? Why continue to feel pain, paralysis and depression? Yet we continue to do it until we incorporate into our being another way of seeing the world. Then we can slowly begin to change the NO-WIN thinking that has kept us victimized.

Book
Pages
113, 114,
115, 117

Gained EI/VBC's insights: _____
