

THE WAY OF TRANSITION – WILLIAM BRIDGES

THIS SWPS™ 7 SERIES TOPIC – BEGINNING A NEW LIFE WITH SUSAN

SHARED WISDOM PATTERNS SNAPSHOTS (SWPS™) HOTSPOTS OF 2D <=> 3D INSIGHT

EXPERIENTIAL INTELLIGENCE (EI) & VALUES BELIEFS CONVICTIONS® (VBC'S)



EI includes everything experienced from "womb to tomb" that impacts & shapes human self identity Choose/Rank Judgment Patterns. VBC's® define your personal legacy of "senses driven" ability to perceive and interpret everything you experience 24/7 as either a Positive/Uncertain/Negative encounter in life. A SWPS™ 7 Portrait Series Choose & Rank Thinking Tool provides a comprehensional leap forward in better understanding the influences on one's life with your EI/VBC's Judgement Patterns decisions.

(1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception greatly influences interpreted meaning of any digital or printed image.

(2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

THE WAY OF TRANSITION – BEGINNING A NEW LIFE WITH SUSAN

Through his book THE WAY OF TRANSITION, Bill Bridges has languaged his perspectives, perceptions and "feeling intelligence" of living through the tragedy of his wife's death, critical questioning of his transition topic expertise as a writer/author, struggling with the loss and the experience of being in the neutral zone – the no man's land void of life meaning/direction. But Bill Bridges' continued journey has led him to the edge of the neutral zone phase of uncertainty and revealed a new beginning possibility. This author takes us through that remarkable transition to reaching a new beginning where he finds love, close companionship and even though suffers through bouts of guilt and anxiety with replacing his dead wife Mondie with a new woman. He finds the courage to rise above his past life's judgment guidelines and moves bravely ahead with his heart – marrying Susan. Sharing with us the wonder and the joy of this unexpected new beginning.

HOW TO COMPLETE A SWPS SERIES™ FOR AWARENESS ENHANCEMENT

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__ 2__ 3__ 4__

Rank given to this SWPS:

1__ 2__ 3__ 4__

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

RECORD/RETAIN

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

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.



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?



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**

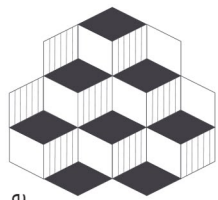
Go to **www.EIB4AI.com/NOWWHAT** for further uses and suggestions.



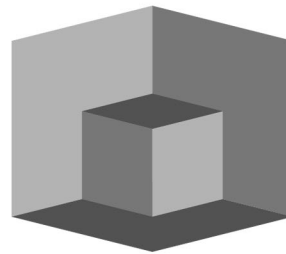
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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**

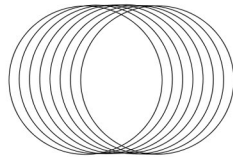


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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):

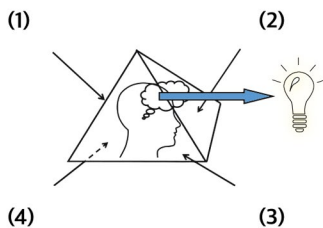
An introduction to the book's hotspot of the author's shared knowledge.

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

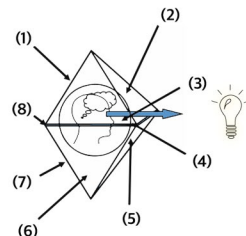
Thinking Head Commentary Collective



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 allowing 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):

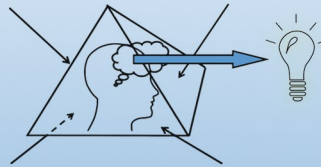
One day I was in the Whole Foods market again, studying the women who were picking over the peaches and sniffing the basil. The ones who were attractive look so unavailable, and the interested ones look so oppressively needy. I tried chatting with them – something along the lines of "melons look good today, don't they?" But that sounded so stilted and forced that it made me want to hide my face.

Book
Pages
165, 166,
167

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

1. Meeting/dating new women, I found myself once again imagining that there was a method, a trick to breaking through the neutral zone impasse. In my past creative breakthroughs, I had just been lucky, I decided. This time, I'd just have to pick up my fresh produce – which was, after all, what I had come for, and go home and cook up a good dinner, which I eat alone. Lots of people have lived fine and valuable lives alone. Lots.

2. A voice broke in on my reveries "hi Bill, it's Susan Mitchell." I was confused and disoriented, the way you are when the external world is utterly discontinuous with your inner world but of course I remembered her. We had worked together on a project almost 10 years before. Indeed, I remembered her. She said that she had heard that my wife had died and that she was really sorry. I said something. She said something.



4. I decided to call her, but there was no "Mitchell, Susan" in the phone book – only "Mitchell, S.," And there were several of those. I chose a Mitchell, S at random and dialed. I was terrified. My hand was so sweaty that the phone was hard to hold. It Rang. And rang. Then I got an answering machine. I couldn't even tell if it was Susan's voice or not - I stammered that yes – I would like to get together for coffee and talk. I hung up, relieved to be done, but ashamed at how utterly inept I had been and how stupid I had sounded. But I called another Mitchell, S – went through the whole routine again. I got through the experience, but I hated how afraid it made me feel. Well, I was out of practice. I've been out of that business for decades. Which reminded me of how old I was. She was a lot younger, 15 years at least.

3. She looked wonderful. She was so friendly and warm. A huge smile. "How are you doing Bill?" "Okay, I guess. I'm making it. Thanks for asking." Susan said "if you ever want to just talk – get together for coffee or something – give me a call." "Thanks, I'll remember. Thanks." We said goodbye. Then she was gone. And I was left trying to think of what I should've said.

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

CONCLUSION BOX (CB):

She called back within a few hours. Both numbers had been hers – one home, one work – so she had heard my invitation twice. Susan said that she would be at the book depot Café tomorrow at 4 pm where I had suggested we meet. I said, fine. We hung up. I vowed to improve my phone skills – my social skills, generally – since I was likely to be doing things like this for some time. And, hey, I couldn't count on the next woman being an old friend who spotted me at the market. Lightning can't be expected to strike the same spot twice. I'd have to find other ways to meet people.

Book
Pages
165, 166,
167

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

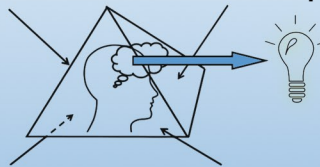
Susan and I saw a lot of each other over the next several weeks and just as unexpectedly as it began, our relationship took on a life of its own. We stopped talking in a way that was so overtly meant to get to know one another and started just enjoying ourselves. In different times during the Christmas holiday week, I arranged for my three daughters to meet Susan. Anne was matter-of-fact about it, but sounded mildly positive. Sarah was very interested and spent time asking her questions. Margaret was polite but clearly uncomfortable with this turn of events. Margaret talked about it being very hard to see me with someone besides her mother.

Book
Pages
169, 170,
171, 172

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

1. During that winter, Susan and I spent more and more time together. We went out every weekend. On weeknights, one of us sometimes cooked dinner for the other after a long day at work. We went to the symphony. We went down to Big Sur for a weekend. And we talked and talked.

2. We were talking on the telephone one night, just before going to sleep, when without any warning I began to shiver. Finally, I told her what was going on. "I thought your voice sounded shaky," she said. "Are you getting sick?" "No." I worked to get up the courage to say what I thought was going on. "I think I'm scared." I blurted out. The minute I said it, I knew it was true. "Of what?" She asked.



4. But there were a couple problems, and the more drawn to her I was, the more I worried about them. One was timing. It felt subjectively as though it had been an eternity since Mondy's death, but actually it had not quite been a year. The second issue was our age difference. I was 18 years older than she was. I had been in college when she was born. It was a mark of how quickly our relationship got serious that we talked about the age issue very early. We agreed that it was a big difference. We found that in spite of our age gap, we had amazingly similar interests, outlooks and tastes. We kept looking for problems, but they didn't arise.

3. I said I didn't know. But I did. I was scared of how quickly the new life that I imagined was actually taking shape. I felt as though I had only meant to explore a new path for a little way, going just far enough down it to see what being with the new person felt like after all these years. But "a little way" was turning out to be further and further and now it felt as though there was no turning back. I was really starting to love this woman.

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

CONCLUSION BOX (CB):

Through the spring, these two issues loomed up above us, while we continued to grow closer and closer. We didn't say it, except indirectly, but it was clear that we wanted to spend our lives together – a fact that came as a surprise to both of us. Something had happened. We had crossed, unawares, the boundary between possibility and certainty. We both knew that although we wouldn't take any actions based on our decision until the year was up (the ground rule regarding remarrying after Mondy's death was undergoing modification), we were going to be together for good.

Book
Pages
169, 170,
171, 172

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

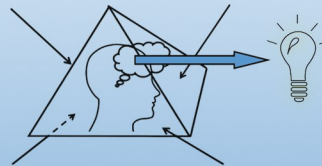
A following night, I woke up after midnight. Even before I was fully awake, I knew that I was worrying again over whether it was wise to do what I had already in my heart decided to do. I had been raised to think things through, to weigh all the evidence, and not to be hasty. I had spent my whole life being careful and rational. I had been brought up not ever to do anything that I couldn't justify by good sense. I've been raised to make decisions, but now I had come to a point in my life where I needed to make a choice.

Book
Pages
172, 173

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

1. Decisions are made on the basis of evidence and logic, but choices are always an act of will. Many important activities go better on the basis of decisions, but living itself is made up of choices.

2. Decisions start with outside data, on the basis of which the decider tries to evaluate the pluses and minuses and come up with a plan of action. Decisions can be made by anyone, and anyone (using the same inputs and logic) will come up with the similar conclusions.



4. After making a decision, you have to stir up the fires of motivation to get yourself to act on what you have decided. But with a choice, the act of choosing starts the ball of action rolling. Decisions leave you out on the periphery. Choices put you (the chooser) in the center of the picture; they are self motivating and they lead naturally to commitment.

3. But choices are unique and idiosyncratic. That makes them human. They start with (and express) who we are. Decisions have many possible forms, but choices have only two: yes and no.

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

CONCLUSION BOX (CB):

It was a choice, now, to commit myself to Susan. With decisions, you can assess how much of a risk you are taking. With choices, you can't weigh the odds. You can't talk about a right path to take, because right means right versus wrong, and that is two, and you don't get to retrace your steps and try the other one to see whether it is better. When you choose, there is just whatever path you do take and the life that that choice creates for you. All right, I thought, I'll live from choice. To do that is to live riskily.

Book
Pages
172, 173

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

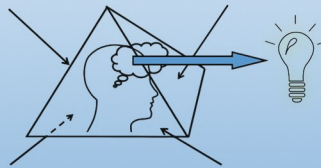
We decided to get married the next winter, and as we started planning the event we are once again back in the world of decisions; where to hold the event, whom to invite, what kind of music to have, what kind of food to serve. It was strange. Those next months were full of great busyness, but they felt relatively uneventful. The months before we had made our choice had been outwardly quite ordinary but they felt enormously eventful.

Book
Pages
174, 175,
176

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

1. It isn't the events that make a period of your life transitional. It is the deeper inner shifts that take place, the inner turnings that you may not even recognize until you can look back and see that at that point your footsteps curved off in a new direction.

2. The neutral zone is, as they say in children's stories, where you find the treasure. But you can't go out prospecting for it, any more than you can decide to make an ending and put your old life behind you. Life makes those decisions.



4. Living creatively in the neutral zone involves improvising, finding the way by trial and error. But "making up" a piece of music is too active a metaphor because in the neutral zone there is often little to do except to wait watchfully as the closer edge of your new life begins to come into focus, rising up out of the depths beyond your sight like something large and strange, floating up to the surface of the pond.

3. And finding the treasure isn't quite the right verb, for you don't come across what you're seeking, like a statue hidden in the greenery of a garden. It is more like a piece of music that you hear, at first only a few distant notes, but then enough to pick up the tune.

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

CONCLUSION BOX (CB):

I followed my own way, as opposed to everyone else's way. I followed my own way in the sense of accepting whatever lay along the path that I was following, in the sense of looking at everything as something potentially meaningful, in the sense of imagining that whatever was going on was a message left especially for me. And I followed my way rather than figuring out or planning what I ought to do. Coming out of this neutral zone, I have done the same thing regarding my work. My choice there was this book, and that represents a scary turn away from the focus on organizations that has made me successful.

Book
Pages
174, 175,
176

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

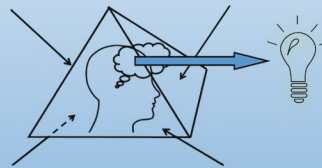
That is one reason why being in transition is so confusing. It's not just that the new chapter will work differently. It is also that the transition that gets you to the new chapter is going to follow its own rules to. A lot of the disorientation that we pass off as the result of dealing with something new is really just the product of being in transition.

Book
Pages
202, 203

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

1. I think back on my inner debates over the age difference between Susan and me, over my perplexity about how long I ought to wait before I married again, over my anxiety about what my children and my friends would say when I told them that I was getting married again – or worse what they wouldn't say, but would think.

2. I thought that I was struggling with the future, but I was really struggling with the transition process, the way that the future entered my life.



4. What I was choosing was not only a person to marry, but also a person to become. What I was choosing was not just a new life but a new way of living it. For in the process of choosing to marry Susan, I was discovering that I wanted to live from this point on from the inside out – out of my heart and into the world.

3. That transition time was amazingly rich, for as I wrestled with all those issues inwardly, I was also making huge choices.

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

CONCLUSION BOX (CB):

Oh, countless people had remarried before, of course. But no one had ever been me, in love with her, before. That didn't mean that we could make dumb decisions – just that the answers weren't printed upside down in small type at the bottom of the page. We'd have to find the "right answers" for ourselves. My ticket was good for one trip only. It was mine and I couldn't use anyone else's.

Book
Pages
202, 203

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

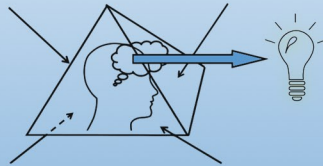
It is ironic to realize that one of the gifts I have received from getting old is the ability to be in the moment. I've been trying to learn to do that for the past 35 years, but it has been only with the natural slowing down in my mind and with the losses that I have been through that I am starting to find the present moment sufficient to itself.

Book
Pages
206, 207

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

1. Loss has given me that gift, not by "teaching" me that moments are limited and precious. (That would be learning it the conceptual way.) And the writers I used to read, who urged the same shift in awareness, couldn't "teach" me that either. It is something that came only with time and with the natural sorting process that goes on after loss.

2. Just as the mud swirls around in the watery pan, the gold-flakes settle of their own weight. Time doesn't fly – it swirls, and the moments settle from their own gravity. Without serious loss, the water isn't agitated enough to make that happen.



4. You might think that recognizing that this was my one and only life and that its reality was dyed right into the fiber would have made me more tentative and careful. But in fact it may be more decisive and willing to risk everything. No more practice sessions, this was the big game itself. No more trying, just go-for-broke.

3. There were other gifts of age that I discovered as I settled into my new marriage. When I was younger, I treated my own life as though it were one of many that I might live. I don't know whether I used to think that I still had time left to take a second run down the life course, whether life was just less indelible to me back then.

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

CONCLUSION BOX (CB):

As the date for the wedding approached, I suppose that if I had been doing it all myself, we would have been married in some matter-of-fact little ceremony. But Susan had a different dream, and the result was a very small, very beautiful ceremony. There were 50 people, mostly family, in a small candle-lit building at the edge of the San Francisco Bay. Everything was exquisite. At the end of the meal, in place of the traditional big wedding cake, each guest received a decorated, individual bite-sized "wedding cake."

Book
Pages
206, 207

Gained EI/VBC's insights: _____

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

SUMMATION BOX (SB):

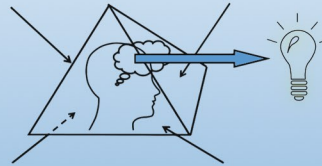
I wonder as I write these words if some readers may think I am recommending that they stop worrying about whatever they are trying to decide in their lives and just do it. "Follow your heart" sounds a little like "shut off your mind," but it is really quite different. All I am saying to shut off is that anxious search for the right answer – Surely it's on file somewhere! The solution doesn't come from finding the right way to act but from finding your own way to go.

Book
Pages
208, 209

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

1. Try to turn on your direction finding mechanism at the 11th hour is a sure way to miss the turn. You can't wait so long. Instead, you need to be tuned in way back at the time of the previous Ending.

2. I suspect that is why comparatively speaking, my own transition went relatively quickly. (Remarry within a year and half? – That's fast!) But the transition didn't begin with Mondy's death. It began with great intensity when she and I started saying goodbye after her diagnosis two years earlier.



4. To have planned how to deal with that chapter of our lives according to some set of steps would've turned a meaningful experience into a mechanistic one in which we managed the situation instead of really experiencing it. Trying to be loving and supportive and conscious by means of technique robs your life and your relationship of the richness that comes from the buildup of unmeditated experience, the whole whopping mess of joy and pain that living provides anyone who will stay open to it.

3. I began this book by saying we went through our ending over and over, as though saying goodbye, were an age old ceremony that we were practicing. The transition that included Mondy's death and my remarriage wasn't really such a brief one. And we weren't following any book of instructions ("way to make a successful transition").

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

CONCLUSION BOX (CB):

A "how to" book would make you and me unnecessary, because then the world would have no need for the unique person that each one of us is. It is only in living out the unique way of our individual life and following the meandering journey that you have been on since you were born that you and I make the choices that are right for each of us. Without the necessity of living your way through the situations with which the world confronts you, you'd have no life of your own. That is why we are here: to go on our own personal meandering journeys and to be shaped by them. How that all adds up to the great pattern of universal reality, I don't have a clue. But that it does add up is clear. Any particular acre of earth is inhabited by a particular group of creatures, each of which is busy living out his or her own particular journey.

Book
Pages
208, 209

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING THE WAY OF TRANSITION – WILLIAM BRIDGES

THIS SWPS™ 7 SERIES TOPIC – BEGINNING A NEW LIFE WITH SUSAN
YOUR EI/VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

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/VBC'S® TRANSFORMS REASONING HABITS

This new method of thinking, "2D <=> 3D perception & perspective shifting," reveals insights as you record both obvious and hidden judgments while you recognize your choice-making patterns. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBS's) that influence and define all aspects of your daily identity.

Use your EI/VBC's 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 motivated 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