



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

The Way of Transition - William Bridges
This SWPS™ 7 Series Topic – Letting Go of My Life with Mondri

**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# 3 SWPS# 4 SWPS# 5 SWPS# 6

4 CHOSEN SWPS PORTRAIT #'s	<u>3</u>	SUMMATION	<u>1</u>
	<u>4</u>	BOX (SB's)	<u>2</u>
	<u>5</u>	#'s RANKING	<u>3</u>
	<u>6</u>		<u>4</u>

4 CHOSEN SWPS PORTRAIT #'s	<u>3</u>	CONCLUSION	<u>1</u>
	<u>4</u>	BOX (CB's)	<u>2</u>
	<u>5</u>	#'s RANKING	<u>3</u>
	<u>6</u>		<u>4</u>

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

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): WMA

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

The Way of Transition – William Bridges

This SWPS™ 7 Series Topic – Letting Go of My Life with Mondri

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.

THE WAY OF TRANSITION

What an honest, inner feelings and spirit sharing SWPS series of chapter hotspots WM has selected from Bill Bridges' book "THE WAY OF TRANSITION" that relay the life transition and neutral zone episodes he engaged as he said "goodbye" to his 37 years of living his life with Mondri. There are so many valuable daily life experiences of comprehending how to express feelings of tragic loss that this author so explicitly languages for the reader. Savor the benefits of Bill Bridges' relayed wisdom as you embrace the meaning of what he says and feel the comfort providing for your soul if you have suffered the loss of a loved one and will now be immersed in the "neutral zone".

HOW TO COMPLETE A SWPS™ SERIES

chose 3, 4, 5, 6

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 _____

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:

REASONS NOTES

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

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

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 5 2 4 3 6 4 3

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

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

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.

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?

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

SUMMATION BOX (SB):

It was more than a year after she died before I was able to sort out what were my issues and what were hers in the matter of my being able to (or worthy of) love. Nor was I until then able to distinguish between the loneliness that I felt because the only person who (I had almost come to believe) could ever love me had died. Since she defined herself as my connection to humankind and to my own heart, losing her felt first like the fulfilment of all my childhood fantasies about being abandoned and left to fend for myself in a world that was big and frightening.

Book
Pages
60, 61

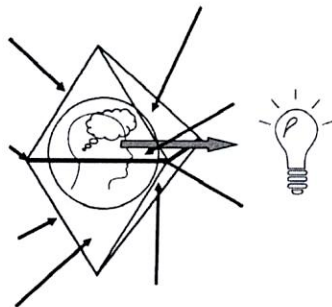
Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. To the extent that a relationship is characterized by similar assumptions, values, dreams and views, it serves to affirm each of its parties the way a traditional village or tribe does. In spite of our disagreements and our very considerable differences, Mond and I got that affirmation from each other.

2. Even in these areas where we were very different, the differences itself served to bind us by giving us a kind of effective "division of labor": she took care of emotional issues, while I handled practical ones.

8. Each of these unexplored possibilities can be dismissed because your partner would not like them, or simply because your life together cannot accommodate them.

7. In any relationship, the other person is the reason (or at least the excuse) for not doing some things that you think you might otherwise like to do. The other relationships you do not pursue, the adventuresome-sounding activities or trips you pass up, the professional ventures you do not engage in, the wonderful things you could buy



3. She was enthusiastic and excitable, while I was calm and sensible; she remembered the details that made life run smoothly, while I dreamed the dreams that shaped the directions we moved in. So when she died, I felt as though I had lost my connection to feeling, excitement and a solid grounding in every day reality.

4. There were still further losses, although some of them may seem trivial. For example: Mond was not only my wife. She was also the way in which I could tell if my socks matched, my fly was zipped, my hair was combed, and my tie was straight.

6. Because she was so good at things I wasn't good at, she enhanced my life and made me feel more whole.

5. At a deeper level, she was how I knew if I was talking too much, how I could be sure the conversation would begin when we had company, and how I remembered to send presents to our grandchildren.

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

CONCLUSION BOX (CB):

And then the person is gone. Suddenly – although the shock of the loss may hide the fact for a while – your excuse is gone. You could go to Nepal next spring; you could take that person out to dinner; you could drop everything and go to the movies; you could... Do almost anything. And when you realize that, you find that the freedom you longed for is also more frightening than you realized. What you have lost is "the reason I have to be the person that I currently am." And that is no small loss, if you have any doubts about yourself.

Book
Pages
60, 61

I sometimes get so out there or lost in a distant realm - I cannot recognize the place/space I am in - But I know it scares me - My feeling intelligence tries to turn such reasons into a negative feelings encounter - I am using above this using these SWPS series response report packets.

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

SUMMATION BOX (SB):

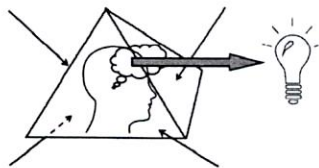
One of my experiences in those first few weeks – and I kept experiencing it to a diminishing degree through the ensuing months – was a feeling of being a smaller, lesser, more inconsequential person than I had been when she was alive. Her loss made me feel less substantial, or more naked.

Book
Pages
59, 60

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

1. I had never recognised until then how she had amplified me, reflected me back and made me more believable to myself. That had developed so gradually through our years together that I had never noticed it, but when she was no longer there I suddenly felt – it's hard to put into words – flimsy

2. The second thing that her death took away from me came from the fact that it was through our marriage that I had grown beyond the lonely and isolated young man I had been when we first met.



4. Being my emotional lifeline to the world was a strain on her, she said. The strain was worse because I did not share much of myself with her emotionally.

3. With her death, I lost a way to find – and for a long time, the only way I knew how to find – intimacy. My reliance on her to supply my needs of intimacy had sometimes been a painful issue between us, for she often complained that I was – in her psychological jargon – by nature "unrelated."

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

CONCLUSION BOX (CB):

We were, at the time of her illness, just coming out of the time in which she had talked darkly about having to get her need for intimacy met "in other ways." I had felt threatened by such talk. Imagining the other men she might turn to in order to make up for my inadequacy. I felt misunderstood by her, but the very fact of her talking about the great difficulty I had with intimacy made me feel her death as a terrible moment of truth. It was the loss of what I myself had believed was the only experience I could ever have of loving someone. So her dying seemed to take away not only our relationship but my very ability to relate deeply with another person. It seemed to take away not only her love, but also my lovability.

Book
Pages
59, 60

*I have always felt insecurity about how
Gained EI/VBC's insights: deep my thinking could go - how it
could affect my mood, my facial expressions, how I
breathe - Not given aware of the impact on
people around me I care about. I am owning
this behavior.*

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

SUMMATION BOX (SB):

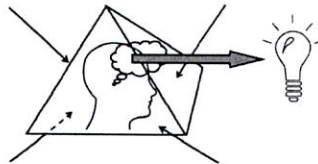
Loss was such a complex experience! Layer after layer of meaning. No wonder that, in dream and memory, mourning sent you back over the ground again and again. No wonder mourning took so long to complete and move beyond. No wonder that people who make a change without mourning the loss of the past usually find it confronting them later on, down the road. No wonder that it takes more than a ceremony to lay someone to rest.

Book
Pages
64, 65

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

1. Mondie had not wanted to be buried, so that meant there would not automatically be a place for survivors to go when they wanted to remember her. I could store her ashes somewhere, of course, but you don't visit a shelf or a drawer as you do a grave site. Until I picked up her ashes from the mortuary where she had been cremated, I had not really thought about the problem.

2. But when I did, I realized that having a place was more important to me. The place had to be outdoors and had to be beautiful. Mondie was always drawn to Mt. Tamalpais, the mountain that rises up steeply behind the town where we live.



4. I instinctively chose the lower path and started walking. With my chosen path a little ribbon of dirt that curved in and out. I followed it for 15 minutes, gradually descending until I reached an outcropping of rock that granted a wide view of that part of the mountain. I could see below and ahead of me several clusters of live oak trees and a dry stream-bed full of bay trees.

3. The weekend after I picked up her ashes, I drove up the mountain. Almost immediately, I felt foolish. I had no idea where I was going. What I was seeking wasn't a site that you could locate on a map, so I kept driving, believing that somehow I would find the right place and that I'd know when I found it. I had driven almost to the top of the mountain before I had come to a large gravel turnout. Across from it was a lovely slope that faced west. I pulled the car in and crossed the road to a spot where two paths led out through the dry golden grass and across the slope, one curving upward and the other going down.

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

CONCLUSION BOX (CB):

As I studied the vista, I found my eye returning again and again to one of the cluster of oaks. I walked down the last several hundred yards of the path that led, steeply down now to the knoll and sat down on one of the rock outcroppings. This is it, I thought to myself. This is her spot. She had loved live oak trees. There were five such trees in the spot – one for each of us in her family, I thought. So I spoke to her and told her that we had found her a new home.

Book
Pages
64, 65

*I do a lot of flashback / flash forward envisioning
of past real or past present future
Gained EI/VBC's insights: made up envisioning - All senses driven
thoughts - that immediate cause feelings
habits of reaction - before any consciousness
can sort them out.*

Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

The Way of Transition – William Bridges
Letting Go of My Life with Mondie

1st "✓" here to CHOOSE this SWPS ____

Rank given to this SWPS

1 ____ 2 ✓ ____ 3 ____ 4 ____

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

SUMMATION BOX (SB):

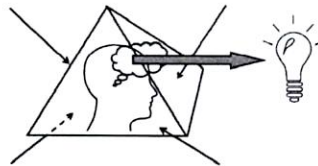
My mind was trying again and again to reestablish a critical connection that had been broken. At a level far below consciousness, I was trying to become whole again. Letting go, I saw, is not a simple act of release. It is a drawn out process of exploring whether or not a broken connection can be reestablished. I had tapped into my psyche's own autodial system that kept trying to get through when the original call couldn't be completed. We don't let go of anything important until we have exhausted all the possible ways that we might keep holding on to it.

Book
Pages
58, 59

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

1. As the weeks went by, it became clear that what had been cut off was not just our relationship, but also all the hopes, fears, dreams and beliefs that had been connected with our relationship.

2. There were positive ones, like the dream of watching our grandchildren grow up, and negative ones, like the nagging feeling that I had always had that (no matter what I did) I could never really prove that I cared deeply about her.



4. I had always told my clients that if you let go of only the external (the persona and the relationship itself), but didn't let go of the internal associations that had come to cluster around it, you would just find another person or relationship and attach the same hopes, fears, dreams and beliefs to that one. That way, you would go through a change but not a transition – and you can count on ending up right back where you started.

3. Then there was the belief that we both shared that she was a person of feeling, and that I was essentially a cool-hearted person.

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

CONCLUSION BOX (CB):

Over the next few weeks, I kept finding new dimensions to my loss – or "losses," for there turned out to be so many ways that her needs and feelings and habits and worries and hopes for the future had been woven into my life. As the numbness of the initial shock wore off, I kept finding new (and yet further new) ways in which I felt stripped and dismantled by her death.

Book
Pages
58, 59

Mary Elaine Jacobson

All my life I have envisioned a "Marriage Type relationship" where my partner could complete me. I knew I had gaps of partnership challenge ability – but so does everyone I feel myself. I have been told language level intimacy was more like a business partnership. That hurt – but I gained wisdom from liberating myself of

Gained EI/VBC's insights: