## STATE OF CONSCIOUSNESS CHART

## Remember:

Feeling is a byproduct of the Chemical, not the cause

Thriving Successful / Motivated Dopamine Driven	Surviving Rest-and-Digest Serotonin Driven	Dying Fight-or-Flight Norepinephrine Driven
Human Homeostasis	Primal Homeostasis	Primal Triggered
Proactive	Interactive	Reactive
Faith / Knowing	Familiar	Failure
Clarity	Thinking	Fear
Assurance	Safety	Doubt
Acceptance	Discernment	Judgment
Calm	Soothed	Anxious
Confident	Comfortable	Insecure
Capable	Placated	Vulnerable
Significant	Adequate	Insignificant
Strong	Able	Weak
Independent / Supportive	Supported / Connected	Abandoned / Alone
Zone / Movement	Auto-Pilot	Stagnation
Harmony	Simplicity	Discord
Cooperation	Tolerance	Conflict
Connectedness	Peace	War
Ease	Work	Struggle
Joy	Fine	Anger
Love	Like / Dislike	Hate
Honor / Pride	Acceptance	Shame
Truth	Facts	Illusion
Positive	Neutral	Negative

## Phase One - Part One Practice

Monitor our thoughts, feelings, emotions, and even how we perceive ourselves as a byproduct of chemical

## FEELING OBSERVATION LOG

How do you feel emotionally/mentally/physically? Use the State of Consciousness Chart to determine what state this might be.	What state do you think this is?

How do you feel emotionally/mentally/physically? Use the State of Consciousness Chart to determine what state this might be.	What state do you think this is?