

# Maneuvers Of Consciousness

Shift from Resistance to Consent to Appreciation in Twelve Minutes

## Step 1: Negative Evaluation

Time: 3 minutes

Say out loud all the things you don't like about what you're resisting:

- What's bad about it?
- What can't you *stand* about it?
- How *painful* is it?
- How does it make you *feel*? (really *trash* it!)



## Step 2: Curiosity

Time: 3 minutes

Now get really curious about this situation:

- How did it come to be?
- What is *interesting* about it?
- What is familiar about it?
- What *good* things come from it?



## Step 3: Amazement

Time: 3 minutes

Now become amazed that this situation came to be:

- Wow! This is *fascinating*!
- What's *amazing* about it?
- How do you *feel* about it?



## Step 4: Full Appreciation

Time: 3 minutes

Ahhhh . . . now honor everything about this situation:

- Yes! This has been *so very helpful* in bringing me to the next level.
- Wow. *So much gratitude* and appreciation.
- How do you *feel* about it as you're honoring it?

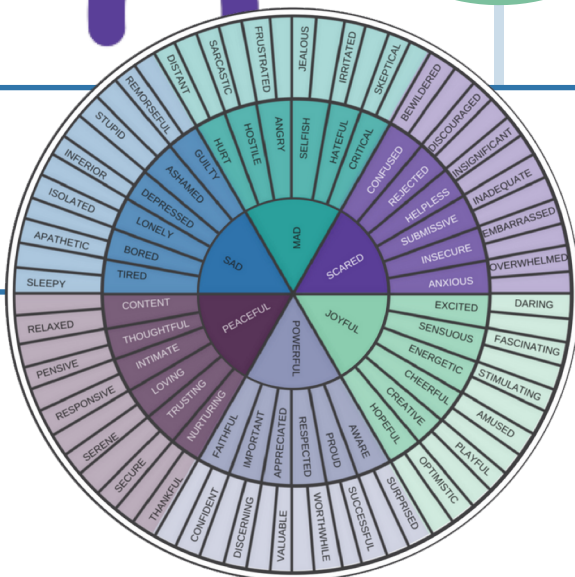


## Between Each Step:

Look at the Emotion Wheel and identify your key emotions. Then "break" your state: shake your body out, ask yourself a non-sequitur question involving a number, such as "how many stripes does a zebra have?" or to count backward from 10 to 1.

## After Step 4:

Ground your new emotional state by doing a short Outcome Frame and creating a *new* trajectory to move toward. **Get the Emotional Wheel, the Outcome Frame, and all of our tools in *Power Your Tribe: Create Resilient Teams In Turbulent Times*, by Christine Comaford.**



\*STI's Emotion Wheel can be found in our book, *Power Your Tribe*

With gratitude to NLP Marin for the foundation of this process.

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