

Do YOU move away, toward or against???

When we feel inadequate or not good-enough in a situation we tend to do one of three things. We either move away, move toward or move against. Similar to a trauma response, the body reacts with fear. The frontal lobe then goes off-line, making clear rational thinking difficult. Recognizing your reaction is the first step in creating a more productive way to react.

Which one of these three ways do you tend to use?

Next time you are in a situation where you don't feel good-enough, make a note of your reaction.

Do you---

1. **Move Away**=isolation, avoidance, hiding, secrets, withdrawal, etc.
2. **Move Toward**=people pleasing, co-dependency, over-giving, etc.
3. **Move Against**=lashing out, fighting back, hurting others, shaming others, etc.

After you recognize your defenses against your feelings, use the ABCs of SELF shovels to gain clarity and move in a more productive direction.

ABCs of SELF shovels

- ✓ Acknowledge feelings & defenses against not feeling good-enough
- ✓ **BREATHE**
- ✓ “C” shovels:
 1. Curiosity
 2. Courage
 3. Compassion
 4. Connection