

## Problem Focus

When we **Relate** to problems, we immediately feel an inner state of **Anxiety**.

The anxiety effects how we interact with others and **Drama** often follows.

Drama is unproductive and we begin feeling **Powerless**.

With little change we feel **Hopeless**.



↑↓ - Fear - GAGS

## Feels Bad

A sense of **Dread** takes over and our task at hand becomes a **Chore** to endure.

We feel **Stress** ... and the cycle continues.

These feelings are anchored in **Fear** and the cycle produces emotion that **GAGS\*** us. (\***Guilt, Anger, Grief, Shame**)

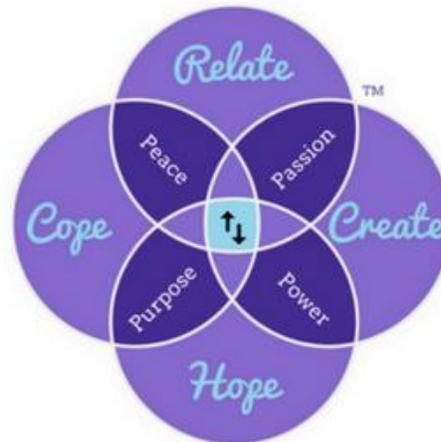
## Desire Focus

When we **Relate** to Desires, we tap into **Passion**.

Passion changes how we interact with others too but allows us to **Create** and recognize moments of joy.

With each small success we feel **Power**.

Our **Hope** is strengthened.



↑↓ - Love - ETC

## Feels Good

Now grounded in **Purpose**, we can readily **Cope** with whatever challenge comes our way.

We are at **Peace** ... and the cycle continues.

These feelings are anchored in **Love** and this cycle produces **ETC\***. (\***Empathy, Trust, Compassion**)