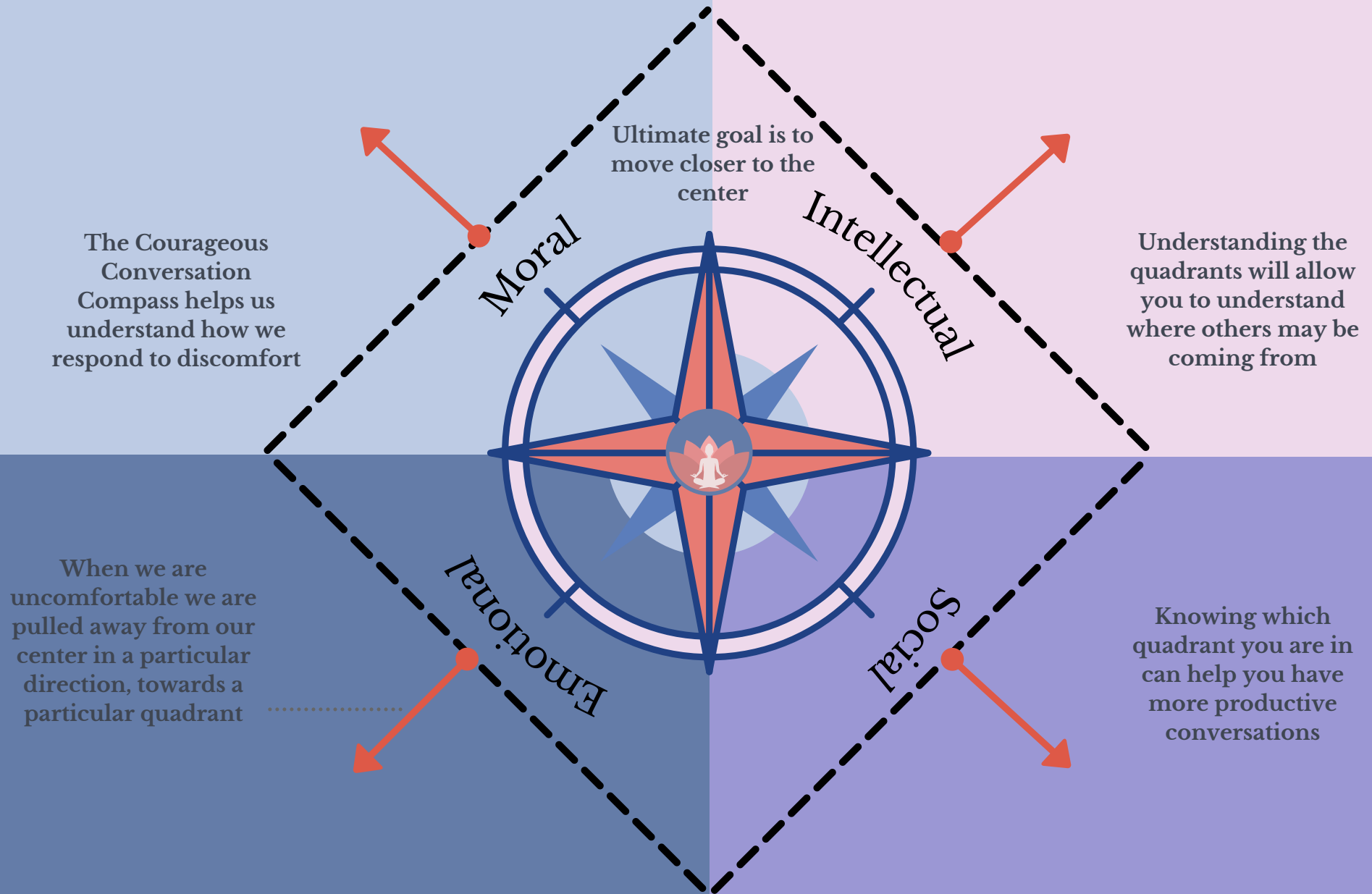


Courageous Conversations Compass



Belief

"I believe..."
"I can't possibly believe..."
"I can't believe..."
"My gut is telling me..."
"My beliefs tell me..."

- A sense of right and wrong
- A "gut" feeling that may or may not be verbally articulated
- Connected to intuition

Thinking

"I think..."
"Research shows..."
"I have some questions..."
"Where can I find more info..."

- response takes more time
- need to reflect and observe
- thinking through what you are going to say
- what to have facts or supporting evidence

Ultimate goal is to move closer to the center

Moral

Intellectual

Emotional

Social

- Feeling connected to the topic
- feeling connected to the speaker
- Need time to step back to observe feelings or may react

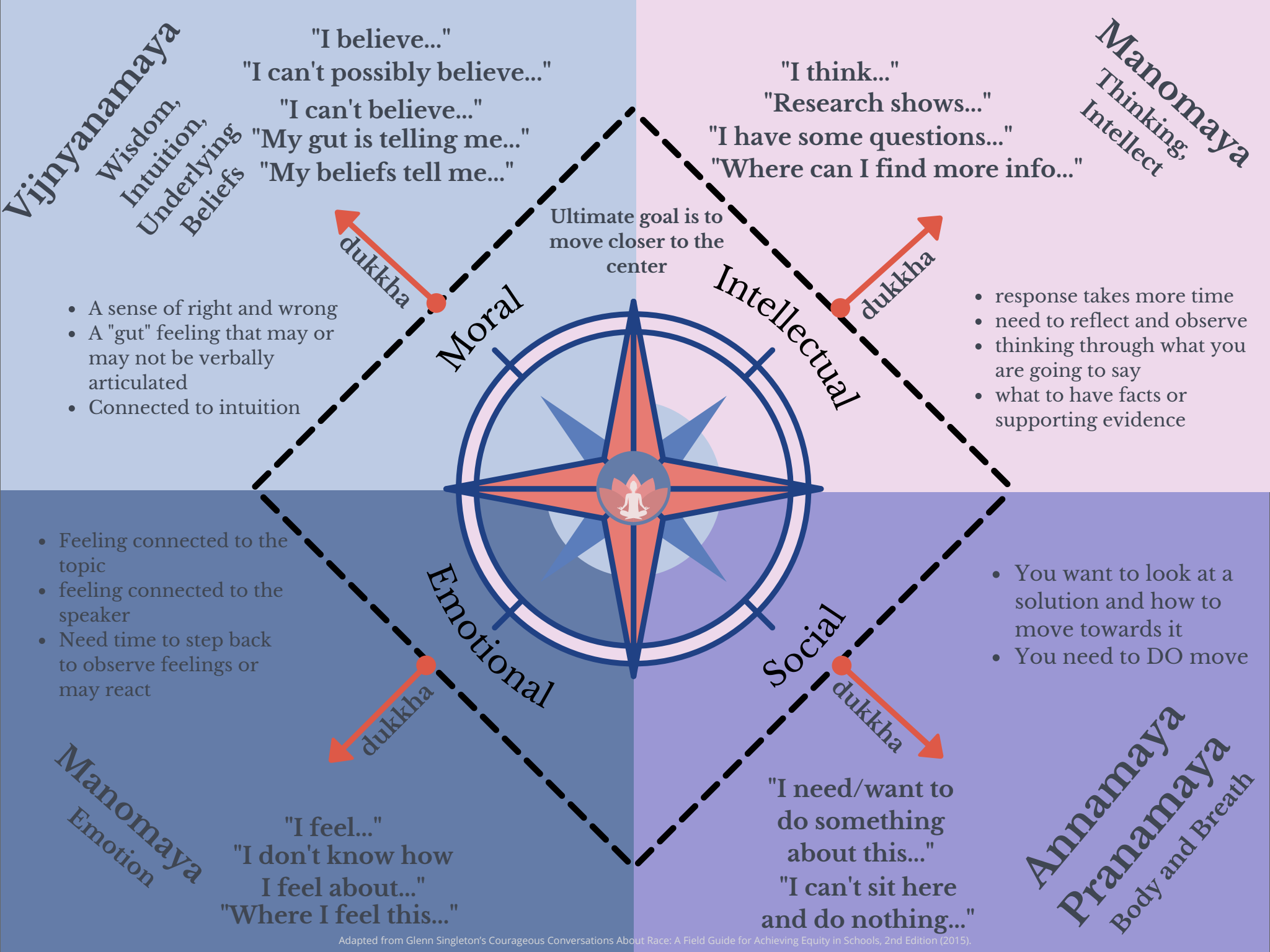
- You want to look at a solution and how to move towards it
- You need to DO move

Emotional and Interoceptive

"I feel..."
"I don't know how I feel about..."
"Where I feel this..."

"I need/want to do something about this..."
"I can't sit here and do nothing..."

(Social) Action



Obstacles (Kleshas)

Avidya
Wrong Understanding

"The Truth is..."
"I don't see anything wrong here..."
"I believe I am right and you are wrong..."

- Wrong understanding
- Ignorance as the source of all suffering YS 11.4
- world viewed through a very narrow and false lens
- Falsely thinking what we individually believe is 'right' or the "truth"

dukkha

Moral

Ultimate goal is to move closer to the center

Intellectual

dukkha

"I know..."
"Prove it..."
"Show me your evidence..."
"Yes but my research/learning shows..."

- Uncover unconscious ideas, beliefs
- blind spots
- instead of expanding and growing, our awareness shrinks and we believe when "know" better than others
- Self-centered thinking
- Belief "I know..."

ASMITA
Ego-centered

- Self Preservation
- Hiding or masking your true self
- Fawning response
- Afraid to experience or dive deeper

dukkha

Emotional

Social

dukkha

- Attachment and aversion can push & pull us in many directions
- Fighting or Fleeing from the discomfort
- Bypassing

RAGA DVESHA
Attraction and Aversion

"Let's just keep things the way they are"
"YOU are blindsiding me"
"You are attacking me..."

"Can we change the subject"
"We shouldn't talk about that"
"Can't we just focus on the positives"

Yoga Tool Box

