When we are uncomfortable we are pulled away from our center in a particular direction, towards a particular quadrant.

The Courageous Conversation Compass helps us understand how we respond to discomfort.

Understanding the quadrants will allow you to understand where others may be coming from.

Knowing which quadrant you are in can help you have more productive conversations.

Ultimate goal is to move closer to the center.
Belief

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

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

Thinking

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

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

Ultimate goal is to move closer to the center

Moral

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

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

Emotional

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

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

(Social) Action

"I can't possibly believe..."
"I can't believe..."
"My gut is telling me..."
"Where I feel this..."

(Social)

Feeling connected to the topic

Feeling connected to the speaker

Need time to step back to observe feelings or may react

Ultimate goal is to move closer to the center

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

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

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

Manomaya
Thinking, Intellect

Vijnyanamaya
Wisdom, Intuition, Underlying Beliefs

Moral

Intellectual

Emotional

Social

Annamaya
Body and Breath

Pranamaya

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

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

"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..."

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

Fighting or Fleeing from the discomfort
- Bypassing

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"

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

Moral
- Ultimate goal is to move closer to the center

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

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

Abhinivesa
- Fear

Avidya
- 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"

Raga
- Attraction and Aversion

Yoga Tool Box

Ultimate goal is to move closer to the center

- Moral
- Intellectual
- Emotional
- Social

Belief
Thinking
Feeling
Doing

sukha
sukha
sukha
sukha