

Funnel

External Focus

Emotional
Activation

Data/Facts

What's the situation?

Feelings

How did it make you feel?

Adverse Feelings

Mad, Sad, Glad or Afraid?
What's that mostly about?

Shadow Message

What did that say about you?

Shadow Origin/Story

When did you first get the message?
Where does that come from?



Golden Shadow

What if Shadow is not true?
What would be more true?

If your Golden
Shadow were
true, how would
you handle THIS
situation?