



MARTHABECK

A Companion Guide to
FINDING YOUR OWN NORTH STAR
Claiming the Life You Were Meant to Live

by
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HELLO!

Thank you for embarking on the journey to Finding Your Own North Star with us!
We hope this companion guide filled with exercises from the book will help you map
your way to a more joyful life.



CHAPTER ONE:
THE DISCONNECTED SELF

TESTING YOUR SOCIAL-ESSENTIAL SELF CONNECTION

Please select the most accurate response to each statement.

	Often	Sometimes	Rarely	Never
My life feels like a great adventure				
I feel sure I can solve any problem I encounter				
I have fun				
I laugh out loud				
I feel overwhelmed by gratitude				
I spend time in comfortable solitude				
I am fascinated by things I'm learning				
I feel deeply understood				
Things just seem to work out for me				
I get so involved in projects I forget to stop				
I use my imagination				
I do things I loved when I was a kid				
People seem to enjoy being around me				
I play				
I feel perfectly safe				
I get excited when it's time to go to work				
I feel mentally sharp and alert				
I have really cool ideas				
I love my body				
I'm flooded with love for other people				



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	Often	Sometimes	Rarely	Never
I do new things, or old things in new ways				
I do what I want to, even if it's scary				
I'm completely relaxed with other people				
I feel intense physical pleasure				
I am very pleased with myself in general				

SCORING

The scoring for the Connection Questions test is very simple: If you didn't answer "often" to *every one* of the questions, you could stand to be in closer contact with your essential self.



CHAPTER TWO: RECONNECTING:
HOW YOUR ESSENTIAL SELF SAYS “NO”

1. ENERGY CRISIS

Try to remember three different events or types of events (dental appointments, jobs, classes, social functions, etc.) where you had to show up but felt reluctant and low-energy.

Event #1: _____

Event #2: _____

Event #3: _____

Now please circle the response that has the most negative associations for you.

2. SICK, SICK, SICK

Try to remember three times when your health was below par. What was going on in your life during each of these three time periods? Please list each situation, along with the physical symptoms you suffered. Don't worry if these situations are the same ones that came up in the last section, or if all three caused the same symptoms. Repetition is welcome in this game.

Situation #1: _____ Symptoms: _____

Situation #2: _____ Symptoms: _____

Situation #3: _____ Symptoms: _____

Circle the worst symptom.



3. FORGETTING

Write down the information that you find difficult to remember (for example, “people’s names,” “my kids’ school schedules,” “where I put my important papers”).

Info-type #1: _____

Info-type #2: _____

Info-type #3: _____

Circle the type of information you forget most often.

4. BUNDLES O’ BLUNDERS

Write down three stupid mistakes you remember making.

Mistake #1: _____

Mistake #2: _____

Mistake #3: _____

Circle the most disastrous mistake.

5. SOCIAL SUICIDE

Name three people who bring out your very worst social behavior. It might help to review your life's most embarrassing moments; the two are often linked.

Person #1: _____

Person #2: _____

Person #3: _____

Please circle all three of these names.



6. FIGHT OR FLIGHT

List times when you couldn't sleep, slept very poorly, or slept so much you felt groggy and squalid. What was the problem in your life that caused the sleep disturbance?

Problem #1: _____

Problem #2: _____

Problem #3: _____

Circle the issue that most disrupted your sleep.

7. ADDICTION

Name a bad habit or obsessive thought pattern you've been unable to eliminate:

Now remember what happened to trigger that bad habit the last three times you fell off the wagon. (For example, "I'd had an argument with my mom," "I'd been working day and night for a month," "I was facing a performance review.")

Habit Trigger #1: _____

Habit Trigger #2: _____

Habit Trigger #3: _____

Circle the "trigger" that is the most likely to make you turn to your addiction or habit.



8. MOODY BLUES

List the last three times you experienced a very bad mood or a mood that seemed inexplicable, unjustifiable, or extreme. Again, note what was happening in your life at the time this occurred.

Bad-mood Setting #1: _____

Bad-mood Setting #2: _____

Bad-mood Setting #3: _____

Circle the situation that brought out your worst mood.

SUMMARY

STEP ONE

To get your essential self to “speak” to you, we first need to assemble all the things you hate most. In the spaces below, list the answers you circled on all the exercises in this post.

List your:

A. Lowest energy situation: _____

B. Three people who bring out your worst social behavior:

1. _____

2. _____

3. _____

C. Worst medical symptom: _____

D. Most forgettable information type: _____



E. Stupidest mistake: _____

F. Problem that most disturbs your sleep: _____

G. Worst bad habit “trigger”: _____

H. Setting for your worst mood: _____

STEP TWO

Now we’re going to create a little scenario together—a scenario that should set your teeth on edge. Using the items you’ve written on the list in Step One, fill in the blanks in the following story. For example, if you wrote “dental appointments” next to the letter “A” in Step One, you’ll write “dental appointments” in the blank labeled “A” below.

Your own worst-case scenario

Imagine for a moment that you are in (A: your lowest energy situation)

You are surrounded by (B: all three names on your list)

You are not feeling your best, in fact, your (C: worst medical symptom)

is bothering you more than ever before.



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You've been given a lifetime assignment that involves working with (D: most forgettable information)

All the people in the room are authorized to watch you constantly, criticize your performance, and punish you if you make any mistakes. Speaking of mistakes, you have just done (E: stupidest mistake)

a fact that is being noted by your three supervisors. Your life in general is pretty difficult right now; that whole thing with (F: most sleep-disturbing problem)

is happening all over again. You're also trying to deal with (G: worst bad-habit trigger)

To top it off, (H: your bad mood situation)

is more intense than ever before.



Just when things are at their worst, (B-1: the person who makes you feel most uncomfortable)

walks up. He or she orders you to sit up politely, smile in a way that is both humble and worshipful and say to the entire assembly, “I admire you so much. Thank you, thank you for letting me be here. You are such a terrific person, and this is just what I deserve. I want to live this way for the rest of my life.”

STEP THREE

Read over this scenario, once you’ve filled in the blanks. Really put yourself into it. Then pay attention to your own reaction. How do you feel? Rotten, I hope. If you vividly imagine this horrible situation, you’ll experience your own particular blend of anger, despair, illness, and anxiety. This should reach a peak when you imagine facing the person you hate most and turning over all your power to change anything. *Whatever you feel in this moment is the sensation of your essential self saying NO!*

Don’t run away from this feeling just yet. Focus on and wallow around in it. Explore its particular shape, texture, and size. Notice how it differs from other negative feelings. Your true path will take you through frightening challenges, saddening departures, angry resistance and a number of other profoundly unpleasant experiences. But the pain you experience en route to your North Star feels clean, necessary and right to the essential self. It is very different from the intense aversion you would feel in the scenario we’ve just created. You’re not supposed to feel that way, ever.

That feeling of choked hostility, or numb depression or nauseated helplessness is a sure sign you’re steering away from your North Star towards a life you were not meant to live. *When you feel it, you must change course.* You must say to the people around you what your essential self is saying inside: Nope, Not going there. Not doing that. Sorry, but the answer is “no.”



CHAPTER THREE: GETTING TO YES

1. NUCLEAR ENERGY

List three things that can always get you moving (Examples: “The family New Year’s party,” “Playing pickup basketball,” “Going to the mountains.”).

Energy-inducing person place or thing #1: _____

Energy-inducer #2: _____

Energy-inducer #3: _____

Look over the list and circle the response that makes you feel most enthusiastic.

2. TO YOUR HEALTH

Try to remember three times when your health seemed better than usual. What was going on in your life at that time?

Situation #1: _____

Situation #2: _____

Situation #3: _____

Circle the situation that has the most positive associations for you right now.

3. MEMORIES, LIGHT THE CORNERS OF MY MIND . . .

Where’s your supermemory? If you can’t think of anything, you’re probably overlooking the obvious. Ask some friends and loved ones what they’ve noticed about your ability to pick up certain categories of information. List these categories below.



Info-type #1: _____

Info-type #2: _____

Info-type #3: _____

Circle the type of information that interests you most. Be honest; nothing you enjoy is stupid or trivial.

4. TIME WARP

Write down the types of activities that make you forget what time it is.

Activity #1: _____

Activity #2: _____

Activity #3: _____

Circle the activity you find most absorbing.

5. EMOTIONAL INTELLIGENCE

Name three people who make you feel socially adept and confident, people who seem to understand you and enjoy spending time with you.

Person #1: _____

Person #2: _____

Person #3: _____



Please circle the name of the person who makes you feel most comfortable and relaxed.

6. MAGNETIC ATTRACTION

List times when you felt strangely drawn to a person, place or thing. You may have temporarily become unable to concentrate on anything else. What was the object of your desire?

Urge to merge item #1: _____

Item #2: _____

Item #3: _____

Circle the thing that brings up the most positive feelings.

7. A NATURAL HIGH

List the last three times you experienced a wonderful mood, particularly if your good mood came at a strange time or from an action other people may have criticized.

Good-mood setting #1: _____

Good-mood setting #2: _____

Good-mood setting #3: _____

Circle the situation that makes you feel the happiest.



SUMMARY

STEP ONE

In the spaces below, list the answers you circled on the exercises in this chapter. List your:

- A. Most high-energy situation: _____

- B. Person who makes you feel most relaxed: _____

- C. Best health situation: _____

- D. Information you remember most easily: _____

- E. Activity most likely to make you forget the time: _____

- F. Item that created the strongest “urge to merge”: _____

- G. Best mood setting: _____

STEP TWO

Fill in the blanks with the appropriate response.

Your Own Best-Case Scenario

It is an incredibly beautiful day. The air is clear, the scenery dazzling, and you're setting out to do (A: your most high-energy activity)

with (B: your favorite person)



You've got no other responsibilities, no immediate deadlines, and no major problems weighing you down. You feel great, even better than you did back when you were (C: your best health situation)

In fact, you are in the best physical shape of your life: strong, lean, robust and full of energy. You're having a great conversation about (D: the information you remember most easily)

when a message arrives for you. It's a letter from the president, saying that you have been chosen to receive a lifetime of financial support for doing (E: the activity that makes you forget time)

This will require you to spend a lot of time with (F: the person or situation that creates the Urge to Merge)

You feel just the way you did when (G: your best-mood setting)

happened, only more so. Lie back for a moment, take in the scenery, and enjoy knowing that this is basically how you are going to spend the rest of your life.

STEP THREE

As you did with the “worst-case scenario,” read over your “best-case” story carefully. Picture the images as vividly as you can, and notice how you feel. There's considerable evidence that just visualizing this scene greatly increases the likelihood that you'll experience something like it at some point in the future. In fact, no matter how impossibly wonderful it may appear, the scenario above is only a pale shadow of the splendid realities you'll find on the path to your own North Star.

What does it feel like to you, this sense of your essential self saying, “*Yes! Due north!*”? How would you describe the sensation—or is it a sensation at all? Many people experience their true path not as something that happens to them but as the simultaneous loss of self and complete connection with the universe. When the



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essential self is really in its element, you may be so involved with the work at hand, the people around you, and the things you're learning that you won't be aware of yourself as separate from them. This state is the goal of many mystical practices, both in Western religious tradition and in the East. It's been described by psychologist Mihaly Csikszentmihalyi as "flow," and by anthropologist Joseph Campbell as "following your bliss." What do you call it?



CHAPTER FOUR: JUST BECAUSE YOU'RE PARANOID DOESN'T MEAN EVERYBODY ISN'T OUT TO GET YOU

EVERYBODY ON DECK

STEP ONE

Finish the following sentences by writing down whatever comes from your gut, no matter how silly it may sound to your brain.

1. People judge me because _____

2. Everyone loves it when I _____

3. When I do well, people feel _____

4. Nobody will let me _____

5. Everybody always tells me to _____

6. People just can't accept the fact that I _____

7. When I fail, everyone thinks _____

8. Nobody cares when I _____

9. Society keeps telling me I have to _____

10. Everyone expects me to _____



STEP TWO

For each statement above, write the names of six people you know who actually, verifiably hold the opinions you've ascribed to Everybody. You can use the same names for every question if that's what pops up.

	Person 1	Person 2	Person 3	Person 4	Person 5	Person 6
--	----------	----------	----------	----------	----------	----------

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



SELF-PERCEPTION EXERCISE

Please note whether you believe or disbelieve each of the following statements.

I do believe	I do not believe	
_____	_____	1. I'm a natural-born winner: always was, always will be.
_____	_____	2. The world is full of people who would love to be my friends.
_____	_____	3. I'll always have plenty of money.
_____	_____	4. I deserve a life full of joy and fulfillment.
_____	_____	5. I'm physically beautiful, and I always will be.
_____	_____	6. I can be wildly successful at my chosen career.
_____	_____	7. I have an amazingly capable brain.
_____	_____	8. I'm perfectly lovable exactly as I am.
_____	_____	9. I'm highly creative by nature.
_____	_____	10. My dreams are in the process of coming true.

I believe that all ten of these statements can, and should, be true for every single person on this planet, so I'll be blunt: If you marked "don't believe" on any of the self-image statements, your generalized other is lying.



CHAPTER FIVE:
GETTING EVERYBODY ON YOUR SIDE

ALTERNATE VOICES EXERCISE

Fill in as many of the blanks as you can. You don't have to fill all of them, and it's fine if the same names came up in response to different statements. Bother only with the statements you *do not believe*, and remember: no generalizing!

1. I'm a natural-born winner: always was, always will be.

People who have told you that you
are not a natural-born winner

People who have told you that you
are a natural-born winner

2. The world is full of people who would love to be my friends.

People who have told you that there
aren't a lot of people who'd love to
be your friends.

People who have told you that there
are a lot of people who'd love to be
your friends.



3. I'll always have plenty of money.

People who have told you that you *won't* always have plenty of money.

People who have told you that you *will* always have plenty of money.

4. I deserve a life of joy and fulfillment.

People who have told you that you *don't deserve* a joyful life.

People who have told you that you *do deserve* a joyful life.

5. I'm physically beautiful, and I always will be.

People who have told you that you *are not* physically beautiful.

People who have told you that you *are* physically beautiful.



6. I can be wildly successful at my chosen career.

People who have told you that you
cannot be wildly successful.

People who have told you that you
can be wildly successful.

7. I have an amazingly capable brain.

People who have told you that you
are not intellectually capable.

People who have told you that you
are intellectually capable.

8. I am perfectly lovable exactly as I am.

People who have told you that you
are not perfectly lovable.

People who have told you that you
are perfectly lovable.



9. I am highly creative by nature.

People who have told you that you
are not highly creative.

People who have told you that you
are highly creative.

10. My dreams are in the process of coming true.

People who have told you that your
dreams *are not* going to come true.

People who have told you that your
dreams *are* coming true.



COMPARE AND CONTRAST: EVALUATING EVERYBODY

Have you completed your lists? Good. Now I'd like you to simply look over all the names you've written in the left-hand column and *notice what you feel when you think about these people*. Do you remember the "worst-case scenario" we developed in Chapter 2? I'd be willing to bet that the left-column names above evoke a similar kind of anxiety and visceral misery.

Now look over the names in the right-hand column. How do *they* make you feel? Probably a lot like the "best-case scenario" in Chapter 3. Mind you, I'm not talking about your reactions to the opinions voiced by the folks on your list – I just want to know how the individuals themselves make you feel. To clarify this, answer the following questions.

EVERYBODY EVALUATION

Looking over the columns of names you've written down in the previous exercise, please answer the following questions:

1. Whom do you like more?
People on the left People on the right
2. Whom do you respect more?
People on the left People on the right
3. Which people have the happier, more fulfilling lives?
People on the left People on the right
4. Which people have more stable, intimate relationships?
People on the left People on the right
5. If you had a baby and were forced to leave your child to be raised by other people, whom would you choose?
People on the left People on the right
6. Which individuals most deserve to have their opinions ignored, belittled, and discounted?
People on the left People on the right
7. Why in the name of all that's holy would you give any credence to the people on the left?
People on the left People on the right



EXERCISE

1. POSITIVE FEEDBACK

Write down any positive feedback you've ever gotten, from other people or from circumstances. Put copies of this feedback list everywhere, and read it often.

2. YOUR FAN CLUB

Display pictures and mementos of people who believe in you. Do not display pictures or mementos of people who attack your true self.

3. STORYTELLING

Be the hero of your autobiography—Not the victim.

4. MEDIA BLITZ

Seek out media products (books, movies, TV shows, magazines) that support your essential self. Avoid those that don't.

5. CLEAN IT UP

Talk to everybody about your Everybody.

6. HANG WITH YOUR TRIBE

Spend as much time as possible with people who support your true self. Spend as little time as possible with those who don't.



CHAPTER SIX: HOW HOLLY GOT HER BOD BACK

CLIMBING BACK INTO YOUR BODY

STEP ONE: CHOOSE A SOBER MOMENT

Fortunately, Holly came to my office in pretty good chemical shape. That is, she didn't have any untreated neurochemical imbalances (like bipolar disorder or schizophrenia), and she was relatively free of other mood-altering substances. Anything from high-grade heroin to mild uppers or downers, like caffeine or alcohol, can make it difficult for you to get in touch with your authentic feelings and desires. The whole point of these substances is that they fool your body into believing you're moving toward your North Star when you actually aren't. The essential self's physical signals go haywire in these situations, so if you want to find out what the "compass" of your body has to tell you, detoxify first.

STEP TWO: RELAX THE BODY AND STILL THE MIND

Once you're as clean and sober as you're likely to get, lie or sit down. Close your eyes and take a few long, deep breaths, letting your muscles relax more with each exhalation. After five or six of these unusually deep breaths, go back to breathing normally. Focus your mind on the sensation of the air passing in and out of your nose or mouth, and keep it there. Your mind will act like a puppy, forgetting to focus on your breath, wandering off into other thoughts every few seconds. Don't scold or abuse the puppy; remember that the mind is a feeble, impetuous little thing and doesn't know any better. Whenever you notice your attention wandering, just gently return it to your breathing.

STEP THREE: NOTICE ONE TOE

After a few minutes, when you're feeling a bit limp, turn your attention to your left big toe. As you breathe in, picture the air being drawn into that toe, instead of into your lungs. Shift your full awareness to the toe, and mentally describe everything it feels. Is it hot, cold, or just right? Does it itch? Is it tired? What is the texture of the sock, shoe, floor, or air that's touching the toe? Wiggle it around. Marvel at its capacity to send you so much information while helping you walk through life. Tell your toe that you love it, and that you want it to move in with you. You do not need to do this out loud.



STEP FOUR: CONDUCT A FULL-BODY SEARCH

Now conduct a slow sensation-sweep of your entire body, moving your attention to each of your other toes, each foot, each ankle, each shin, each knee. Learn what your body is feeling, part by part. Don't think; just describe. Move your focus up your legs, through your tailbone and spine, into your head, down your arms to your fingers. Pay special attention to your torso, where so many organs are stored. Feel your way through it bit by bit.

STEP FIVE: IDENTIFY GAPS OF FEELING

If, like most people, you're a high-to-medium somatizer (someone who holds a lot of tension in your body), you'll probably find that some parts of your body are easy to feel while others seem numb, tight, or paralyzed. Good—now you know where your body is storing useful information that your brain doesn't know. When you've identified a "frozen" area, let your attention linger there. Breathe into the numbness. Imagine the warmth of your breath thawing it out, allowing it to relax. And with every intake of air, let yourself feel what that part of your body is feeling.

STEP SIX: LEAN INTO THE SENSATIONS

Thawing out your frozen spots is a key step toward comfort and joy, but I have to warn you: Initially, it can be way unpleasant. The first time I tried this exercise (while studying meditation in preparation for a move to Japan) it was just awful. As my numbness dissolved, I felt an upwelling of enormous physical and emotional pain. After about ninety seconds, I opened my eyes, stood up, and stated, in a loud and convincing tone, "I will never do that again." (Now, of course, I do it every day, because I've come to believe that the alternative is losing my true path.)

The point is that as your mind and body come together, you're going to become aware of any discomfort you've been holding at bay. This includes physical sensations like pain, tension, hunger, and fatigue. (If you're tired, you may fall asleep. This is fine—it means that napping is the next step to your North Star.) In most cases, the message locked in your numb tissues will be more than physical. Climbing back into your body may mean feeling intense emotions: sadness, anxiety, hatred, fear. You'll find these emotions embarrassing at best, agonizing at worst. After all, if they weren't so unpleasant, you wouldn't have pushed them out of consciousness in the first place. We'll talk much more in subsequent chapters about dealing with intense emotions. For now, just keep breathing and let yourself feel them.



USING YOUR NORTH STAR-O-METER

STEP ONE: IDENTIFY GESTURES AND LABELS

What gesture does your body naturally make when your essential self is miserable?

Think of a phrase that describes the physical sensation you feel as you make this gesture.

What gesture does your body naturally make when your essential self is thrilled?

Think of a phrase that describes the physical sensation you feel as you make this gesture.

STEP TWO: PLAY HOT AND COLD

Do you remember playing the children’s game of “Hot and Cold?” In this game, one player— let’s say it was you—left the room while the others hid some object. Then you came back in and searched for the object, while the other players gave directions by shouting temperature words. When you were moving away from the object, they’d yell “Cold!” When you turned or moved toward it, they said, “You’re getting warmer.” When you discovered the hiding place, you were “red-hot.”

You can use your body’s innate properties to play a high-stakes game of Hot and Cold. Your body knows where your North Star is, and it does its best to tell you when you’re getting “cooler” or “warmer.” When you face a proposition that’s wrong for you, your body will try to go into the negative gesture you’ve identified



above. When you're headed down your true path, it will want to celebrate by moving into the positive gesture. Of course, most of us—even those who haven't been to Montessori School—don't let our bodies express their feelings through movement. Instead, we fight to keep ourselves from displaying our moods with any physical cues. Keeping the body still when it wants to recoil or rejoice creates the physical tension that locks sensation away from consciousness.

STEP THREE: EVALUATE YOUR LIFE

You can use your North Star-o-Meter to determine how close you are to your ideal life, and what you need to do to come closer. To try this out, list three things you plan to do tomorrow:

Activity No. 1:

Activity No. 2:

Activity No. 3:

PROFILING YOUR LIFESTYLE

Activity	Strongest Negative Feeling										Neutral Response					Strongest Positive Feeling					
#1	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
#2	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
#3	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10



THE BIG PICTURE: HOW CLOSE IS YOUR NORTH STAR?

In the spaces below, write the labels you've created for the most positive and most negative reactions you've seen in your own body (for example, "Trapped" or "Free," "Panicky" or "Calm," "Knotted up" or "Loose"). Then go through the list of people and activities and record your body's response to each of them. Remember, no judging or editing is allowed – just observation of a physical reaction.

Relationships: How does your body react to:

Table with columns: Strongest Negative Feeling, Neutral Response, Strongest Positive Feeling. Rows include Mother, Father, Siblings, Other relatives, Romantic partner, Children.



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Relationships: How does your body react to:

	Strongest Negative Feeling	Neutral Response	Strongest Positive Feeling
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
Friends (list by name)			
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
Pets (list by name)			
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
Boss	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
Coworkers (list by name)			
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
Subordinates (list by name)			
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		
	-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 +1 +2 +3 +4 +5 +6 +7 +8 +9 +10		



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Relationships: How does your body react to:

	Strongest Negative Feeling					Neutral Response					Strongest Positive Feeling										
Anyone else (list by name)																					
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10

Situations: How does your body react to:

Your income	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Amount of time spent working	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Religious or spiritual practice																					
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Various aspects of your job																					
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Aspects of your domestic life																					
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Leisure-time activities																					
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10



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Situations: How does your body react to:

	Strongest Negative Feeling					Neutral Response					Strongest Positive Feeling										
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10

Environment: How does your body react to:

Your geographic region	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Your city	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Neighborhood	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
House or apartment	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Workplace	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Living logistics																					
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10



THE SMALL PICTURE: RATING TOMORROW

Again, fill in the labels for your strongest positive and negative physical reactions. Next, go through the hourly time slots and note all the activities you plan to do tomorrow. Let go of judgment, guilt, and anxiety; think about each activity; and not how positively or negatively your body reacts to each item.

	Strongest Negative Feeling					Neutral Response					Strongest Positive Feeling										
5 – 6am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
6 - 7am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
7 – 8am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
8 – 9am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
9 – 10am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
10 – 11am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
11 – noon	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
noon – 1pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
1 – 2pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
2 – 3pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
3 – 4pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
4 – 5pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
5 – 6pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
6 – 7pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
7 – 8pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
8 – 9pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
9 – 10pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
10 – 11pm	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
11pm – Midnight	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
Midnight – 1am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
1 – 2am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
2 – 3am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
3 – 4am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10
4 – 5am	-10	-9	-8	-7	-6	-5	-4	-3	-2	-1	0	+1	+2	+3	+4	+5	+6	+7	+8	+9	+10



CHAPTER SEVEN: SOUL SHRAPNEL: REPAIRING YOUR EMOTIONAL COMPASS

TESTING FOR EMOTIONAL WOUNDS

Answer each of the following questions as honestly as possible. Please note that the “Yes” and “No” responses are not always in the same column. If you are reluctant to answer the questions, or if you feel you’re being tricked into revealing something you’d rather not, the game is already up: You probably have an emotional wound.

1	2	
N	Y	Do people ever tell you that you seem arrogant, cold, aloof, or distant?
Y	N	Is there at least one person who really understands almost all your feelings?
N	Y	Is there anything you do compulsively, even though you wish you could stop?
N	Y	Do you feel exhausted and irritable after being with a group of friends for a few hours?
N	Y	Do you often seek solitude to “recover” from interactions with social groups?
Y	N	Do you feel comfortable crying in front of the person/people you love most?
Y	N	Do you talk about your feelings at least once a week to at least one other person?
N	Y	Are there any events in your life you would not be willing to talk about to anyone?
Y	N	Do you regularly engage in activities that allow you to express your feelings (writing in a journal, singing along with emotional music, acting, weeping at emotional movies, etc.)?
N	Y	Do you have strange or unexpected emotional reactions, such as feeling shame when you are praised, relief when you fail, or anxiety when you are loved?
N	Y	Do you have any “dark” secrets?
Y	N	When someone makes you angry, do you tell him or her how upset you are?
N	Y	Are you lonely even—or especially—when you are with other people?



Y	N	Are you comfortable being touched affectionately by the people you love most?
N	Y	Are you only comfortable being touched by a sexual partner, or does all touch seem sexual to you?
Y	N	When you get good news, are there people you'd call just to share your happiness?
N	Y	Do you pride yourself on never being upset or angry?
N	Y	Would you rather "stuff" your anger than cause conflict by standing up for yourself?
Y	N	Are you comfortable verbally expressing your love for family and friends?
N	Y	On a typical day, do you laugh—genuinely, not out of politeness—less than five times?
N	Y	Do you laugh at inappropriate times, such as when you hear bad news or when someone else is expressing anger?
N	Y	Do you often cry without knowing the reason why?

Count the number of responses in column 1 and column 2. Getting more than three column 2 responses indicates a probable emotional wound.

TREATING AN EMOTIONAL WOUND

Once it's been diagnosed, fixing the damage from emotional wounds is surprisingly simple. I said simple, not easy. The steps are pretty straightforward, but they're guaranteed to scare you, and they may be briefly but intensely painful.

GET TO THE TRUTH, THE WHOLE TRUTH, AND NOTHING BUT THE TRUTH

Write a description of something that hurt you emotionally.



This Is What Happened:

This Is How I Feel About What Happened:

Very nice; that's out the way. Now turn to the next page.

Recount the same event, only tell all the shocking, rude, blunt, unkind details you left out the first time.

This Is What REALLY Happened:



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This Is How I REALLY Feel About It:

Now burn the pages or keep them in a very safe place.



CHAPTER EIGHT: READING YOUR EMOTIONAL COMPASS

MAGIC QUESTION #1: WHAT AM I FEELING?

1. Right now, are you feeling more mad, sad, glad, or scared? Even if your feelings are very mild, try putting them in one of these categories.

-
2. Now write down at least six different words, besides those listed above, that describe your feelings at this moment.

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____
- f. _____

3. Think of three works of art (songs, movies, images, poems, plays, books, etc.) that resonate with your current emotional state.

- a. _____
- b. _____
- c. _____

4. What do these works of art have in common? _____

-
5. Complete the following sentences. Don't think about grammar or spelling; just shoot for emotional accuracy. No one has to see this but you.

- a. I wish _____
- b. I hope _____



-
- c. I'm angry that _____

 - d. I'm afraid that _____

 - e. I'm sad about _____

 - f. I'm happy about _____

 - g. If it weren't so embarrassing, I'd feel _____

 - h. Even though it's stupid, I feel _____

MAGIC QUESTION #2: WHY AM I FEELING THIS WAY?

1. What was the strongest emotion that emerged as you did the exercises above?

2. Why do you feel this way?

3. Why?



4. Why?

5. Why?

6. Why?

MAGIC QUESTION #3: WHAT WILL IT TAKE TO MAKE ME HAPPY?

1. Think about a situation that makes you feel angry, sad, or scared. What is it about this situation that you wish were different?

2. Think about a situation that makes you happy. What elements of this situation do you want to keep?



3. What do you want most right now?

4. What do you really want most right now?

MAGIC QUESTION #4:

WHAT'S THE MOST EFFECTIVE WAY TO GET WHAT I WANT?

1. Think of a very inexpensive item you'd like to own, such as a Popsicle or a shiny new pencil with your name stamped on it in gold-colored letters. *Make sure it's something you don't own at the moment.* Note what the object is in this space:

2. Now think of six ways you can get the item you just named *without leaving your house*. You can use any communications devices or other technologies at your disposal, and you definitely don't have to go it alone. (Magic question No. 4 is all about working with others to reach your objectives.) Even if the methods you come up with aren't things you're really comfortable doing (like borrowing or calling third parties to ask for help), list them. You may build up some courage, and even if you don't, you'll find that refusing to censor your inventiveness will lead to more solutions.



a.

b.

c.

d.

e.

f.

3. Read over the solutions you've listed, and see if any of them are a) possible, b) legal, and c) morally acceptable to you. If an action plan fulfills *all* these criteria, go ahead and use it.
4. Double-check to make sure your social self isn't ruling out workable solutions. Here are some signs that your social self is acting as your master, rather than your servant:
- a. When you think about putting the solution into action, you find yourself laughing in embarrassment.
 - b. You react to the proposed solution with thoughts like "I could never do that!" or "I can't just..." or "But I have to..." These statements tend to reflect social inhibitions, not actual limitations.
 - c. You immediately think of some person who'd be upset if you took this course of action, or you stop yourself with the question "What would people think?"



5. If you've had any of the reactions above, consider whether you might want to break the rules of the social game. Be sure you stay within the confines of your own moral system; violating your own integrity will lead you directly away from your own North Star.



CHAPTER NINE: CHARTING YOUR COURSE

PRELIMINARIES: CHECKING FEAR FOR AUTHENTICITY

Think of something that scares you. Then answer the following questions:

1. Exactly what are you afraid of?

2. Does your fear tell you to do anything specific? If so, what?

If you aren't able to answer these questions, your primary fear is of the unknown. Check to see if you're covering up another emotion. If not, proceed to the next step.

RESPECTING REAL FEAR

Is there anything you “don't want to know?” Are you avoiding information (medical testing, a good hard look at your finances, the truth about your romantic relationship) because you're afraid it might reveal something terrifying? Take a deep breath and name your pain by listing the information you're scared to know:



DO YOUR HOMEWORK

Think about the topic you listed in the last exercise. Today, take one step toward getting more information about the topic. Schedule the mammogram, call your bank, get ready to confront your spouse about the unfamiliar undergarments that have been cropping up in the laundry hamper. Tomorrow, take another step toward full disclosure. Knowing may be scary, but not knowing can be deadly.

FACING FEAR

1. Complete this sentence: If I only had the guts, I would

2. Whatever you just wrote down, do it. Right now. You heard me, soldier—put down the damn book and *do it!*

IDENTIFYING AND HONORING YOUR LOSS

Is there any sadness you carry that has not been honored, either by you or by the people around you? What is it?

Now give yourself permission to grieve this loss, no matter how “inappropriate” or silly it might seem. Processing genuine grief is never inappropriate. It’s the only way to your North Star.



CONSIDERING YOUR OPTIONS

Cast your mind back to something you have lost, something that left you feeling cheated. Exactly what about this thing do you still miss? Is there any way—any way—you could get something to fill this need? Be creative.

THE AUTHENTICITY ISSUE

Answer the following questions as honestly as you can:

1. True or False: I have felt anger continuously for weeks, months, or years, with no feelings of sadness or fear.
2. True or False: I've attacked the people who make me angry, but I don't feel any better afterward.
3. True or False: People I trust have told me my anger is misdirected.
4. True or False: I've taken out my anger by yelling or raging at loved ones, my children, my pets, random drivers in traffic, or others who did not cause any injustice.
5. True or False: My anger is absolutely uncontrollable; I can't help lashing out in rage.

If you answered "True" to any of these questions, recheck your emotional compass. Another emotion is hiding under your anger.



FAKE JOY

List four or five of your happiest memories:

Choose the memory that appeals to you most right now. Close your eyes and recapture this experience in as much detail as you can. Then answer the questions below.

1. True or False: Just remembering this experience creates a surge of happiness
2. True or False: I feel hollow and exhausted when I think about this experience.
3. True or False: When I remember this experience, my muscles relax.
4. True or False: I can't really remember the good feelings that came with this experience.
5. True or False: I find myself smiling spontaneously when I dwell on this memory.
6. True or False: I get agitated and "hyper" when I remember this experience.
7. True or False: I know that no one can ever take this experience away from me, that it is a permanent part of my mind and heart.

The odd-numbered statements are characteristic of real joy. If you answered them "True," you know how to identify happiness. The even-numbered statements describe the way joy substitutes often affect people. If you answered them "True," then you may not yet be distinguishing between joy and Joy Lite.



REMEDIAL JOY EXERCISES

1. Search your brain for any memories that make you smile spontaneously. These might seem to be “inappropriate” occasions, like the time your brother accidentally ate a wasp or an especially bizarre episode of the Jerry Springer show. No matter what they are, write them down.

2. Try to remember the last time you cried because you were happy, not sad. Births, weddings, sports victories, inspirational stories, movies, books, or television shows may all strum your heartstrings. The ones that can bring tears to your eyes are usually telling you that you need the type of experience you’re observing.

3. If neither of the exercises above yields any clear memories, search for incidents where you have felt intense yearning, and perhaps jealousy, about something you have never experienced: the respect granted to a sports star by his retinue, the intimacy between a loving couple, the relaxed confidence of a performer. Again, write down three or four examples, and look for the common ingredients.



CHAPTER TEN:
ADVANCED COMPASS READING: INTUITION

TIME TRAVEL

Think about something you hope will happen in your future. Write it on a piece of paper. Next, pick a date several years away. Write down that date, along with the age you'll be when it rolls around. To get your brain in "future" mode, you might also write down the ages your partner, parents, children, siblings, or friends will be on your target date.

Now close your eyes and create your "future scene." Anchor it in lots of sensory detail: sights, smells, sounds, textures, temperatures (this helps you get into your body, which is close to your intuition, and away from your conscious mind, which often drowns out intuitive messages). Now simply check: Do you have that dream job? The perfect house? A horse? A boob job? (I once had a client whose first comment about her future scene was, "Gosh, I've had so much plastic surgery!")

Once you get an answer, move forward or backward in time to find the approximate date you plan (deep down) to get what you want. This is not a deterministic exercise: If you don't like the answers you get from it, you can change them. What future scenes do tell you, very accurately, is what you now expect. By magic or design, you're likely to make that happen unless you consciously decide to change your future.



SYNCHRONICITY

Think of a slightly unusual object, like—oh, I don't know—maybe a pink cow or a metal rose. Write down the name of the object you've chosen.

You've just made a tracking device out of your own brain. Over the next few days, you are highly likely to see the object you've just named. It may not be in the form you expect: For example, when you say "metal rose" you may be thinking about a flower-shaped pin made of gold, but the first match you see might be a huge, stainless steel sculpture, or a photograph of a metal rose in an advertisement. But sooner than you think, you'll run across the object you've named.

BEYOND ATTENTION

Go to a bookstore or library when you have at least fifteen minutes to spare. Wander through the shelves without any particular intention. Try to feel if some books or sections seem to "tug" at you. This "tug" is a wisp of the same kind of curiosity you used to feel when you were a little kid, whenever something really interesting passed your way. It's quite subtle, and you may be tempted to ignore it. Don't. Pick five books that give you the strongest "tug," take them to a table, and page through them, focusing on anything that seems to draw your attention.

Sometimes, you'll feel tuned in to a whole book. At other times, you may feel pulled toward specific bits of information. Simply take note of these, and see if they suggest any action. If not, let it go—this activity often acts like a seed, sprouting eventually into something much more interesting than you expected.

Books and suggested action:



CHAPTER ELEVEN: A MAP OF CHANGE

THE CATALYTIC EVENT

See if you can remember three major catalytic events in your life so far. Were they shocks, opportunities, or transitions? Did you use these times to reconnect with your essential self, or did you go along with social pressures?

Name of event	Shock/opportunity/transition	Reconnect or cave in?
1.		
2.		
3.		

NAME YOUR SQUARE

1. Chaos Commando

Cindy just loves creative ferment. She’s constantly having great ideas, and she gets jobs easily because of her strikingly original way of thinking. She performs fabulously for a few months – but after that, she starts getting bored. If she stays in the same routine for any length of time, Cindy’s likely to stir up trouble, change horses in the middle of the stream, and fix things that aren’t broken, because she’s basically a Square One person.

2. Big Dreamer, Little Doer

Falco is a dreamer, a Square Two person all the way. He loves sitting in my office and planning his brilliant career. He does visualization exercises, affirmations, and detailed written “mission statements” that his self-help books assure him will lead to fame and fortune. But when I ask Falco what he’s done to actually construct the various castles he sees in the air, I’m met with an offended silence. The truth is, Falco’s a lot more comfortable in his imagination than in the real world. He’s a



Square Two genius, but Square Three makes him very, very nervous. Until he faces up to the need for pragmatic action, his fantasies will never become realities.

3. Realist, Not Idealist

Lauren is a crusader. Give her a dream, and she will make it happen. She's always on a project, like organizing neighborhood association keep drugs out of her city, volunteering to serve her favorite candidate's political campaign, or helping her company market and sell a new product. She's a fantastic manager with excellent logistical skills, great at arranging schedules, keeping track of details and following through to make sure that every assignment gets done. Lauren loves to lead a charge – but don't ask her to come up with the basic ideas. She prefers falling in love with other people's visions and helping make them real. She's a Square Three person, through and through.

4. Rock of Gibraltar

Johann is a Square Four kind of guy. He's had the same job for twenty years, and he's proven invaluable to his company. Steady as the Budweiser Clydesdales, Johann punches the clock every single morning, works until five every single afternoon, and meticulously completes the various physical and bureaucratic aspects of every assignment. But when his firm goes belly-up and Johann is out of a job, he's utterly flummoxed. All he knows how to do is forge straight ahead; he's not used to inventing new responses and coming up with creative solutions. Johann's skills were perfect for Square Four, but he needs a different strategy to get through Square One.

EXERCISE

Read through the examples above and see which ones resonate most for you. If you're like most people, you'll be strong in at least one square, fairly competent in one or two others and not so great at the fourth. Some people are totally focused on one particular square. Others, even more rare, are great at all four squares. These people are extremely wealthy.



CHAPTER TWELVE:
SQUARE ONE: DEATH AND REBIRTH

I DON'T KNOW WHAT THE HELL IS GOING ON, AND THAT'S OKAY.

LETTING GO OF YOUR LIFE

Square One is a time of fundamental death and rebirth, the period during which you mourn your old life and begin to explore your new one. The wonderful thing about this is that it gives you a chance to choose a new identity. However, the “death” we experience after a catalytic event isn’t nearly so stress-free. To help you understand what it feels like, please finish the following sentence with whatever comes to mind:

I am a/an _____

Now push it further by listing four or five more things:

I am a/an _____

a/an _____

a/an _____

and a/an _____

These identities shape our place in the world, dictate many of our actions, and help us feel that our lives are grounded and meaningful. Now, looking at the list you just wrote, imagine that something happened to make it impossible for you to go on being any of the identities you listed. The “death” component of Square One, that initial period when you first come to terms with the fact that your old identity is lost, can only be managed by allowing yourself to feel the pain before moving forward.

GOING ON A VISION QUEST

Now see if you can finish the following sentence:

I was always meant to be a/an _____

The moment you can answer this with a sense of powerful, centered rightness is the moment of your rebirth.



CHAPTER THIRTEEN:
SQUARE TWO: DREAMING AND SCHEMING

THERE ARE NO RULES, AND THAT'S OKAY.

WHIZZING ON THE ELECTRIC FENCE

The rules in your mind are like psychological electric fences that keep you from consciously engaging your real dreams. Instead of railing at them, I'd like you to start treating them with profound disrespect, and ultimately trampling right over them. To start, please complete the following sentences.

If I didn't care what people thought, I would _____

If I were sure I'd succeed, I would _____

If I had the nerve, I would _____

If I could be certain it was the right choice, I would _____

If I weren't worried about the future, I would _____

If I had the freedom, I would _____



DEFROSTING YOUR DREAMS

Take a few relaxing breaths, climb fully into your body, and focus your attention on your internal compass. Then search inside yourself for the memory of an abandoned hope. Do you wish your dead mother were here to comfort you? Do you want your amputated leg back? Think of something you truly want that is truly impossible. Write it down at the top of your page.

Now draw a line down the center of the page, below your dream. On the left side of the line, write “**My dream is coming true,**” while holding your dead dream in your mind and heart. You will get an immediate response from your analytical mind. Write that on the right side of your paper. Continue as long as you are getting new answers.

Dream: _____

My dream is coming true.



THE INTERVIEW GAME

Imagine that you've moved forward in time. It's anywhere from a year to several decades in the future. You've just picked up a fresh, new copy of a glossy magazine, and—oh, look—the picture on the cover is a portrait of you! The headline promises an article, written by a well-known interviewer, that will tell readers all kinds of interesting things about your life and times.

Answer the following questions not by thinking but by opening up this magazine in your mind and reading the answers from it. Write your answers below. Again, don't think about the questions. Just look at the magazine. If you can't "see" the answer, just skip to the next question.

1. What magazine is it? *Time*? *Vogue*? *Walrus* *Fancier's Quarterly Review*?

2. Who is the interviewer?

3. What group of people typically reads this magazine?

4. Why do the readers want to know about you?

5. What do they want to know about you?



6. The interviewer has written a description of your home, where the interview took place. Read the description. What does your home look like? Where is it?

7. How does the author describe you physically?

8. What does the article say about your clothes? Your manner? The way you move?

9. Is there anyone else in your home? Who?



10. The interviewer asks you about your romantic life. How do you describe it?

11. If you have a spouse or partner, read what the interviewer says about him or her, and any comments about the way the two of you interact.

12. The author writes about the way you spend a typical day. What is it like?

13. The interviewer describes some photographs you have in your home. Who or what is in them?



14. Does the article mention any children, or perhaps ask you about your decision not to have them?

15. The author writes a good deal about your best-known achievement. What is it?

16. There's a motivational paragraph or two about the hard times in your life and how you worked through them. What does it say?



17. The interviewer asks you what advice you would have given to your younger self. What's your answer?

18. What gem of wisdom do you have for your readers?

19. What's the most interesting part of the article?



MAKING YOUR OWN WIGS

Your beloved activity: _____

Your WIG: _____

Your beloved activity: _____

Your WIG: _____

Your beloved activity: _____

Your WIG: _____

Your beloved activity: _____

Your WIG: _____

MY WILDLY IMPROBABLE GOALS

Dates these goals were set: _____

1. _____

Date achieved: _____

2. _____

Date achieved: _____

3. _____

Date achieved: _____

4. _____

Date achieved: _____

You can see that I've left a space for you to note the date on which your WIGs became realities.



CHAPTER FOURTEEN:
SQUARE THREE: THE HERO'S SAGA

THIS IS MUCH WORSE THAN I EXPECTED, AND THAT'S OKAY.

BREAK EVERY TASK INTO TURTLE STEPS

Think of a goal you really want to achieve, and write down one step you know you must take to attain it (if you made a dream-scheme after reading the last chapter, pick out a step on your plan).

Now break that step down into smaller components.

Then pick one of these components, and break it down into even smaller subcomponents.

Keep going until you find a mini-step that you're sure you can accomplish easily. Pay close attention to your internal compasses: You will feel changes in your body and emotions when the tasks became small enough to earn the coveted "turtle step" designation.

Today, take one turtle step toward your goal. Just one. Then STOP!



BRIBE YOUR ESSENTIAL SELF

Consult your list of dream-scheme tasks for a step that is difficult to break down into turtle steps, or that you really don't want to do. Figure out how much of a favorite reward would be needed to bribe your essential self into completing this step. One crucial caveat: *Once your essential self agrees to a deal and completes the assigned task, you absolutely must pay the bribe in full.* Otherwise, you'll lose the trust of your own true self.

Turtle Step: _____

Reward: _____

Turtle Step: _____

Reward: _____

Turtle Step: _____

Reward: _____

Turtle Step: _____

Reward: _____

Turtle Step: _____

Reward: _____

Turtle Step: _____

Reward: _____

Turtle Step: _____

Reward: _____



CHAPTER FIFTEEN:
SQUARE FOUR: THE PROMISED LAND

EVERYTHING IS CHANGING, AND THAT'S OKAY.

BE OVERWHELMED BY JOY

List ten good things you have, right now. For example, at the moment I have: 1) healthy lungs, 2) many happy memories, 3) gum, 4) the ability to read, 5) a slight tan, 6) hope, 7) Diet Snapple, 8) plans to visit Jamaica, 9) a lovely view of North Phoenix, and 10) sweat glands. And that's just the beginning! Your turn:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now take a second to focus on each of the things you listed. Congratulate yourself on every one. Dwell on your virtues and advantages. Gloat. If at all possible, push your own self-satisfaction to the point where you are overwhelmed by a grateful sort of joy. Express this feeling as often as possible. Far from turning people off, this will draw good friends and good fortune toward you.



SCOUT THE TERRAIN

Build the practice of scouting into every Square Four. Be on the lookout for signs of change, either good or bad. Here are some questions you should ask and answer on a regular basis.

1. Are your loved ones happy with the life you've got? Don't assume you're the only one in the promised land.

2. Is technology transforming areas of work and daily life that affect you?

3. Do you and your loved ones have regular medical and dental checkups? I know they're a bummer, but far less so than a major health crisis.

4. Are there any useful life skills you have yet to master? Once you're in Square Four, you'll have time to get around to learning all that stuff you've always known you should learn. Do it.

5. Are you harboring any emotional garbage? Often, Square Four allows people their first opportunity to deal with old emotional wounds. If this happens to you, get a therapist, write your memoirs, or do whatever else it takes to process the feelings. Otherwise, you'll mess up Square Four.

6. Do you feel any restless stirrings from your essential self? Often, for no other reason than that it is time, you will feel an urge to try something new or change direction. Don't fight it.

7. Are new opportunities cropping up in your environment? Square Four makes an excellent launching ground. If something or somebody really spectacular comes along and you feel yourself drawn in that direction, go—even if it means moving on to a new Square One.
