



Stressed, Insecure State of Being	Calm, Secure State of Being
Holding on to thoughts, ruminating, and/or stuck in circular thinking	Allowing thoughts to pass freely, not getting attached to negativity
Analyzing thought unnecessarily, perhaps repetitiously	Not overanalyzing
Feel lost in problems and do not see any possible solutions	Can clearly see many options and know the right one for the moment
Feel driven	Feel at peace
Not connected to innate health or natural resiliency at the moment	Connected to innate health and resiliency
Unable to manage or get through negative thoughts	Can allow negative thoughts to go by without getting upset by them
Negative feelings: fear, anxiety, unforgiving	Positive feelings: at peace, calm, forgiving
Reacting out of habit, repeating habitual actions	Responding appropriately and intentionally, with awareness

