

16 CONTRASTING LIFESTYLE PATTERNS

(Individual, Family, And Cultural)

LIST 1 - PATTERNS FEEDING: Depression, Disease, Deterioration, and Disability	LIST 2 - PATTERNS FEEDING: Happiness, Wellness, Resilience, and Productivity
1—INACTION: Do Nothing (Or, Only What Others Expect of You)	1—ACTION: Do What You Love – And Do What Loves You Back
2—NUMBING: Avoid, Suppress, & Silence Your Actual Feelings	2—FEELING: Feel and Express Your Actual Feelings
3—NEGATIVITY: Focus on the Negative (in Self, World, & Others)	3—POSITIVITY: Notice and Enjoy the Good Things
4—STAGNATION: Remain Stuck in Old Patterns and Habits	4—LEARNING: Develop New Abilities and Skills
5—CONSUMING: Be a Constant Consumer of Others’ Products	5—CREATIVITY: Focus On Creating, Rather Than Consuming
6—COMPARING: Compare Yourself Negatively Against Others	6—IDENTITY: Know and Value Your Unique Traits and Gifts
7—REACTIVITY: React Impulsively to Current Experiences	7—RECORDING: Write and Preserve Your Life Experience
8—DISTRACTION: Focus Your Attention on Screens and Machines	8—SEEKING: Reach Out for Guidance, Support, and Insight
9—AVOIDANCE: Keep to Yourself (Other Than “Social Media”)	9—SOCIALITY: Engage in Meaningful Social Connections
10-ISOLATION: Stay Focused on Yourself (or, Serve Resentfully)	10-SERVICE: Joyfully Share What You Have & Are With Others
11—ILLNESS: Eat Junk; Get Little Sleep, Exercise, and Sunlight	11—HEALTH: Care Wisely For Your Body – And Your Brain
12—INACTIVITY: Spend Hours Sitting and Remaining Sedentary	12—ACTIVITY: Engage in Consistent, Health-Promoting Movement
13—DISORDER: Live in Chaos, Clutter, and Disorganization	13—ORDER: Organize Your Time, Resources, & Living Space
14—TRIGGERING: Believe Negative Thoughts, Get “Triggered”	14—THINKING: Direct Your Thoughts in Positive, Productive Ways
15—CONFLICT: Attack or Invalidate Others, in Word and Action	15—CONNECTION: Communicate and Relate Well With Others
16—DECAY: Emotionally Deteriorate; Get Stuck in Old Pain	16—HEALING: Repair Old Wounds, and Move On With Joy!

-3 **-2** **-1** **0** **1** **2** **3**
Strong *Moderate* *Mild* *Neutral* *Mild* *Moderate* *Strong*

(Option: In the margin on either side, rate the level of the trait that more accurately describes your current pattern. This can help assess current strengths and weaknesses, and let you know where to focus your efforts.)