

16 CONTRASTING LIFESTYLE PATTERNS

(Rate each pattern using this scale:)

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

LIST 1—PATTERNS FEEDING: Depression, Disease, Deterioration, Disability	LIST 2—PATTERNS FEEDING: Happiness, Wellness, Resilience, Productivity
<i>Level 1 – Inborn Traits</i>	
1—INACTION: Do Nothing (Or, Only What Others Expect of You)	1—ACTION: Do What You Love – And Do What Loves You Back
-3 -2 -1 0	1 2 3
2—NUMBING: Avoid, Suppress, & Silence Your Actual Feelings	2—FEELING: Feel and Express Your Actual Feelings
-3 -2 -1 0	1 2 3
3—NEGATIVITY: Focus on the Negative (in Self, World, & Others)	3—POSITIVITY: Notice and Enjoy the Good Things
-3 -2 -1 0	1 2 3
4—STAGNATION: Remain Stuck in Old Patterns and Habits	4—LEARNING: Develop New Abilities and Skills
-3 -2 -1 0	1 2 3
5—CONSUMING: Be a Constant Consumer of Others’ Products	5—CREATIVITY: Focus On Creating Rather Than Consuming
-3 -2 -1 0	1 2 3
<i>Level 2 – Learned Skills</i>	
6—COMPARING: Compare Yourself Negatively Against Others	6—IDENTITY: Know and Value Your Unique Traits and Gifts
-3 -2 -1 0	1 2 3
7—REACTIVITY: React Impulsively to Current Experiences	7—RECORDING: Write and Preserve Your Life Experience
-3 -2 -1 0	1 2 3
8—DISTRACTION: Focus Your Attention on Screens and Machines	8—SEEKING: Reach Out for Guidance, Support, and Insight
-3 -2 -1 0	1 2 3
9—AVOIDANCE: Keep to Yourself (Other Than “Social Media”)	9—SOCIALITY: Engage in Meaningful Social Connections
-3 -2 -1 0	1 2 3
10-ISOLATION: Stay Focused on Yourself (or, Serve Resentfully)	10-SERVICE: Joyfully Share What You Have and Are with Others
-3 -2 -1 0	1 2 3
<i>Level 3 – Advanced Strategies</i>	
11—ILLNESS: Eat Junk; Get Little Sleep, Exercise, and Sunlight	11—HEALTH: Care Wisely For Your Body – And Your Brain
-3 -2 -1 0	1 2 3

12—INACTIVITY: Spend Hours Sitting and Remaining Sedentary	12—ACTIVITY: Engage in Consistent, Health-Promoting Movement
-3 -2 -1 0	1 2 3
13—DISORDER: Live in Chaos, Clutter, and Disorganization	13—ORDER: Organize Your Time, Resources, and Living Space
-3 -2 -1 0	1 2 3
14—TRIGGERING: Believe Negative Thoughts, Get “Triggered”	14—THINKING: Direct Your Thoughts in Positive, Productive Ways
-3 -2 -1 0	1 2 3
15—CONFLICT: Attack or Invalidate Others, in Word and Action	15—CONNECTION: Communicate and Relate Well with Others
-3 -2 -1 0	1 2 3
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

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