

WHAT IS THE DIRECTION OF *YOUR* SPIRAL TODAY?



Upward Spiral: Promotes Happiness, Confidence, Resilience, Strong Relationships, and Positive Influence on Others



1 – *INBORN TRAITS*

- 1 – Action
- 2 – Feeling
- 3 – Positivity
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- 4 – Learning
- 5 – Creativity

2 – *LEARNED SKILLS*

- 6 – Identity
- 7 – Recording
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- 8 – Seeking
- 9 – Sociality
- 10 – Service

3 – *ADVANCED:*

- 11 – Health
- 12 – Activity
- 13 – Order
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- 14 – Thinking
- 15 – Connection
- 16 – Healing



Downward Spiral: Promotes Depression, Anxiety, Addiction, Broken Relationships, and Negative Impact on Others



1 – *INBORN TRAITS*

- 1 – Inaction
- 2 – Numbing
- 3 – Negativity
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- 4 – Stagnation
- 5 – Consuming

2 – *LEARNED SKILLS*

- 6 – Comparing
- 7 – Reactivity
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- 8 – Distraction
- 9 – Avoidance
- 10 – Isolation

3 – *ADVANCED:*

- 11 – Illness
- 12 – Disorder
- 13 – Triggering
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- 14 – Accusation
- 15 – Conflict
- 16 – Decay