

LIFE MAP

Observable Experience

Observable Reactions (Struggle):

Behaviours: move **away** from what's important to you
Avoidance: of internal experience (suffering)
Detachment from valued living
Inflexible/rigid behaviours

Valued Actions (Goals):

Behaviours: move **toward** what's important to you
Willingness: making space for internal experience
Alignment with valued living
Flexible/workable behaviours

AWAY

TOWARD

Me
Noticing

Suffering/Pain:

- Thoughts
- Emotions
- Memories
- Images
- Urges
- Temptations
- Sensations
- Cognitions
- Beliefs
- Rules
- Assumptions
- Projections

Values (who/what's important to you):

- Parenting: (kindness, compassion, patience)
- Personal Growth: (curiosity, self-compassion)
- Leisure: (fun, adventure, freedom)
- Spirituality: (forgiveness, courage, contribution)
- Health: (fitness, nutrition, self-care, safety)
- Work/Career: (industry, responsibility, skillfulness)
- School/Learning: (curiosity, challenge)
- Community: (Open-mindedness, conformity)
- Environment: (gratitude, connection)
- Family Relationships: (respect, forgiveness)
- Intimate Relationships: (love, trust, sexuality)
- Social Relationships: (encouragement, fun, trust)

Private Experience

(Adopted from "The Matrix" by Kevin Polk, PhD & Jerold Hambricht, PhD)