



# Story V: The Traffic Lights Paradigm

ALL ALIGNED, BALANCE FROM SYNCHRONICITY

DENSITY THROUGH SOMETHING UNEXPECTED, TIME RESTRAINT, PILING IN DS LISTS, FROM

**SPARK** GETTING INTO YOUR HEAD  
constant re-appraising, making it work, find most effective way to accomplish

HEALTHY SELF CARE HABITS ARE NECESSARY

NEGATIVE SELF-TALK

**EMOTIONAL SPIRAL**  
TRAINING TO UNHEALTHY OLD COPING MECHANISMS

ENERGIZING DECREASE ENERGY LEVELS

## CROSSROADS

1. LAYERS / TROUBLED

2. ACCEPTANCE (let go of things you can't change)

CHANGE OF PHYSIOLOGY (signature pose, dance, sweater, walk)

CHANGE OF LANGUAGE (REGAINING NEGATIVE THOUGHT PATTERN / SELF-TALK)

CHANGE OF PATTERN / INTERNAL PATTERN (do something unexpected!)

**AVOIDANCE / RESISTANCE / SPIRAL**  
ENERGY ONLY WASTES TO FULFILL DAILY RESPONSIBILITIES AS SOON AS DUTIES ARE DONE THERE IS NO ENERGY LEFT ACTION REQUIRES TO FILL THE VOID THE ABYSS

TO AVOID DISCOMFORT OF THOUGHTS / FEELINGS

LOTS OF SLEEP / TOO LITTLE SLEEP (through emotional spirals)

INSTANT GRATIFICATION (TECHNICAL EVERYTHING, BINGE-WATCHING)

GRABBING FOOD, ENTERTAINMENT, DISTRACTIONS

**YOUR FUTURE**  
your journey

### EXERCISE 'REFRAINING'

- write down 5 negative self-talk sentences that come up for you
- leave one line of space between each one of them
- rephrase the negative to a positive, eg I am worthless because I can't address my chores.
- I feel tired and drained of energy if I keep putting up my self again, thus I will rest and split my chores into smaller steps.

### EXERCISE 'CRYSTAL BALL'

- ENVISION + WRITE
- What would my eye look like in a year if I don't change?
- Who would I be? What would I own? Who would be in my eye, who would leave me?
- Why does this pattern serve me / or not serve me anymore?