

MAKING THE SHIFT

MAKING THE SHIFT IN YOURSELF

OLD TO NEW

Fear	→	Love
Conditional Love	→	Unconditional Love
Looking to others for self – worth	→	Internal worth of self – worth
Lacking boundaries n relationship	→	Respecting personal boundaries
Resisting change	→	Embracing change
Blaming others	→	Taking responsibility
Moralism	→	Having compassion
“Black and white thinking”	→	Living with ambiguity
Focusing on the past or the future	→	Focusing on the present
Defensiveness	→	Accepting feedback
Shaming	→	Showing understanding

MAKING THE SHIFT IN YOUR RELATIONSHIPS

OLD TO NEW

Authoritarian power	→	Shared power / team building
Win/lose conflicts	→	Win/win cooperation
Expectation of conformity	→	Appreciation of diversity
Punishment	→	Discipline with love
Catch them being bad	→	Catch them being good
Power struggles	→	Conflict resolution
Avoiding sensitive subjects	→	Openness about sensitive subjects
Passive aggressive	→	Assertive communication
Verbal physical abuse	→	Promotion of self esteem
Valuing material things	→	Valuing people