

Conflict Integration Playsheet

Heart / Me / "Following my heart."

1. Decision: _____
3. Everything that's great about this:

Head / Society / What's right & "should" be done.

2. Decision: _____
4. Everything that's great about this:

What will all of this (above) get for me that's even more important?

5. _____

What will all of this (above) get for me that's even more important?

6. _____

Instructions: Clearly separate your two choices and label in #1 & #2. Most all conflicts are between what you "need" to do, what's "right", best for everyone, what your head thinks *versus* what your heart wants just for you, no logic. Either way, on its own, ends in unhappiness. Next, brainstorm everything that is GREAT about the heart way in #3. Fill that quadrant fully and keep going until you find all the benefits, as if that way worked out as the best. Give FULL voice to this side of you! Then, and only then, do the same in #4, giving full voice to head. You are complete with benefits.

In #5, imagine having all the benefits of the heart way above. Really get into that dream. Then ask question #5 and write down the first simple words that come to mind on the first line. Like, "security" or "freedom". Then imagine having that word fully. Ask yourself again, what you'll feel from having what you wrote on the first line. Keep asking the question about the last thing you wrote, and write again what that gets for you. Keep looping, a new word, question, next word, question, and so on, until you reach a high level beyond understanding. Keep going and write your answer, no matter how "out there" it seems. Then, do the same question & answer loop on #6. You'll find something interesting about the end of each list.

Finally, imagine what decision #1 & #2 would look like on their own, made out of clay, separate in each hand (heart way in left palm, head in right). Feel the weight of everything you'll get in each hand. Mold them together into one blended entity. Open your hands, and what symbol do you see made out of clay? (Come on, trust your imagination!) Now, bring that clay symbol up to your heart, breathe deep, and sleep on it!