

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's best for society, the greater good, what our head thinks versus what our heart wants just for us. Neither way, on its own, ends in true happiness. Next, brainstorm everything that is GREAT about the heart way in #3. Fill that quadrant fully and keep going until there's nothing left. Give FULL voice to this side of you! Then, and only then, do the same in #4, giving full voice to head. Feel the benefits of the heart way then ask question #5 and write down the first word that comes to mind at #5. Avoid discussion, description, or sentences from mind! Those are a distraction from your feelings. Ask and write a word until you reach a high level beyond understanding. Trust whatever comes up no matter how lofty. Then, do the same question & answer loop on #6. Now for your imagination! Imagine #1 & #2 separate in each hand (heart in left palm, head in right) as a different color ball of clay. Feel the weight of everything you'll get in each hand. Mold them together until one smooth color and put it in your heart with both hands. Breathe deep and see the world anew!