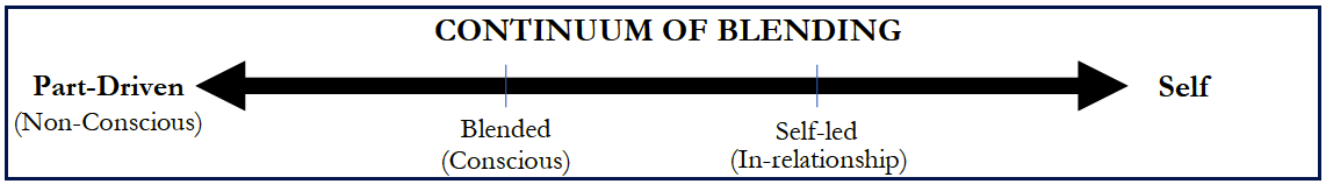
Tracking Level of Self Leadership

To check for a client, therapist, or our own level of Self leadership, we are constantly monitoring the present moment experience for implicit information. Below is a list describing, what you as a PA may track and support the training participants in learning to notice.

Notice:

- Voice tone/Prosody/Timbre
  Is the voice quality lower or higher, rhythmic or clipped, and rich or terse?
- Body Tension
  Check Jaw, shoulders, forehead: are they softer or more contracted?
- Posture
  Check for Soft Stability as compared to Rigidity or Collapse.
- Movement or Impulses to move
  Check for level of directed, relaxed, free, and completed movement
  compared to repetitive, intense, restrained, or incomplete movement
- Breathe
  Notice the breath pattern from deeper & slower to shallow & quick or holding.
- Word choice
  Listen to the language: from openly descriptive to being laced with judgment.
- Speaking ***for*** the experience (of a part) rather than from the experience (as that part)
- Eyes
  Notice the gaze: from soft and steady to concentrated and narrow.
- Response from others
  Notice the impact on others: do they become more receptive
  or more closed off, avoidant, or combative?
- Energy consumption
  Notice whether a way of being/doing is energy giving or draining.

The list above are *Tells* or *Markers* to help guide all of us in assessing our own and other's present moment level of Self leadership.



Continuum of Unblended from:

- Out of awareness (I am NOT ANGRY!.)
- I am aware and can see it but can't stop it.
- I can push pause button and maybe ask for a break.
- Giver can speak on behalf – tell the story calmly - about what triggered them. – then use it as a trailhead to heal what is there.
- Can with an open enough heart toward the other.

(Dubin, 2019; Dubin & Stewart, 2017; Reed, 2020)