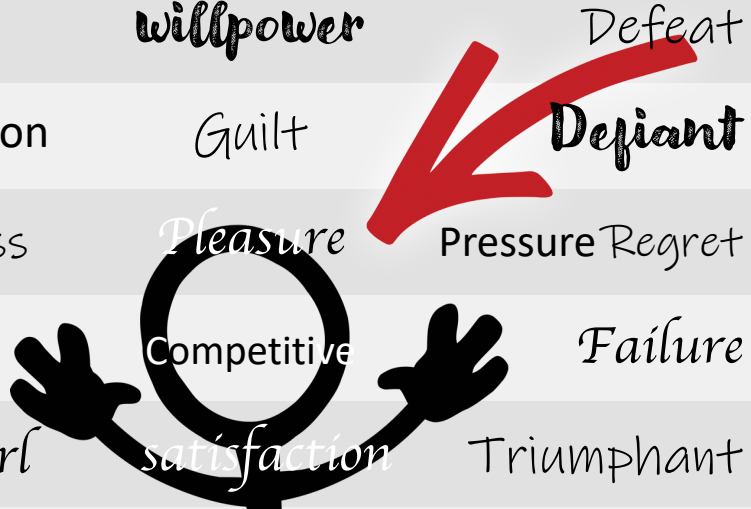


# At The Mercy

Frustrated	<b>willpower</b>	Defeat
Give up	Guilt	<b>Defiant</b>
Defeated	Pleasure	Pressure
Clueless	Competitive	Regret
<b>Self-critical</b>	<b>satisfaction</b>	Failure
Helpless.	Swirl	Triumphant
Blame the croissant	<b>Damned if I do, Damned if I don't</b>	Alone <b>Strong</b>
Negotiate	<b>Me,me,me!</b>	<b>Power over</b>
Weak	Self-doubt	In control
<b>Jealous</b>	Unfair	Self-loathing
Should	<b>Pride</b>	
Injustice/Why me	name <b>Annoyed</b>	<b>Righteous</b>
Victim.	Judged	<b>Unfulfilled</b>
Superior		
Longing/Deprivation	empty	<b>BS/Rationalize</b>



# At The Source

<b>ENTHUSIASM/JOY</b>	<b>purpose</b>	See others' needs and
Connected to others	It starts w me	points of view
We're in it together		<b>Empowered</b>
<b>Support</b>		Focus on long term goal
Joy		Decision/choice
Easy / Flow	<b>State of being</b>	Connected to what matters
Connected to what I Want	<b>Good for me &amp; for others</b>	<b>It starts with me</b>
<b>Shift perspective</b>		<b>Authentic</b>
clarity		Let go of proving
lightness	<b>Present moment</b>	Larger contribution
Open		
Heaviness lifted	See my true want	<b>Curiosity</b>

