



SELF-PRESERVATION

THE GROWTH PATH

In general: Learn to communicate more in relationships, depend on others; work on being less defended (armed); learn to be more patient and more tolerant of frustration; recognize (and relax) when you have enough security.

Self-observation:

- Concern with security and getting needs met.
- Independence (and inability to depend on others).
- Communication with others (or lack thereof).

Conscious self-inquiry and exploration:

- **Security:** What motivates concern with material security?
- **Communication:** How comfortable are you sharing feelings and needs with others?
- **Omnipotence:** How do you go about satisfying needs? Is your default mode always wise? How does your strength in this area operate as a defense against vulnerability?

To achieve shifts in automatic habits:

- to tolerate frustration, to develop patience and trust in others, to be less defended, to ask for help and support, to communicate more about deeper parts of yourself and to let in more love and care from others.



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Nine

SELF-PRESERVATION

THE GROWTH PATH

In general: Get more in touch with anger. Act more powerfully on behalf of self/deeper needs. Notice ways you distract yourself from real priorities. Engage more with the world, even if it leads to conflict.

Self-observation:

- Passive-resistance, passive-aggressive behavior, and any feelings of anger or irritation.
- Inertia about own agenda: distracting yourself and staying comfortable.
- Avoiding conflict and separation: what does staying comfortable keep you from doing?

Conscious self-inquiry and exploration:

- Avoiding anger and power: explore what gets in the way of feeling/expressing anger.
- Explore how you take refuge in comfort and routine and avoid needs and desires.
- What experiences do you unconsciously avoid when seeking to stay comfortable?

To achieve shifts in automatic habits:

- **Learn:** to get more in touch with anger, to own your desires and power, to express feelings directly, to remember yourself and act on your own behalf, even if it invites conflict, to open up to your need for support and love.



1 One

SELF-PRESERVATION

THE GROWTH PATH

In general: Relax and leave time for play. Be less hard on yourself. Relax requirements for perfection, observe worry. Have more fun.

Self-observation:

- The mental activity of the inner critic.
- Feelings of anxiety and worry. Feelings of anger or resentment.
- (Over-) controlling needs, feelings, and impulses. How reaction formation operates.

Conscious self-inquiry and exploration:

- What drives your worry and anxiety? What beliefs underlie and fuel your worry?
- Feeling responsible: what fears and beliefs motivate your sense of responsibility for assuring security for yourself and others? How does this translate into self-criticism?
- What makes you feel angry? What do you do with your anger?

To achieve shifts in automatic habits:

- **Learn:** to relax more, have fun, be messy, be “bad.” Develop compassion for yourself. Moderate self-criticism and self-blame. Take in idea that it’s okay to be imperfect, that “good enough” doesn’t have to threaten your security. Own your goodness and allow yourself to contact your own natural rhythms.



2

Two

SELF-PRESERVATION

THE GROWTH PATH

In general: Observe and work against fear, mistrust, sensitivity and ambivalence in relationship. See dynamics re: dependence and independence. Work to own power and authority. Grow up and learn to take care of, protect own self.

Self-observation:

- Sensitivity to being hurt and tendency to withdraw.
- Staying small/young and resisting growing up. Not stepping into power and authority.
- Feelings of helplessness and fear.

Conscious self-inquiry and exploration:

- Staying small. Explore tendency to stay/play small, resist growing up—how “staying young” may be a way of evoking protection and care from others.
- Explore fear and anxiety. Learn about their sources and what gets in the way of trusting others. Explore the anxiety that comes up when you need to be responsible for yourself.

To achieve shifts in automatic habits:

- **Learn:** Take less responsibility for others and more responsibility for yourself. Build inner strength to say no, make boundaries, and protect yourself in a conscious way. Build confidence and a sense of your own value so you are not so sensitive to being hurt.



3

Three

SELF-PRESERVATION

THE GROWTH PATH

In general: Slow down, make room for experiencing and expressing real feelings. Develop security through connections. Learn to depend on others. Acknowledge and work to calm anxiety.

Self-observation:

- Difficulty moderating pace and level of work. Need for self-sufficiency and autonomy.
- Need to be good.
- Avoidance of feelings.

Conscious self-inquiry and exploration:

- Why is it hard to slow down and moderate your pace and level of work? What is behind the anxiety you feel that fuels your habit of working so hard?
- How do you avoid leaving room for feelings? What happen if or when emotions do arise?

To achieve shifts in automatic habits:

- **Learn:** slow down, relax more, experiment with leaving space in your schedule to get in touch with feelings. Allow yourself to rely on others more, be supported by others – be less autonomous. Just be.



4

Four

SELF-PRESERVATION

THE GROWTH PATH

In general: Open up to feeling full pain, sadness, and anger. Express more feelings to others. Allow for lightness, fragility. Go easy on self. Notice when holding feelings in, being masochistic, striving, but feeling unworthy.

Self-observation:

- Denying envy while working hard to prove yourself, while having anxiety about survival.
- Suppressing or hiding darker feelings.
- Masochism and the long-suffering stance.

Conscious self-inquiry and exploration:

- Explore the ways you are hard on yourself and make a virtue of suffering.
- Explore the reasons you don't share your feelings with others. What beliefs are behind this? What is behind your habit of enduring pain without seeking support?

To achieve shifts in automatic habits:

- **Learn:** relax more and allow for lightness and fun in your life. Allow yourself to live more from your fragility. Challenge your taboo on happiness. Share more of what's going on inside you with others—communicate more about all your emotions.



5

Five

SELF-PRESERVATION

THE GROWTH PATH

In general: Relax boundaries to make more space for emotions. Work on being more open with others more often. Notice how over-doing boundaries can lead to further impoverishment. Take the risk to take in more from others.

Self-observation:

- The role, function, and operation of boundaries.
- Limiting needs and wants.
- Detaching from emotions. Your relationship to anger.

Conscious self-inquiry and exploration:

- Explore how having a strong need for boundaries impacts relationships.
- Notice when limiting needs and wants might not be necessary (but you still to it).
- Explore beliefs about being depleted and the scarcity of energy and inner resources. Explore what feels threatening about communicating more with others.

To achieve shifts in automatic habits:

- **Learn:** take small steps to relax some boundaries with people you trust. Experiment with staying engaged with your emotions (including anger) and sharing them in the moment with the person who inspires them. Actively challenge your belief in scarcity.



6

Six

SELF-PRESERVATION

THE GROWTH PATH

In general: Have courage to be less vague, make own choices, trust self more. Relax need to find protection in others. Allow for anger, self-assertion, more self-confidence. Own your power instead of projecting it out onto others.

Self-observation:

- The sources, experience, and reactions to fear.
- Seeking protection in others, relationships.
- How doubt and uncertainty get generated and perpetuated.

Conscious self-inquiry and exploration:

- Explore your fear – why it arises and how it gets expressed and what you do to manage it. What does it take to help you to feel safe and secure? Is it possible to feel safe?
- Explore how you seek protection through your friends and allies. Explore your relationship to your own inner authority and power as well as your anger

To achieve shifts in automatic habits:

- **Learn:** own your strength and courage in the service of being less vague, more decisive, and more confident. Learn to express anger and assert yourself more. Moderate and step out of doubt by going to your heart or your gut.



SELF-PRESERVATION

THE GROWTH PATH

In general: Observe and own self-interest and opportunistic tendency. Notice how focus on self impacts others. Temper opportunism w/concern for others. Observe anxiety and the behavior it fuels.

Self-observation:

- Self-interest and opportunism.
- Underlying anxiety related to security.
- Focus on pleasure.

Conscious self-inquiry and exploration:

- Explore how the search for opportunities and allies is connected to a deeper experience of anxiety about survival. How might the desire for pleasure be connected to security?
- Explore how acting in service of your own self-interest may represent a practical strength that allows you to support yourself and get what you need, and how it also may lead you to manipulate. Clarify how being practical helps you feel more secure.

To achieve shifts in automatic habits:

- **Learn:** balance opportunism and self-interest with a concern for and consideration of what's good for others. Make self-interested motives more conscious by communicating about them. Get more in touch with your own emotions and empathize more with others' emotions.



8

Eight

SOCIAL

THE GROWTH PATH

In general: Work to protect and care for own self as much as you do for others; more actively receive others' affection and appreciation.

Self-observation:

- Social/anti-social tendency
- Protecting others
- Avoidance of vulnerability

Conscious self-inquiry and exploration:

- work to understand why your vulnerable feelings may be a blind spot
- Understand what's behind your impulse to protect and support others
- Explore how and why you may have given up on your need for support and care

To achieve shifts in automatic habits:

- **Learn:** to protect yourself and address your own vulnerability in the same way you protect and care for others.
- Become more conscious of and integrate your vulnerability and need for support.
- Open up to receive more care and support from others.



9

Nine

SOCIAL

THE GROWTH PATH

In general: Allow more contact with sadness related to not belonging. Notice how giving to groups acts as a distraction from your own self-care and priorities. Learn to contact sense of self and integrate with group from real being.

Self-observation:

- Working to support the group.
- Underlying experience of not belonging (and the behavior it motivates).
- Friendly and congenial style (that may serve to hide stress).

Conscious self-inquiry and exploration:

- Explore any sadness you feel related to not belonging to the group or community. Inquire into where this comes from and what you do in response.
- What kinds of things cause you stress and how you react when you are stressed? Do you communicate about your stress to others? If not, why not?

To achieve shifts in automatic habits:

- **Learn** to allow for more contact with sadness, especially related to not belonging. Become conscious of how working hard to support the group distracts you from your own personal evolution. Include yourself in your groups and your life.



1
One

SOCIAL

THE GROWTH PATH

In general: Observe and loosen need to be perfect model. Allow for adaptability. Relax the need to be right. See many right ways.

Self-observation:

- Being perfect. Being right.
- Anger and related feelings.
- The need to model the “right way.” Non-adaptability.

Conscious self-inquiry and exploration:

- What deeper purpose does needing to be right or model “the right way” serve?
- Unconsciously taking the role of teacher as a way of asserting superiority. Without judging yourself for it, inquire into any need to be right as a way of feeling more secure or powerful. How easy or hard is it for you to adapt to others or let others be right?

To achieve shifts in automatic habits:

- **Learn** listen to others and value their views on what is right. Experiment with adapting to others’ ways of doing things. Actively accept imperfection. Relax the need to be right through doing things the “wrong” way. Understand what makes you angry and address underlying needs that fuel the need to be right.



2

Two

SOCIAL

THE GROWTH PATH

In general: Recognize and observe how need for admiration and power operates to distract from deeper needs, vulnerability. Notice and explore (blind spot) tendency to manipulate, strategically give to get.

Self-observation:

- Ambition. The need for power and influence.
- Strategic giving to get. Tendency to manipulate.
- Workaholic tendency and inattention to deeper needs.

Conscious self-inquiry and exploration:

- How does being a position of power feed your pride? What do you get out of having influence? What is your relationship to control? Explore your relationship to the need to control things (and people).

To achieve shifts in automatic habits:

- **Learn** more about your pride and experiment with taking actions consciously to demonstrate humility. With awareness, offer the superior position to someone else and put yourself in the inferior position. Develop awareness of tendency to manipulate. Give up manipulative leadership and see yourself as equal to others.



3

Three

SOCIAL

THE GROWTH PATH

In general: Recognize and observe distinction between image and real self/feelings. Moderate competitiveness, need for applause, impatience. Make conscious use of setbacks, failures.

Self-observation:

- Competition and the need to win.
- Image orientation and self-promotion.
- Avoidance of failure.

Conscious self-inquiry and exploration:

- Why is it so important to win? What is that about for you?
- Why is it so important to look good? What do you get out of wearing the right clothes or driving the right car? What would it be like if you didn't?

To achieve shifts in automatic habits:

- **Learn to** listen to others and experiment with consciously engaging your feelings in a purposeful way. Use failure as a learning experience instead of something to be avoided. Notice ways who you really are differs from your image and act on that.



4

Four

SOCIAL

THE GROWTH PATH

In general: Take action to get what is lacking instead of getting stuck in over-identifying with feelings, suffering. Actively own positive qualities and what is working well in the present situation.

Self-observation:

- Suffering—how do you experience it and communicate about it.
- Comparing yourself to others. Inferiority.
- Focus on what's missing. Self-sabotage.

Conscious self-inquiry and exploration:

- Explore your attachment to suffering—do you seduce others through suffering? How does suffering operate as a defense for you? What does it protect you from?
- Explore over-identification with pain, a deficient self-image, and the victim role.
- How is being happy actually a problem for you?

To achieve shifts in automatic habits:

- **Learn to** take action to get what you want instead of rationalizing the suffering that comes from envy and your attachment to inferiority. Learn to take in and own what's positive about you and what's good in the here and now.



5

Five

SOCIAL

THE GROWTH PATH

In general: Broaden focus from knowledge and systems of thought to include relationships and feelings. Relax strict requirements for “in group.” Try being more comfortable with not knowing, not being the expert, opening up to deeper experience of connection with others close to you.

Self-observation:

- The search for meaning and the role it plays in your life.
- Difficulty with “not knowing.” Need to be an expert connected to experts.
- The priority you place on knowledge vs. relationships with the people around you.

Conscious self-inquiry and exploration:

- Explore need for strong values, interests, or causes to create meaning and what drives it. Explore any fear of meaningless you might have and its origins.
- Explore any ways you may be “spiritually bypassing” or not integrating your values and interests into your everyday life. Explore how knowledge takes the place of relating.

To achieve shifts in automatic habits:

- **Learn to** broaden your focus from intellectual engagement to deeper connections with people close to you. Learn to be more comfortable now knowing. Open up your heart.



Six

SOCIAL

THE GROWTH PATH

In general: Have courage to act more from instinctual, intuitive level (instead of intellectual map). Go for pleasure more than duty. Observe desire for good authority and own your own authority more.

Self-observation:

- Fear and anxiety—how you relate to it and react to it.
- Obedience to authority. Reliance on rules and reference points.
- Intellectual orientation; ways you stay in your head.

Conscious self-inquiry and exploration:

- Explore your relationship to authority – what forms of outside authority feel safe and provide a sense of security for you and why?
- Understand any tendency to become a “true believer” in something or someone, when it provides a structure for life or a way of easing fear.

To achieve shifts in automatic habits:

- **Learn to** have the courage to act more from instinctual, intuitive level instead of just intellectual map. Go for pleasure more than duty. Learn to own your own authority more. Relax your tendency to adhere to a code that provides rules and benchmarks.



SOCIAL

THE GROWTH PATH

In general: Be clear about motives related to being of service to others. Explore tendency to sacrifice for the group and what motivates it. Notice taboo on selfishness, need for recognition, and tendency to manipulate through enthusiasm and idealism.

Self-observation:

- Going against gluttony and being of service.
- Sacrifice. Taking responsibility and supporting others.
- Need to be pure, good.

Conscious self-inquiry and exploration:

- Notice how focus on idealism and altruism serve to ease any guilt you might feel about a deeper attraction to pleasure or your own advantage/self-interest.
- Understand the link between unselfishness and a desire to be seen as good.
- Explore any taboo on selfishness you might feel and discover where it comes from and how you act this out. How might you be drawn to alleviate others' pain as a way of healing your own?

To achieve shifts in automatic habits:

- **Learn to** recognize when your idealism and enthusiasm are based on good intentions and what is realistic and possible and when they may function as illusions you create to keep yourself going.
- More actively balance of things you do for others or for the group and things you do for self.



8

Eight

SEXUAL

THE GROWTH PATH

In general: Observe and work against tendency to impulsively go against norms, take over; allow others to share the stage, influence you; include more thinking, not just passion and action; open up to vulnerable feelings.

Self-observation:

- Being the center of things
- Need for power
- Rebellious tendency

Conscious self-inquiry and exploration:

- What motivates the desire to possess others' attention and be the center of things? What needs underlie this pattern?
- Understand need for power –where does this come from and what purpose does it serve? Explore any beliefs about what happens if you're not powerful or strong.

To achieve shifts in automatic habits:

- Integrate vulnerable feelings and channel passion and emotional intensity consciously.
- Practice modulating expression of energy and passion and impact on others.



9

Nine

SEXUAL

THE GROWTH PATH

In general: Allow for more separation, experience aloneness to locate and own preferences, observe tendency to find a sense of being through others; own power and ability; notice acting out on sly.

Self-observation:

- Difficulty accessing a sense of self or being.
- Merging with important others.
- Avoiding separation and boundaries.

Conscious self-inquiry and exploration:

- Explore what the experience of separation is like for you and why it might feel threatening or worse. Explore the reasons why you avoid conflict and separation.
- Explore why it feels difficult to access or express your emotions, opinions, desires—your distinct individual experience and point of view. What gets in the way?

To achieve shifts in automatic habits:

- **Learn to** allow for more (physical) separation from important others so you can find and strengthen your own sense of self.
- Learn to assert yourself more actively more often. Learn to be more direct, disagree.



1 One

SEXUAL

THE GROWTH PATH

In general: Observe how own interests get conflated with higher mission to perfect others. Moderate anger focused outside and channel anger and impulses consciously.

Self-observation:

- Other-focus: Observe how you focus critical attention on what others might be doing wrong and you don't focus as much on your own flaws and mistakes.
- Your anger--what fuels it and how you express it.
- Zeal. Notice when zeal is a strength and when it may go too far or be excessive.

Conscious self-inquiry and exploration:

- Explore your anger and its sources. What kinds of things inspire it? How do you typically express it? How do others respond when it is directed toward them?
- Reflect on why you may need to perfect others or society as a whole. What motives drive this stance?

To achieve shifts in automatic habits:

- **Learn to** reflect more deeply on your anger before you express it. Learn to manage anger and channel it with awareness. Decide consciously how you will express it and what you will give your energy to and why. Own and integrate critical projections.



2

Two

SEXUAL

THE GROWTH PATH

In general: Develop aspects of yourself separate from pleasing, attracting others. Find varied paths to meeting needs. Moderate tendency to promise more than is delivered, use charm as weapon

Self-observation:

- Notice how you engineer connections. The centrality of relationship.
- Observe how you relate to and express your emotions.
- Pride in being attractive. How pride operates.

Conscious self-inquiry and exploration:

- What kind of image do you see yourself cultivating and why? How do you do this?
- What role does relationship play in your life and how do you achieve connections with important others? Can you enjoy the challenge of winning someone over? Why? What does this activate in you? What expectations do you have of people in relationship?

To achieve shifts in automatic habits:

- **Learn to** recognize anger as a sign that your needs aren't being met and take responsibility for meeting your own needs. Moderate the energy you put into charming others to get what you want or need.



3

Three

SEXUAL

THE GROWTH PATH

In general: Observe focus on pleasing important others and transforming into attractive object. Contact own agenda apart from supporting others. Own positive qualities. Take risk to step out for self, build self-esteem. Notice hurt under anger.

Self-observation:

- Notice how you focus on being appealing – both physically and interpersonally -- to influence or attract others.
- Observe how hard you work to please others and make others look good.
- Examine connection or disconnection from “real self” and “real feelings.”

Conscious self-inquiry and exploration:

- How much energy do you put into your self-presentation? What are you trying to achieve/what is the goal? Why is this the goal?
- How do you feel when others you have supported do not succeed? What is behind feeling shy and not wanting to be the center of attention?

To achieve shifts in automatic habits:

- **Learn to** develop a more ongoing connection to your feelings. Develop your ability to support yourself and do for yourself in the same way you work to support others.



4

Four

SEXUAL

THE GROWTH PATH

In general: Practice being with suffering without externalizing it. Allow yourself to go from anger and competitiveness to the original pain or sadness underneath. Own positive qualities in real, deeper way, so don't need to over-assert, compete, or get demanding.

Self-observation:

- Competition and need to feel superior.
- Anger and assertiveness. Other feelings behind the anger.
- Expressing needs and getting demanding.

Conscious self-inquiry and exploration:

- Explore the ways you compare yourself to others and have a need to be the best.
- Explore what motivates your anger—notice how your anger may function as a defense against pain, envy, and other difficult feelings.
- Understand why you externalize your dissatisfaction and adopt a superior attitude.

To achieve shifts in automatic habits:

- **Learn to** move from anger to any sadness, shame, or pain that might be underneath it. Experiment with moderating your urge to compete by owning your positive qualities.



5

Five

SEXUAL

THE GROWTH PATH

In general: Notice tendency to test others and require high standard of trust in order to open up. Find more ways to share more of self with others. Find more ways to express feelings, artistic impulses.

Self-observation:

- Search for special ideal of relationship.
- Need for trust in others and what's behind that.
- Your relationship to your emotions and how you express them.

Conscious self-inquiry and exploration:

- Explore ways you may restrict your emotional expression to a specific art form and how you can broaden the way you communicate what's inside you.
- Inquire into your need for connection and what forms it takes and what requirements you have of others before you can open up to them. What does it take for you to trust?

To achieve shifts in automatic habits:

- **Learn to** take more risks in sharing your inner life with others. Allow yourself to feel into any fear that arises in relationships and open up anyway. Actively share your art with others as a way of sharing more of yourself with the outside world.



6

Six

SEXUAL

THE GROWTH PATH

In general: Allow yourself to be disarmed, to be more comfortable with vulnerability. Get in touch with the fear beneath impulse to intimidate.

Self-observation:

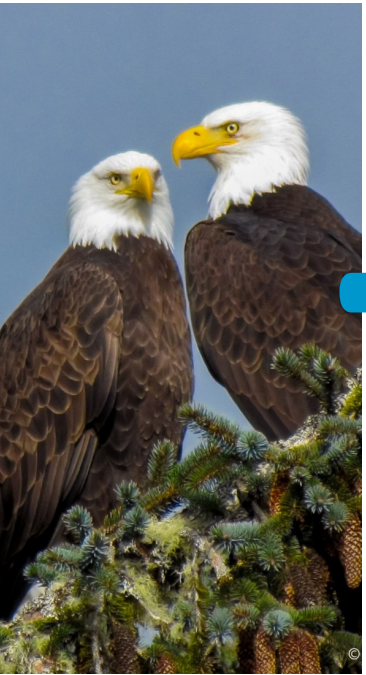
- Going against gluttony and being of service.
- Sacrifice. Taking responsibility and supporting others.
- Need to be pure, good.

Conscious self-inquiry and exploration:

- How you respond to threats.
- Your anger—what kinds of things make you angry and how do you express it?
- Need to present a strong or intimidating presence. Contrarian tendency.

To achieve shifts in automatic habits:

- **Learn to** feel the fear underneath your need to present a strong front. Take steps to get more in touch with the fear and vulnerability that motivate you to go against fear with strength or aggression. Learn to access fear more readily instead of acting it out.



7

Seven

SEXUAL

THE GROWTH PATH

In general: Notice when you are living in your imagination as a way of avoiding reality. Observe tendency to embellish, overdo enthusiasm. Discern when positive view is constructive vs. an escape from being present with what's really happening.

Self-observation:

- The ways you take refuge in your imagination and how it buffers you from reality.
- Notice when you attend only to the positive data.
- Suggestibility and naivete.

Conscious self-inquiry and exploration:

- Explore reasons why you may want to live in a positive dream about how things could be rather than how things are. What makes you suggestible and susceptible to the infection of enthusiasm?
- Why do you take refuge in positive experience (or imagined positive experience)? What is behind the need to see life through rose-colored glasses?

To achieve shifts in automatic habits:

- **Learn to** be aware of “logical” arguments and rationalizations that support fantasies. Learn to tolerate reality and the uncomfortable emotions that may come with that.
- Notice when you feel the urge to escape what's happening in the present, and experiment with staying present in the present.