



THE CIRCLE PROCESS

1. Choose something where you are Below the Line.
2. What percent are you Below and what percent Above? Draw line and write in percentage.
3. What are some of the words that resonate Below? Write them in.
4. What are some of the words that resonate Above? Write them in.
5. Choose the word Below and the word Above that have the most resonance.
6. Explore the feeling of each word chosen (BTL and ATL) as well as embodiment.
7. Brainstorm, how can you bring the Above word/feeling to the Below word/feeling? Be creative!
8. Commit to one action.
9. Check to see percentage now.

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**Respect • Excitement • Serenity • Security • Ease • Appreciation • Hope
Awareness • Contentedness • Intimacy • Nurturance • Sensuality • Worthiness
Curiosity • Connection • Courage • Peace • Beauty • Holiness • Sharing • Faith
Innocence • Cooperation • Embracing • Openness • Possibility • Grace
• Balance • Allowing • Groundedness • Sustainability • Nourishment
Collaboration • Bliss • Delight • Compassion • Forgiveness • Inspiration
Acceptance • Trust • Prosperity • Creativity • We • Learning • Gratitude
Integrity • Vision • Choice • Freedom • Joy • Celebration • Presence • Play
Love • Harmony • Objectivity • Motivation • Tolerance • Bravery • Resolution**

**Us/Them • Scarcity • Limits • Reaction • Accusation • Shame • Blame • Guilt
Betrayal • Resignation • Apathy • Complaints • Manipulation • Obsession
Resistance • Righteousness • Should • Doubt • Win/Lose • Resentment • Brooding
Greed • Revenge • Living in the Past/Future • Jealousy • Hatred • Isolation
Inadequacy • Embarrassment • Force • Anxiety • Rejection • Depression
Inferior/Superior • Suspicion • Criticism • Sarcasm • Loneliness • Dominance
Ignorance • Judgment • Competition • Sadness • Interrogation • Ridicule • Closed
Right/Wrong • Exclusion • Anger • Separateness • Boredom • Hurt
Irritation • Cynicism • Egotism • Craving • Dispiritedness**

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