Diving Deeper Into the 7 Levels of Energy

LEVEL 1 - THE VICTIM

THOUGHT **EMOTION ACTION POWERLESS APATHY LETHARGY** I lose; why bother, Guilt, self-doubt, worry, Low engagement, unproductive, I'm overwhelmed fear, embarrassment avoid confrontation, lack of options, stuck · Ability to protect yourself from harm · Little to no engagement · Attention and sympathy from others · Great difficulty effecting change and improving circumstances • Feel less responsible for negative life events · Lack of ability to lead yourself or others **CATABOLIC ANABOLIC ENERGY ENERGY** (%100)(%0)

LEVEL 2 - THE FIGHTER

THOUGHT EMOTION ACTION CONFLICT **ANGER DEFIANCE** Low engagement, unproductive, I win, you lose; Resentment, hatred, life is a struggle greed, blame avoid confrontation **ADVANTAGES DISADVANTAGES** · Ability to accomplish a lot by yourself · Motivation of others through anger/fear · Temporarily motivate others Unsatisfactory results • Dissatisfaction/uninspired team · High judgement; things are black or white • Struggle to trust others **CATABOLIC ANABOLIC ENERGY ENERGY** (%80)(%20)



LEVEL 3 - THE RATIONALIZER

THOUGHT EMOTION ACTION

RESPONSIBILITY

I win, if you win too, great; I forgive you

FORGIVENESS

Relief, keep emotions in check

COOPERATION

Rationalization, justification, tolerance, peacekeeping, use of coping mechanisms, release, focus on me (mental)

ADVANTAGES

- Ability to prevent others from standing in the way of what you want
- Ability to avoid, block, and/or release negativity of others
- Engage others easily
- · Drive to continue until you get what you want

⊘ DISADVANTAGES

- Motivation may be manipulative, self-concerning
- Disingenuous hopes/promises may be given logically, not from the heart
- Lack of concern over failure because "you did your best"
- Still has a lot of judgement



LEVEL 4 - THE CAREGIVER

ENERGY

(%30)

THOUGHT EMOTION ACTION CONCERN **COMPASSION** SERVICE You win; Gratitude, Deep connection with focus on others, I care, I need to fix it helping vs. controlling love, caring **ADVANTAGES DISADVANTAGES** • Being pulled into other people's drama · Taking little personally • True care and assistance for others · Motivation centered on approval rather than productivity · Can come across very selfless · Others may take advantage of you · Foster teamwork and loyalty • Burn-out **CATABOLIC ANABOLIC**





ENERGY

(%70)

LEVEL 5 - THE OPPORTUNIST

THOUGHT **EMOTION** ACTION **OPPORTUNITY COLLABORATION PEACE** We both win; Calm, Fulfillment, strong outer faith, I understand you confidence focus on opportunity, little is taken personally • Sees opportunities everywhere • Risk of paralysis by analysis . Taking little to nothing personally • Disengagement from emotions · Risk taking due to optimism **CATABOLIC ANABOLIC ENERGY ENERGY** (%80)(%20)

LEVEL 6 - THE VISIONARY

THOUGHT EMOTION ACTION SYNTHESIS J0Y **WISDOM** Ability to access intuition, highly Everyone always wins; Fearlessness, I am you conscious, wide range of options oneness available to them **ADVANTAGES DISADVANTAGES** Empathy • Perception of being aloof • Ability to feel and connect without judgement (out of touch, not grounded) • Increased intuition · Higher risk taking • Ability to see the whole, in lieu of just its parts · Leverage intuition CATABOLIC ANABOLIC **ENERGY ENERGY** (%10)(%90)



LEVEL 7 - THE CREATOR

THOUGHT **EMOTION ACTION NON-JUDGEMENT ABSOLUTE PASSION CREATION** Winning and losing are Unconditional love, Genius, focus on "everything" illusions; I am and "nothing", can use lower ecstasy levels at will **ADVANTAGES DISADVANTAGES** • Creation of anything you choose • Perception of disconnection • Highly intelligent • Nothing is seen as real **CATABOLIC ANABOLIC ENERGY ENERGY** (%0) (%100)