

What's this awareness concept about?

A way of describing awareness is. Are you aware that you are aware? Or are you so consumed with your name and job title that you can't see yourself from outside yourself?

This article explores just how easy it is to absorb behaviours that are not even our own.

So after absorbing the first five years of thought, emotion and behaviour from the people around you, you'd hope that you had a good foundation to begin your own thoughts and outlooks on life.

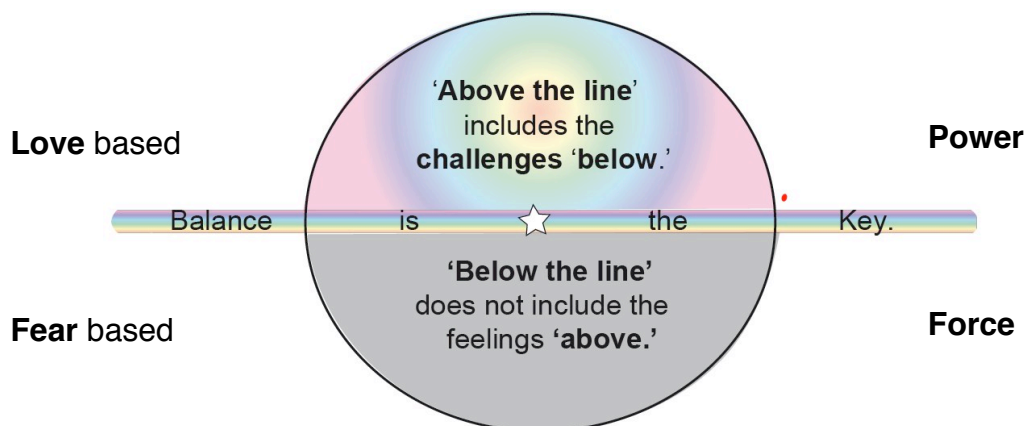
Yet, what happens when we pick up subconsciously all the unaware 'below the line' traits around us. Even though 'below the line' behaviour is a normal and necessary part of life, how much of it gets in the way of productive communication?

Like seeing direct examples of 'Superiority' around you. Even if you didn't like it, you're still affected by it in some way because by not liking it, gives energy to the subconscious. Then you can often unconsciously become what you didn't like in others.

Reading this next page highlights the difference between conscious and unconscious behaviour.

It's purpose is to simple inspire the awareness 'above the line'.

By doing this we include our challenges 'below the line'. We can now experience the whole picture in all it's ups and downs.



AN AWARENESS RAISING PROCESS

'Above the line' = Well being

'Below the line' = Lacks Well being.

By **acknowledging & understanding** your situation, you are ready to make a **better choice**.

'Above line'

'Below line'

'Above line'

'Below line'

Abundant.....	Excessive	Detached	Removed
Accepting.....	Rejecting	Determined.....	Stubborn
Admitting.....	Denying	Devoted.....	Possessive
Agreeable	Condescending	Diplomatic.....	Deceptive
Allowing.....	Controlling	Doing.....	Getting
Appreciative.....	Envious	Educating.....	Persuading
Approving.....	Critical	Empathetic.....	Pitying
Attractive.....	Seductive	Encouraging.....	Promoting
Authorative.....	Dogmatic	Energetic.....	Agitated
Balanced.....	Extreme	Equal.....	Superior
Beautiful.....	Glamorous	Erotic.....	Lustful
Being.....	Having	Excellent.....	Adequate
Believing.....	Insisting	Experienced.....	Cynical
Brilliant.....	Clever	Flexible.....	Rigid
Candid.....	Calculating	Forgiving.....	Resenting
Challenged.....	Impeded	Free.....	Regulated
Choosing to.....	Having to	Generous.....	Petty
Confident.....	Arrogant	Gentle.....	Rough
Concerned.....	Judgemental	Giving.....	Taking
Confronting.....	Harassing	Global.....	Local
Conscious.....	Unaware	Grateful.....	Indebted
Considerate.....	Indulgent	Harmonious.....	Disruptive
Contending.....	Competing	Healing.....	Irritating
Courageous.....	Reckless	Helpful.....	Meddling
Defending.....	Attacking	Holistic.....	Analytic
Democratic.....	Dictatorial		

Reading this page increases your level of emotional intelligence

A simplified altered reference made from POWER Vs FORCE The Hidden Determinants of Human Behaviour.
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