



Focus: Looking at LifeSpaces from the perspective of the levels of change

My LifeSpaces and the behavioural level

This month, the aim is for you to continue to focus on your **feelings or emotions** and connect them with your **behaviour** in the form of your physical reaction patterns to emotional events in relation to your **LifeSpaces**.

Task

To recognise body signals that we have become accustomed to over the years, to react to emotional events. Find three examples of body signals for positive emotions and three examples for negative emotions.

You don't necessarily have to search for new examples, and you can also use your collected examples from the previous month and examine them for body signals

Please answer the following questions at the end of the month:

- Are there any body signals that show up more frequently?
- How many different body signals have you found?
- Have you discovered any body signals that are new to you?

LifeHouse and its LifeSpaces

Take your time to have a look at your LifeHouse and its LifeSpaces.

- Is there a LifeSpaces in which there is an accumulation of examples?
- Is there a LifeSpaces that has not yet played a role at all?
- Have you forgotten a LifeSpace that you are only becoming aware of now?

EmptyRoom

Visit your EmptyRoom and take a good look at your exhibits.

- Has anything changed in the way you feel about your exhibits?
- Can you assign body signals to individual exhibits?

Feel free to make notes

Please date them and put them aside.

EmptyRoom with a specific goal or project

With regard to the EmptyRoom, I would like to offer an alternative to the exhibits:
Perhaps it is helpful to fill the EmptyRoom with a concrete **goal, wish** or **project** instead of emotionally driven exhibits.

To do this, you must first allow your EmptyRoom to become an empty space again and leave it empty for a while before you fill it with a specific issue.



Any questions about the body signals?
Just ring the bell: concierge@freistil-impulse.de