



# SURVIVAL MECHANISM VS. ESSENCE

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## **Survival Mechanism**

Familiar  
Known pattern  
Control  
Reasons why and why not  
Comfort zone  
Seem real  
It is the truth  
Survive  
Safety  
Fear  
Understand  
Figure it/stuff out  
Limited feelings  
Despair  
Justification  
Normal  
Numb  
Fantasy  
Hope  
Reactive  
Auto-pilot  
Middle of the road  
Driven by things and feelings  
Victim  
Smart rat  
Indifference  
Waiting  
Avoiding  
Later  
Making stuff happen

## **Essence**

In the moment  
Present/conscious  
Grounded in your body  
On purpose  
Straight  
Effortless  
Coachable  
Projects  
Vulnerability  
Risk  
Access to power  
Unlimited  
Acceptance  
Joy  
Being with  
Saying what is so  
Satisfaction  
Vitality  
Love  
Chaos  
Peace  
Re-invention  
Be with unknown  
Problems  
Room for mistakes  
Unpredictable  
Gift of trust