



# SURVIVAL MECHANISM VS. ESSENCE

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## Survival Mechanism

Familiar  
Know 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-forward  
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