Belief Template

Enabling C-E	Criterion	Motivating C-E
A bonding of spirit	*BELONGING*	*Finding my place in the greater scheme of things*

BELIEFS

Definition

Gaining a sense of recognition, acceptance.
Being part of something larger.
A sense of Coming home, coming to rest.
Knowing that you don't have to seek any more.

Evidence

Feeling of love, internal warmth, recognition, being part of a larger bubble.
A feeling of deep emotional congruence

Supporting Beliefs

- *You can seek belonging within self, relationships, a body of ideas, as well as cultures, groups, locations, countries.*
- *The point of connection can be at all neuro logical levels.*
- *I will belong somewhere.*
- *You can outgrow previous Belongings.*
- *Belonging can support or hold you back.*
- *Belonging is a highly/deeply emotional concept and process.*
- *Belonging is not there for the asking – though some can work very hard at it.*
- *Belonging is connected with one's sense of Destiny.*
- *The unifying factor has to be above the level of connection.*

STRATEGIES

Primary Operation

Share ideas, listen, feel the energy, notice balance between maps bumping and superimposing.
Notice growing sense of wellbeing.
Find myself accepting differences with pleasure.
Open my heart.

Secondary Operations

Notice if I am trying too hard and becoming incongruent. Check my own needfulness. Re-adjust NLL of connection and shift focus.

Let go of the need to join this group and walk away. Occasionally give in to discounting them to feel better. I'm OK, they're not OK

Probably not become involved at all. Or view the group/body with a dissociated interest, as a source of research.

EMOTION

Sustaining Emotion

Calm joy

Signal Emotions

Expectancy, disappointment, unease, delight,
excitement, rejection, curiosity

EXTERNAL BEHAVIOR

Exemplar's Name:

_____

Ability

BEING AT HOME

Contributing Factors

Being naturally clubbable, or non clubbable
Level of own needfulness – at conscious or unconscious level
Numbers involved – majority/minority

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