

Exploring the Power of Truth

REVELATING

((Never apologize for showing feelings. When you do so, you apologize for the truth. Benjamin Disraeli

Truth is a personal journey, and it is more than factuality. Revelating has to do with two aspects of truth: discovering the truth that is within you, and revealing yourself to others. Most of us have pat answers for why we do what we do or surface explanations as to our behavior. We remain fairly unconscious as to what is really going on with us and are unwilling or unable to frankly assess and report. Below the surface of our everyday activities and reactions, we are vibrating emotion—feelings that point to truths about what we yearn for and who we can become. When you learn to heed, recognize, and validate your emotions, and begin engaging from them, you feel your feelings more vividly and begin to savor the richness, power, and depth of life.

You also begin to express the truth of your experience to your highest vision. What's the truth of my situation? What's the truth of my relationship? Where have I settled for less than what I want, numbed myself out, blamed others, or made up excuses for why things are the way they are? A cornerstone to Revelating is becoming aware of our "Matrix," the unconscious beliefs that inform the behaviors of how we operate in the world. This matrix was formed at a very young age. Part of our job in taking responsibility for our lives and our outcomes is becoming aware of this matrix in order to design or craft the life we yearn for.

Living from the two-fold truth of Revelating, you experience your life more fully. Your relationships are more intimate, and you are more connected to the world around you. Your work is more satisfying. Your play is more joyous. Your truth becomes the guide and pathway to your own satisfaction, to your full ownership of your life.

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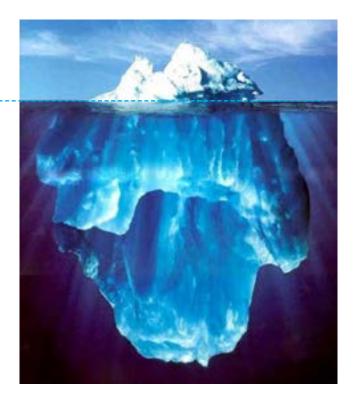
Revelating & Truth

The Unconscious Mind

Consciousness refers to awareness. Awareness of how we choose and create our own lives. It is about the ability to "be here now"— to be mentally focused and in contact with present reality. Sigmund Freud, the founder of psychoanalysis, compared the human mind to an iceberg. The tip of the iceberg that is above the water represents consciousness, and the vast region below the surface symbolizes the unconscious mind. The conscious mind is what we notice above the surface while the unconscious mind, the largest and most powerful part, remains unseen below the surface.



Unconscious



Feeling resentful or guilty about the past, complaining about the present, worrying about the future, daydreaming, using distractions to avoid work or stressful situations, and getting lost in moods or addictions are all ways people go unconscious. Not "being here now" can be physically dangerous (e.g., injuries resulting from not paying attention), damaging to relationships (e.g., people avoid you because they do not feel seen or heard), emotionally upsetting (e.g., embarrassment at having a huge emotional reaction to something relatively minor that occurs in the present because of an unrelated past experience), and a huge time and energy drain (e.g., hours wasted avoiding work or being unfocused).

Inventory: Truth In Relationships

Do an inventory of the truths you have withheld in the key relationships in your life.

Person	Truth Withheld

Inventory: Truth In Our Experience

Fear	
Hurt	
Anger	
Sadness	
Joy	

Mistaken Beliefs About Truth:

1. Rules—Spoken and Unspoken:

2. Myths

3. About Truth

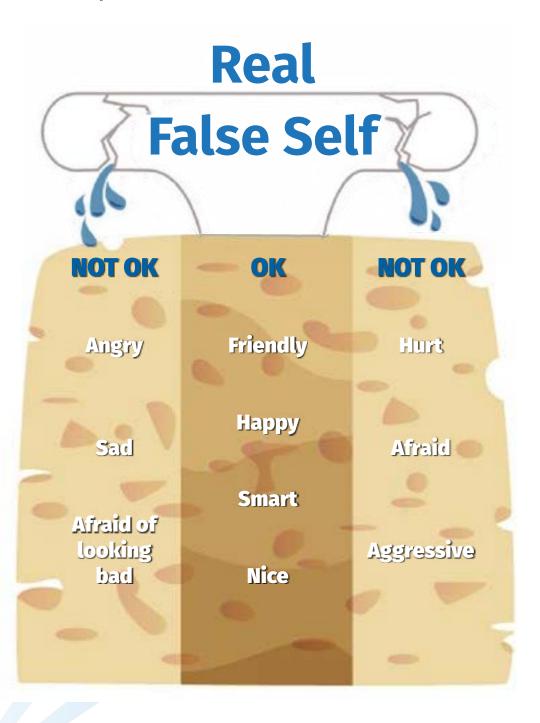
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Ideal Self Development



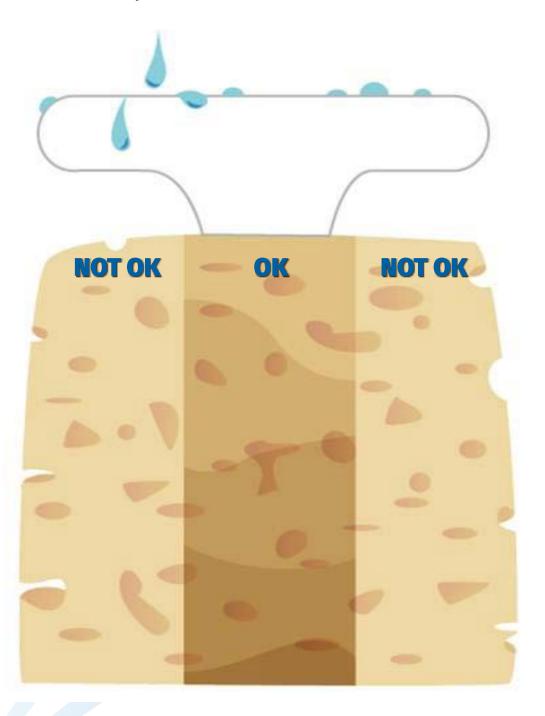
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Typical Self Development



LoveSponge

My Current Self Development



Wright Model of Human Growth and Development

In order to leap from incremental change to real transformation, you must understand the levels of human growth and development.

Psychologists, philosophers, and others have been studying human development and the refinement of our highest capacities for well over 2,000 years. We know that in ancient Greece the ideal human developed excellences or virtues in the areas of mind, body, and spirit, including both personal and political life.

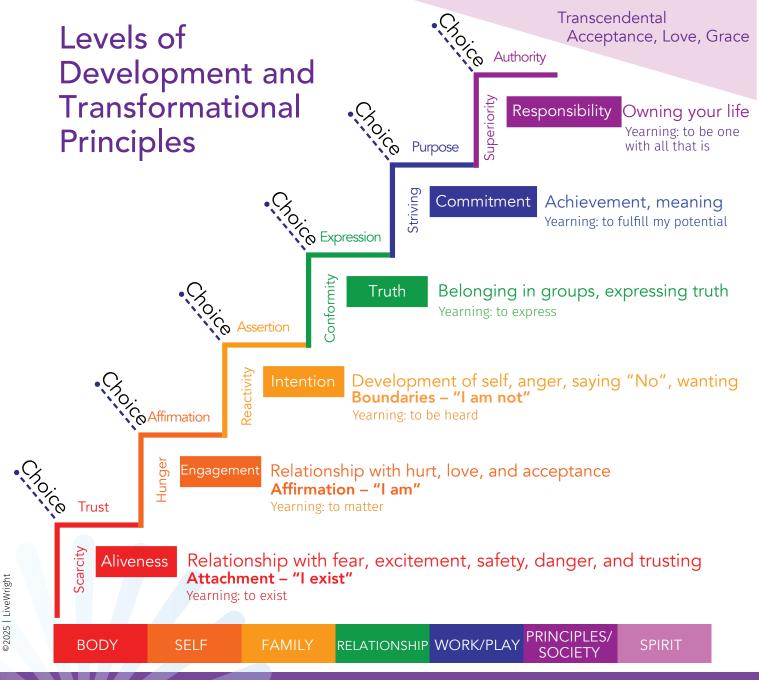
Well-known psychologists including Freud, Erikson, Piaget, Kegan, Kohlberg, and Maslow as well as lesser known practitioners and theoreticians such as Woolf, Loevinger, Ichaso, and Graves—created models of human development designed to explain the progression of awareness and growth. Developmental theories are so common because they identify what Gail Sheehy (1976) described as the "predictable crises of adult life," and as a result, they give us key tools in understanding and mastering ourselves.

The Wright Model of Human Development pulls together the best of these models to give you an edge in creating a fulfilling life in all areas. Using it, you will gain insight to deal with the problems you encounter, move beyond stuck points, and thereby develop further, adding to the richness and effectiveness of your life.

The Wright Model of Human Development is invaluable to you because it provides a map for getting the most out of your life—particularly during periods of transition and change. It gives you a way to think about, assess, and identify your needs. Additionally, it provides an ideal or vision toward which you can develop and a tool to guide your personal transformation.

Wright Model of Human Growth and Development

The Wright Model of Human Development includes seven levels of development, moving from unconsciousness to consciousness.



Wright Model of Human Growth and Development - Notes

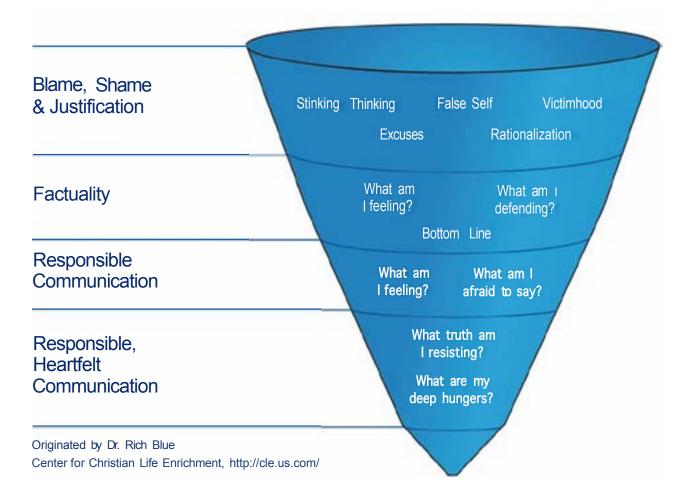
Level 1: Survival/Trust

Level 2: Hunger/Affirmation

Level 3: Reactivity/Assertion

Level 4: Conformity/Expression

Blue Funnel of Truth



Truth In the Movies

What did you notice about truth in the movie clips you watched?

My Takeaways and Assignments

Key Points / What Stood Out For Me:

Key Implications in the Short Term:

Key Implications in the Long Term: