

The "Openness-to-Inner Discovery" Scale

Are you willing to shift from focusing on "what's wrong?" and using your interactions to continue to improve yourself? This handout is designed to accompany you on the journey to connecting deeply with yourself and focusing on discovery so that you can continue to expand into deep presence, expanded connection with the world and more genuine play.



HIGH
Openness -to-
Inner Discovery



SUMO

FEAR
MELTERS®



OOZE

LOW
Openness -to-
Inner Discovery



LOVE SCOOPS

- +10 Getting open to creating playmates for support, shifting, expanding essence
- +9 Turning your experience into creative expression
- +8 Letting your body wisdom directly influence your choices and actions
- +7 Matching-letting your words and gestures closely describe your inner experience
- +6 Loving yourself for your right-now experience
- +5 Appreciating the message(s) that your body is communicating even if the language isn't clear
- +4 Following sensations with your awareness as they move around your body
- +3 Breathing with your inner experience
- +2 Turning your curious attention fully toward your body sensations and inner experience
- +1 Choosing to experience your body experiences as your ally

Shift Move: Choosing Wonder and Connection

- 1 Asking "why?" figuring it out and other head-centric strategies
- 2 Ignoring and/or overriding a body-based impulse and/or intuition
- 3 Focusing on "what if..." and "if only..."
- 4 Imagining a different future instead of noticing what's true now
- 5 Comparing body sensations/inner experience to some time in the past or someone else's -experience in the present
- 6 Stuck in funk-recycling the issue over and over
- 7 Doing the inner triangle dance of criticizing yourself, feeling helpless and fixing or improving yourself
- 8 Distracting yourself (food, getting busy, noticing what needs fixing, etc.)
- 9 Looking for approval, validation, esteem, decision-making from others
- 10 Attacking yourself for your experience