

CONTENTMENT

Adjustment. Everything feels just fine the way it is. No desire for change. Relaxed control of the situation. Realism. No noticeable selfreflection. Feeling “average,” in the sense of not special.

INSPIRATION

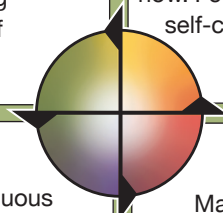
Creative change. A sense of “getting it all together.” Aha-experiences. Feelings freely felt. Open, intense experience of the here and now. Feelings of community. Solid self-confidence. Energy. Clarity. Radical ideas. A desire to make things happen.

SELF-CENSORSHIP

Pseudo-adjustment. Strenuous self-discipline to maintain a pattern that feels empty or complete a task that feels dubious. No clear feelings. The here and now feels strained, hollow and mechanical. Concerned about how others see me, keeping the mask on and playing the game.

CONFUSION

Maladjustment. Something is or feels wrong, but I don’t know if it is me or others who are wrong. Self-absorption. In chaos. Feelings of fear, anger or sadness. Feelings of inferiority. Poor contact with others. Doubts, unsure of what is right and/or what I want.



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