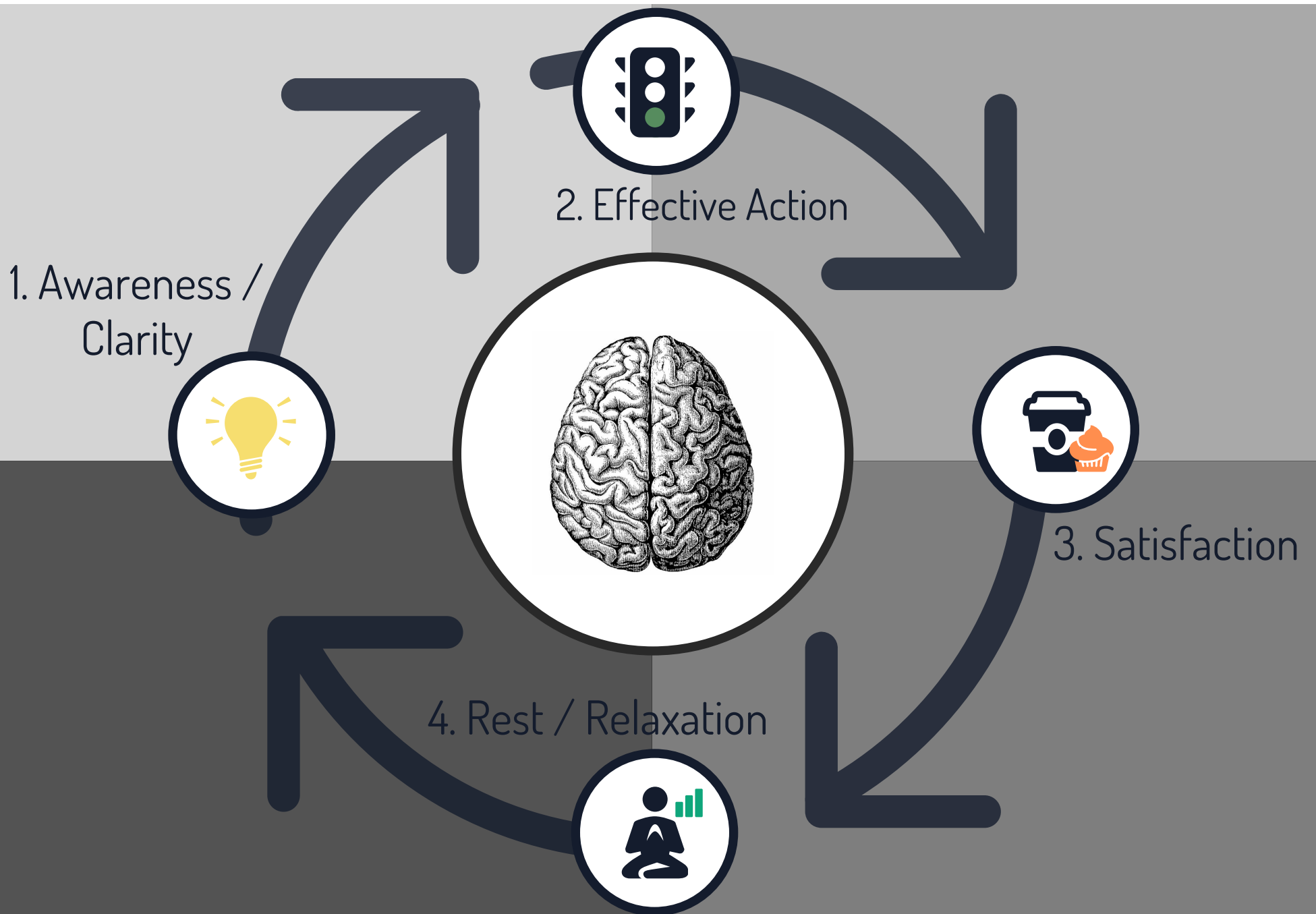




# The Stages of Experience

## The Sensitivity Cycle



### Healthy Rest Stage

Indicates satisfactory completion of stage 4 of the cycle

- ✓ Easily able to rest when needed
- ✓ Has habitual behaviors that rejuvenate or regenerate
- ✓ Easily able to let go, say goodbye, end
- ✓ Able to easily reorient toward the next task, project, situation or relationship

### Barrier to Completion

Indicates stuckness in "completing" in an area of life

- ✗ Rarely sits still, trouble resting (breathing, meditating or sleeping)
- ✗ Regularly seeking approval through behavior they imagine others prefer
- ✗ Struggle with letting go, saying goodbye, endings
- ✗ Never feels quite "good enough"