



# Recognizing Your Choice Points

## Free Teleseminar

by Patti Digh & David Robinson

The Circle Project

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All of life is a work in progress, isn't it?  
So, too, these models.

## CLASS OUTLINE

### Welcome & Logistics

Twitter hashtag: #choicepoints  
Questions: [info@thecircleproject.com](mailto:info@thecircleproject.com)

### Grounding Principles / Foundations

- Thought = creation: you create your Self in the story you tell yourself
- We work out of patterns (practices)
- You are always in choice (a block allows you to believe you are out of control, that you have no choice)
- You are not broken. You don't need to be fixed.
- We are not the experts (you are) We don't have your answers (we don't believe in them) but can speak to patterns we see and perhaps come to a better questions.

### Brief Review

#### **Call #1: Playing with Blocks**

The 3 Primary Blocks are:

- False Comparison to Others (+Oppositions: either this or that)
- False Expectation of Self (Perfectionism)
- False Investment in “the Story” (“Only valid if I...publish, sell...)

#### **Call #2: Split Intentions** - The 3 Blocks (above) are all forms of split intentions.

A basic definition of a split intention is: intending to focus on two things at the same time; one too many verbs/foci. It splits you. Anything that splits you leads to blocks (separation of self from self). You can either warn Hamlet or get the audience to like you, but not both.

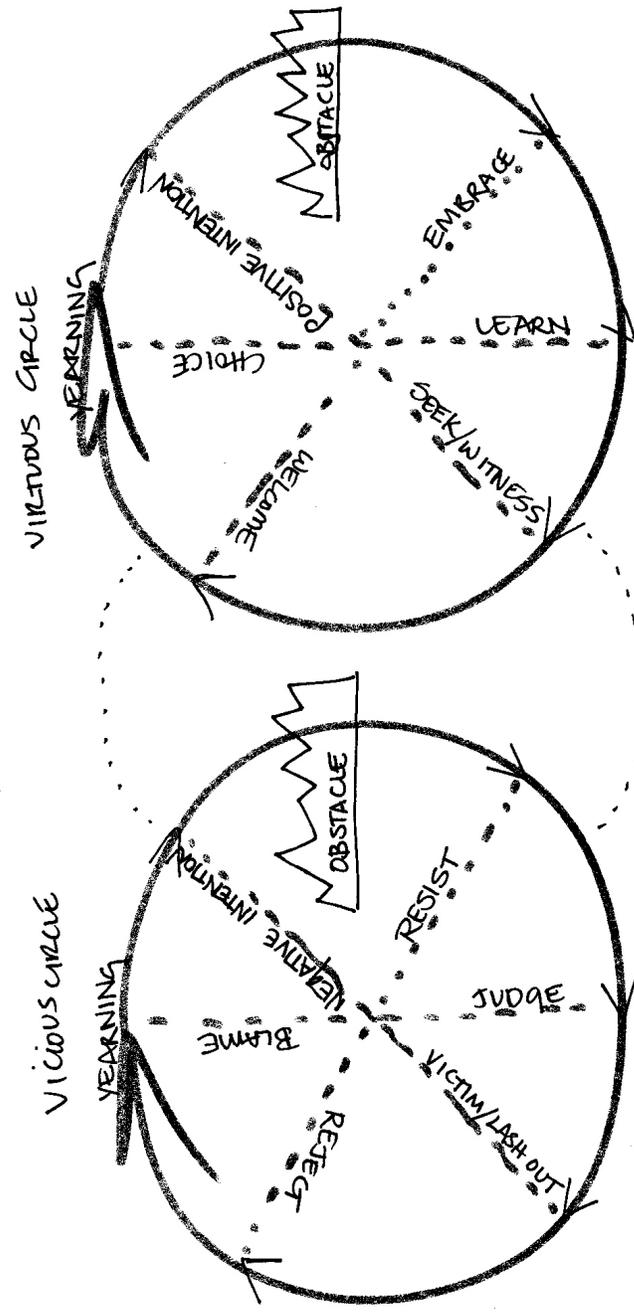
### Today's Call

#### **Call #3 CHOICE POINTS** – new models (in draft form)

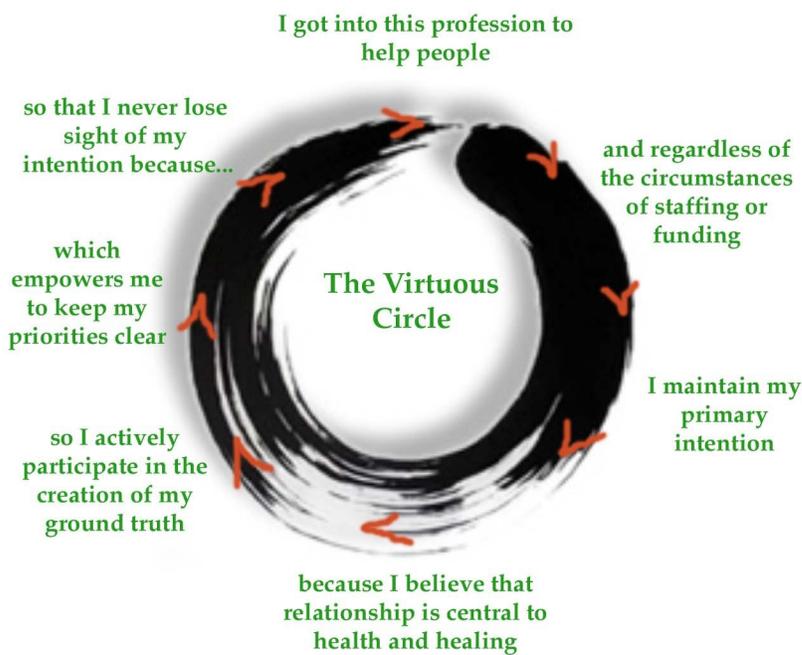
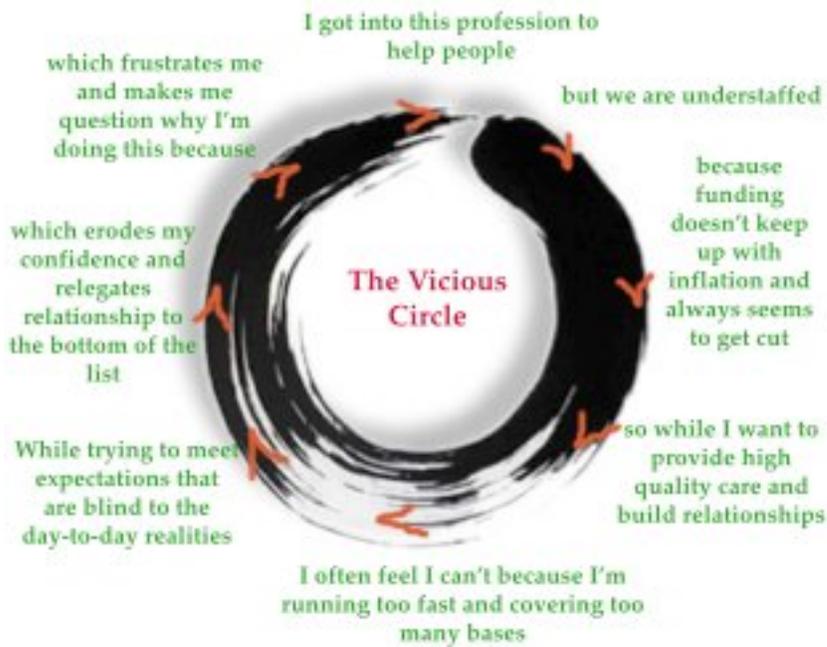
1. Vicious and Virtuous Circles – where we started this work (see examples in this packet)
2. Choice Points Model (flow chart)
3. Six Choice Points (attached)
4. Navigating the space between choice and blame (where aliveness happens)
5. Your Six Points Flow Chart

### Closing

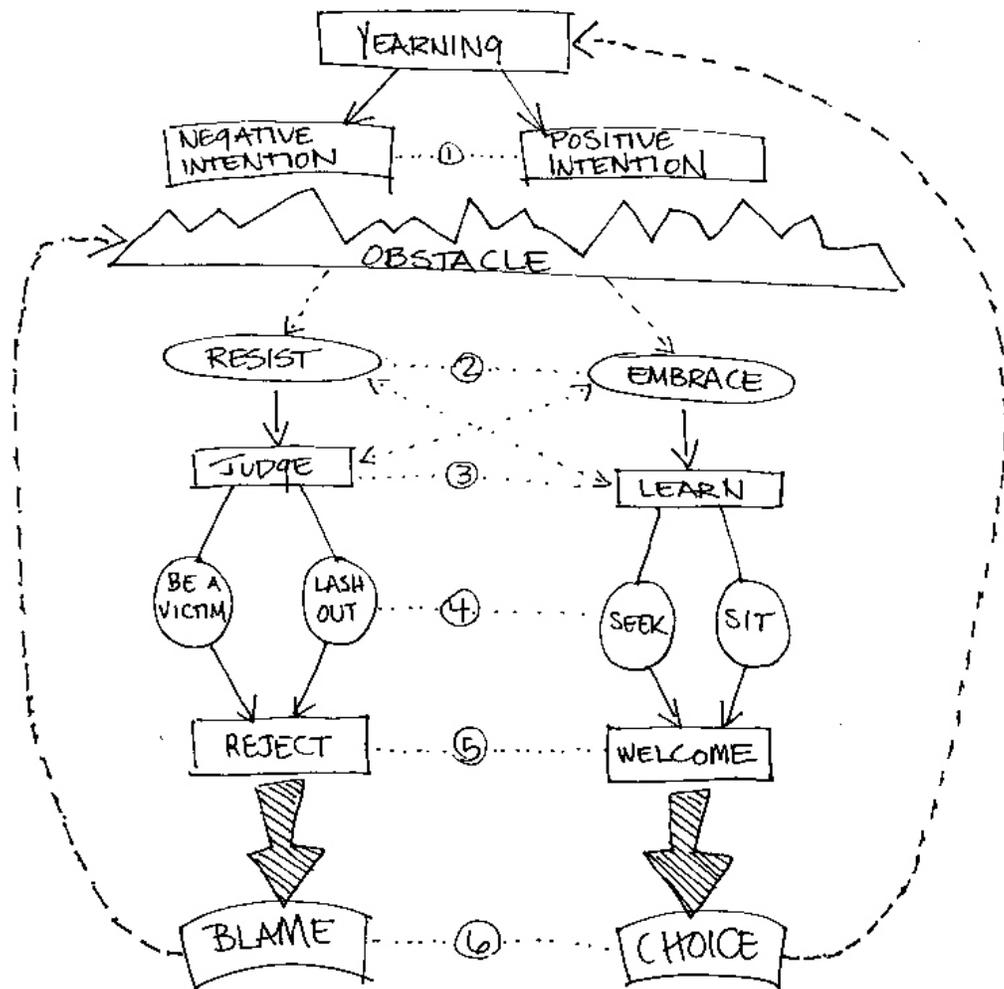
HERE'S WHERE WE STARTED...



THEN WE REALIZED  
THAT THE JUICE IS  
NOT IN MOVING FROM  
VICIOUS TO VIRTUOUS  
BUT IN THE SPACE BETWEEN  
THEM!



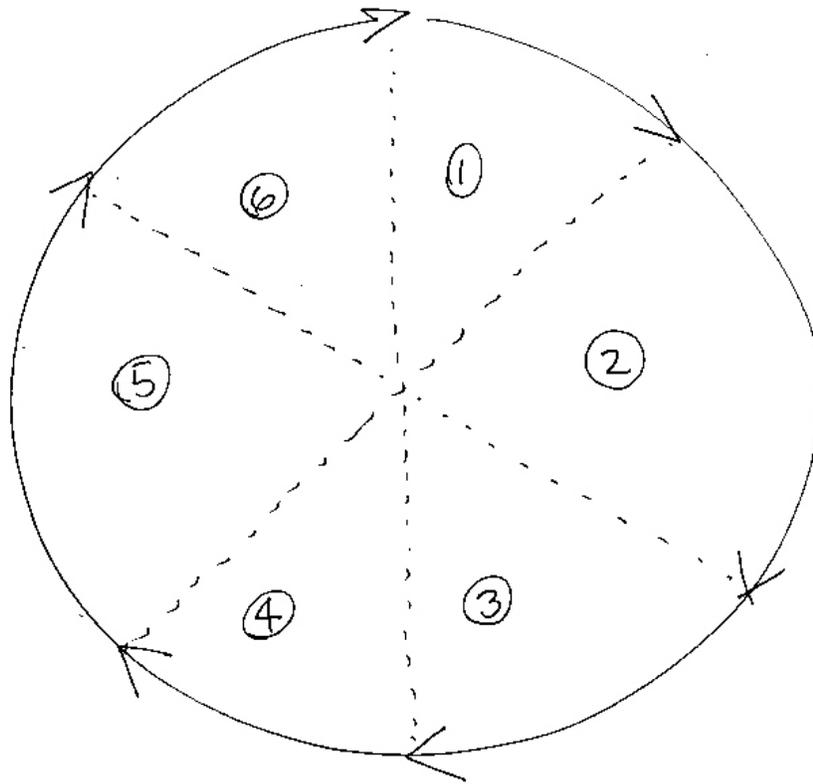
# CHOICE POINTS



NOTES:

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## SIX CHOICE POINTS



1. NEGATIVE INTENTION : POSITIVE INTENTION
2. RESIST (MOVE AWAY) : EMBRACE (MOVE TOWARD)
3. JUDGE (SELF, OTHERS) : LEARN (ABOUT SELF, OTHERS)
4. BE A VICTIM/LASH OUT : SEEK/SIT
5. REJECT (EXCLUDE) : WELCOME (INCLUDE)
6. BLAME (CIRCUMSTANCE) : CHOICE (INTENTION)

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# MY OWN FLOW CHART

**Note: remember that story is yearning meeting an obstacle.**

MY YEARNING:

1. Expressed as a negative intention:
1. Expressed as a positive intention:

**THE OBSTACLE(s):**

## **REDUCTIVE PATH (circumstance driven)**

2. What do I do when I resist that obstacle? (what does that look like in real life?)
3. Then what are the judgments I apply to myself or others about that resistance?
4. What do I do when I'm invested in the victim role?
4. What do I do when I lash out?
5. How do I express rejection (of the goal, of myself, of others)?
6. Who do I typically blame when I've followed this reductive path?

*Leads to investment in the story of circumstance.*

## **GENERATIVE PATH (intention driven)**

2. What do I do when I embrace that obstacle? (look likes what in real life?)
3. How do I learn from walking toward that obstacle?
4. In my learning mode, what does active seeking look like?
4. In my learning mode, what does "witnessing" look like?
5. How do I express expansive, inclusive spirit in which obstacles are welcomed?
6. How do I live in full choice, recognizing that I am always in choice.

*Leads to investment in the story of intention.*

*(the numbers relate to the Six Choice Points)*