

METROPOLITAN MARRIAGE & FAMILY THERAPY, PLLC
MetroRelationship.Com

Move from lower states of being states of being to showing up with to showing up with your Best Self...

Oneness driven, love-consciousness, unity-consciousness, essence, presence, limitless, infinite

** Become Oneness **

Inspiration driven, being, feeling, sensing, expanding, allowing, receiving, heart-lead, love

** Incorporate more spaciousness, emptiness, simplicity, a silence practice, beauty, nature into your plan-intention **

Motivation driven, doer, planner, you make things happen, fixer, ego-lead, fear, patterns, programs

** Incorporate more flexibility, self-love and mindfulness practice, fun, letting go, and getting support into your plan **

Survival driven, victim mentality, things happen to you, symptomatic, dis-ease struggles, issues, ego-lead, fear, patterns, programs

** Incorporate more structure, schedules, routines, habits, and self-care practice into your plan **



Inspirational Self
(life happens
THROUGH | FOR me)

Motivational Self

Victim |
Lower Self
(life happens
To me)