

ENERGY CENTERS PROCESSING

	Gut/Body	Heart	Head
What standards do you use in making a decision?	Ethical, morals/goodness	Humane, art/beauty	Scientific, truth
What takes priority in the situation?	Action	Communication	Thought
What problem-solving approach is the best?	Pragmatic	Empathic	Logical
Emotions	Emotions are messy	How others' emotions make them feel	Don't like feeling emotionally pressured

Gut/body versus **Heart** – action versus image; instinct versus emotion; ethics versus empathy

Head versus **Gut/Body** – thinking versus acting; science versus religion/ethics; theory versus practicality

Head versus **Heart** – battle of the sexes; logic versus love; science versus art; left side of Enneagram versus right side