

## ENERGY CENTER PROCESSING

	<b>Body 8, 9, 1</b>	<b>Heart 2, 3, 4</b>	<b>Head 5, 6, 7</b>
What standards do you use in making a decision?	Ethical, morals, goodness	Humane, art, beauty	Objective, scientific, truth
What takes priority in the situation?	Action	Communication	Thought
What problem-solving approach is the best?	Pragmatic, practical	Empathic, empathetic	Logical, linear
Emotions <i>Behaviors</i>	Anger, resentment <i>Grounding</i>	Sadness, grief, shame <i>Kindness</i>	Fear <i>Curiosity</i>
Emotional processing	Emotions are messy	How others' emotions make them feel	Don't like feeling emotionally pressured

**Body Center** versus **Heart Center** –

action versus image  
instinct versus emotion  
ethics versus empathy

**Head Center** versus **Body Center** –

thinking versus acting  
science versus religion/ethic  
theory versus practicality

**Head Center** versus **Heart Center** –

male-energy-oriented Head and female-energy-oriented Heart  
logic versus love  
science versus art  
cool versus warm