

Instincts
In & Out of Balance
Russ Hudson

Self-preservation Instinct

In balance:

- Take care of your overall health and wellbeing
- Focus on what keeps your life grounded and running: finances, home and car repairs, etc.
- Cultivate a supportive and comfortable domestic life
- Appreciate the basics: enjoying simplicity in life

Out of balance:

- Challenges with self-care: poor sleep or nutrition, ignore physical needs
- Rigidity or procrastination around needs related to your body, home, or finances
- Lack of financial abundance, or scarcity consciousness
- Overly attached to routines, or lacking structure in life

Sexual (or Attraction) Instinct

In balance:

- Aware of attraction: both of what we are attracted to and of our own power to attract
- Feel vital and alive: open to new experiences, willing to take risks, learn new things, and explore your edge
- Ability to immerse oneself deeply — to “merge” energetically with lovers, to spontaneously flow with eros and inspiration

Out of balance:

- Lose yourself in intimate relationships: difficulty with healthy attachment
- Can become addicted to romance and excitement
- Narcissistic display and/or shame
- Obsessive tendencies or energetic deadness

Social Instinct

In balance:

- Skilled at reading people and situations
- Consistently create and maintain connections with intimates, friends, and colleagues
- Participate in and contribute to your friendships, family, community, etc.

Out of balance:

- Overly concerned with the opinions of others — fear of social mistakes and loss of support
- Excessive focus on others or lack of awareness of their needs
- Over-committing or avoiding commitments
- Social insecurity can lead us to avoid communicating or dominate the conversation to cover up feelings of inadequacy