

Terminology and Gameboards

List of Basic Labeling Words

See

Hear

Feel

In








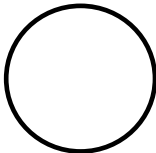

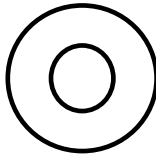
Out

Rest

Flow

Gone

Glossary of All Labeling Words

Labeling Words	Definition	Symbol
See	Any visual experience	
Hear	Any auditory experience	
Feel	Any body experience	
In	Indicates subjective activity: Mental Image, Mental Talk, Emotional Body Sensations.	
Out	Indicates the physical senses: External Sight, External Sound, Physical Body Sensations.	
Rest	There is no general definition. Rest is defined in a specific way for each modality (visual, auditory, body) and polarity (subjective, objective).	
Flow	Change or forces that cause change.	
Expansion	<p>A basic type of flow. We may distinguish--</p> <p>^ Surface view: Any increase in (1) intensity, (2) frequency, (3) size, (4) outward pressure force, or (5) perception of being scattered.</p> <p>v Deep view: The effortless spread of space that may accompany any of the above 5.</p>	
Contraction	<p>A basic type of flow. We may distinguish—</p> <p>^ Surface view: Any decrease in (1) intensity, (2) frequency, (3) size, (4) inward pressure force, or (5) perception of being gripped.</p> <p>v Deep view: The effortless collapse of space that may accompany any of the above 5.</p>	
Both	Expansion and contraction at the same time.	

And	When noting with inclusive emphasis, “A and B” indicate that you are focusing on A and B at the same time, i.e., “See and Feel Rest”.	N/A
All	When noting with inclusive emphasis, “All Flow” means that you are focusing on the visual, auditory, and somatic flow at the same time, and “All Rest” means that you are focusing on the visual, auditory, and somatic rest at the same time.	N/A
Gone	Any detected sudden decrease in intensity, frequency, or size. A drop off. Gone may be total (drop away) or partial (drop down).	•

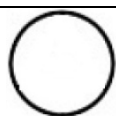
Discussing Language vs Labeling Language

Discussing Language	Labeling Language
Mental Image	See In
Mental Talk	Hear In
Emotional Body Sensation	Feel In
Physical Sight	See Out
Physical Sound	Hear Out
Physical Body Sensation	Feel Out
Mental Blank or Physical Light	See Rest
Mental Quiet or Physical Silence	Hear Rest
Emotional Peace or Physical Relaxation	Feel Rest
Visual Flow	See Flow
Auditory Flow	Hear Flow
Somatic Flow	Feel Flow
Non Specific Flow	Flow
Expansion	Expansion
Contraction	Contraction
Expansion and Contraction both at the same time	Both
Gone, Drop (Drop Down/Drop Away)	Gone

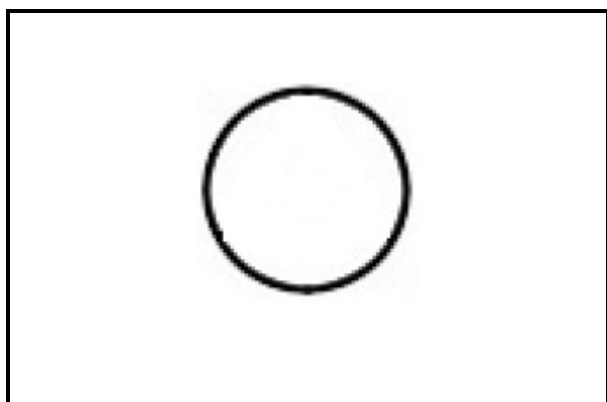


Gameboard for Note States

	In	Out	Rest	Flow
See	See In.	See Out.	See Rest.	See Flow.
Hear	Hear In.	Hear Out.	Hear Rest.	Hear Flow.
Feel	Feel In.	Feel Out.	Feel Rest.	Feel Flow.



Gameboard for Do Nothing



Gameboard for Nurture Positive

Theme Options
(What)

Scope Options
(Where)

Positive Affect	Positive Ideal	Image Space
Positive Behavior	Positive Situation	Talk Space
Positive Cognition	Other	Emotional Feeling Space

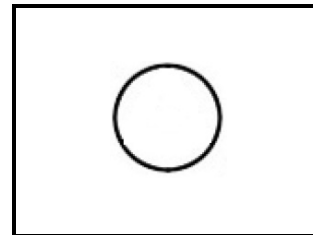
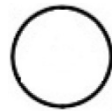
Icons for the 3 Techniques and their Associated Gameboards

Noting:



SI.	SO.	SR.	SF.
HI.	HO.	HR.	HF.
FI.	FO.	FR.	FF.

Do Nothing:



Nurture Positive:



A	I	I
B	S	T
C	O	F

The Full Grid: Layout

