

Criteria for Becoming Authentically Present

Contrasting Manipulative Presentation of Self with Authentic Presentation

MANIPULATIVE - FALSE - WEAK

vs

AUTHENTIC - TRUE - POWERFUL

Contrived, Fearful
A Cry for Help
Hiding on Stage, Defensive
Purports to Provide "The Answer"
Up-Down, Power Over
Toxic, Demeaning
Distraction, Hying
Controlling, Hassling, Hustling
Performance
Compelling
Persona – the "not David"
Exhausting
Externally Aroused
Adrenaline Producing
Debilitating, Intimidating, Comparing
Go for Effect, What Works
Defended, Fakes "Risking"
Dramatic, Traumatic
Constrictive
Resound Toward i.e. sonic boom
Trance-fix (short term)
Impress, Exploitative
Extracting, Emotive, Draining
Canned and Polished
Cliches, One Liners, Quotes
Interaction, Participation Limited
Controlling
Off Balance, High Centered
Reprocess, Feign
Could "Mail it In"

Real, True, Powerful
An Expression of Love
Self-Disclosing
Engages in Inquiry
Side by Side, Power With
Healing, Respectful
Focused, traction
Dignified Respect
Presence, Exercise in Living
Evokes the Impelling
Personal Presence
Generative, Joyful,
Positive Inner State
Endorphin Producing
Strengthening, Emboldening
Share Your "Truth"
Protected, Vulnerable
Effective, Peaceful Effect
Expansive
Resonate With, Artist in Resonance
Transformative (long term)
On Purpose, In-Path-Full
Contributing, Contained
Structured with Spontaneity
Listen, Heart Response
Involvement, Immersion Welcomed
Spontaneous
Centered, Grounded
Discover, Uncover
Responsive to Audience

Paul O. Radde, Ph.D.,

The Thrival Institute, "Ahead of the Curve Concepts™" - www.Thrival.com

DrPaul@Thrival.com (303) 443-3623