

George Laws Social Work Services LLC

Licensed Clinical Social Worker

EMDR Practitioner

Somatic Experiencing Practitioner

Qualities of 3 Different Life-Styles		
Ignoring	Attending	Trying
Orienting is One-dimensional	Orienting is Multidimensional*	Orienting is Bifurcated
Resisting	Connecting	Attempting
Monotonous	Multiplicity	Selective tonicity
Adverse	Simple	Exasperating
Strenuous	Effortless	Testing
Attaching	Bonding	Struggling
Merging	Joining	Dividing
Avoiding	Unifying	Polarizing
Intellectual	Intelligible	Appraising
Static	Pulsing	Disputing
Adherent	Coherent	Skeptic
Confusing	Clarifying	Evaluating
Wobbling	Balancing	In-effectuating
Disturbing	Harmonizing	Struggling
Mismatching	Synchronizing	Procrastinating
Frustrating	Flowing	Fragmenting
Confusing	Organizing	Disordering
Following	Leading	Judging
Confounding	Illuminating	Annoying
Muddling	Enlightening	Obsessing
Immobilizing	Being**	Becoming
Struggling	Succeeding	Attempting
<p>*) multileveled, as each energy center has its own intrinsic capacity for attending **) Effortless bonding with Being, not trying to become nor attaching to the objects in one's experience. Rather witnessing the flow and eb of giving and receiving as a flow of energies.</p>		