

# YOUR DRIVE

## Observation:

Your landscape indicates you primarily cope with risk by embracing it and seeking new opportunities. You need to feel your world is expanding. Change, challenge and risk are something you enjoy especially in your inner 'back stage' world. But, again, others may not realise this, as you tend to want more stability in your outer world- your front stage.



## Suggestion:

The combination of these two traits- wanting change and being more back stage- means that you have a powerful capacity to dream dreams. You like to explore possibilities, ideas mentally. Your mind is your world where you explore and roam and where you need to feel free. But the danger is that your dreams are not always very well connected to reality. They may also be the place where you escape to and indulge your fantasies.

Your challenge is to turn your dreams into reality.

You might be better able to achieve this in two ways:

- Firstly, learn to distinguish between dreams and fantasies; dreams are healthy and motivate constructive behaviours; fantasies are unhealthy and motivate destructive behaviours.
- Secondly, consider sharing your dreams with a close friend and asking them to help you make them happen.

# Human



## Visual landscaping:

- *Imagine you are planting seeds in your landscape.....*
- *Every time you have an idea or a dream, plant it as a seed. Watch it grow as you develop it.*
- *Spend time nurturing the ones which are growing tall and strong, into trees that will bear fruit.*
- *Those dreams which die are not wasted- they go back into the soil to nourish the earth for others to grow taller. Think through any failures or disappointments you have experienced. Can you begin to see how they have fertilised the soil for others to grow?*

# Ecology

# Sample

# YOUR CONFIDENCE

### Observation:

Your landscape also indicates that you more inflexible than flexible. This means that your self definition and esteem is something you feel you need to establish every day of your life- by high achievement, standards and by avoiding failure. If you are a risk taker it will tend to make you driven; if you are a risk avoider, stubborn and inflexible. At others times, though, you will tend to be more adaptable and just seek to fit in which will belie your strength of self within.



### Suggestion:

What really gives you your self esteem? Your successes in life? The praise others give you? Living up to some standard? Success should make us feel good, but we are still valued and worthy even when we fail. Often, it is because others have measured us by our successes that we feel the need to live up to these high standards. You are not worth what you achieve; not are you significant only if you behave in certain way.

- Set yourself high standards, but don't allow yourself to be controlled and dominated by your own self-expectations. If you are a risk taker they are probably too high anyway. If you are a risk-avoider, they are probably too fixed and inflexible. Your world will not fall apart if you fail or face changes.
- Both change and failure are steps towards growth and personal development; they help us to see that we are still loved and valued for who we are not what we do; we learn from our mistakes; we set ourselves more realistic standards

# Human

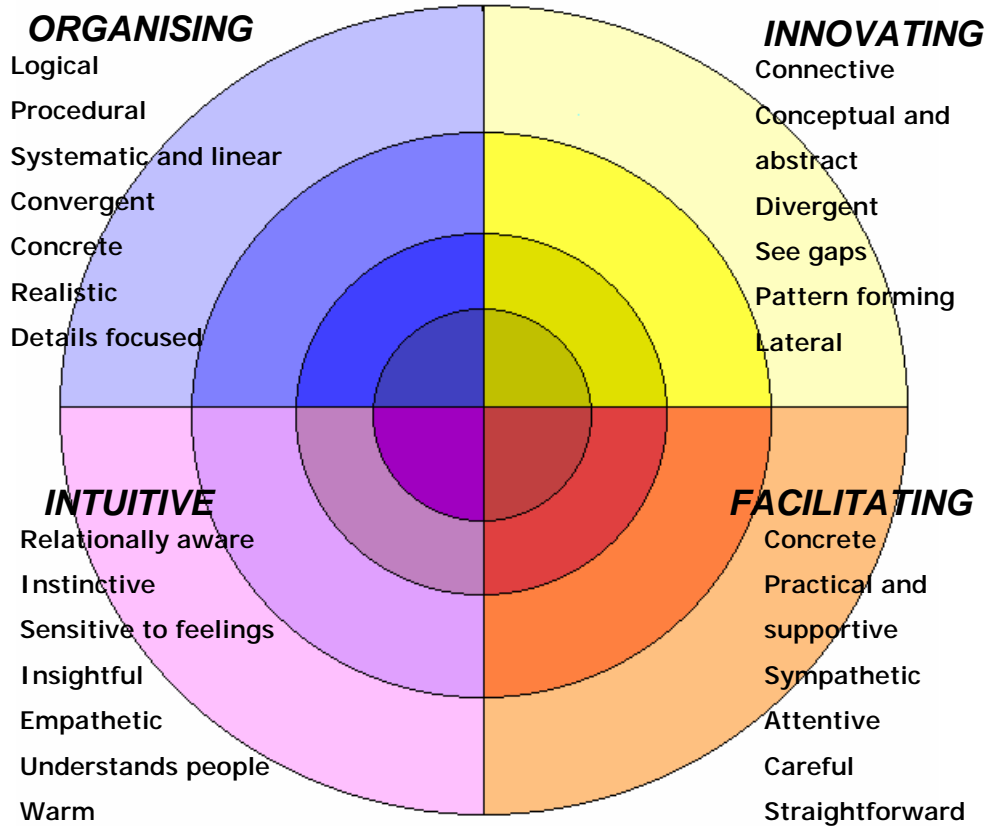


### Visual landscaping:

- *In your landscape become aware of what gives it meaning. What would you count a failure? What are you afraid of happening?*
- *How to you seek to preserve the significance of your landscape?*
- *Walk round your landscape recalling some of the things you have achieved in your life. How does that make you feel? Place those memories in a box in your imagination and place the box in the centre of your landscape. Open it from time to time.*
- *Now do the same with any memories of negative experiences. How do they make you feel? Place those memories in a bin and put the lid on it. Move the bin outside your landscape. Use it as a place to put future memories of failure.*

# Ecology

# Sample



*Your most natural and developed location at present:*

The intuitive and innovating quadrants; This gives you the dominant colour YELLOW.

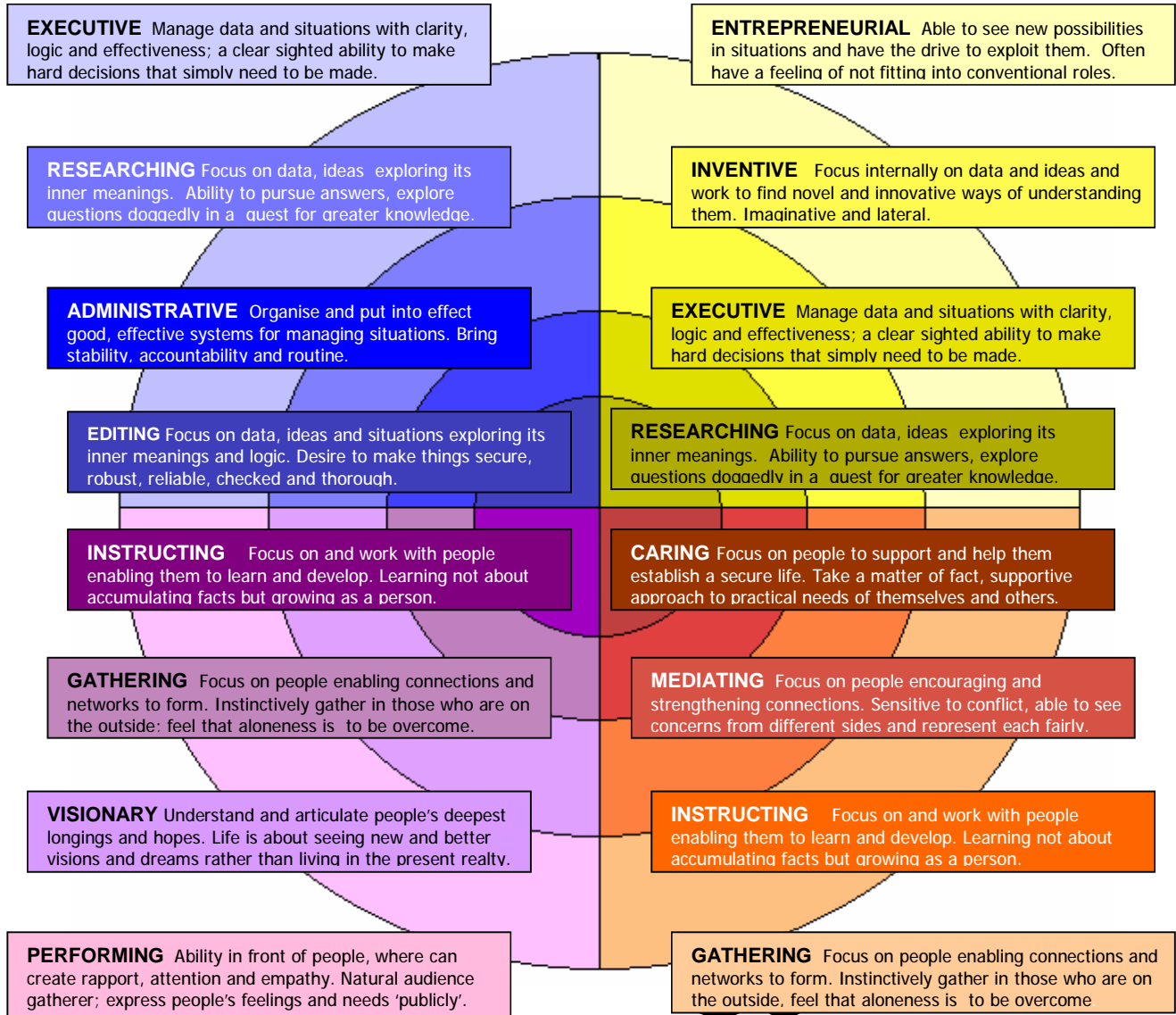
As your report has already indicated this means that you are most comfortable and most familiar with using the intuitive and innovating styles of relating, interpreting and acting. They will tend to be your default mode. These styles are appropriate in many situations in life, but, as you can see, other styles are also open to you.

The quadrants where you are least mobile at present are the other two- the organising quadrant and the facilitating quadrant. This means that, at present, it requires the most conscious effort for you to go there and use those styles; you may try to avoid tasks or situations that would require you to be highly organisational or facilitative.

One of your attractions for locating around the intuitive/innovating quadrants may be a perception you have that you are an insightful, perceptive, alert and highly imaginative person. You may also want others to form this opinion of you. You may want to avoid being seen as someone who is pedantic, purely rational and out of touch with their feelings; feeling able to perceive and master the big picture is always important to you. However, it may not always be the right thing for the situation. You may need to be more precise, more details focused and ordered at times.

# Human Ecology Sample

## FOCUSING DIAGRAM



# Sample