

Thriving During Change

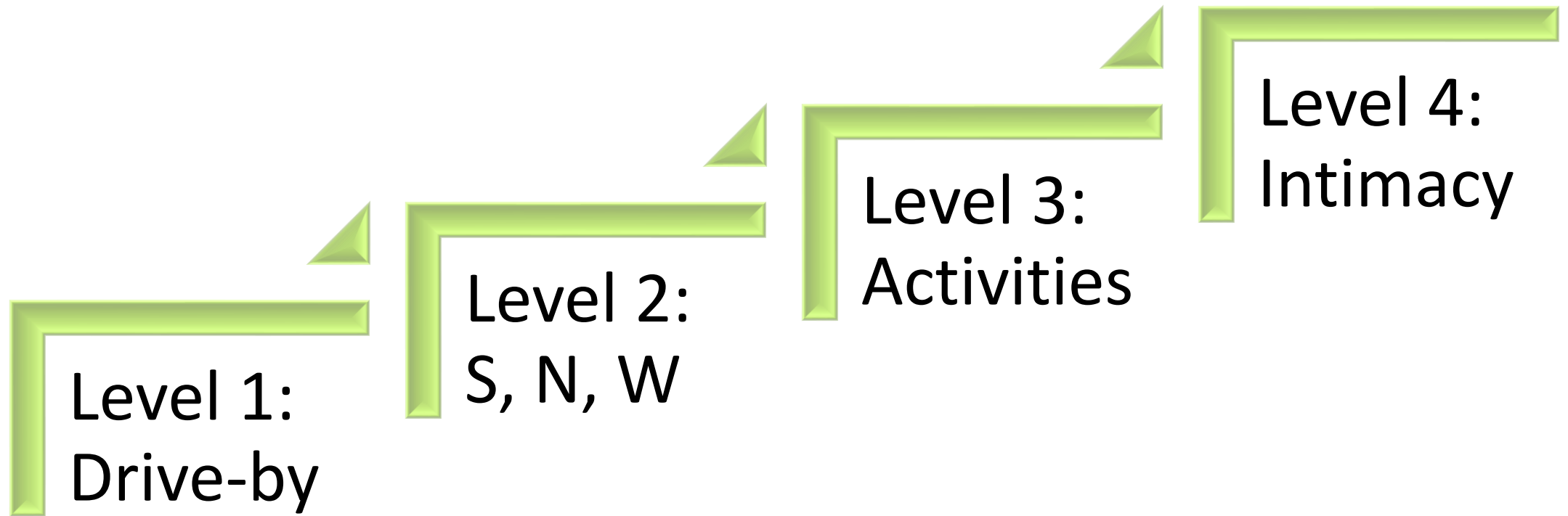
Kathleen Riessen

A solid green horizontal bar at the bottom of the page.

Change



Surface-Level



Intimacy



How are you feeling?



happy



embarrassed



scared



nervous



goofy



surprised



quiet



annoyed



cool



sad



tired



excited



bored



sick



frustrated



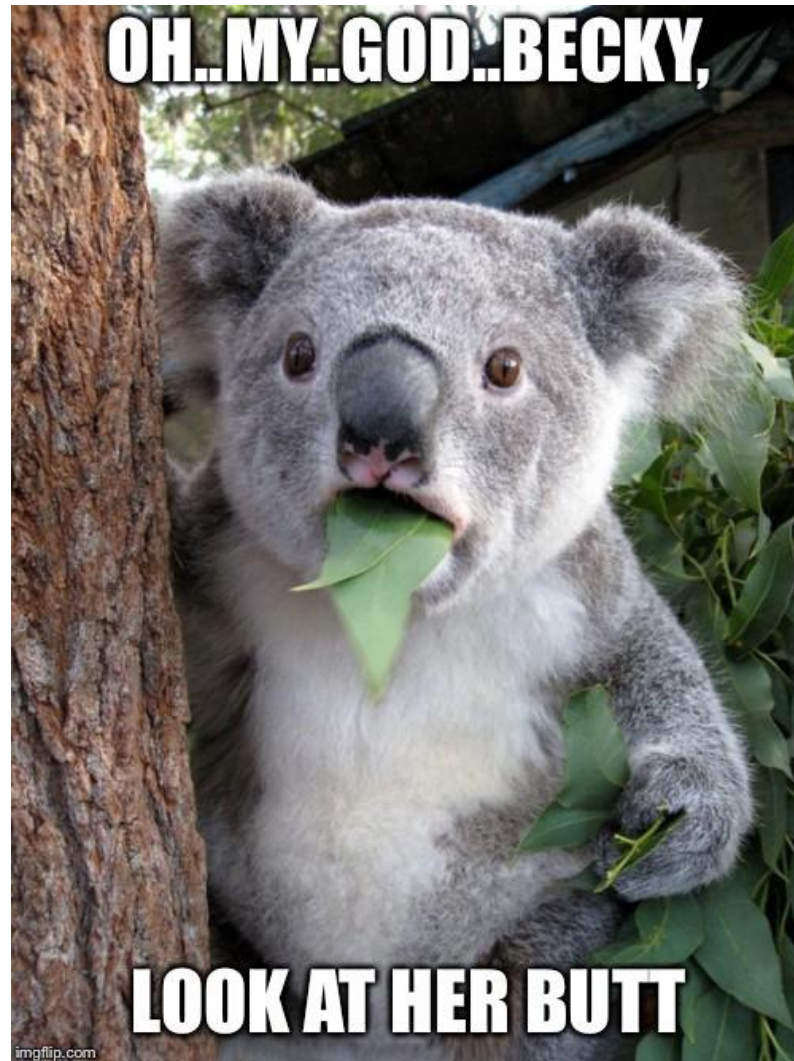
angry



funny



proud



OH..MY..GOD..BECKY,

LOOK AT HER BUTT

imgflip.com

I am worthy

Authenticity

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—Gay Hendricks, Ph.D., co-author of *Conscious Loving*

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What is Possible?



Intention



Intention + Mechanism =
Results

$$\underline{\quad\quad}\% + \underline{\quad\quad}\% = 100\%$$



*Level 4: Intimacy

*Authenticity

*Intention

Thriving During Change

QUESTIONS?

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