



*The*  
**DISTINCTION** **ary**

The **good**, the **bad**, and the **beauty in ugly**

## The Distinction-ary:

Language is a tool for creation, exploration, telling new stories, and sketching out new possibilities. Consider this your ever-evolving jumping off point for seeing, feeling, or experiencing something new in your life.

The words you use mean nothing without the meaning that you give it.

In order to change your life and create permanent transformation, you must change your thinking, change how you're acting, and change how you're living in the long-term.

But in order to change your thinking, you need a new Perspective, a new Awareness, and a new Language. And that's what the distinctionary was created to do.

Why distinctions?

As humans we are making distinctions anyways. So as long as we are doing it anyways, I wanted to give you a new perspective, awareness, and language to have to use in your everyday life.

"Distinctions drawn by the mind are not necessarily equivalent to distinctions in reality."

Thomas Aquinas

## Your New P.A..L

### ★ Perspective

*"Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth."*  
Marcus Aurelius

I want you to gain an awareness of the goggles with which you're seeing your life and your circumstances.

### ★ Awareness

You don't know what you don't know. How can you see what you aren't even looking for? Notice what you're not noticing. See what you're not seeing. Feel what you're not feeling.

The Distinctionary is essentially a series of awarenesses...or awareness awarenesses.

When I say "vs." in the distinctions included below, it's simply to denote a comparison.

I'm not saying that one is good or bad, one is right or wrong, or that one is what you're "supposed to" or "should" lead with in your life. They are all simply comparisons and distinctions and 'things' that may or may not show up in your life, so if/when they do, you'll be prepared.

You'll be able to predict better...and make better guesses. You'll be able to stay calm and stay strong... and respond. Rather than feel unprepared, stressed, or get sent into reaction.

I wanted the Distinction-ary to show you:

- ★ **Duality:** That there's not just a black or white way of seeing things. There's the black, the white, and the gray.
- ★ **Clarity:** To understand why something is causing you to feel, do, or act in certain ways.
- ★ **The 3 sides to the coin:** So you can see that there are alternatives outside of your current goggles.
- ★ **Your Personality:** So you can start to understand that there is no blanket "good/bad", "right/wrong", "should/shouldn't" when it comes to your life. It's important to understand what feels good for you! What feels right to you. What feels certain to you.

It's time to start honing into your own intuition and beginning that process of know, like, and trust.

All of the Distinctions in here are awareness awarenesses. And once you have an awareness, you have it for life.

*"I've worked all my life on the subject of awareness, whether it's awareness of the body, awareness of the mind, awareness of your emotions, awareness of your relationships, or awareness of your environment. I think the key to transforming your life is to be aware of who you are."* Deepak Chopra

## ★ Language

A new conversation. New language. New definitions.

Your inner self-talk determines what you say, what you do, and how you feel every single day. Influencing it is one of the most powerful things you can do to influence your life.

You have this ever-present inner-voice in your mind 24 hours a day, 7 days a week. Even when you're sleeping, she's still going strong-- whether you know it or not.

So I want to help you start tuning into your own inner-voice....see where it's become "the enemy" instead of a trusted friend, and do a little 'makeover' on it, so that the REAL you is the one making every choice, promise, decision, and commitment.

**Language to beware of:** Voice of rejection, judgement, criticism, or control that wears on self-esteem, self-image, body image

**Language to become:** Voice of acceptance, connection, care, and love that contributes to your self-esteem, self-image, and body image...and moves you TOWARDS freedom, happiness, and peace of mind.

You would be shocked at the power of simply being aware of your language.

*"The greatest obstacle to international understanding is the barrier of language."* Christopher Dawson

## Change vs. Transformation

- ★ **Change:** Alter what you do or how you act. (literally means “a different situation”)
- ★ **Transformation:** Alter your default way of thinking and acting. (literally means “change the form of”)
- ★ **Another way of thinking about it:** Are you [shifting/repairing/altering] your actions? Or are you changing who you are...changing your default? Also: Is this addressing the effects? Or does this address the cause? \*\*Change is mindful (and of the mind). Transformation means that a brain change has occurred.

## React vs. Respond

- ★ **Respond:** consciously or mindfully thinking, speaking, acting, or making decisions
- ★ **React:** Unconscious, knee-jerk, or mindless thinking, speaking, acting, or making decisions.
- ★ **Another way of thinking about it:** Am I the driver or the passenger? Am I making a choice, or is a choice being made for/by me. Am I happening to my life? Or is my life happening to me?

## Reality vs. Perception

- ★ **Reality:** What happened? What’s real? What’s the DATA?
- ★ **Perception:** What was added? What am I [saying/adding/perceiving] about what happened? What opinion-based meaning am I giving it? What’s the DRAMA?
- ★ **Another way of thinking about it:** What were the facts, the happenings, and the impersonal story of what happened...and what did I add, perceive, judge, or create an opinion about?

## Require vs. Desire:

- ★ **Require:** Needed or necessary
- ★ **Desire:** Wanted or preferred
- ★ **Another way of thinking about it:** Is this absolutely necessary, or do I just prefer it to alternatives?

## Control vs. Influence

- ★ **Control:** Am I trying to force, coerce, resist, or dominate (literally means "against")
- ★ **Influence:** Am doing all I can to impact myself or the outcome. (Literally means "into, in, on, upon")
- ★ **Another way of thinking about it:** Am I focusing on how I can exercise my personal power, or focusing on what's not in my 'control'? Am I focusing on moving towards a solution? Or focusing on resisting a problem?

## Weapon vs. Tool

- ★ **Tool:** Am I using this to serve or help myself or my journey? (literally means "to manage skillfully")
- ★ **Weapon:** Am I using this to resist, judge, control, hurt, or harm myself? (literally means "instrument of fighting and defense")
- ★ **Another way of thinking about it:** Am I using this to move respond and move towards a solution? Or am I using this to react or resist a problem? *Weapons of control* (restriction, rules), persuasion (convince), and change ("a different situation" ...have to/should) *Tools of freedom* (permission, choice), influence (exert personal power, flow) , and transformation (change shape...want to/enjoy)

## Optimism vs. Realism

- ★ **Optimism:** Am I full of hope, best-case-scenario thinking, or looking for opportunities? (Literally means "the greatest good, the best")
- ★ **Realism:** Am I looking at it with objective eyes, and genuinely stating my perception of the likely statistical outcome? Am I using evidence-based logic and reason? (literally means "close resemblance to the scene")
- ★ **Another way of thinking about it:** Being optimistic doesn't mean you see the world in butterflies and unicorns, pie-in-the-sky eyes, but it's also really important that you keep yourself grounded and attuned to what's real.

## Repair vs. Care

- ★ **Repair:** To fix, to make up for what went 'wrong' or what's not 'right', a short-term solution to a present-day problem or an acute effect. Playing 'catch up' or 'patch up' (literally means "to mend, make ready, prepare")
- ★ **Care:** To look after for the duration, all the time. Give your brain, body, heart what they need and want to keep you healthy and happy. Your body is your partner for the rest of your life. It's a long-term relationship. . Status quo, Homestasis. Being interested in the big-picture, long-term quality of life and vitality. (Literally means "to feel concern or interest")
- ★ **Another way of thinking about it:** Am I keeping my long-term interests at heart as I go through my life? And if I do need to acutely focus my attention on a problem or a 'fire', am I thinking about how to prevent future fires from occurring?

### FROM → Repair

- Survive
- Move away from pain
- Repair Damages
- React
- No choice, take freedom, it's work
- Always look to someone else
- Short term repair
- Brain hijacked, feel out of control
- 1- focus (on pain or dis-ease)
- Need mechanic, need driver, dependent
- Control
- It's punishment or toll
- Nuisance, burden, worry, weight
- Focus on body when it's bothering you

### TO → Care

- Thrive
- Towards Pleasure
- Prevent Damages
- Respond
- Create choice, freedom, play
- Learn how yourself
- Long-term care
- Mindful, at your pace, calm
- 3-D overview
- You're the pilot, the driver, independent
- Freedom
- It's a gift
- Love Acceptance Care
- You have body and brain 24/7/365

### Losing Weight vs. Self-Care

- ★ **Losing Weight:** When you're focused on 'Weight Loss', you have 1 set of 'values', you [walk/talk/think/act] a certain way (with [your definition of] Weight Loss priority #1)
- ★ **Self-Care:** When you're focused on 'Self Care', you have another set of 'values', you [walk/talk/think/act] a certain way. (with your well-being, happiness, freedom #1)

### Typical Definition of "Healthy" vs. Healthy to your Brain/Nervous System

- ★ **Healthy:** The state of being well, whole, and full of life "being in a sound state"
- ★ **Healthy to your Brain/Nervous System:** When the nervous system is in a state of safety, relaxation, and survival...and is positively impacting the rest of the 3-dimensional [mind/body/brain] (Nervous system literally means "affecting the chain")
- ★ **Another way of thinking about it:** What am I using as my definition of health vs. what's my [mind/body/brain]'s definition of health? Typical Definition of Healthy: "Eat well & exercise.", "Eat less. Move more." Healthy to your Brain/Nervous System: When your brain is chilled out, relaxed and copacetic. When your nervous system is in a state of safety, relaxation, and survival...and is positively impacting the rest of the your 3-D [mind/body/brain] (Nervous system literally means "affecting the chain")

## Motivation vs. Inspiration

- ★ **Inspiration:** When the driving force behind change is derived from within
- ★ **Motivation:** When the driving force behind change is derived from external sources
- ★ **Another way of thinking about it:** Is someone or something outside of me driving the action, the energy, or the outcome? Or is the main driver of the momentum coming from me or within me.

## Important vs. Priority

- ★ **Important:** Something that holds significance or meaning in your life, your desires, or your needs.
- ★ **Priority:** A high state of urgency or necessity. (Literally means "the state of being earlier")
- ★ **Another way of thinking about it:** When it comes to all the things that are important to me, how big of a priority is it to my health and happiness? And what order would serve me best?

## Choose vs. Decide.

- ★ **Choose:** To select or designate from an array of options. (Literally means "to seek out, select, accept, approve")
- ★ **Decide:** To eliminate all options, but one. To take choice out of the equation (Literally means "to cut off")
- ★ **Another way of thinking about it:** Am I having to consciously make choices all the time? Or am I making decisions that will keep me from having to make conscious choices in the future?

## What you're saying vs. What you're adding vs. What you mean

What actually happened and what you say about what happened may be two very different things. This is left to the discretion of your perception.

Based on some "Geekery" beyond the scope of this topic, we know that our brain's perception is dictated by our past beliefs and past experiences. Often the case is that we are simply a product of the stories we grew up listening to and the "authority" in our lives' view of things.

Based on repetition, we just pick up opinions and beliefs of others, and then download them as our own. Especially after a long period of time, it becomes hard to tell whether we actually feel this way or are saying this, or if it's what someone else is feeling or saying (or what we think someone else is feeling or saying). Because of these reasons, it's really easy to live in this "alternate reality" if we aren't careful.

My own personal go-to question when I want to know who's in charge of my actions? I simply say: "Says who?" That way I can ask myself: "Do I say this, or is it based on what someone else thinks or is saying?" I refer to it as my "Reality Check".



## What happened

I ate a  
cupcake

I walked into room and saw  
another woman look at me.

My daughter came home from  
school upset because she got a  
C+ on her test

## What I said about what happened

"Ugggh! I have no  
willpower and ruined  
my diet!"

"She was looking at the fat  
rolls hanging over my jeans!"

"I'm a bad mom! Why  
didn't I help her study?"

## More Food For Thought: (What these words REALLY mean)

- ★ **Accept:** To take/ receive what is offered, worthy of (are you taking what you want, or what is offered?)
- ★ **Connect:** get in touch with, reach the target, join together, establish rapport
- ★ **Care:** to feel concern or interest
  
- ★ **Grow:** advance, be sensible, get bigger
- ★ **Change:** a different situation, something substituted for something else
- ★ **Practice:** To do, act, perform (are you practicing or performing)
  
- ★ **Shame:** loss of esteem or reputation, to cover, feeling disgrace
- ★ **Guilt:** crime, sin, fault, fine, moral defect or failure of duty
- ★ **Blame:** condemn, find fault, criticize
- ★ **Compare:** Liken, rival
  
- ★ **Own:** with full confession (without shame, guilt, blame) Master of,
- ★ **Story:** Chronicle, history, connected account or narration of some happening, narrative of important events or celebrated persons of the past
- ★ **Conversation:** living together, manner of conducting oneself in the world, to keep company with, to dance
  
- ★ **Trust:** to rely on, make strong and safe, reliance on the integrity, comfort, confidence, protection, to believe
- ★ **Integrity:** purity, innocence, blamelessness.
- ★ **Confidence:** to trust
  
- ★ **Image:** to form a mental picture, piece of sculpture, ornate description, reflection, mirror
- ★ **Esteem:** account, worth, high regard, value
- ★ **Body:** Trunk, Life; the nation, the state
  
- ★ **Psychology:** Change your perspective, change your perception, change the meaning.
- ★ **Neurology:** change your brain. Alter a map.
- ★ **Physiology:** Change your physical nature.