



## CONDITIONED TENDENCY (CT)

### **Automatic Response Under Pressure**

- Predominant somatic organization under stress or perturbation
- Reflects your historical experiences and recurrent conditioning
- Predominant mood or mode of expression
- Automatic internal conversations
- Recurrent patterns of beliefs or stories about reality

### **Common Modes of Expression When Under Pressure**

- Toward others - Get close for safety, overly nice, appeasing
- Away from others - Fade into background for safety, avoid conflict
- Against others - Fight for safety, defensive, challenging

### **Ineffective Moods or Attitudes**

- Paranoid, distrusting, righteous, guilty
- Desperate, angry, resigned, ashamed
- Arrogant, defensive, apologetic, resentful

### **By attending to your CT, it is possible to:**

- Reinterpret the past
- Change the way you perceive the world and others
- Develop new stories about the future and how you want to be
- Create new choices in how to react to pressure, stress and conflict
- Develop stronger relationships with people
- Increase your capacity to communicate and coordinate
- Increase your ability to observe other's CT
- Deepen your capacity to listen to yourself and to others
- Develop compassion for yourself and for others
- Listen for and shift mood in yourself and others