
Expansion Chart

1. Think of a difficult situation. This could be a task or activity that you have been procrastinating on, a decision you are having trouble making, an upcoming event that is making you nervous, a situation where saying “no” or standing up for yourself is hard, or a chronic worry that has been troubling you. Write this situation into the first box labeled Opportunity.
2. Identify the values that are truly important to you in this situation. They represent the direction that you want to be moving in and what you want to strengthen or cultivate by working on this problem. I find it very helpful to use the Values List as a reference.
3. Identify the monkey mind-sets that are activated in this situation. This is a good time to review the charts that correspond to each monkey mind-set that are found in chapter 5. (They are labeled Beyond Certainty, Beyond Perfect, and Beyond Over-responsibility. You can also download these charts at <http://www.newharbinger.com/35067>.)
4. Identify the expansive mind-set that can counter the monkey mind-set. You can consult the same charts you used for step 3.
5. List the safety strategies that you've used in the past. A good question to ask yourself is, *What do I do to keep the worst from happening?* You can also consult the list of common safety strategies found in chapter 4, or download them at <http://www.newharbinger.com/35067>.
6. List the expansive strategies you intend to use instead. (They are often exactly the opposite of your safety strategies.)
7. Finally, write down the necessary feelings that you will need to experience and welcome in order to grow. These include both fight-or-flight sensations and negative emotions. Here is a short list of necessary emotions to help you anticipate what they might be.

Anxiety Embarrassment

Anger Guilt

Panic Hopelessness

Frustration Shame

Situation:

Opportunity:

Values:

Monkey Mind-set

Expansive Mind-set

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Safety Strategies

Expansive Strategies

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Necessary Feelings: