

Orders of Self: **Conflict Resolution Styles** at each of the tiers

		characteristics of this Order of Self			types of energy used in addressing conflicts			
		identity	longing for	tier	yin	stillness	yang	goal
8°	violet	I am the creator of the Way	re-union, harmony	transpersonal	I have compassion for the struggle of all Creation and delight in its beauty.	I am present to the tension in Creation and observe the dualism in all things.	I observe the perfection of all of Creation just as it is. I choose what is.	changing the creation
7°	turquoise	I am a product of the unique circumstances of my being	meaning and purpose in my life; release of suffering of others					
6°	teal	I am the one who chooses which perspectives and abilities to use	mastery over internal conflicts;	intrapersonal	I can be present to the parts of me that are in conflict in a manner that allows all of them to be fully witnessed.	I don't have to act immediately. I can wait until I am clear about what I need. Patience	I can choose from among my many parts or perspectives and can create new ways of being that create what I need.	changing myself
5°	green	I am the multifaceted creation of my many experiences	self-awareness in the midst of contradictory impulses					
4°	orange	I am the one choosing my roles and relationships	mastery over my role and security in my relationships	interpersonal	I am willing to change myself in order to move toward the relationship that I want.	I feel despair at changing the other. There is nothing I can do. Hopelessness	I know that I can powerfully transform the relationship by being who I choose to be.	changing the relationship
3°	amber	I am my roles and relationships	acceptance of others and security in my role					
2°	red	I am the one having my experience	mastery over what I am experiencing	personal	I will try to be who others want me to be to minimize tension and to get them to take care of me.	This doesn't bother me. There is no conflict. Denial	I will get the other to change by telling them how to be, blaming, forcing, violence.	changing the other
1°	magenta	I am my experience	connection to the material world					
0°	IR							