2A (iv): FUNDAMENTAL IDEA – DIGGING DEEP

Your fundamental idea is your key schema. It dictates how you feel and perceive yourself, the world, the future, the people and how things operate. It is your automatic subconscious education system telling you how you are supposed to live your life. Everything else you experience is built on top of it. To reveal what is in your fundamental idea you have to expose your mental vulnerability that you are protecting.

CAN YOU EXPOSE YOUR DEEPEST VULNERABILITIES?

e.g. Being competitive is important to you. But why? Do you need to be seen or heard recognised?Does it not count if nobody saw it? Do you need others to feel inferior to yourself to have value? Do you need others to tell you that you are worthy? Do you only exist in the eyes of others? Everybody values the winners. Is that why you want to win? Or is it even deeper than that? Do you have to ask yourself, WHY? You were not born competitive like this, so there has to be more...