

Personal Edges

Edges are points of growth. We all have them.

- Being able to recognize your edges helps to normalize your experience.
- When we know we are at an edge we can consciously decide whether to cross or not.
- Not all edges are there to cross: idea is to have more freedom (emotional intelligence).
- Knowing your edges allows you to Take charge of your own growth (an edge is a point of growth).
- When you know you at an edge you can design more conscious strategy for crossing it (creative space).
- Relationships can get damaged by crossing edges unconsciously (Examples of reactive space: strong emotions, intoxication, charismatic leadership, gangs).
- Awareness is the key so you can connect to your **Conscious Intent**.

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Tips on crossing edges.

- Slow down and notice when you are at an edge – what happens to you? What defense mechanisms get activated?
- Examine your edge voices, assumptions and belief systems and unpack those that are real versus perceived.
- Take time out and reflect (particularly if the edge brings strong emotion).
- Look for role models: people who have crossed similar edges with positive results.
- Cross consciously versus jumping blindly.
- Find a coach or mentor.
- Tell others it is an edge for you and ask for support.