

# Being Passionate About Something Model

Ability: Caring so deeply about something that you engage in it eagerly and often, and in many different ways.

From “Expanding Your World” by David Gordon and Graham Dawes. Used with permission.

## Beliefs

Criterion with definitions – Being Appreciative – noticing what is special, and making myself or others aware of it.

Evidence – Feel filled up inside (in my upper body). The energy feels very forward. Eagerness to tell them something. They brighten; there is some verbal or non-verbal lift.

Enabling Cause-Effect – Have to pay attention to what is happening right there, and notice its depth and importance.

Motivating Cause-Effect – Loving and being loved.

Supporting Beliefs – It’s there; I just need to keep searching.

## Strategies

Primary Strategies –

Pay Attention

- Upright posture, with forward energy and the tension of readiness.
- Be flexible in terms of what to pursue.
- Ask questions that draw out the details and nuances of what you are attending to.
- Ask whether the details you are noticing are taking you toward the Big Picture (a colorful but fuzzy image of the ideal, the dream, the fantasy).

Enjoy Details

- Enjoy the details of what you are noticing <-> Notice the details of what you are enjoying.
- Recognize how what you are enjoying connects you to the Big Picture.
- Turn unpleasant things into something that can feed your enjoyment.
- Catalog and store what you are appreciating so it more easily comes to your attention in the future. (“I know what I enjoy.”)

Looking for Deeper Meaning

1. Notice anything that is different or new.
2. “How is this important?” (Is this meaningful?) i.e. Is it a stretch (something you/they were not able to do before), forward movement (in alignment with where you/they want to go), backward movement, etc.?

3. "What does it mean in terms of who I (they/we) really am?"
4. How does that relate to the Big Picture? (Does it necessitate changing the Big Picture?)
5. Celebrate and enjoy this development.

### Secondary Strategies

When you are not as Attentive as you would like to be:

1. Notice that you've missed something.
2. Check posture (forward energy) and breathing.
3. Go back to asking questions (either in your mind or verbally).

When you are not at all Attentive:

If you are really tired, you may have to give up trying to be attentive. If you can't come back to being attentive (usually by asking questions), let it go.

When the Deeper Meaning is not obvious:

1. Ask yourself if there is a deeper meaning, trusting your feelings to tell you whether or not there is. (If not, drop it. "Sometimes a cigar is just a cigar.")
2. If there does seem to be a deeper meaning, ask yourself, "What's really important to me/them/us about this?"
3. If you do not get an answer, tell yourself, "This is important; I want to know," and trust that the answer will eventually come to you.

Sustaining Emotions – Excited <-> Grateful (feeling Blessed and Lucky)

## External Behavior

Body held upright.

I actually do the activities; I put my thoughts into action.

Tell people what I am appreciating.

**Contributing Factors** – I'm not willing to live without passion in my life.