DNA-V
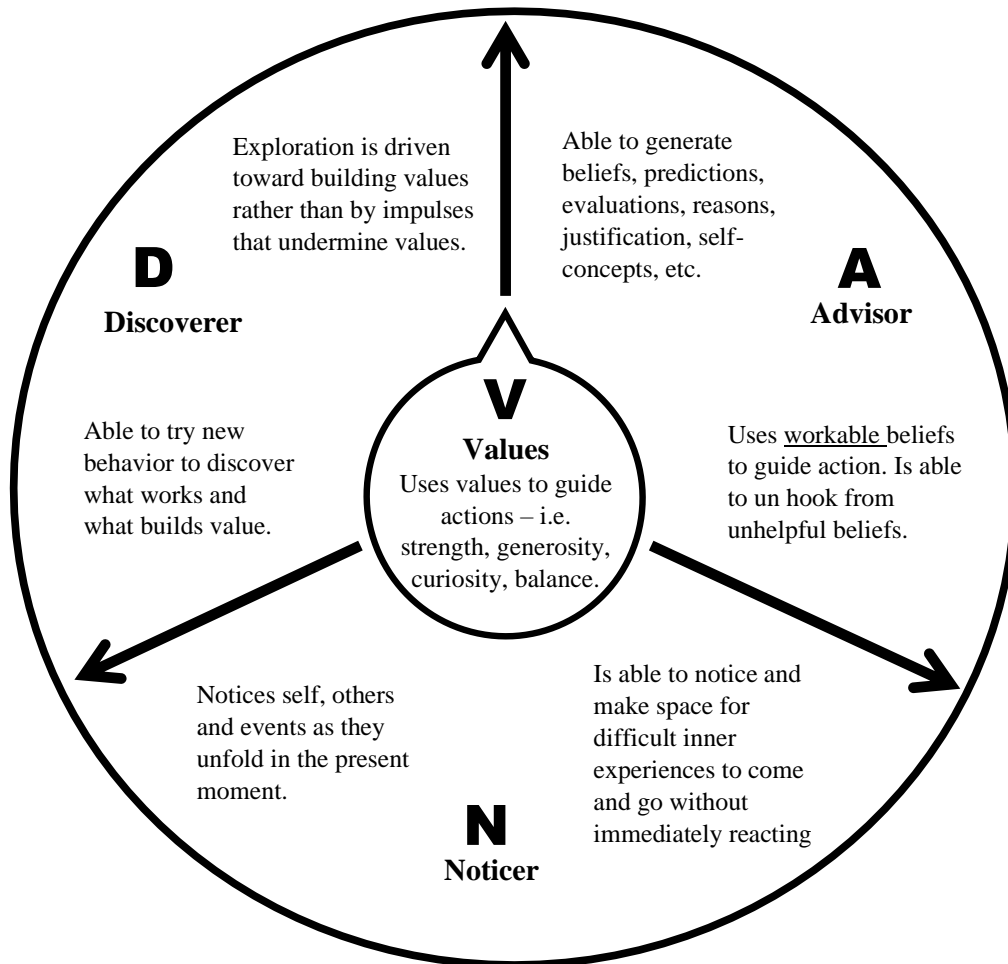
Self-View
*Recognizes that the self is more than self-concepts.
*Doesn't view self-concepts as physical descriptions.
*Can view herself with compassion.
*Sees that growth and change are possible.

D

Discoverer

Exploration is driven toward building values rather than by impulses that undermine values.

Able to try new behavior to discover what works and what builds value.

A

Advisor

Able to generate beliefs, predictions, evaluations, reasons, justification, self-concepts, etc.

Uses workable beliefs to guide action. Is able to un hook from unhelpful beliefs.

V

Values
Uses values to guide actions – i.e. strength, generosity, curiosity, balance.

Notices self, others and events as they unfold in the present moment.

Is able to notice and make space for difficult inner experiences to come and go without immediately reacting

N

Noticer

Social-View
*Recognizes the value of social connection.
*Is able to have empathy and compassion for others.
*Can cooperate, build friendships and love.
*Sees that history with others influences present interactions.
*Sees personal agency: "I can choose" instead of "They made me like this."