

Symbol vs. Experience

- 1) What do you want?
- 2) How can you get it?
- 3) What experience are you looking for?
- 4) How can you get that experience in your life? *Continue with series of questions again beginning with question 1.*

Symbol:

Change working hours
New Room/ Building/ Location
More Time
Different Tasks
Friendships
Time with Colleagues
Training
Make More/ Less Decisions
Longer Vacation Time
New Job
Smaller/ Larger Space
Different Equipment
More Money

Clothes
Care
New House
Marriage
Family
Social Life
Sex/ Lover
Physical Image
Educational Degree
Travel

Experience

Expression
Status
Respect
Giving/ Receiving love
Capability
Relaxation
Success
Empowerment
Competence
Creativity
Peacefulness
Fulfillment of Purpose
Inner Calm
Authority

Esthetics
Freedom
Connectedness
Belongingness
Fun/ Leisure
Acceptance
Self-esteem
Personal Space
Excitement
Happiness
Self-worth
Pleasure
Safety
Choice

