

Design Process for Potential Change-Energy ***Healing the Heart***

*All change is based on the formula (Time + Energy + Cost) or Commitment X Capacity or (ability to change) = **Change**. We have examined the role time plays; next we need to explore the role energy plays.*

Energy is made up of two primary and one secondary element with many contributing factors. Nutrients and fluids, made primarily from food and water, are one of the basic elements. We will examine the role these play in your life first.

But first, we must define some terminology. Energy can be broken into expressive and receptive processes. Expressive means how we release our energy and receptive means how we receive our energy. Expressive can further be broken down into how we use or focus our energy. We can focus it preventatively which is a primary focus as in acquiring food and drink to survive, we can focus it recreatively which is a secondary focus as in obtaining pleasure from eating and drinking, and we can sublimate the focus which means to use it as energy to accomplish something else (more than survival).

How do you use food in your life? Do you use it for survival? Do you use it for recreation? Do you use it for effort (more than survival)? We will examine each of these in turn.

Think how you use food. For example: I use food for entertainment. The main way I connect with my family with our busy schedules is to go out to eat.

If you only used food for survival, how do you think you would eat differently? For example: I might choose the foods I eat not based on taste or desire but based on health or survivability value.

Now think of food as energy to do your work or to foster creativity. How might you eat differently if you were eating to give yourself the greatest degree of energy? For example: I would eat food higher in protein or carbohydrates.

Now as you think of the above and combine the three factors of food for survival, food as energy, and food as entertainment, how would you design your food intake and eating patterns differently?

Now let's do the same thing with sleep. Sleep or rest is the other basic element of life. Just as if we don't eat and drink we die, if we don't rest and sleep we will die. Sleep and rest is also critical to our survival. Therefore, how we sleep and rest as well as how well we sleep and rest is also important to our well-being. Again, think of sleep and rest in two parts-receptive (how we do it) and expressive (how we use it). Expressive can further be broken down into two parts-preventative (how we obtain it) and recreatively (how we use it). First, let's examine how you sleep and rest now.

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- 1. I sleep this many hours on the average per night. _____*
 - 2. I go to sleep usually by _____ o'clock and wake up by _____ o'clock.*
 - 3. During the night I usually wake up _____ times.*
 - 4. When I wake up I can usually get back to sleep in _____ minutes.*
 - 5. When I wake up this is on my mind _____.*
 - 6. When I wake up in the night I feel _____.*
 - 7. When I wake up in the morning I feel rested _____ tired _____.*
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8. When I wake up I am ready to begin the day: yes _____ no _____.

Now examine your above answers regarding how you sleep and how sleep makes you feel. What would you change if anything? For example: I would like to go to bed earlier.

Now let's think about how you play. Play is rest when done right. Play rejuvenates our energy even though expending energy as expressive play or recreation. How and when do you play? What do you do for fun? Don't choose anything to do with eating, since we dealt with that previously. For example: I like to walk my dog. When I walk my dog I get out of the office and feel relaxed.

Now let's consider or explore how you preventively look for rest (not sleep) for survival purposes. When and how do you do the downtime? This is different from playtime. This is time spent to rest and recover in addition to my normal sleep. For example: I take a nap every day and spend time in meditation or listening to music or drawing.

As you consider the above areas and answers to your sleep and rest patterns, how would you change your life in order to sleep better or more or how would you design your life differently to include expressive and receptive rest (expressive rest being play and receptive rest being meditation)?

Now there is one other element we need to consider in the area of energy. That element is sex. Sex is energy. It is not as necessary for individual survival as food and sleep, but it is a primary drive necessary for the survival of all. It can be used preventatively or recreatively. As well, it can be focused or diffused. How we channel our sex drive determines in a large part most of our success in life. If we channel it first into our passion for God and then into either our spouse or children or into our work we can reap great benefits and life satisfaction. If on the other hand it becomes diffused or squandered on non-productive sexuality, we have wasted precious God given energy and one of the building blocks to our enjoyment of life. First, let's examine how you are using your sexual energy now and then we will consider alternatives for design.

First, let's describe your current use of your sex drive.

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- 1. My sex drive is normal and healthy: yes _____ no _____.***
 - 2. My sex drive is focused on my spouse (if married) yes _____ no _____.***
 - 3. I find as I think about it my sexual energy may be squandered: yes ___ no ___.***
 - 4. My sexual energy goes into my work or the love of my life (not my family) yes _____ no _____.***
 - 5. I feel good about how I use my sexual energy: yes _____ no _____.***
 - 6. My sexual energy may be diffused: yes _____ no _____.***
 - 7. There are parts of how I focus my sexual energy that I realize are a waste: yes _____ no _____.***
 - 8. I would like to have more sexual energy: yes _____ no _____.***
 - 9. I am satisfied with my sexuality and the expression of my sexual energy: yes _____ no _____.***
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10. I would change nothing about this part of my life and energy: yes ___ no ___.

Now as you think about the above, how would you change how you use and acquire your sexual energy as well as how you expend it. For example: I realize I am putting so much of my energy in my work that I am too tired to love my wife. Or, I am diffusing my energy by looking at pornography or the females in the office or by talking in chat rooms or meeting my emotional needs through flirtatious activities.

We might consider all of the above energy acquisitions and expenditures as ways of entering God's rest and living our life with more passion and enthusiasm and joy. Now as you go back through all of your answers and rethink how you might combine your acquisition and expression of energy in all three areas of your life (eating, sleeping, and sex) what might you do differently?

If I could change my life to take better advantage of the opportunities given to me from the energy that comes for the appropriate or best use of my eating, sleeping, and sex, I would design my life as follows: For example: I would sleep more or go to bed at this time and I would eat this way or this amount or I would use my sexual energy is this way.

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