

Intensity to Vitality

Managing Environmental Intensity without Burning Out

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William & Mary

IMPORTANCE

Perceived Evaluation

Cost

Uncertainty

Fear of Failure
(Pressure)

Natural Responses

Avoid / Escape
Until "Have To"

Over-Control
Mastery

The Authentic Excellence

Initiative **AX**



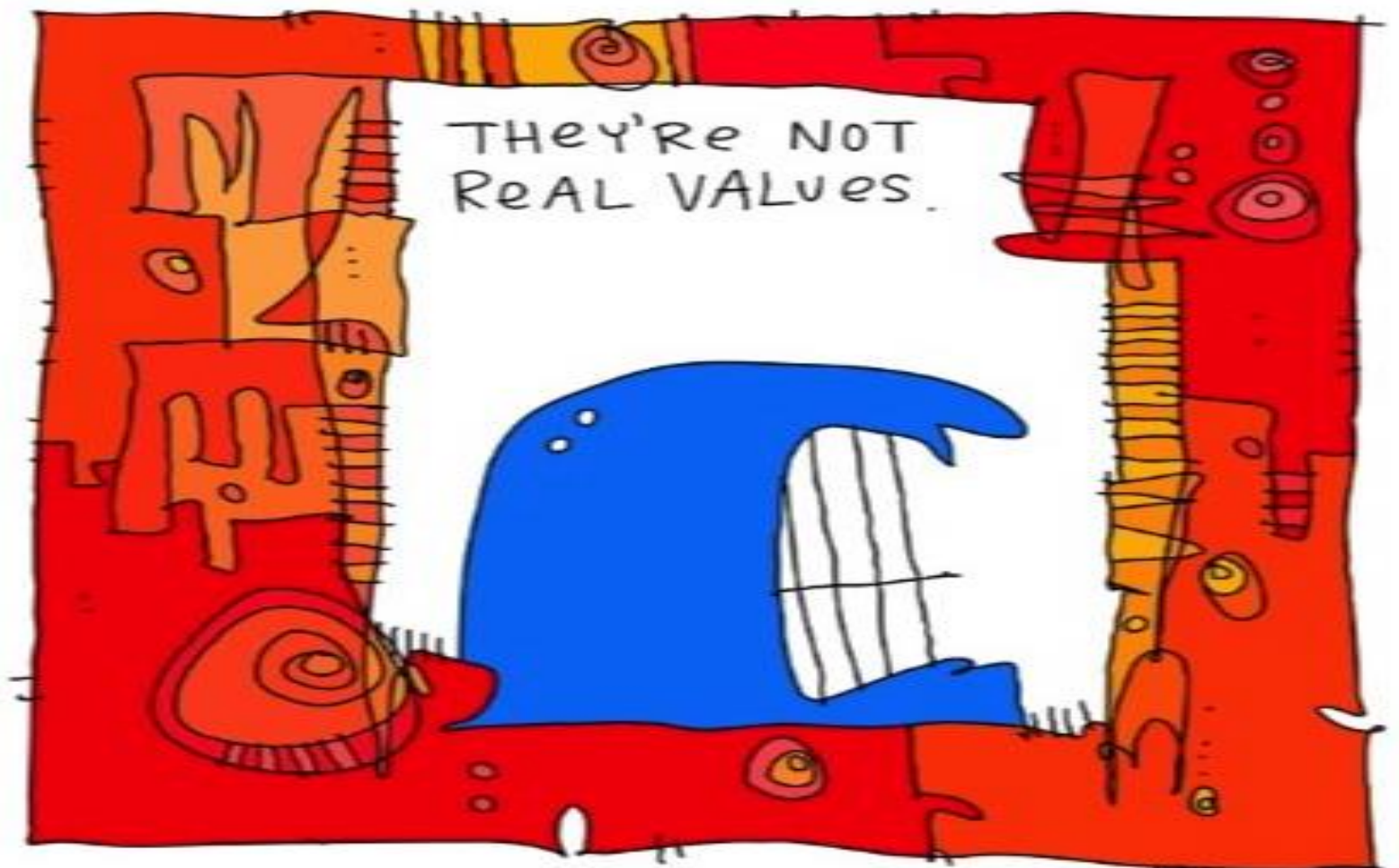
AX 101: Understanding Authentic Excellence

AX 201: Living Authentic Excellence

AX 301: Mentoring Authentic Excellence

Concepts: Fear-based Excellence versus Authentic Excellence
Plateau Effect - staying stuck at good
Improving productivity, fulfillment and resilience

IF THEY DON'T
OCCASIONALLY
SCARE US



Moving Beyond our Neurology

From Reducing Fear
thru Control & Avoidance
To Holding Fear Well

Managing Fear of Failure Differently

From Fear as Emotion of Threat
To Emotion of Importance

From Failure as Personal Statement
To Worthy Disappointment

From Hurt as Awful (Requiring Protection)
To Hurt as Hard (& Only Hard)

Managing Fear of Failure Differently

From Experiential Confidence
To Volitional Confidence

From Striving for Passion/Happiness, Potential & Balance
To Striving for Purpose/Meaning, Expression, & Harmony

From Outcomes as Life-Critical “Have To’s”
To Life-Enhancing “Want To’s”

Four Verbs for Excellence

ALERT . . .

Actions (Verbs):

Learning

Expressing what I've learned

Relating

Taking Care of Myself

Moving Beyond our Neurology

From Avoidance of Difficult Emotions
To Confidence in Managing
Difficult Emotions

Effective Coping

- Step 1: Honor the Reaction,
Challenge any Conclusions
 - Step 2: Commit to Self-Care
for the Health of It
(Not to Feel Better)
 - Step 3: Do Something of Personal Rightness
(Focus on a Value while Affected)
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Healthy Self-Care

(from Step 2)

Verbal Expression

Physical Expression

Creative Expression

Meditative Expression

Temporary Break

What Else is True?

Appropriate Inappropriateness

Dreaming

Natural Self to Authentic Self

Natural Self

Authenticity = Emotions (from Outcomes) +
Habitual Coping Patterns

Authentic Self

Authenticity = Integrity (Values & Behavior) +
Healthy Coping Patterns

Questions / Follow-up:

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