

Pathways to Liberation: Quick Matrix for the beginning of the certification process.

Please go through the skills below and make an self-assessment of where you find yourself. if possible illustrate your awareness/insights with an example.

1. Presence:

Most of the time I am attentive to what is happening right now. I am not lost in thinking, emotional reactions, etc.

Choose one of the following answers

- Unskilled: I get lost in the past or the future.
- Awakening: I am aware of the difference between being alert to what is actually happening and being in the past or future.
- Capable: I am able to witness thoughts and feelings, and to respond rather than react;
- Integrated: I can be alert to what is happening in each moment, with a deep sense of purpose and choice.
- No answer at this time.

Please enter your comment here:

2. Observing:

Most of the time I am noticing (and possibly describing) my sensory and mental experiences, and can distinguish these experiences from the interpretations as I describe them.

Choose one of the following answers

- Unskilled: I often confuse interpretation with observation; and assume that evaluations and interpretations are facts.
- Awakening: I am aware of interpretations as different from observations when reviewing past events;
- Capable: I can gradually remember and make the distinction between observation and interpretation.
- Integrated: I can without effort distinguish observations from interpretations.
- No answer at this time.

Please enter your comment here:

3. Taking ownership of one's feelings:

Most of the time I live from the knowledge that I alone cause my emotions - my emotions are not caused by others.

Choose one of the following answers

- Unskilled: When feelings arise, I tend to blame myself, others, or external circumstances.
- Awakening: Sometimes I notice I blame and criticize, and I can be unclear how to take ownership of my feelings.
- Capable: I notice when I get triggered, and I use that as a signal to self-connect.
- Integrated: I understand and experience emotions to emerge from my needs and my thoughts.
- No answer at this time.

Please enter your comment here:

4. Needs consciousness:

Most of the time I am aware of needs, the essential qualities of life (like sustenance, love and meaning).

Choose one of the following answers

- Unskilled: I find it difficult to name needs. I often confuse strategies with needs.
- Awakening: I have an Intellectual understanding of universal needs; but still confuse needs with strategy.
- Capable: I can see the difference between needs and strategies; and I am able to express feelings and needs (sometimes with effort).
- Integrated: I live from the awareness that everything we do is an attempt (effective or not) to get needs met.
- No answer at this time.

Please enter your comment here:

5. Request consciousness & making requests:

Most of the time I am willing to ask for what I want, with openness to any response.

Choose one of the following answers

- Unskilled: I demand or I do not express requests.
- Awakening: I am aware that making requests is increasing the likelihood of getting needs met.
- Capable: I am willing to make specific requests. I am noticing attachment to a specific strategy.

- Integrated: I am willing to ask for what I want. I am open to dialogue without attachment to outcome.
- No answer at this time.

Please enter your comment here:

6. Empathy:

Most of the time I am present with another's experience, with full acceptance of the person.

Choose one of the following answers

- Unskilled: I habitually respond to others with sympathy, advice, criticism, shifting the focus to oneself, etc.
- Awakening: I easily get lost even if I have the intention to give others presence. Sometimes I am able to guess observations, feelings, needs and requests.
- Capable: I am capable of being with another and able to reflect another's experience.
- Integrated: I can naturally focus when being present with another's experience, with full acceptance of the person.
- No answer at this time.

Please enter your comment here:

7. Self-Empathy:

Most of the time I accept myself with unconditional caring.

Choose one of the following answers

- Unskilled: My habit is to fall into a reactive pattern of self-judgment characterized by self- criticism and defensiveness.
- Awakening: I easily notice my self-judgment.
- Capable: I am increasingly accepting what I feel, think, need and do.
- Integrated: I can connect and I care for myself.
- No answer at this time.

Please enter your comment here:

What are you going to do with what you have learned from this self-assessment?
For your reference, write a short description in the space provided.

[A Version of this on excel](#)

This document created by Towe, Ola an Ania was based on:

1. [Pathways to Liberation: Quick Matrix](#)
2. [Self Assessment Planning](#)
3. [Matrix online English](#)