

INNER PEACE DAILY RATING SCALE

RED FLAG COUNTRY

- 1 RED RAGE screaming, shouting, threatening, violent. Expression of anger is all that matters. Automatic, intensely violated, reactive, cold, hurtful. Complete disregard for the object of rage.
- 2 Shout angry, harsh voice, fast speech, and breathing. Blaming, threatening, demanding, JUDGING. Intense irritation and frustration. Inner dialogue continues after the outburst.
- 3 Covert remarks in angry tones. Judgment and blame with Self-Forgiveness coming later. Frustrated and holding onto my position. Perhaps trying to clean it up later.

MOVING INTO NEUTRAL TERRITORY

- 4 Covert remarks in sarcastic tones. I recognize that “school is in session.” Irritation, but no investment. Occasionally, I remember and forgive myself for my judgments.
- 5 Rather than reacting, I hold my tongue. Conscious of choices, I am choosing peaceful behavior. Begin to experience neutrality some of the time. More aware of the ego acting out. I have choices and I lovingly and gently work Self-Forgiveness when I find myself out of balance. Remember and use 7 Steps to Issue Resolution.
- 6 Appropriate neutral responses more often. CALM. Accepting. Compassionate Self-Forgiveness for any judgments more of the time. Attitude of Gratitude as I am learning to take loving dominion over my behavior and expression.

PEACE ZONE

- 7 Gentle tone of voice, congruent expression. No judgments, only compassion. Valuing the experience of peace. Moving into my Heart Center and expressing from there. Mostly accepting of mySelf and others. Immediate Self-Forgiveness when I become aware of judgments.
- 8 Positive acknowledgment expressed in caring tones and language. Acceptance and Empathy. Gracefully aware of my loving. Self-appreciation and self-acknowledgment of my growth and loving. Living much more of the time in forgiveness, gratitude, and grace.
- 9 Communicating with Loving Kindness. Expressing positively, verbally or nonverbally. Heart-Centered Peace and Grace. I partake of the milk of human kindness as I share it with myself and others. I am a Peaceful Presence—I see and accept my Self, others, the world, Spirit, and what is.

NOTE: We’re pleased to provide this *Inner Peace Daily Rating Scale* created by a Second Year student some years ago. The power of using a *Rating Scale* is setting your intention and then tracking daily from a place of Neutral Observation, accepting the ebb and flow of your own process as you experience incremental shifts upward.