Exercise 17 – Mapping Your Domains

There are four aspects to mapping any domain. Imagine a circle, split in four equal sections. Number those 1 to 4 from top left to bottom left in a clockwise manner.

However, when you start you would initially draw a cross on the page without any circle surrounding it.

Number 1 represents the POSITIVE PHYSICAL ELEMENTS of the domain. So, in the SELF DOMAIN it might represent your physical body, your clothes, personal property and other things that you identify with yourself. In that quadrant you list all the items that are in your life that are things you consider positive. your list might extend outside the boundaries of the cross. That's fine.

Number 2 represents the POSITIVE SUBJECTIVE ELEMENTS, or positive mental elements of the domain. This includes you as a person, your thoughts, hopes abilities, emotions, goals and your imagination. List all the positive ones here.

Number 3 represents the NEGATIVE PHYSICAL ELEMENTS of the domain. Here you'd list things that you are not happy with or have negative feelings about. If you were not happy with your weight, you'd mark it here. If you felt that your wardrobe was dowdy or threadbare, you'd enter it here. Everything that you are dissatisfied with in the physical aspects of your life can be entered here. Don't worry if it extends past the boundary of the cross.

Number 4 then would represent the NEGATIVE SUBJECTIVE ELEMENTS of the domain. Here is where your fears, negative feelings, negative emotions, angers, frustrations, etc. reside. List them all out.

It might look something like this:

	good sense of humour
	confident manner with people I know
	good listener
I have a job	interested in others
I have a car	strong vocabulary
I have a house	quite well liked by others
reasonably healthy	strong imagination
I am alive	can be calm
1: POSITIVE PHYSICAL ELEMENTS	**2: POSITIVE SUBJECTIVE ELEMENTS**
3: NEGATIVE PHYSICAL ELEMENTS	**4: NEGATIVE SUBJECTIVE ELEMENTS**
I don't like my physique	can get angry at myself
I don't like my house	don't always feel confident
I don't have enough money	sometimes I think I'm a failure
I am overweight	I am scared of failure
I have a bad back	I don't set or achieve goals
I don't like my clothes	I feel sad often
I don't like my hair	am shy
I don't like my looks	I always think the worst will happen
I don't like my car	can get frustrated with myself
I have halitosis	I don't believe in myself
I have dandruff	I am very lazy
	I don't see things through
	I have nightmares
	I sleep very badly
	I hate my job

If you look at the cross it will be likely that certain segments will have more items in it than others. If you were to draw a line around the lists, you would not get an even circle. This is the real image of your domain.

This image is, of course available on the website. Your own version of the image will be defined by your responses.

By the end of this exercise on the first domain you will have a picture of the Domain: SELF as *you* perceive it.

As you can see from the second example, the domain is split into positive and negative halves. The negative halves outweigh the positive halves.

The objective for this person is to reduce the negative halves and increase the positive halves so that the image is larger on the right due to the positives. By the end of working on the negatives and turning them into positives, what sort of effect would it have on this person's domain?

The way to change all of this is to identify it, then ask yourself the questions:

What do I want to change the physical/ subjective elements into? (E.g. if I don't like my hair, what do I want to change it to?) What do I need to do to change this? (In the hair example you might say 'book an appointment at a hair salon').

When will I do this? (When will I book the appointment?).

What is stopping me from making this change? (I don't have the money).

What can I do to make sure this change happens? (I can save the money needed to pay for this).

What deadline do I give myself for starting/ achieving this goal? (When will I start saving/ have saved the money for this?).

The goal setting for this change will enable you to achieve the goal of changing the negative into the positive.

On the physical elements it's easier sometimes to visualise the end results as they are tangible and material. The subjective elements are perceptions so can be harder to visualise. However, if we took the 'I am lazy' example, this could be changed in the same manner.

1: POSITIVE PHYSICAL ELEMENTS
I have a car
I have a house
reasonably healthy
I am alive
I have a job

2: POSITIVE SUBJECTIVE ELEMENTS
confident manner
good listener
interested in others
strong vocabulary
quite well liked by others
strong imagination
can be calm
good sense of humour

3: NEGATIVE PHYSICAL ELEMENTS
I don't like my physique
I don't like my house
don't have enough money
I am overweight
I have a bad back
I don't like my clothes
I don't like my hair
I don't like my looks
I don't like my car
I have halitosis
I have dandruff

4: NEGATIVE SUBJECTIVE ELEMENTS
can get angry at myself
don't always feel confident
sometimes I think I'm a failure
I am scared of failure
I don't set or achieve goals
I feel sad often
I am shy
I always think the worst will happen
I can get frustrated with myself
I don't believe in myself
I am very lazy
I don't see things through
I have nightmares
I sleep very badly
I hate my job

What do I want to change the physical/ subjective element into? (E.g. if I'm lazy, what do I want to become? Industrious?)

What do I need to do to change this? (Perhaps stop procrastinating, putting things off, etc.)

When will I do this? (When will I become industrious?)

What is stopping me from making this change? (Unfocussed?)

What can I do to make sure this change happens? (Become more focused and goal orientated?)

What deadline do I give myself for starting/ achieving this goal? (When will I start setting goals? Maybe NOW!)

www.cellularattitude.co.uk

Can you see how that can change your perception?

The great thing about this sort of domain work is that you would start off by mapping your domain today. You can then set yourself a target of making as many changes as possible in 3, 6, 9 or 12 weeks, and get to work on eliminating the negatives and increasing the positives.

Each negative you remove and each positive you add will increase your positivity and ability. Your motivation will rocket, and you'll be making real and defined changes to your first domain.

Once you've made some of these improvements, you can re-map your 1st domain and see how you're doing. When you feel that you've got your first domain running smoothly and successfully, you can move on to the 2nd domain.

You would then map the second domain in the same way you mapped the first, however this time you will focus on your Intimates.

You would then seek to do the same exercise on the 2nd domain until you had that running as successfully as you'd want it to.

You can then tackle the other domains sequentially until you've reached your inner nirvana.

Once you've tackled all of them, I'd suggest going back to the 1st domain and assess how you can further improve that domain after all the improvements already made, then onto the 2nd and so on.

This is a 'whole of life' technique that can make sure you are always on a road of self-improvement and self-discovery, setting and achieving the goals you set.

It's very effective, if you keep it up!