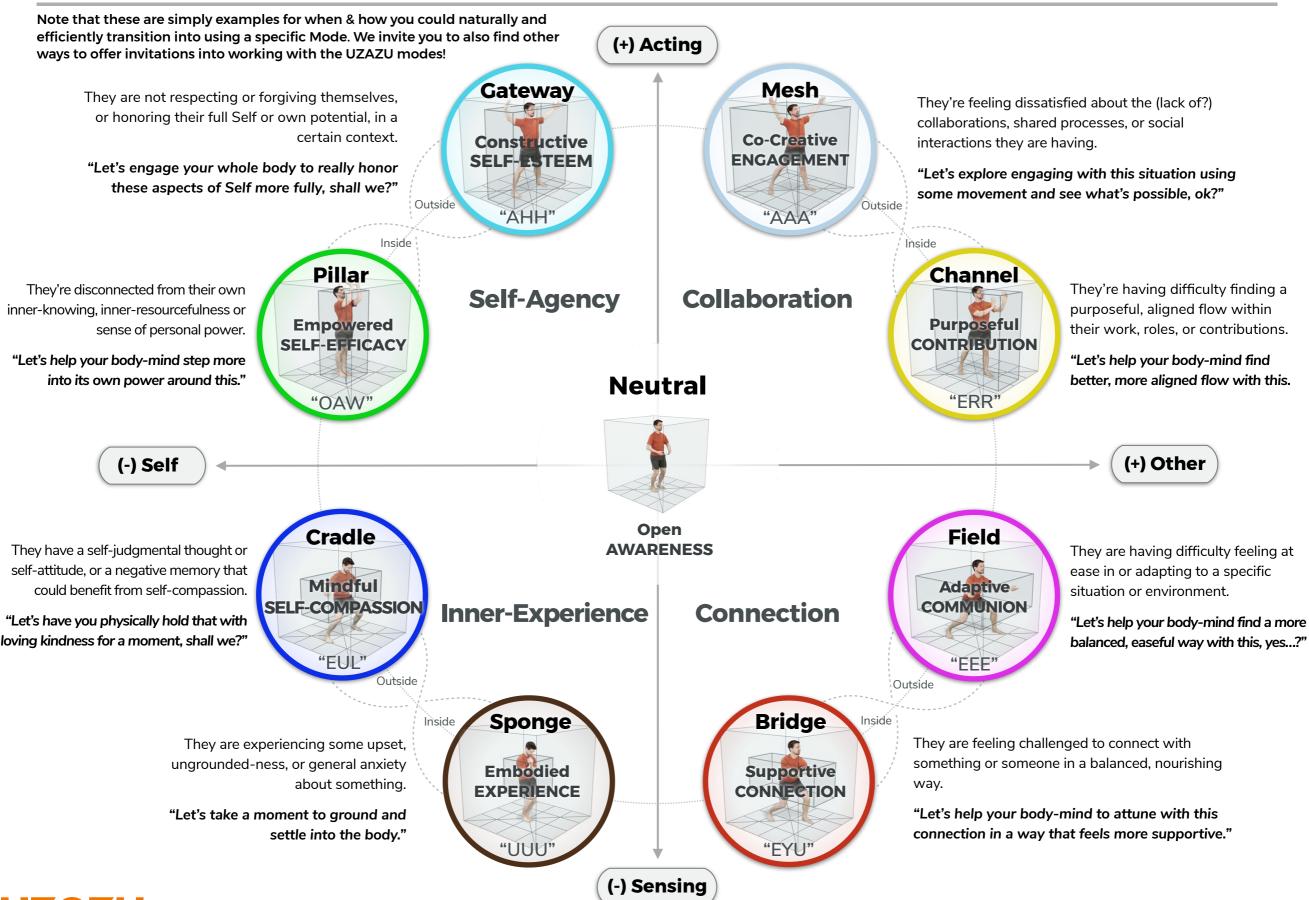# Opportunities for bringing specific Modes into your Client Sessions

Note that these are simply examples for when & how you could naturally and efficiently transition into using a specific Mode. We invite you to also find other ways to offer invitations into working with the UZAZU modes!

(+) Acting

(-) Self ← → **(+) Other**

(-) Sensing

Gateway
Constructive **SELF-ESTEEM**
Outside
Inside
"AHH"

They are not respecting or forgiving themselves, or honoring their full Self or own potential, in a certain context.

"Let's engage your whole body to really honor these aspects of Self more fully, shall we?"

Mesh
Co-Creative **ENGAGEMENT**
Outside
Inside
"AAA"

They're feeling dissatisfied about the (lack of?) collaborations, shared processes, or social interactions they are having.

"Let's explore engaging with this situation using some movement and see what's possible, ok?"

Pillar
Empowered **SELF-EFFICACY**
"OAW"

They're disconnected from their own inner-knowing, inner-resourcefulness or sense of personal power.

"Let's help your body-mind step more into its own power around this."

Self-Agency

Collaboration

Channel
Purposeful **CONTRIBUTION**
"ERR"

They're having difficulty finding a purposeful, aligned flow within their work, roles, or contributions.

"Let's help your body-mind find better, more aligned flow with this.

Neutral

Open **AWARENESS**

Cradle
Mindful **SELF-COMPASSION**
"EUL"
Outside
Inside

They have a self-judgmental thought or self-attitude, or a negative memory that could benefit from self-compassion.

"Let's have you physically hold that with loving kindness for a moment, shall we?"

Inner-Experience

Connection

Field
Adaptive **COMMUNION**
"EEE"
Outside

They are having difficulty feeling at ease in or adapting to a specific situation or environment.

"Let's help your body-mind find a more balanced, easeful way with this, yes...?"

Sponge
Embodied **EXPERIENCE**
"UUU"

They are experiencing some upset, ungrounded-ness, or general anxiety about something.

"Let's take a moment to ground and settle into the body."

Bridge
Supportive **CONNECTION**
"EYU"
Inside

They are feeling challenged to connect with something or someone in a balanced, nourishing way.

"Let's help your body-mind to attune with this connection in a way that feels more supportive."

UZAZU
Embodied Intelligence