

## Perception Index Zones

1. Unacknowledged vs. Self-Validation
2. Repetitive Thinking vs. Creative and Independent Thinking
3. Sadness vs. Inner Peace
4. Emotionally Disconnected vs. Emotionally Integrated
5. Self-Critical vs. Self-Love
6. Conditional Love vs. Unconditional Love
7. Anger vs. Acceptance of Change
8. Fearful & Overwhelmed vs. Accountability
9. Suppressed Emotional Expression vs. Appropriate Self-Expression
10. Unworthy/Undeserving vs. Self-Accepting
11. Rigid Beliefs vs. Open to Possibilities
12. Conflicting Beliefs and Action vs. Congruent Beliefs and Action



Every Perception Index (PI) is topic-specific. Excess or imbalanced voice energy indicates personal perception of the topic.

- Red indicates a zone with an extreme imbalance.
- Yellow indicates a zone with a high imbalance.
- Green indicates a zone with a medium imbalance.
- Blue indicates a zone with a low imbalance.
- Black shows overall excessive voice energy.
- Gray shows the entire voice energy across all zones.
- White shows offsetting zones containing lower amounts of voice energy.