

Toolkit Title

Understand Your Body, Emotions and Language (BEL)

Purpose of Toolkit

Our way of Being is the dynamic interrelationship between the three areas of human existence – Body, Emotions and Language. As we better understand how to shift Observer, we gain insight into how to shift the dynamics on interpersonal, group, system level better. To shift yourself to be more coherent, and to expand your intrapersonal BEL range to engage more effectively

Toolkit Methodology and Application

See toolkit appended/ below

Case Study or Example

See toolkit appended/ below

Acknowledgements and Sources

See toolkit appended/ below

Toolkit Category

Organisation Development

Keywords

Organisation Development, Body, Emotion and Language, Intrapersonal, Interpersonal

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UNDERSTAND YOUR BODY, EMOTIONS & LANGUAGE

#foundation #intrapersonal #interpersonal

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COHERENCE

Stable state
of self

“Change begins with me.”

UNDERSTAND YOUR BODY, EMOTIONS & LANGUAGE

When to use: To shift yourself to be more coherent, and to expand your intrapersonal BEL range to engage more effectively.

When our Body, Emotion and Language are coherent, we are being “our real selves”. Our emotions will be reflected in our body and choice of language and vice versa. Changing any one of them creates changes in the other two:

- Language is about how we describe things to ourselves. It is the stories we tell ourselves, the beliefs that we hold.
- Body is about how we hold energy in our bodies. It reflects our current thoughts and emotions, giving us our overall physical disposition.
- Emotion include both moods and emotions.

How to use:

In 1-1 conversations, we often try to change others. As a leader, you can't actually change another person - they must exercise their own choice to shift. Instead, you can influence them by shifting your B/E/L intrapersonal system. The greater the B/E/L range you can exercise, the more you can shift interpersonal dynamics.

For more information about the BEL, see Body Disposition (Card 10); Emotions (Card 11); Ladder of Inference (Card 13).