

## Your 68° to 72° Degree Target Chart

by Dr. Ken McGill, LMFT, CSAT

In counseling sessions I'm prone to bring up the "68° – 72° degree range" which refers to the temperature and thermostat setting in my office, which is typically set for 70°. I've noticed over the years that I, and the people whom I'm visiting with, are comfortable, able to focus, insightful, and function at their optimum when the temperature setting is right or around the midrange of 70°. Equally, I've noticed discomfort, distraction and derailment tends to occur when the temperature is below 68° or beyond 72°. When this occurs, I quickly move to adjust the thermostat to recreate an environment that's conducive for constructive outcomes. Through the years I've seen that this metaphor actually applies to our overall behavior in life as well, and I've encouraged others to create their "68° – 72° degree zone."

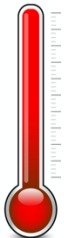



So in your effort to continue to live an examined life, I'd like for you to compile your own 68° – 72° Degree Target Chart of Green "Zone" behaviors that define who you are (your identify), what's your purpose (reason for living) and of course, how you wish to live (your destiny and legacy). Equally, while you're at it, I'd like for you to take a deep look in the mirror and identify what your Red (Intense) or Blue (Cold) extremes are, that you'd like to avoid if not eliminate all together. Finally, respond to the questions below in your effort to recoup then redirect your energy from the extremes of the Red and Blue areas to your actual or aspirational Green Zone behaviors. I've found that using my energy to develop and live within my Green Zone is the best way to experience the benefits that accompany intentional living!  
- Dr. Ken McGill

<ol style="list-style-type: none"><li>1. Think about the Green Zone behaviors you're already doing, or, the behaviors that make sense to you as you consider living a healthy and balanced life. What are they? Chart them in your Green Zone.</li><li>2. Think about then consider including any helpful feedback or suggestions you've received from your Spouse, Partner, Family member, Doctor, Therapist, Pastor, Rabbi, Spiritual Guide or Good Friends that you might wish to develop in your Green Zone. What might you consider incorporating or developing because they make sense to you and the manifestation of these Green Zone behaviors would help you to live a value-focused life?</li><li>3. Who or what resources will you access regularly to help you to develop, grow, accomplish and protect any of the Green Zone goals and behaviors you've identified?</li></ol>	<ol style="list-style-type: none"><li>4. What are your Red or "Intense" behaviors, which when displayed or demonstrated, reflect you're "out of your comfort zone," which may distract, irritate, create escalation and harm if you don't "adjust your thermostat" and engage in strategic Green Zone behaviors? Chart those behaviors in the Red or Blue areas.</li><li>5. What is the effect of your Intense (Red) and/or Cold (Blue) behavior on others? Ask your Spouse or Partner what it's like to be on the receiving end of your Red or Blue behavior(s). What Green Zone response(s) would counter the effect and help to heal versus traumatize them?</li><li>6. Take a look at your Green Zone behaviors each day. Visualize yourself engaging in then practicing them daily. Journal or share with others what happens when you practice them. Be encouraged and celebrate the positive changes and skills that define who you are and are becoming!</li></ol>
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 <p>192°</p>	<b>These Red or "Intense" behaviors evidence Anxiety, Strife, Dysregulation, Reactivity, Chaos and could lead to Relapse or other damaging outcomes</b>							
	<b>Destructive</b>	<b>Raging</b>	<b>Coercion/Stalking</b>	<b>Physical Abuse</b>	<b>Self-Harm</b>	<b>Domestic Violence</b>	<b>Terrorizing</b>	
	Contempt	Envy/Jealous	Negativistic	Playing God	Eruptive Reactions	Sabotage	Acting Out	Reckless
	<b>Arrogant</b>	<b>Thought Police</b>	<b>Tunnel Vision</b>	<b>Know It All</b>	<b>Externalized Critic</b>	<b>Fallacy of Control</b>	<b>Fight, Flight</b>	
	Painful	Self-Absorbed	Guilting/Shaming	Catastrophizing	Provocation	Verbal Abuse	Bully/Pushy	Sarcasm
	<b>Mocking</b>	<b>Harassment</b>	<b>Regression</b>	<b>Emotional Hijack</b>	<b>Entitlement</b>	<b>Wall of Anger</b>	<b>Punishment</b>	
	Threats	Control	Ulterior Motives	Intimidation	Karpman Triangle	Producing Chaos	Dyad Dysregulation	Drama
	<b>Disgusted</b>	<b>Mindreader</b>	<b>Lack of Boundaries</b>	<b>Belittling/Patronize</b>	<b>Vengeful</b>	<b>Name Calling</b>	<b>Always Right</b>	
	Fear	Stressed	Frustrated	Resentful	"Always/Never"	False Accusations	Blaming	Anger
	 <p>72°</p>	<b>These Green or "Zone" behaviors are Affirming, Functional, Adaptive, Focused, Inclusive, Mature, Loving and reflect how we wish to live</b>						
<b>Awareness</b>		<b>7 Core Areas</b>	<b>Mindfulness</b>	<b>A-C-T-I-V-E Model</b>	<b>Therapy</b>	<b>Values Clarification</b>	<b>Healthy Outcomes</b>	
Focused		Reflection	Intentional	Awareness Wheel	Curious and Open	Open to Feedback	Love of Learning	Daring
<b>Body Regulation</b>		<b>Bio-Balancing</b>	<b>Walk/Exercise</b>	<b>Self-Regulation</b>	<b>Breathing/Yoga</b>	<b>Grounded /Calm</b>	<b>Other Self-Care</b>	
Prayer		Spirituality	Caring	Helping	Complementary	Minister to Self	Minister to Others	Stable
<b>Time Outs to...</b>		<b>...take Time Ins</b>	<b>Flexible Responses</b>	<b>Cortical Override</b>	<b>Empowered</b>	<b>Mutual Regulation</b>	<b>Good Rituals</b>	
Inspired		Insightful	Study (Bible, or...)	Peaceful/Serene	Consoling	Comfortable	Creative	Patient
<b>Connected</b>		<b>Loved/Cherished</b>	<b>Adored</b>	<b>Helpful/Useful</b>	<b>Collaboration</b>	<b>Repairing Ruptures</b>	<b>Romantic/Lover</b>	
Present		Courageous	Communicative	Integrity	Trustworthy	Restraint	Validating	Honest
<b>Meetings</b>		<b>Fellowship</b>	<b>Big Book</b>	<b>Sponsor/Discipler</b>	<b>Working the Steps</b>	<b>Recovery Calls</b>	<b>Making Differences</b>	
Relaxed		Flexible	Kind/Gentle	Tolerant	Warmhearted	Affectionate	Simplicity	Clarity
<b>Empathy</b>		<b>Compassion</b>	<b>Truth Teller</b>	<b>Responsible</b>	<b>Reconciliation</b>	<b>Trust Builder</b>	<b>Gratitude</b>	
Safe		Respectful	Approachable	Nurturing	Engaged	Initiative	Giving/Generous	Poised
<b>Ownership</b>		<b>Inclusive</b>	<b>Self-Control</b>	<b>Clarifying</b>	<b>Imperfect</b>	<b>Negotiation</b>	<b>Healing Outcomes</b>	
Fair	Problem Solving	Assertive	Peacemaker	Protector	Considerate	Intuitive	Alert	
 <p>68°</p>	<b>Playful/Fun</b>	<b>Vision/Purpose</b>	<b>Romantic</b>	<b>Boundaries</b>	<b>Good Hygiene</b>	<b>Sensual/Sexual</b>	<b>Wise/Wisdom</b>	
	Listener	"Me to We"	Strategic	Sensible	Conflict Intimate	Rational	Forgiving	Loyal
 <p>8°</p>	<b>These Blue or "Cold" behaviors evidence Disconnection, Avoidance, Numbness, Rigidity and could lead to Relapse or other damaging outcomes</b>							
	Lonely	Isolating	Masking	Depressed	Unhappy/Bitter	People Pleaser	Distance Strategies	
	<b>Aloof</b>	<b>Poor Hygiene</b>	<b>Cog. Distortions</b>	<b>Lacking Identity</b>	<b>Self-Loathing</b>	<b>Neglect</b>	<b>Procrastination</b>	<b>Lazy</b>
	Overwhelmed	Shut Down	Broken Promises	Disordered Eating	Denial	Secrecy/Lying	Injustice Collector	
	<b>Indecisive</b>	<b>Disengaged</b>	<b>Hurt/Pain</b>	<b>Victim Posturing</b>	<b>Condescension</b>	<b>Manipulation</b>	<b>Resentment</b>	<b>Spite</b>
	Embarrassed	Disconnected	Powerless	Invalidating	Gaslighting	Scapegoating	Freeze/Feign	
	<b>Fantasy</b>	<b>Dissociation</b>	<b>Guilting/Shaming</b>	<b>Acting Out</b>	<b>Intellectualization</b>	<b>Resistant</b>	<b>Passive Aggression</b>	<b>Cruel</b>
	Neglect	Avoidance	Silent Treatment	(Stone)Walled Off	Insensitive	Cold-Hearted	Hard/Polarized	
	<b>Devious</b>	<b>Internalized Critic</b>	<b>Absent Conscience</b>	<b>Betrayal</b>	<b>Despondent</b>	<b>Inconsolable</b>	<b>Emotionally Cutoff</b>	<b>Fatal</b>

