

# DIR Theory Illustrated

The Being seeks to survive and succeed as a chosen physical identity in this world. Survival and success depend on gaining experience and transforming it into well executed motion, action and performance.

Trauma: is an overwhelming of thought, emotion and/or effort (physical), resulting in conditioned reflexes rather than experience.

↓  
You, a  
spiritual  
Being.



## Type of Memory /Learning

Capable of total presence in the Now. Ability to access useful experience and Data effortlessly. Learning: Can transform trauma into experience.

## Negative Effects of many Traumas

Lowered success and survival. Reduced interest in and appetite on life. Chronic stress, psycho-somatic illness. Many buttons. Many "Must-not-happen - again" reactions. ↑

## Decisions

Analytical thought, reason.  
Reactive thought.



Analytical memories.  
Subconscious analytical memories.

Learning: by reading, observing, analyzing. By using reason. Theory.

Hidden and locked up thoughts and ideas. Fixed, irrational or destructive ideas. Overwhelmed by others' ideas. Easily overwhelmed and confused. Obsessions. ↑

## Emotions

Primary emotions.  
Secondary emotions.  
Feelings.  
Body sensations.



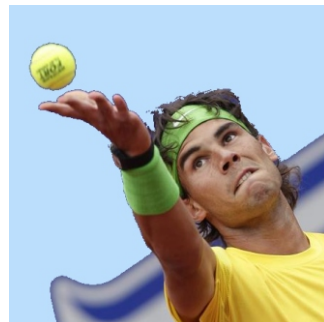
Emotional memories.  
Subconscious emotional memories.

Learning: through stories, games, relationships. Engagement.

Hidden and locked up emotional charge. Many over-reactions. Emotion overwhelm. Lowered general mood. Irrational attractions and repulsions. Obsessions. ↑

## Efforts

Motion, action, performance.  
Doing things with skill.  
Body language.



Motor skills and motor memories.  
Backbone skills.  
Retains routines from practice.

Learning: Motor learning. From practice, drills, and experience.

Conditioned reflexes. Robotic behavior. Physical overwhelm. Pain. Unconsciousness. Lack of energy, easily exhausted. Uncontrollable impulses and behavior. Compulsions. ↑

## Performance

## Polarities

Competing, fighting.  
Win, lose.  
Games conditions.



## Physical trauma