

The Words of the Behavioral Barometer = A New Way to Understand Them =

by Clóvis Horta Corrêa

The first time I saw the *Behavioral Barometer* from Three In One Concepts I got interested in knowing **why the first words of the barometer were ACCEPTANCE/ANTAGONISM?** And, more than this, why the first Sub-headings were Choosing to /Attacked?

If we look into Three In One Concepts publication, *The Behavioral Barometer's World And What Its Words Truly Means*, we can see that the authors say (sic): "Remember the Behavioral Barometer created itself", and later in the same page, "However, please note, it is NOT an Emotional Barometer, it is strictly *behavioral*."

However, in this publication, it is not explained **WHY** the first words were the ones discovered/defined by the authors.

Since the very beginning I studied the *Behavioral Barometer (BB-from now on)*, something did not fit with what I was getting as a result from my clients in my Institute in Rio de Janeiro (Instituto Brasileiro do Balanceamento Muscular). And this difference was that although *BB* was extremely precise in its words, the impression I usually got was of a fighting from the person against something that he/she identified externally as one menace, not only just one resistance against something, or one behavior that would led the person to act resisting to.

Then, I decided to do two things, first - to study deeply the words of the *BB*, and second - to do one translation of these words to Portuguese, in order that I could understand them better.

As a result of this research, I came to one interesting point about the first two words of *BB* that led to one really different way of understanding what is happening in the subconscious mind of my clients.

This discovery had the starting point in the word *ANTAGONISM!*

If we look in Webster's dictionary, we have:

Antagonism, n. 1. a being opposed or hostile, 2. an opposing force, principle, etc.

and under Antagonist we have:

Antagonist, n. an adversary, opponent.

But this is what we daily understand of these two words; that's our common understanding of *BB*.

If we look to the root of this word, then things get to be clearer, as this is one **Greek** word, and it has one completely different meaning.

To understand better the word *ANTAGONISM*, let's divide it into it's three parts:

ANT - that means in the opposite direction

ISM - that means having the quality of

So, we have left the third part of the word, that is **AGON**.

In old Greek, **AGON** REFERRED TO EVERYTHING THAT WAS A FIGHTING OR RELATED TO DISPUTES, GAMES - EVEN OLYMPIC GAMES - EVERYTHING THAT WAS ONE ATHLETIC EXERCISE, BOXING, ETC.

FINALLY, TO DESIGNATE A SOLDIER IN A WAR, OR IN ONE MILITARY ACTION, THE GREEKS USED THE WORD AGONISTIS.

**That's where the word
ANTAGONIST came from!**

Then, *ANTAGONISM* means, in it's real meaning, somebody that has the quality needed to (ISM) FIGHT (AGON) in the opposite direction (ANT).

In my point of view, this gives us one completely different insight of what is in the subconscious mind of our clients. They are not just feeling the antagonism, they are really FIGHTING to prove that their point of view is right, they are in one dispute to prove that their way is the right way, and this way is in the opposite direction of the other persons involved. For this reason they are opposing resistance to what is happening in their lives.

On the other hand, when we are in one antagonist position we see things from a different angle - remember that in boxing each contender stays in one opposite corner, **and this gives them a completely different point of view.**

That's why the first word under
ANTAGONISM
HAD TO BE ATTACKED!

We are looking to one fighting, to one 'soldier' waiting to be 'attacked', to one boxer waiting for the bell to start to be 'attacked' by the antagonists.

So, this has to be understood clearly about our clients - when ANTAGONISM is the priority, we are looking directly to the beginning of one fighting! We are looking to someone that has one different point of view in relation to what is happening in the moment.

As this person is expecting that in any moment he/she is going to be under attack the decision was made to fight to prove that his/her points of view are the right ones, the best ones. And he/she sees the other persons as the *antagonists* to what he/she is saying or doing.

But *BB* is a coin, it has two faces: why did this start? Because the person in question **Choose** not to **ACCEPT** the points of view of the other persons, or what is happening in the moment in his/her life. This is the other important part of the situation: *no acceptance*. This was the **CHOICE** that the person did, under the circumstances and with the tools he/she had in the very moment that the fact happened.

If we do the '*Barometric Bounce*', as defined by Three In One Concepts, to deepen our research, we have **HOSTILITY/Trapped** as the Subconscious words and **INDIFFERENCE/Pessimistic** as the Body words in the '*Emotional States*' side.

These words, as **ANTAGONISM/Attacked had to be** in these positions. Let's see why:

HOSTILITY is the natural behavior for the persons involved in one fighting, or in one war. **Trapped** is an extremely interesting word in this position because, if we imagine boxing as a good example, the boxer **cannot** get out of the ring unless he/she **looses** the contest. So, the boxer is **trapped** in the four ropes that define the field of the fighting. The person feels in the same situation, there is no other option but to fight, unless he/she accepts the points of view of the **ANTAGONISTS** or what is happening in the moment.

It's clear for us all that in his/her mind this acceptance means to **loose**. For this reason, as we were educated (uneducated?) just to win, fighting is the only one option left!

INDIFFERENCE means

IN - no, nothing

DIFFERENCE - that I do will make it different

That is why the person is Pessimistic. This word comes from Latin. It is the superlative of **bad!** And **istic** means the one that has the quality of.

In the position that the person is caught - inside the four ropes - he/she expects that nothing will be different, because **all** that he/she can do is of one superlative bad way. The only one solution would be to go to the **ANTAGONISTS'** position - *that are just waiting for the bell to start the attack* - and **LOOK** to the situation from that position. But in his/her mind, what can be understood of the situation is "*I'm one person that cannot do things the right way (remember - I'm Pessimistic, that means I have the quality of the superlative bad), or act the right way. Nothing that I can do will make them believe that my points of view are the right ones, as I don't have the conditions to act the right way. My expectations are that if I don't fight and win*

the content I will not be able to prove that I was right!".

If we continue to do the '*Barometric Bounce*' in the side of the '*Desired States of Mind*', our conclusions will be the same, once that ENTHUSIASM/Amused speak to not being able to feel that we are going to **win** the play - so how can we be Amused? And ATTUNEMENT/In Tune With speak about not being able to Tune people into our ideas and not being able to tune to their ideas.

So, to end our small research about the real meaning of what is written in *BB*, let's reinforce some aspects of these words:

1. What is happening is one **fighting** - the person feels under attack, because it is in our subconscious mind that ANTAGONISM means war, fighting, military exercise and, for this reason, *BB* describes, in reality, a fighting that undergoes different levels of emotional tension. That's why *BB* is **behavioral**, not emotional.
2. The person **SEES** things from a different point of view. This, may be, is the most important conclusion of my research of the words of *BB*. We have to understand that he/she is in one different corner, looking to the same facts, **BUT FROM ONE DIFFERENT CORNER**. The expectations of this person are that in any moment there may be one attack against his/here positions - physical (like: my position in the company) or emotional (like: nobody agrees with what I said)
3. The person **Choose** to fight because, under the command of the emotional tension in the moment, he/she made the choice to **not accept** what happened or the points of view of the ANTAGONISTS.
4. Finally, we must understand, too, that all this fighting exists inside the mind of the person. He/she imagines that the attack is going to happen in any moment and acts in accordance to this behavior in order to protect his/her life.