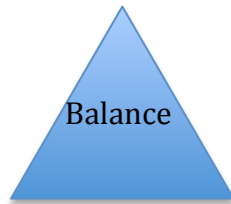


**BASE: Balance = Adapt, Sustain & Engage**

**Engage**

Compassion  
Intimacy  
Empathy  
Gratitude  
**Hope**



**Sustain**

Competence  
Intelligence  
EQ  
Grit  
**Hunger**

**Adapt**

Creativity  
Ingenuity  
Energy  
Growth  
**Health**

**Balance = Adapt, Sustain, Engage**

**Creativity, Competence, Compassion  
Ingenuity, Intelligence, Intimacy  
Energy, Emotional Q, Empathy  
Growth, Grit, Gratitude  
Health, Hunger, Hope**

## **A Brief History of Development:**

Evolution created a modern humanity from primal beginnings. Our life course reflects this process from infancy to adulthood. As infants, we are primal drives of health, hunger and hope. Throughout childhood, we grow, we find grit, and learn gratitude. Into our teens we work on Ingenuity, Intelligence and Intimacy. The twenties shape our creativity, competence and compassion. Finally, as adults we learn to adapt, sustain and engage with life

## **Overall Description:**

BASE is a model for emotional health. Balance in life requires being Adaptive to change, Sustainable as an individual, and Engaged with others. Balance requires a conscious emphasis on each of these goals. Hope, Health and Hunger are hard wired by deep time, trial and error. Evolution scripted the need for a more complex skill set. Modern humans (over the last 10,000 years), are required to adapt, sustain, and engage to life with a specialized set of emotional, physical and psychological skills. However, so many of us struggle to exist well because we have not learned to balance these into an integrated self. Though we all share similar raw material, we also come in with different set points and predispositions. In truth, differences in our evolving *nature* come down to our *nurture*. So many of our abilities, though prewired, remain underdeveloped well into adulthood. Without this awareness and practice we struggle to be balanced, content, satisfied, or joyful. The model described here shows how to remedy modern emotional maladies created by the imbalance of BASE needs in our lives.