

## **What's up with ME**

The first soul fitness app

Application helps:

1. when YOU are lost and do not know what to do/think/feel
2. when YOU are overwhelmed but do not know what you feel/think/must do
3. when YOU experience a situation that is so powerful that you do not know what to think/feel and do next
4. when YOU can't stop hurting others and you do not know what to do/think/feel - for example rebelling teenagers
5. etc.

App targets to support solving the main human soul dilemmas:

1. I am dying how much I want to live - fatal cancer patients
2. I care so much I want to lock you - hypercaring mothers
3. I love so much I want to kill you - jealous spouse
4. I want to live but do not feel that I deserve to be - lack of self-esteem, self destructive behaviours
5. I want something I will never get - sublimation energy
6. I want to be heard so I freeze to death - public speaking phobia
7. I am so influential that I am totally paralysed - burden of responsibility for top executives
8. I am so ashamed to talk so I am shouting too loud - abuse victims, if your parents in jail
9. I am forced to kill and have no choice - Afghanistan soldiers rehabilitation
10. I am a killer by my choice - special forces soldiers rehabilitation
11. I am all in one/I am all included - when madness and genius go together
12. etc.

### **Theories used for application interface development:**

A Feelings/Love/Brain (Clause M. Steiner theory)

B Dominating Muscles and Bones/Internal Organs/Nerves (WH Sheldon theory)

C ID/EGO/SUPER EGO or Feelings/Consciousness/Conscience (Psychoanalysis theory)

D I'm OK - You're OK (Thomas A. Harris theory)

E Father/Adult/Child (Transactional Psychology Eric Berne theory)

F MBTI 16 Personalities Test

G Jungian archetypes

etc.

### **The application is ready made for different professionals' usage:**

1. Human Recourse specialists
2. Psychologists
3. Business Executives

4. Military officers
5. YOU
6. etc.

**The application is linked to a set of professional services in your region:**

1. Help-lines
2. Life Coaching services
3. Psychotherapists
4. etc.

**Application User Interface structure proposed:**

1. I am OK
2. I am NOT OK
3. (Search field of predefined traits from the Atlas)

A Feelings/Love/Brain (Clause M. Steiner theory)

1. I am OK
  1. Pure fun&joy
  2. Love all around
    1. I am OK - You are OK
    2. I am OK - You are NOT OK
  3. Overwhelmed by inspiration
2. I am NOT OK
  1. Mixed feelings
  2. No love in the air
    1. I am NOT OK - You are OK
    2. I am NOT OK - You are NOT OK
  3. Confused thoughts

B Dominating Muscles and Bones/Internal Organs/Nervs (WH Sheldon theory)

1. I am OK
  1. Confident
  2. Enjoying life to it's limits
  3. Inspired
2. I am NOT OK
  1. Stressed/Nervous
  2. Overwhelmed by hedonism/Lacking Energy
  3. Overthinking

**Further split could be based on:**

**120 (?) incompatible traits from Atlas:**

1. I am Destructive/I want to be more Constructive
2. I am Arrogant/I want to be more Respectful
3. I am Dependent/I want to be more Independent

4. etc.

**Related personality traits from Atlas:**

1. I am Stubborn
  1. What about/people might think I am Dogmatic as well
  2. What about/people might think I am Fanatic as well
  3. What about/people might think I am Preaching as well

**Modern psychology concepts:**

My personal/internal psych'o'PATH:

1. Solve cognitive dissonance:
  1. I am Destructive
  2. I want to be more Constructive
    1. Feeliniks available
    2. Feeliniks available
2. Learn paradox navigation
3. Become creative on demand
4. Handling self evolving/chaos structures
5. Building self-learning organisations
6. Strengthening assertive behaviours
7. Avoiding self-handicapping behaviours
8. Effective self-presentation strategies
9. Scrum mastering in Agile environment
10. Well tamed aggressiveness development
11. Spiritual leadership
12. Authentic leadership
13. Ethical Leadership
14. Alcoholic personalities and drug addicts
15. etc.