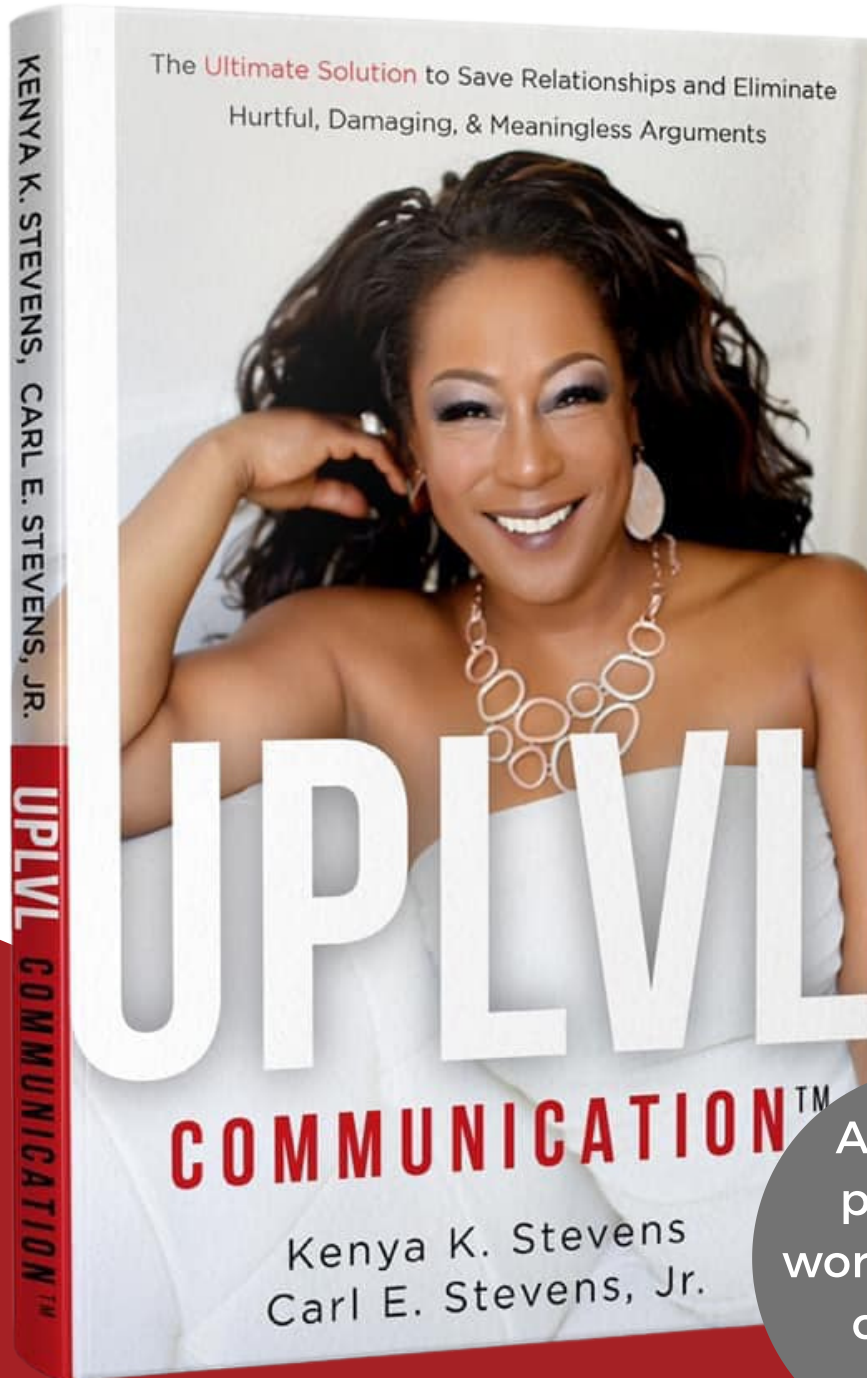


UPLVL Communication™

WORKBOOK



A 16 page
printable
workbook you
can use
today!

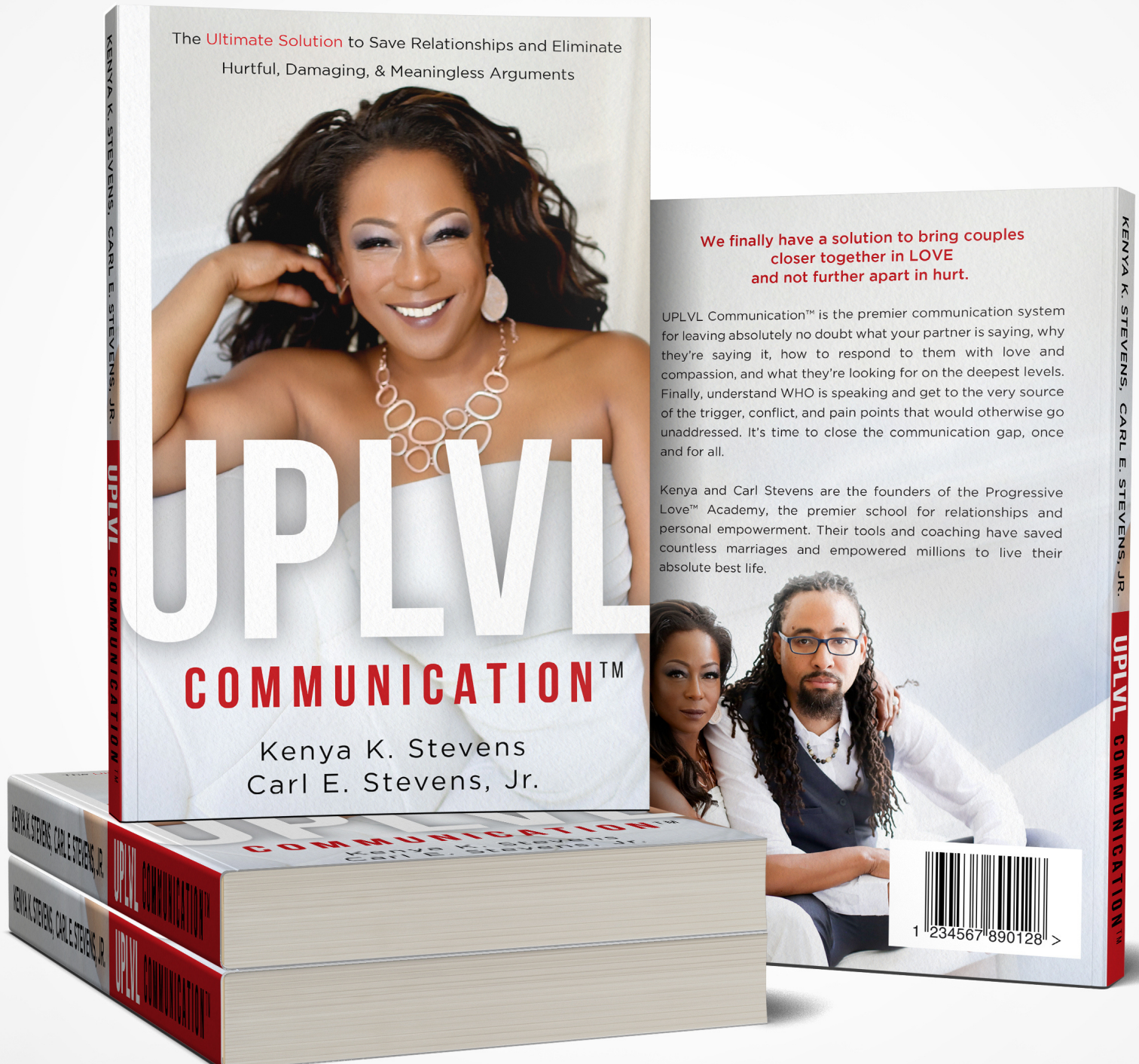
Ready To Use, UPLVL
Communication Hacks, For Better
Communication!

BY Kenya K Stevens

UPLVL.COM

WORKBOOK

Ready To Use Communication Hacks
For Better Communication!



BY Kenya K Stevens

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A NOTE FROM THE AUTHOR

WELCOME, MY BEAUTIFUL FRIEND.

My husband and I created the **UPLVL Communication System** because we were frankly tired of arguing! We are polyamorous, so we have a complex love style that requires serious communication tools!

We designed the system for anyone who wants deeper more vulnerable communication!

UPLVL is for everyone of any age, ethnicity, or relationship style. We have seen the system used between parents and youth, corporate environments and in relationships to encourage authentic expression and foster deep connection.

We are so excited you have chosen to discover more about this system.

Carl and Kenya K Stevens

Carl and Kenya K Stevens
Founder of UPLVL.com
Progressive Love Academy

HOW TO USE THIS BOOK

UPLVL COMMUNICATION HACKS WORKBOOK

INSTRUCTIONS: This book will provide a workspace to analyze your current communication style and use easy hacks to make a huge difference. Complete Each Section Below To Become an instantly more authentic communicator!

- ☐ READ INTRODUCTION
- ☐ COMPLETE WORKSHEET 1
- ☐ COMPLETE WORKSHEET 2
- ☐ COMPLETE WORKSHEET 3
- ☐ COMPLETE WORKSHEET 4
- ☐ COMPLETE WORKSHEET 5/6
- ☐ USE THE HACKS IMMEDIATELY
- ☐ SIGN UP FOR THE UPLVL EXPERIENCE
- ☐ HAVE A GLASS OF WINE!
- ☐ ENJOY THE REST OF MY DAY

UPLVL COMMUNICATION HACK

WHO IS SPEAKING?

This is Our Foundational Communication Hack !!

The number one concern we see with Western communication systems is there is typically **no agreement** on one basic question...

- Who Is Speaking?

This question is the key component of communication. In order to know who is speaking we have to know the components within ourselves which speak... **And we have to begin to be radically honest with ourselves.**

How Do We Know Who Is Speaking?

There are three parts of the human mind that we have found to be universal:

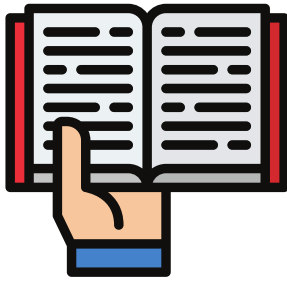
- **Ego**
- **Animal**
- **Higher Self**

These three parts are the ONLY speakers we have noted in our years of case studies with clients. And actually, EGO is the only mouthpiece, EGO is ALWAYS speaking, because the Animal and the Higher Self do not have language.

So EGO is always speaking -- but on behalf of the Animal or on behalf of the Higher Self?

Knowing the answer to this question is the first hack we will share with you here. Stating who is speaking will bring **safety** to your communication style and allow ANYONE to hear you deeply!

Read



WORKSHEET 1

IDENTIFY WHO IS SPEAKING BY KNOWING SELF

Animal => Feelings or Raw Emotion

The Animal is the part of you that experiences emotions such as happiness, sadness, anger, resentment, pleasure, sorrow, guilt... so forth

Ego => Thoughts or Story

The Ego is the part of you that creates a story or perspective based on the emotion Animal is experiencing.

Higher Self => Truth or Universal Law

The Higher Self is the part of you that is at peace, this part is aligned to Universal Law and thus views all experiences as perfect growth opportunities!

GETTING TO KNOW EGO | ANIMAL & HIGHER SELF

HERE IS A LIST OF THE ATTRIBUTES OF EACH PART OF SELF
CHECK THE ATTRIBUTES YOU UNDERSTAND - FILL IN MORE IF YOU THINK OF ANY

Animal

- ☐ Emotional
- ☐ Feelings Focused
- ☐ Impressionable
- ☐ Powerful
- ☐ Physical
- ☐ Primal
- ☐ Wild
- ☐ Reactionary

Ego

- ☐ Thought Based
- ☐ Intellectual
- ☐ Segregative
- ☐ "Othering"
- ☐ Analytical
- ☐ Logical
- ☐ Definitive
- ☐ Self focused
- ☐ Perspective Based
- ☐ Subjective

Higher Self

- ☐ At Peace
- ☐ Peaceful
- ☐ Unified
- ☐ Aligned
- ☐ Understanding
- ☐ Empathetic
- ☐ Compassionate
- ☐ Stoic
- ☐ At Rest
- ☐ Humble
- ☐ Observant
- ☐ Passive
- ☐ Relaxed
- ☐ Objective

**Begin To Ask Yourself
Which Part of You Is
Speaking when you
think a thought...**
Qualify it using the
attributes in this chart!
GO!

WORKSHEET 2



WHAT DO YOUR PARTS SAY?

INSTRUCTIONS: RECALL AN EXPERIENCE YOU HAVE CLASSIFIED AS NEGATIVE
AND WRITE HOW EACH PART OF YOU MIGHT OBSERVE THE EXPERIENCE

List Your Experience

HOW DID ANIMAL FEEL?

- ☐ Raw Emotion
- ☐ Feelings
- ☐ Primalty

WRITE WHAT ANIMAL FELT

WHAT DID EGO THINK?

- ☐ Segregative
- ☐ Logical
- ☐ Self Focused

WRITE THE STORY EGO CREATED

WHAT DOES HIGHER SELF KNOW?

- ☐ Peaceful
- ☐ Grateful
- ☐ Balanced
- ☐ Relaxed

WRITE WHAT HIGHER SELF
KNOWS

WORKSHEET 3



WHAT DO YOUR PARTS SAY?
INSTRUCTIONS: READ THIS SAMPLE TO CHECK YOUR WORK.

List Your Experience: My son was preparing to leave home to be with his sister in Atlanta before completing high school.

HOW DID ANIMAL FEEL?

- ☐ Raw Emotion
- ☐ Feelings
- ☐ Primality

WRITE WHAT ANIMAL FELT

My animal was nervous, anxious, guilty and excited.

WHAT DID EGO THINK?

- ☐ Segregative
- ☐ Logical
- ☐ Self Focused

WRITE THE STORY EGO CREATED

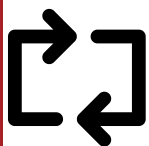
My ego created a story that said maybe I am a bad mother to send the child away.

WHAT DOES HIGHER SELF KNOW?

- ☐ Peaceful
- ☐ Grateful
- ☐ Balanced
- ☐ Relaxed

WRITE WHAT HIGHER SELF KNOWS

My higher self knows all is well. My son will be fine. His sister will take good care of him.



Try Again!

WORKSHEET 4



WHAT DO YOUR PARTS SAY?

INSTRUCTIONS: RECALL AN EXPERIENCE YOU HAVE CLASSIFIED AS NEGATIVE
AND WRITE HOW EACH PART OF YOU MIGHT OBSERVE THE EXPERIENCE

List Your Experience

HOW DID ANIMAL FEEL?

- ☐ Raw Emotion
- ☐ Feelings
- ☐ Primality

WRITE WHAT ANIMAL FELT

WHAT DID EGO THINK?

- ☐ Segregative
- ☐ Logical
- ☐ Self Focused

WRITE THE STORY EGO CREATED

WHAT DOES HIGHER SELF KNOW?

- ☐ Peaceful
- ☐ Grateful
- ☐ Balanced
- ☐ Relaxed

WRITE WHAT HIGHER SELF
KNOWS



WORKSHEET 5

WHAT STORIES DO YOU MAKE?

INSTRUCTIONS: List a few ways your Ego translates feelings into story. The first one is done for you.

ANIMALS EMOTION

I feel so angry when my husband looks at other women passing by!



EGO'S STORY

If I am angry it means he is doing something bad, disrespectful, or wrong and he needs to check himself!

Your Turn..

ANIMALS EMOTION

I feel _____ when...



EGO'S STORY

If I am _____ it means...

ANIMALS EMOTION

I feel _____ when...



EGO'S STORY

If I am _____ it means...

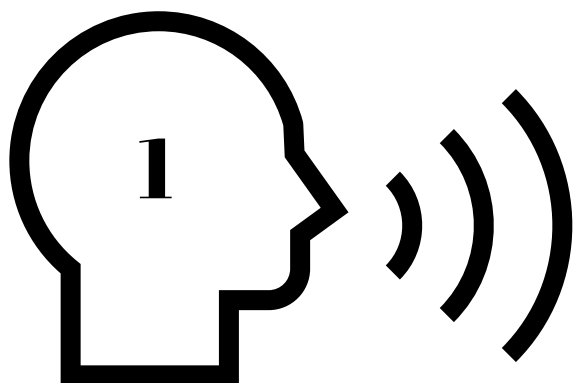
Now You see how your Ego creates stories based on what your Animal is feeling, yes? The stories are not true, they are perspective based.



WORKSHEET 6

PUTTING IT ALL TOGETHER

THE FULL HACK



Always ASK before you share Ego stories. We call this **UPLVL Venting** which means you are speaking from the Ego or Animal. Ask if this is OK? If not OK, do not vent.

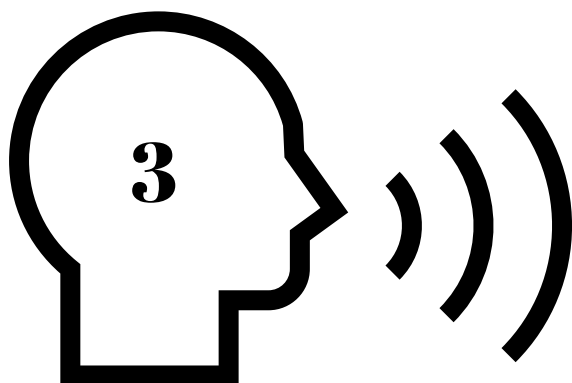


Next let the listener know **who is speaking**.

You might say:

No one is wrong, you are not wrong, this is just my Ego perspective.

We call this setting an **UPLVL Container**. This creates safety for the listener.



Finally, let the listener know what level you feel emotionally...

Are you at a 10 (the height of emotion)?

Or are you lower?

Use a scale from 0-10 to let the listener know where you are.

This creates safety.



NOW YOU KNOW WHO IS SPEAKING!

HOW TO USE THIS HACK

Now that you are clear on the voices in your head, and indeed the voice that is speaking... it's very important to set an **UPLVL CONTAINER** when you speak.

You might start off by saying: Hey, I know this is just my **Ego** speaking on behalf of my **Animal**. I realize this is NOT the voice of truth, but I would like to share something with you - you've done nothing wrong.

Now that you are clear about who is speaking, you can share your emotion without making anyone wrong. You can ask for others to **hold space** for you without making it appear that you believe your Ego and Animal are "right".

Now anyone will hear you and support you!

Carl and Kenya K Stevens

Carl and Kenya K Stevens
Founder of UPLVL.com
Progressive Love Academy

TRY THE UPLVL EXPERIENCE

UPLVL HAS FOUR PARTS AND HUNDREDS OF INITIATIONS

Discover the Entire UPLVL System

This small hack is just one tiny sliver of the initiation you can access using **UPLVL Communication Framework!**

Yes, this IS an initiation, this language framework sets the new paradigm in motion via your relationships and allows you to be seen, heard and met even in intense emotion!

Not only will you set up safe, and authentic conversations that everyone will want to participate in, but you will clear a space to share challenging emotions and be heard and held instead of shunned or ridiculed!

Maybe it's time for you to not only try step one, but the complete system!

Try **The UPLVL Experience** here at Progressive Love Academy! For 12 weeks you will gain a full understanding of the UPLVL framework and obtain practice within the community on how to use it!

Sound fun? Go Here to find out more bit.ly/uplvlex

NOTES

LIST THOUGHTS AND FEELINGS ABOUT THIS CONTENT HERE



MEET THE AUTHORS

CARL AND KENYA STEVENS

We do hope you try this communication hack in your relationships! Plus, obtain the full spectrum of UPLVL communication tools in our course

The UPLVL Experience.

bit.ly/uplvlex

“To effectively communicate, we must realize that we are all different in the way we perceive the world and use this understanding as a guide to our communication with others.”

Anthony Robbins



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