

Your 68° to 72° Degree Target Chart (Psychological)

by Dr. Ken McGill, LMFT, CSAT

In counseling sessions, I'm prone to bring up the "68° – 72° degree range" which refers to the temperature and thermostat setting in my office, which is typically set for 70°. I've noticed over the years that I, and the people whom I'm visiting with, are comfortable, able to focus, insightful, and function at their optimum when the temperature setting is right or around the midrange of 70°. Equally, I've noticed discomfort, distraction and derailment tends to occur when the temperature is below 68° or beyond 72°. When this occurs, I quickly move to adjust the thermostat to recreate an environment that's conducive for constructive outcomes. Through the years I've seen that this metaphor actually applies to our overall behavior in life as well, and I've encouraged others to create their "68° – 72° degree zone."

So in your effort to continue to live an examined life, I'd like for you to compile your own 68° – 72° Degree Target Chart of Green "Zone" behaviors that define who you are (your identity), what's your purpose (reason for living) and of course, how you wish to live (your destiny and legacy). Equally, while you're at it, I'd like for you to take a deep look in the mirror and identify what your Red (Intense) or Blue (Cold) extremes are, that you'd like to avoid if not eliminate altogether. Finally, respond to the questions below in your effort to recoup then redirect your energy from the extremes of the Red and Blue areas to your actual or aspirational Green Zone behaviors. I've found that using my energy to develop and live within my Green Zone is the best way to experience the benefits that accompany intentional living!

- Dr. Ken McGill

<ol style="list-style-type: none">1. Think about the Green Zone behaviors you're already doing, or, the behaviors that make sense to you as you consider living a healthy and balanced life. What are they? Chart them in your Green Zone.2. Think about then consider including any helpful feedback or suggestions you've received from your Spouse, Partner, Family member, Doctor, Therapist, Pastor, Rabbi, Spiritual Guide or Good Friends that you might wish to develop in your Green Zone. What might you consider incorporating or developing because they make sense to you and the manifestation of these Green Zone behaviors would help you to live a value-focused life?3. Who or what resources will you access regularly to help you to develop, grow, accomplish and protect any of the Green Zone goals and behaviors you've identified?	<ol style="list-style-type: none">4. What are your Red or "Intense" behaviors, or "Cold" Blue behaviors, which when displayed or demonstrated, reflect you're "out of your comfort zone," which may distract, irritate, create escalation and harm if you don't "adjust your thermostat" and engage in strategic Green Zone behaviors? Chart those behaviors in the Red or Blue areas.5. What is the effect of your Intense (Red) and/or Cold (Blue) behavior on others? Ask your Spouse or Partner what it's like to be on the receiving end of your Red or Blue behavior(s). What Green Zone response(s) would counter the effect and help to heal versus traumatize them?6. Take a look at your Green Zone behaviors each day. Visualize yourself engaging in then practicing them daily. Journal or share with others what happens when you practice them. Be encouraged and celebrate the positive changes and skills that define who you are and are becoming!
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192°	These Red or "Intense" behaviors evidence Anxiety, Strife, Dysregulation, Reactivity, Chaos and could lead to Relapse or other damaging outcomes							
	Destructive	Raging	Coercion/Stalking	Physical Abuse	Self-Harm	Domestic Violence	Terrorizing	
	Contempt	Envy/Jealous	Negativistic	Playing God	Eruptive Reactions	Sabotage	Acting Out	Reckless
	Arrogant	Thought Police	Tunnel Vision	Know It All	Externalized Critic	Fallacy of Control	Fight, Flight	
	Painful	Self-Absorbed	Guilt/Ghoshaming	Catastrophizing	Provocation	Verbal Abuse	Bully/Pushy	Sarcasm
	Mocking	Harassment	Regression	Emotional Hijack	Entitlement	Wall of Anger	Punishment	
	Threats	Control	Ulterior Motives	Intimidation	Karpman Triangle	Producing Chaos	Dyad Dysregulation	Drama
	Disgusted	Mindreader	Lack of Boundaries	Belittling/Patronize	Vengeful	Name Calling	Always Right	
	Fear	Stressed	Frustrated	Resentful	"Always/Never"	False Accusations	Blaming	Anger
	These Green or "Zone" behaviors are Affirming, Functional, Adaptive, Focused, Inclusive, Mature, Loving and reflect how we wish to live							
72°	Awareness	7 Core Areas	Mindfulness	A-C-T-I-V-E Model	Therapy	Values Clarification	Healthy Outcomes	
	Focused	Reflection	Intentional	Awareness Wheel	Curious and Open	Open to Feedback	Love of Learning	Daring
	Body Regulation	Bio-Balancing	Walk/Exercise	Self-Regulation	Breathing/Yoga	Grounded/Calm	Other Self-Care	
	Prayer	Spirituality	Caring	Helping	Complementary	Minister to Self	Minister to Others	Stable
	Time Outs to...	...take Time Ins	Flexible Responses	Cortical Override	Empowered	Mutual Regulation	Good Rituals	
	Inspired	Insightful	Study (Bible, or...)	Peaceful/Serene	Consoling	Comfortable	Creative	Patient
	Connected	Loved/Cherished	Adored	Helpful/Useful	Collaboration	Repairing Ruptures	Romantic/Lover	
	Present	Courageous	Communicative	Integrity	Trustworthy	Restraint	Validating	Honest
	Meetings	Fellowship	Big Book	Sponsor/Discipler	Working the Steps	Recovery Calls	Making Differences	
	Relaxed	Flexible	Kind/Gentle	Tolerant	Warmhearted	Affectionate	Simplicity	Clarity
68°	Empathy	Compassion	Truth Teller	Responsible	Reconciliation	Trust Builder	Gratitude	
	Safe	Respectful	Approachable	Nurturing	Engaged	Initiative	Giving/Generous	Poised
	Ownership	Inclusive	Self-Control	Clarifying	Imperfect	Negotiation	Healing Outcomes	
	Fair	Problem Solving	Assertive	Peacemaker	Protector	Considerate	Intuitive	Alert
	Playful/Fun	Vision/Purpose	Romantic	Boundaries	Good Hygiene	Sensual/Sexual	Wise/Wisdom	
	Listener	"Me to We"	Strategic	Sensible	Conflict Intimate	Rational	Forgiving	Loyal
	These Blue or "Cold" behaviors evidence Disconnection, Avoidance, Numbness, Rigidity and could lead to Relapse or other damaging outcomes							
	Lonely	Isolating	Masking	Depressed	Unhappy/Bitter	People Pleaser	Distance Strategies	
	Aloof	Poor Hygiene	Cog. Distortions	Lacking Identity	Self-Loathing	Neglect	Procrastination	Lazy
	Overwhelmed	Shut Down	Broken Promises	Disordered Eating	Denial	Secrecy/Lying	Injustice Collector	
	Indecisive	Disengaged	Hurt/Pain	Victim Posturing	Condescension	Manipulation	Resentment	Spite
	Embarrassed	Disconnected	Powerless	Invalidating	Gaslighting	Scapegoating	Freeze/Feign	
	Fantasy	Dissociation	Guilt/Ghoshaming	Acting Out	Intellectualization	Resistant	Passive Aggression	Cruel
	Neglect	Avoidance	Silent Treatment	(Stone)Walled Off	Insensitive	Cold-Hearted	Hard/Polarized	
	Devious	Internalized Critic	Absent Conscience	Betrayal	Despondent	Inconsolable	Emotionally Cutoff	Fatal

Your 68° to 72° Degree Target Chart (Theological)

by Dr. Ken McGill, LMFT, CSAT

In counseling sessions I'm prone to bring up the "68° – 72° degree range" which refers to the temperature and thermostat setting in my office, which is typically set for 70°. I've noticed over the years that I, and the people whom I'm visiting with, are comfortable, able to focus, insightful, and function at their optimum when the temperature setting is right or around the midrange of 70°. Equally, I've noticed discomfort, distraction and derailment tends to occur when the temperature is below 68° or beyond 72°. When this occurs, I quickly move to adjust the thermostat to recreate an environment that's conducive for constructive outcomes. Through the years I've seen that this metaphor actually applies to our overall behavior in life as well, and I've encouraged others to create their "68° – 72° degree zone."

So in your effort to continue to live an examined life, I'd like for you to look at the bible verses below and compile your own 68° – 72° Degree Target Chart of Green "Zone" behaviors that are "seasoned by scripture." When I think about the legacy that I'm leaving, I'm encouraged that my thoughts, feelings, goals and behaviors will reflect an integration of intentional, inspirational and therapeutically focused living. As you did with your 68° – 72° degree range Psychological Chart, I'd like for you to identify what your Red (Intense) or Blue (Cold) extremes are, that you'd like to avoid if not eliminate all together. Finally, respond to the questions below in your effort to recoup then redirect your energy from the extremes of the Red and Blue areas to your actual or aspirational Green Zone behaviors. I've found that using my energy to develop and live within my Green Zone is the best way to experience the benefits that accompany intentional living! - Dr. Ken McGill

<ol style="list-style-type: none">1. Think about the Green Zone behaviors you're already doing, or, the behaviors that make sense to you as you consider living a healthy and balanced life. What are they? Chart them in your Green Zone.2. Think about then consider including any helpful feedback or suggestions you've received from your Spouse, Partner, Family member, Doctor, Therapist, Pastor, Rabbi, Spiritual Guide or Good Friends that you might wish to develop in your Green Zone. What might you consider incorporating or developing because the scripture makes sense to you and the manifestation of these Green Zone behaviors would help you to live a value-focused and inspired life?3. Who or what resources will you access regularly to help you to develop, grow, accomplish and protect any of the Green Zone goals and behaviors that you've identified or are identified in the verses?	<ol style="list-style-type: none">4. What are your Red or "Intense" behaviors, or "Cold" Blue behaviors, which when displayed or demonstrated, reflect you're "out of your comfort zone," which may distract, irritate, create escalation and harm if you don't "adjust your thermostat" and engage in strategic Green Zone behaviors? Chart those behaviors in the Red or Blue areas.5. What is the effect of your Intense (Red) and/or Cold (Blue) behavior on others? Ask your Spouse or Partner what it's like to be on the receiving end of your Red or Blue behavior(s). What Green Zone response(s) would counter the effect and help to heal versus traumatize them?6. Take a look at some of the Green Zone scriptures each day. Visualize yourself engaging in then practicing them daily. Journal or share with others what happens when you practice them. Be encouraged and celebrate the positive changes and skills that define who you are and are becoming!
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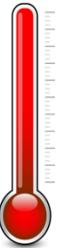
Your 68° to 72° Degree Target Chart (Theological)

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These Red or "Intense" behaviors evidence Anxiety, Strife, Dysregulation, Reactivity, Chaos and could lead to damaging outcomes if not corrected							
192°	Misjudges God but	...Reality Checked	A Spiritual 180°	Seeing God's Plan	Weak to Strength	Judge No One	Remove Obstacles
	Jonah 4: 1 - 4	Job 40: 1 - 14	Galatians 5:16 - 22	Jeremiah 29: 11	2 Corinth. 12:7 - 10	Romans 14: 13	Romans 14: 13
	Dismissing God	Misplacing Passion	Impaired Vision 2	Reckless Living	Distorting God	"Last Days" Living	Running Amok
	Romans 1: 21 - 24	James 1: 13 - 15	Matthew 6:22 - 23	Luke 15:13 - 16	Romans 1: 28 - 32	2 Timothy 3: 2 - 5	Romans 3: 12 - 18
	Impaired Vision 1	Slippery Slopes	Reckless Thinking	Not Ending Well	Snaring the Simple	Impulsive Choices	Sullied Sexuality
	Proverbs 16:25	Titus 1: 15 - 16	Romans 1:31	Romans 1:32	Proverbs 9: 13 - 18	Proverbs 1: 10 - 19	Proverbs 5 - 7
These Green or "Zone" behaviors are Affirming, Functional, Adaptive, Focused, Inclusive, Mature, Inspirational, Loving and reflect how we wish to live							
72°	Called by God	Chosen by God	Changed by God	Taught by God	Equipped by God	Guided by God	Renewed by God
	John 13: 12 - 17	Colossians 3:12-17	Ephesians 4: 1 - 25	Psalm 119: 33 - 40	2 Timothy 3:16-17	Psalm 119: 11	Romans 12
	Love God	Love Yourself	Love Others	Love Mercy	Love "Enemies"	Love Systemically	Love Never Fails
	Matthew 22: 37 - 38	Romans 13: 8 - 10	John 15: 12 - 17	Micah 6: 8	Matthew 5: 43 - 48	Luke 10: 25 - 37	I Corinthians 13:4 - 8
	Humility Plus	Mindful Plus	Compassion Plus	Careful Plus	Peace Plus	Faith Plus	Focused Plus
	Philippians 2: 1 - 5	Psalm 119: 9 - 16	Colossians 3:12-14	Psalm 119: 25 - 32	Hebrews 12: 14-15	James 2: 14 - 25	Acts 2: 42 - 47
	Care 4 Your Heart	Care 4 Your Soul	Care 4 Your Mind	Care 4 Your Spirit	Care 4 the Hurting	Care 4 Your Body	Care 4 the Prize
	Proverbs 3: 1 - 6	3 John 2	I Chronicle 28:9-10	I Corinthians 2:9-15	James 4: 9 - 10	I Corinthians 3: 16	I Corinth. 9: 24 - 27
	Love Sincerely	Lovers Embrace	Lovers Enjoy	Lovers Delight!	Love Reciprocally	Love brings Favor	Lovers Protect
	Romans 12: 9 - 10	Song Songs 4:9-16	Proverbs 5: 18 - 19	Song Songs 7	I Corinthians 7: 3-5	Proverbs 18: 22	I Thessalon. 4: 3-4
	Builds Home	Builds Others	Builds Marriage	Builds up Family	Builds Neighbors	Builds Connection	Builds the Kingdom
	Matthew 7: 24 - 28	Ephesians 4:29-5:2	Ephesians 5	Deuteronomy 6:6-9	Luke 10: 29 - 37	I Corinthians 1:10	Ephesians 2: 8 - 10
	Skilled Internally	Skilled Morally	Skilled Personally	Skilled at Living	Skilled in Speech	Skilled Activity	Skilled Outcomes
	Psalm 51: 10 - 12	I Corinth. 6: 12-20	2 Corinth. 10 :3-5	Proverbs 2: 1 - 6	James 1: 19	James 1: 21 - 27	Romans 8: 28
	Grows Strategically	Grows Powerfully	Grows Personally	Grows Mercifully	Grows Relationally	Grows Painfully	Grows Community
	Ephesians 6:11-20	John 15: 1 - 5	Romans 7:14 – 8:2	John 8: 2 - 11	Galat. 5:22 – 6:10	Romans 5: 3 - 5	Matthew 25: 14-46
	Inspires Others	Assists Others	Tender to Others	Devoted to Others	Reassures Others	Peace with Others	Loves Others
	I Peter 2: 9 - 10	Galatians 6: 1 - 3	John 8: 2 - 11	Romans 12: 10	Romans 8: 37 - 39	2 Corint. 5: 17 - 21	John 13: 34 - 35
	Motivated by Virtue	Proverbs 1 - 31	Fills Up on Peace	Cultivates Peace	Continues to Love	Works Diligently	Finishes Strong
	Philippians 4: 8 - 9	A Chapter a Day	Romans 15: 13	Romans 14: 19	Romans 13: 8	Ecclesiastes 5:3	2 Timothy 4: 7 - 8
These Blue or "Cold" behaviors evidence Disconnection, Avoidance, Numbness, Rigidity and could lead to damaging outcomes if not corrected							
68°	Entertains Doubt	Ear to Dishonesty	Easily Deceived	Dependence Shift	Entering Doom	Spiritually Naive	Deranged Darkness
	Genesis 3: 1	Genesis 3: 2 - 4	Genesis 3: 4 - 5	Genesis 3: 5 - 6	Genesis 3: 7, 10ff	Matthew 12:43-45	Proverbs 4:19
	Self-Delusion	Extreme Apathy	Deserts Friends	Toxic Connections	Craving Brain	Suffers in Silence	Moment of Clarity
	2 Thess. 2:9 - 12	Ecclesiastes 1:2	2 Timothy 4: 9	I Corinthians 15:33	Genesis 19: 17, 26	Psalm 32: 1 - 5	I Corinth. 10: 13
	Humility with God	Sought the Lord	Pursued the Divine	God's Compassion	A Great Power	Ceased Stumbling	Renewed Purpose
	James 4: 10	Psalm 34:4, 14-22	Psalm 38	Psalm 86: 15 - 17	Titus 3: 3 - 6	Psalm 56: 13	Micah 6: 8

Your 68° to 72° Degree Target Chart - (Worksheet) by Dr. Ken McGill

Insert your Red, Green and Blue behaviors in the space below. Try to avoid the two extremes but practice and stay inside your 68° – 72° Green “Zone.”

 192°	These Red or “Intense” behaviors evidence Anxiety, Strife, Dysregulation, Reactivity, Chaos and could lead to Relapse or other damaging outcomes					
 72°	These Green or “Zone” behaviors are Affirming, Functional, Adaptive, Focused, Inclusive, Mature, Loving and reflect how we wish to live					
 68°	These Blue or “Cold” behaviors evidence Disconnection, Avoidance, Numbness, Rigidity and could lead to Relapse or other damaging outcomes					

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(NOTES)