

The Barrier Map



One Lid — its full anatomy, written down.

NAME THE LID — the specific threshold you are mapping

THE SHAPE — what kind of barrier it is

INTERNAL FACE	EXTERNAL FACE
<i>what about who you are hasn't caught up</i>	<i>what about the next level you don't yet know</i>

THE FORCES — what holds it in place

THE THRESHOLD LOOP	THE SOCIAL LID	THE FOG