

The Ice Cream Cone Model of Reality

A Process Work Concept

Instead of viewing a person as “out of touch with reality” ask instead:

*Where are they inside the ice cream cone?
How fluid are they at moving up and down the cone?*

Consensus Reality

The ice cream we can observe.
The reality most of us can agree is happening in the moment. Anything that can be measured. The observable, material world. Commonly assumed to be all of reality.

Dreamland

The ice cream we can't observe because it's hidden by the cone.
Our personal feelings, sensibilities and dreams. Our body experiences and the roles we play. What's present but isn't mentioned.

Essence

Where the cone comes together.
Experiences of oneness and unity.
Everything is connected. Frequently difficult to describe with language.



*The whole ice cream cone matters!
We get into trouble when we cannot access the whole cone.*