

Locating Yourself: Above or Below the Line?

Statements

What can I learn from this?
 How is the opposite true?
 How is this familiar?
 I appreciate you for...
 I take responsibility for...
 I agree to...
 I choose to...
 I created...
 How is this for me?
 What I hear you saying...
 My body sensations are...
 I feel... (sad, angry, scared, joyful, sexual/creative)

Behaviours

Breathe
 Significantly change my posture
 Take responsibility
 Question my beliefs
 Feel emotions
 Listen consciously
 Speak unarguably
 Make impeccable agreements
 Appreciate
 Create win for all solutions
 Play

Beliefs

I am the creator of my well-being
 There are more than two possibilities
 It is valuable to question my thoughts and beliefs
 My feelings are intelligent
 Approval, control and security are something I already have
 All people and circumstances are my allies
 Revealing creates connection and vitality
 Play and rest are key to peak performance

“By Me”

Responsive / Curious / Growth & Learning

ACCEPTANCE AND TRUST

Reactive / Defensive / Recycling Drama

RESISTANCE AND THREAT

“To Me”

Statements

I/You/They should
 I/You/ They can't
 I'm right/They're wrong
 It's hard
 I'm trying
 It's not my fault
 I'm confused
 The “truth” is
 I have to
 You made me
 I'm sorry (with an excuse)
 Always/Never
 “Why” questions
 You're not listening to me
 It's no use/I give up
 My way or the highway
 They don't get it

Behaviours

Hold your breath
 Fight/Flee/Freeze/Faint
 See others as needing help
 Find fault/Blame
 Cling to an opinion/argue
 Rationalize/Justify
 Gossip
 Get overwhelmed
 Suppress emotions
 Use distractions to relieve pain (food, sex, drugs, media, work)
 Enroll others to affirm my beliefs
 Avoid all disconfirming data
 Be sloppy with your agreements
 Avoid conflict
 Be judgmental (right/wrong, good/bad)

Beliefs

Being right is the most important thing
 There is a threat to me occurring out there
 There is not “enough”
 I need another's approval
 Safety and security come from outside myself
 I need to be in “control” (of things I can't control)
 There are only two options
 To get to a solution, I have to be serious
 I am better than/less than
 There is a right/wrong way
 There is no choice
 My story about the situation is true

