

LOCATING YOURSELF: ABOVE OR BELOW THE LINE

Statements

What can I learn from this?
How is the opposite as 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)

Behaviors

Breathe
Significantly change my posture
Take responsibility
Question my beliefs
Feel emotions
Listen consciously
Speak unarguably
Make impeccable agreements
Appreciate
Create a 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

("for me")

reactive / defensive / recycling drama

acceptance and trust

resistance and threat



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 but...
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

Behaviors

Hold your breath
Fight/Flee/Freeze/Faint
See others as needing help
Find fault/Blame
Be defensive/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