

TABLE ONE:

**THE DIFFICULTIES CREATED BY THE SURVIVAL INJUNCTIVE MESSAGES AND THE PATH TO HEALING**  
PART ONE

THE INJUNCTIVE MESSAGE (IM) A BELIEVABLE FALSEHOOD	THE DESPAIRING DECISION WHAT I MOST FEAR TO BE TRUE OF ME OR OF LIFE	THE DEFIANT DECISION MY BEST ATTEMPT TO BE HEALTHY & RESILIENT	THE COPING BEHAVIOR MY HABIT PATTERNS STEMMING FROM THE DEFIANT DECISION
<b>DON'T EXIST</b>	No one cares about my life or whether I die	I'll show you (my life has worth) even if it kills me	<b>Determined to gain approval, recognition, or envy</b>
<b>DON'T BE WELL</b> (or take care of yourself}	I am not worthy of attention	I will prove myself to be a strong person	<b>Frequent exhaustion</b>
<b>DON'T TRUST</b>	I feel defenseless & on my own	I will only count on me	<b>Extremely controlling</b>
<b>DON'T BE SANE</b>	I am terrified (in an unprotected & cruel world)	I am "Normal!" (& angry at a world that hurt me)	<b>Easily aroused resentment/hatred &amp; quick to express rage</b>
<b>DON'T TOUCH</b>	I'm unlovable (No one ever touches me gently)	I will be self sufficient	<b>Projecting an attitude of "nothing hurts me"</b>

IMPASSE ALLIES: AFFIRMATION, GRATITUDE, ACCEPTANCE, ENCOURAGEMENT, ADMIRATION, EMPATHY, CONFRONTATION, HUMOR, INVITATION & RELIEF

THE REDECISION THIS IS A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	THE RESOLVING ACTIVITY DIRECTIVES TO CREATE & STRENGTHEN NEW HABITS	A NEW PARENTAL VOICE THAT IS PROTECTIVE WITH AGENCY, LOVE & COMMON SENSE
Unconditional love & affirmation do exist	Admire the courage it took for you to survive	Your life has great meaning so protect it
I need more help than I can give myself	Think and say the words, "Help me" frequently	Guard your health & allow others to care for you
There are people worthy of my trust	Discern individual character	You are smart enough to tell the good people from the bad people
Forgiveness (not revenge) cures the misery of hatred	Practice the phrase, "I forgive you" in your mind everyday	Unrelenting rage is emotional cancer, so seek relief from it
I long for & need affection	Allow others to touch you: physically, verbally & emotionally	Feeling empathy heals your soul & offers healing to others

**The Difficulties:** Self-destructive patterns that create a **defiant** "I'll show you" attitude that creates a drive to gain recognition, approval, or envy in place of affection. A genuine disregard for one's well-being is often unquestioned. Who cares? Sometimes results in suicidal thinking, but always in behaviors that are destructive over time to body & soul. There are efforts to become impervious to pain through a misguided definition of being strong. **Rage and hatred are** close at hand.

**The Ancient Voice:** No one cares what happens to you.

**The Accepted Falsehood:** I don't matter.

**The Healing:** Learning that unconditional love exists. It is possible to feel trusting enough to be vulnerable to allow affection in. Both help and **love** must come from others. Recognition and approval are good but are not affection. The search is for emotional warmth as opposed to finding reasons to be angry. Forgiveness doesn't erase memory but allows the past to be in the past. The empathy of others is seen & is palpable.

**The New Voice:** You are irreplaceable so do yourself no harm.

**The New Truth:** I am precious.

## SET POINT ASSESSMENT FOR THE SURVIVAL INJUNCTIVE MESSAGES AND THEIR MOVEMENT

### PART TWO

**THE GOAL: MOVING THE SET POINT FROM MISERY AND STRUGGLE TO CONTENTMENT AND ACCEPTANCE**











THE INJUNCTIVE MESSAGE (IM) A BELIEVABLE FALSEHOOD	MISERY & STRUGGLE (Thinking that reflects an IM influence)  Reinforces hopelessness	THE REDECISION  A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	CONTENTMENT & ACCEPTANCE (Thinking that shows freedom from the IM)  Invigorates a sense of agency
<b>DON'T EXIST</b>	I am a mistake & my life has no meaning 	Unconditional love & affirmation do exist	 My life is precious
<b>DON'T BE WELL</b> (or take care of yourself)	I am tired & exhausted & no one cares 	I need more help than I can give myself	 I am well loved & well cared for
<b>DON'T TRUST</b>	I often feel I am misused & betrayed 	There are people worthy of my trust	 I take deep pleasure in counting on people I trust
<b>DON'T BE SANE</b>	I am defenseless in life without the armor of my resentment 	Forgiveness (not revenge) cures the misery of hatred	 I feel love for me & mine & forgiveness for those who harmed me
<b>DON'T TOUCH</b>	I feel proud of the harshness I had to endure during my childhood 	I long for & need affection	 I understand how lonely I felt & now feel profound empathy for my young self

TABLE TWO:

**THE DIFFICULTIES CREATED BY THE ATTACHMENT INJUNCTIVE MESSAGES AND THE PATH TO HEALING**

**PART ONE**

<b>THE INJUNCTIVE MESSAGE (IM)</b> A BELIEVABLE FALSEHOOD	<b>THE DESPAIRING DECISION</b> WHAT I MOST FEAR TO BE TRUE OF ME OR OF LIFE	<b>THE DEFIANT DECISION</b> MY BEST ATTEMPT TO BE HEALTHY & RESILIENT	<b>THE COPING BEHAVIOR</b> MY HABIT PATTERNS STEMMING FROM THE DEFIANT DECISION
<b>DON'T BE CLOSE</b>	I feel distant & forgotten	I will become loveable & attract an imaginary love	<b>Looking for an ideal love that does not exist</b>
<b>DON'T FEEL ANY ATTACHMENT (Only rejection)</b>	I am abandoned	I am entitled to have all the objects of my desire	<b>Unconsciously possessive, insistent &amp; manipulative</b>
<b>DON'T BELONG</b>	I am outside looking in	I won't seem to care	<b>A pattern of isolating &amp; being remote</b>
<b>DON'T BE A CHILD</b>	There is no room for my emotional needs	I will be strong & endure the neglect	<b>Habitually attending to others hoping the gift will be returned</b>
<b>DON'T INVEST (emotionally)</b>	There is no Time for me	My time will be devoted to activities that reward me	<b>Focused on the Practical World at the expense of the Emotional World</b>

IMPASSE ALLIES: AFFIRMATION, GRATITUDE, ACCEPTANCE, ENCOURAGEMENT, ADMIRATION, EMPATHY, CONFRONTATION, HUMOR, INVITATION & RELIEF

<b>THE REDECISION</b> THIS IS A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	<b>THE RESOLVING ACTIVITY</b> DIRECTIVES TO CREATE & STRENGTHEN NEW HABITS	<b>A NEW PARENTAL VOICE THAT IS PROTECTIVE WITH AGENCY, LOVE &amp; COMMON SENSE</b>
I can survive living with an open heart	Say: "I love you," "I like you," "Thank you" often.	Be a loving & nurturing person
There are people who have genuine affection for me	Learn what brings pain to those who love you & refrain from those bitter behaviors	Treasure & protect the people who have given their hearts to you
I am free to find a tribe (family) of my choice	Continually look for people <b>you</b> like	Show interest and care to people you like
I am a person with needs & not a machine	Remember this, "you can ask for anything"	Share your emotional needs with people who care about you
I can give certain people my whole heart	Name your beloved ones & give them your time	Be loyal to those in your Emotional World

**The Difficulties:** Since the modeling for the Emotional World was poor or lacking, it is easy to create fantasies of relationships that are narcissistic & perfectionistic. This creates a win/lose view where conflict inspires either abandonment or dominance patterns. The desperate desire to attain love blinds the person to the need to be a giver of love and affirmation.

- **The Ancient Voice:** No one truly loves you.
- **The Accepted Falsehood:** I am unlovable.

**The Healing:** It is not intuitive, but one must learn to give the love to others that has always been craved. Look for people for whom you feel warmth, a "chemical affinity.". Learn how important it is to protect those you love from yourself. Empathy for others is apparent. Ask for the love you need without manipulation. Loyalty is to loved ones.

- **The New Voice:** Loving others brings love to you.
- **The New Truth:** I am capable of love.

**SET POINT ASSESSMENT FOR THE ATTACHMENT INJUNCTIVE MESSAGE AND THEIR MOVEMENT**  
**PART TWO**

**THE GOAL: MOVING THE SET POINT FROM MISERY AND STRUGGLE TO CONTENTMENT AND ACCEPTANCE**










<b>THE INJUNCTIVE MESSAGE (IM)</b> <b>A BELIEVABLE FALSEHOOD</b>	<b>MISERY &amp; STRUGGLE</b> <b>(Thinking that reflects strong IM influence)</b>  Reinforces helplessness	<b>THE REDECISION</b>  <b>A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH</b>	<b>CONTENTMENT &amp; ACCEPTANCE</b> <b>(Thinking that shows freedom from the IM)</b>  Invigorates a sense of agency
<b>DON'T BE CLOSE</b>	In relationships I have a history of being hurt & I feel wary 	I can survive living with an open heart 	There are good people in my life to whom I am loyal & deeply loving
<b>DON'T FEEL ANY ATTACHMENT (only rejection)</b>	In relationships I withhold compassion and understanding 	There are people who have genuine affection for me 	I am protective of the people who have affection for me (especially from myself)
<b>DON'T BELONG</b>	No one is interested in me 	I am free to find a tribe (family) of my own choice 	My pattern is to invite people I like into my life
<b>DON'T BE A CHILD</b>	I give up easily and adapt to the wants of others 	I am a person with needs & not a machine 	I treasure the people I depend upon
<b>DON'T INVEST (emotionally)</b>	Work and practical activities always seem to come first in my life 	I can give certain people my whole heart 	The people I love & their happiness come first in my life

TABLE THREE:

**THE DIFFICULTIES CREATED BY THE IDENTITY INJUNCTIVE MESSAGES AND THE PATH TO HEALING**

**PART ONE**

<b>THE INJUNCTIVE MESSAGE (IM)</b> A BELIEVABLE FALSEHOOD	<b>THE DESPAIRING DECISION</b> WHAT I MOST FEAR TO BE TRUE OF ME OR OF LIFE	<b>THE DEFIANT DECISION</b> MY BEST ATTEMPT TO BE HEALTHY & RESILIENT	<b>THE COPING BEHAVIOR</b> MY HABIT PATTERNS STEMMING FROM THE DEFIANT DECISION
<b>DON'T BE YOU</b>	I am unacceptable	I will somehow be a flawless person	<b>Playing a role in someone else's play</b>
<b>DON'T BE SEPARATE</b>	I cannot be who I am	"You can't make me" (be who you want me to be)	<b>Leading a double life to avoid conflict</b>
<b>DON'T BE VISIBLE</b>	I feel shame & ashamed of myself	I will hide behind my public self	<b>Appearing ever confident &amp; composed</b>
<b>DON'T BE IMPORTANT</b>	I am nothing	I will always be better than others	<b>competitive &amp; comparative</b>
<b>DON'T HAVE WANTS</b>	I have no sense of me	I'll know what others want before they do	<b>Adaptive to the unspoken "needs" of others</b>

IMPASSE ALLIES: AFFIRMATION, GRATITUDE, ACCEPTANCE, ENCOURAGEMENT, ADMIRATION, EMPATHY, CONFRONTATION, HUMOR, INVITATION & RELIEF

<b>THE REDECISION</b> THIS IS A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	<b>THE RESOLVING ACTIVITY</b> DIRECTIVES TO CREATE & STRENGTHEN NEW HABITS	<b>A NEW PARENTAL VOICE THAT IS PROTECTIVE</b> WITH AGENCY, LOVE & COMMON SENSE
I can claim & love my unique life	Consciously love both your gifts & your flaws	You are beautiful as you are & I love you
I am the only person with the right to define who I am	Use disagreement to clarify your identity & to learn that of others	Be yourself: other people are more resilient than they appear.
There is no shame in being vulnerable	Reveal your true self to loving people	What you keep hidden deprives you of being known
Pride brings no lasting sense of importance	Focus on people you love rather than the conquests you seek	You are important because you exist
I have an ego & desires to match	Ask yourself: am I making my wishes known?	You were not born to please everyone

**The Healing:** Replace the drive to be someone else with a sincere curiosity about one's real self. Through curiosity identify and love both strengths and weaknesses. Often, what was seen as a weakness is now seen as a unique gift. My multifaceted self is far more interesting than any false front. Committed relationships are the key to knowing myself.

**The New Voice:** You are one of a kind with your own beauty.

**The New Truth:** I cherish my unique life.

**The Difficulties:** Basically, unaccepting of one's own immutable personality as it is often not known or celebrated. There is a desire to be someone else or to have the gifts of other people. It is easy to be overcome with shame and to present a false front to the world. Strengths are used to establish feelings of superiority and perceived weaknesses are despised. There is no concept of acceptance of one's natural self.

**The Ancient Voice:** No one cherishes you (as you are).

**The Accepted Falsehood:** I am a flawed person.

## SET POINT ASSESSMENT FOR THE IDENTITY INJUNCTIVE MESSAGES AND SET THEIR MOVEMENT

### PART TWO

#### THE GOAL: MOVING THE SET POINT FROM MISERY AND STRUGGLE TO CONTENTMENT AND ACCEPTANCE











THE INJUNCTIVE MESSAGE (IM) A BELIEVABLE FALSEHOOD	MISERY & STRUGGLE (Thinking that reflects Strong IM influence)  Reinforces hopelessness	THE REDECISION  A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	CONTENTMENT & ACCEPTANCE (Thinking that shows freedom from the IM)  Invigorates a sense of agency
<b>DON'T BE YOU</b>	I fear being reviled or belittled 	I can claim & love my unique life 	I am curious to know my innate wants, desires & talents
<b>DON'T BE SEPARATE</b>	I am stuck in a role I did not choose and I do not want 	I am the only person with the right to define who I am 	I am my own personality and no one else
<b>DON'T BE VISIBLE</b>	I only show my public self, never my authentic self 	There is no shame in being vulnerable 	I reveal my vulnerabilities with emotionally safe people
<b>DON'T BE IMPORTANT</b>	I struggle to excel to have meaning in life 	Hard won pride brings no lasting sense of importance 	Those who will "love me for the rest of their lives" reveal to me my true importance
<b>DON'T HAVE WANTS</b>	I forgo my own wishes to gain the approval of others 	I have an ego and desires to match 	I make my wishes known so others don't have to "read my mind"

TABLE FOUR:

**THE DIFFICULTIES CRATED BY THE COMPETENCE INJUNCTIVE MESSAGES AND THE PATH TO HEALING**

**PART ONE**

<b>THE INJUNCTIVE MESSAGE (IM)</b> A BELIEVABLE FALSEHOOD	<b>THE DESPAIRING DECISION</b> WHAT I MOST FEAR TO BE TRUE OF ME OR OF LIFE	<b>THE DEFIANT DECISION</b> MY BEST ATTEMPT TO BE HEALTHY & RESILIENT	<b>THE COPING BEHAVIOR</b> MY HABIT PATTERNS STEMMING FROM THE DEFIANT DECISION
<b>DON'T (ever) MAKE IT</b>	I am never good enough	I will prove myself to be extraordinary	<b>Striving for achievement while preoccupied with feelings of failure</b>
<b>DON'T GROW UP</b>	I feel lost & never know what to do	I <b>must</b> fend for myself in the world	<b>A "little person" striving to look grown up</b>
<b>DON'T THINK</b>	I feel inadequate	I will discover certainty & make it my own	<b>Immediately defensive of fixed beliefs &amp; prejudices</b>
<b>DON'T FEEL SUCCESSFUL</b>	I feel I am always at fault	I will fix everyone & everything	<b>Constantly seeking to accomplish the impossible</b>
<b>DON'T (feel free to act)</b>	Whatever I do is wrong	I will defend my inaction in life	<b>A well defended anxiety that is not amenable to facts</b>
<p><b>The Difficulties:</b> Nothing I do is ever good enough for very long. The habit of over-expectation spoils the feelings of success and achievement that are necessary for self-esteem. Measurement and competition are the only metrics of success leading to an easily aroused sense of competition. Even if measurably successful in the Practical World, still haunted by fears of failure and thoughts of not being good enough.</p> <p><b>The Ancient Voice:</b> No one believes in you.  <b>The Accepted Falsehood:</b> I am a failure.</p>			

IMPASSE ALLIES: AFFIRMATION, GRATITUDE, ACCEPTANCE, ENCOURAGEMENT, ADMIRATION, EMPATHY, CONFRONTATION, HUMOR, INVITATION & RELIEF

<b>THE REDECISION</b> THIS IS A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	<b>THE RESOLVING ACTIVITY</b> DIRECTIVES TO CREATE & STRENGTHEN NEW HABITS	<b>A NEW PARENTAL VOICE THAT IS PROTECTIVE</b> WITH AGENCY, LOVE & COMMON SENSE
I have made & I am making a mark on the world	Monitor and modify your expectations	Love how accomplished you are
It's a necessity to have good models to show us our way in life	Seek to see the admirable qualities in others	It is vital to accept influence & inspiration
I have the courage to learn & to face ambiguity	Monitor for "moments of certainty" and back off	You, & you alone are the custodian of your mind & thoughts
The pain of the world (my family) is not my responsibility	Consciously enjoy being beneficial to others	The person you seek to be defines you as being adequate
It is not possible to remove risk from life	Seek "victories" by doing activities that anxiety prohibited	Life is richer beyond your comfort zone
<p><b>The Healing:</b> Expectations are tamed to fit our natural abilities. Admiration of other models of success replaces an automatic and involuntary sense of competition. Feeling successful is associated with the direction and passions of one's life. Wisdom and satisfaction become major quests. Confidence in learning from setbacks replaces an aversion to assertive action.</p> <p><b>The New Voice:</b> your pursuits, not facts, make you a significant person.  <b>The New Truth:</b> My life is admirable</p>		

# SET POINT ASSESSMENT FOR THE COMPETENCE INJUNCTIVE MESSAGES AND SET THEIR MOVEMENT

## PART TWO

**THE GOAL: MOVING THE SET POINT FROM MISERY AND STRUGGLE TO CONTENTMENT AND ACCEPTANCE**

THE INJUNCTIVE MESSAGE (IM) A BELIEVABLE FALSEHOOD	MISERY & STRUGGLE (Thinking that reflects strong IM influence)  Reinforces hopelessness	THE REDECISION  A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	CONTENTMENT & ACCEPTANCE (Thinking that shows freedom from the IM)  Invigorates a sense of agency
<b>DON'T (ever) MAKE IT</b>	Secretly, I feel my life to be one of failure	I have made & I am making a mark on the world	It's remarkable how much impact I have and have had in life
<b>DON'T GROW UP</b>	I might look great but fear being seen as inadequate	It's a necessity to have good models to show us our way in life	I seek to lead an admirable life
<b>DON'T THINK</b>	My beliefs are basically unassailable	I have the courage to learn & to face ambiguity	As I learn I evolve & feel more deeply satisfied in my life
<b>DON'T FEEL SUCCESSFUL</b>	I easily feel remorse when I think about my life	The pain of the world (my family) is not my responsibility	I love the effort I put into living a sincere life
<b>DON'T (feel free to act)</b>	Fear & anxiety greatly restrict my life	It is not possible to remove risk from life	My life story is more & more interesting



TABLE FIVE:

**THE DIFFICULTIES CREATED BY THE (SENSE OF) SECURITY INJUNCTIVE MESSAGES AND THE PATH TO HEALING**

**PART ONE**

<b>THE INJUNCTIVE MESSAGE (IM)</b> A BELIEVABLE FALSEHOOD	<b>THE DESPAIRING DECISION</b> WHAT I MOST FEAR TO BE TRUE OF ME OR OF LIFE	<b>THE DEFIANT DECISION</b> MY BEST ATTEMPT TO BE HEALTHY & RESILIENT	<b>THE COPING BEHAVIOR</b> MY HABIT PATTERNS STEMMING FROM THE DEFIANT DECISION
<b>DON'T ENJOY</b>	Life is empty	I will construct a world that is "not empty"	<b>An overfull life driven by "event greed"</b>
<b>DON'T BE GRATEFUL</b>	There is never enough	I will attain all my desires	<b>A life of insatiable longing (always wanting more)</b>
<b>DON'T FEEL</b>	Feeling my emotions is too painful	I will do whatever is necessary to deaden my feelings	<b>"Emotional responses" lack warmth</b>
<b>DON'T RELAX (Or feel safe)</b>	Life is full of threat & hidden danger	I will keep myself safe by being alert	<b>Constant vigilance</b>
<b>DON'T BE HAPPY</b>	Life is sad	I will obtain happiness someday	<b>The pursuit of an imagined happy future</b>
<p><b>The Difficulties:</b> Creates a life focused on becoming "Bullet Proof" as a model for being secure. Feelings are disregarded or severely maligned as signs of weakness and unwanted vulnerability. There is a drive toward an imaginary future that creates a sense of time urgency. Happiness, enjoyment, and relaxation are the goals of this future state but not experienced in the present moment. The lack of feeling alive in the present moment hampers the creation of rewarding or reassuring memories.</p> <p><b>The Ancient Voice:</b> You can never be safe.</p> <p><b>The Accepted Falsehood:</b> I will never feel secure.</p>			

IMPASSE ALLIES: AFFIRMATION, GRATITUDE, ACCEPTANCE, ENCOURAGEMENT, ADMIRATION, EMPATHY, CONFRONTATION, HUMOR, INVITATION & RELIEF

<b>THE REDECISION</b> THIS IS A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	<b>THE RESOLVING ACTIVITY</b> DIRECTIVES TO CREATE & STRENGTHEN NEW HABITS	<b>A NEW PARENTAL VOICE THAT IS PROTECTIVE</b> WITH AGENCY, LOVE & COMMON SENSE
Joy does exist & is not under our control	Consciously say "no" to empty "ego events"	Protect your time so there is room for joy in your life
Abundance exists & is not a function of getting more stuff	Practice counting your blessings everyday	A grateful heart allows you to feel the goodness of life
Compassion allows the Emotional World to feel both rich & safe	Name your emotions & feel them without censure, explanation, or embarrassment	Even when most uncomfortable no one dies in the Emotional World
I have coped with hardship & suffering & will again	Use memory to create a sense of confidence & of agency	Remember: You are strong & capable of handling life
Happiness is the skill of being content in the present moment	Express happiness by laughing & smiling from your heart	Happiness exists apart from our circumstances
<p><b>The Healing:</b> Happiness and a habit of gratitude are necessary for health. The idea of "absolute security" is a fiction. Self-confidence derives from the memory of overcoming past challenges. Suffering &amp; melancholy are parts of life and are not signs of failure. Feeling emotions while feeling confident to handle them enriches life rather than feeling frightening. Joy exists and is felt.</p> <p><b>The New Voice:</b> Enjoy your life while feeling confident.</p> <p><b>The New Truth:</b> I am resilient &amp; prepared for life.</p>		

# SET POINT ASSESSMENT FOR THE (SENSE OF) SECURITY INJUNCTIVE MESSAGES AND THEIR MOVEMENT

## PART TWO

THE GOAL: MOVING THE SET POINT FROM MISERY AND STRUGGLE TO CONTENTMENT AND ACCEPTANCE

<b>THE INJUNCTIVE MESSAGE (IM)</b> A BELIEVABLE FALSEHOOD	<b>MISERY &amp; STRUGGLE</b> (Thinking that reflects strong IM influence)  Reinforces hopelessness	<b>THE REDECISION</b>  A NEW BELIEF BASED ON AN UNSUSPECTED TRUTH	<b>CONTENTMENT &amp; ACCEPTANCE</b> (Thinking that shows freedom from the IM)  Invigorates a sense of agency
<b>DON'T ENJOY</b>	I "comfort" myself by being busy, irritated & in a hurry	Joy does exist & is not under <b>our</b> control	I am never more than a memory away from reliving moments of joy
<b>DON'T BE GRATEFUL</b>	I equate gratitude with complacency & settling for less	Abundance exists & is not a function of getting more stuff	I value the gift of my life & all that is in it
<b>DON'T FEEL</b>	I have no time for feelings & other trivialities	Compassion allows the emotional World to feel both rich & safe	Feeling alive does not frighten me
<b>DON'T RELAX (Or feel safe)</b>	If I worry, maybe nothing bad will ever happen to me or mine	I have coped with hardship & suffering & will again	I'm confident I will have the resilience to handle what comes up in life
<b>DON'T BE HAPPY</b>	There is not much in life to smile about	Happiness is the skill of being content in the present moment	Laughing & smiling are important aspects of my life