

Table One

The Survival Injunctive Messages								
A believable falsehood <i>(The Injunctive Message)</i>	What the person fears to be true <i>(The Despairing Decision)</i>	The person's best attempt at health & resiliency <i>(The Defiant Decision)</i>	Behavior patterns that stem from the defiant decision <i>(The Coping Behavior)</i>	A new belief based on what is actually true <i>(The Redecision)</i>	A process to create new habits <i>(The Resolving Activity)</i>	Love spoken with wisdom, encouragement & compassion <i>(The New Parental Stance that Heals)</i>	The goal: To move the set point to Healing	
							The Bitter Response <i>Reinforces pessimism</i>	The Healing Response <i>Invigorates optimism</i>
DON'T EXIST	I am a mistake & I shouldn't be here	I will stay here by justifying my existence	Driven to seek approval & recognition	Unconditional love exists	Consciously appreciate your courage	Your life has meaning	It is a fact that my life is a heavy burden	My life is precious
DON'T BE WELL <i>(Don't take care of yourself)</i>	I am not worthy of attention	I will prove myself a strong person	A pattern of exhaustion	I need more help than I can give myself	Think and say the words, "I need help" often	You must guard your health with the help of others	I am tired & exhausted & no one cares	I am well loved & well cared for
DON'T TRUST	I feel defenseless in the world	I will only count on me	Super controlling	There are people worthy of my trust	Discern the character of others	You are smart enough to tell good people from bad ones	I often feel I am used & betrayed	It is a pleasure to count on the good people in my life
DON'T BE SANE	I'm terrified (in a crazy world with no protection)	I will be super normal (& <i>disdainful of others</i>)	Hatred of self or others, often expressed as contempt	There is a way out of my misery	Getting the reassurance, "you are not alone"	The harm that was done to you was real but not personal	I would be defenseless in life without my hostility & resentment	I feel love for me and forgiveness for any who harmed me in the past
DON'T TOUCH	I'm untouchable (No one touches me gently)	I will be self sufficient	Projecting an attitude of "nothing hurts me"	I actually like & need affection	Allow people to give nurture: physically, verbally & emotionally	There is great goodness in expressed warmth	I feel proud of the harshness I endured during my childhood	I feel love & empathy for my young self

Table Two

The Attachment Injunctive Messages								
A believable falsehood <i>(The Injunctive Message)</i>	What the person fears to be true <i>(The Despairing Decision)</i>	The person's best attempt at health & resiliency <i>(The Defiant Decision)</i>	Behavior patterns that stem from the defiant decision <i>(The Coping Behavior)</i>	A new belief based on what is actually true <i>(The Redecision)</i>	A process to create new habits <i>(The Resolving Activity)</i>	Love spoken with wisdom, encouragement & compassion <i>(The New Parental Stance that Heals)</i>	The goal: To move the set point to Healing	
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DON'T BE CLOSE	I feel abandoned	I demand perfect love	Looking for an ideal love that doesn't exist	I can survive living with an open heart	Say: "I love you," "I like you," "I need you" often.	Be warm and give your love generously	In relationships I have a history of being hurt & I am wary	There are good people in my life to whom I am loyal & deeply loving
DON'T FEEL ATTACHMENT	I am alone	I won't be denied: I will get what or whom I feel entitled to	Controlling by being possessive & manipulative	There are people who have genuine affection for me	Know what brings pain to those who love you & refrain from those behaviors	Treasure the people who give you their hearts	In relationships I withhold compassion and understanding	I am protective of the people who have affection for me (especially from myself)
DON'T BELONG	I am outside looking in	I won't seem to care	A pattern of isolating & being remote	I am free to find the tribe (family) of my choice	Continually look for people I like	Show interest and love to people you like	No one is interested in me	I celebrate the people I have chosen to be in my life
DON'T BE A CHILD	There is no room for my needs	I will be strong & endure the neglect	Constantly attending to others hoping the gift will be returned	I am a person with needs, not a machine	Remember this, "you can ask for anything"	You can be honest about your needs	I give up easily & adapt to the needs of others	I treasure the people who respond to my needs
DON'T WANT <i>(Or desire anything from your heart)</i>	I have a broken heart	I will be Teflon	Laughing & smiling to hide my hurt	No one dies in the Emotional World	Notice that you actually have wants and desires	It is important for your deepest wants to be fulfilled	Loneliness and hurt are my constant companions	I am able to confide what is in my heart

Table Three

The Identity Injunctive Messages								
A believable falsehood <i>(The Injunctive Message)</i>	What the person fears to be true <i>(The Despairing Decision)</i>	The person's best attempt at health & resiliency <i>(The Defiant Decision)</i>	Behavior patterns that stem from the defiant decision <i>(The Coping Behavior)</i>	A new belief based on what is actually true <i>(The Redecision)</i>	A process to create new habits <i>(The Resolving Activity)</i>	Love spoken with wisdom, encouragement & compassion <i>(The New Parental Stance that Heals)</i>	The goal: To move the set point to Healing	
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DON'T BE YOU	I am unacceptable	I will be perfect	Playing a role in someone else's play	I claim & love my imperfect life	Consciously love both your gifts & flaws	You are beautiful & I love you	I fear being belittled	I am curious to know my innate wants, desires & talents
DON'T BE SEPARATE	I cannot be me	I will be me in spite of you	Leading a double life so as to avoid conflict	I am the only person with the right to define who I am	Using disagreement to share my identity & learn yours	Be yourself: other people are more resilient than they appear.	I am stuck in a role I did not choose and I do not want	I am me and no one else
DON'T BE VISIBLE	I feel shame & ashamed of myself	I will hide behind my public self	Appearing confident & having no problems	I do not have to be ashamed of being vulnerable	Reveal your true self to safe people	What you keep hidden deprives you of being known	I show my public self, not the real me	Certain people know me & my vulnerable self
DON'T BE IMPORTANT	I am nothing	I'll be great, bigger than life	Dominant, expansive, competitive, & grandiose	Hard won pride brings me no lasting sense of importance	Think about the people you love rather than the conquests you seek	You are important because you exist	I exaggerate, therefore I exist	Those who will "love me for the rest of their lives" inform me as to my true identity
DON'T <i>(Be engaged in your own life)</i>	Whatever I do is wrong	I will defend my inaction in life	A well defended anxiety that is not amenable to facts	It is not possible to remove risk from life	Seek daily to do things that had been postponed due to anxiety	Life is rich beyond your comfort zone	Fear & anxiety constrict my life	My life is a pretty interesting story

Table Four

The Competence Injunctive Messages								
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DON'T (EVER) MAKE IT	I am never good enough	I will prove myself to be superior	Striving always to excel while preoccupied with failure	I have it in me to make a mark on the world	Recall & own your many accomplishments	You stand alone and I am proud of you	Secretly, I feel my life to be one of failure	It's remarkable how much impact I have in life
DON'T GROW UP	I feel lost & never know what to do	I will fend for myself in the world	A "little person" striving to look grown up	It's OK to need good models in life to show us the way	Seek to see the admirable qualities in others	It is essential to find & accept influence	I might look great but fear being seen as inadequate	I seek to lead an admirable life
DON'T THINK	I feel inadequate	I will discover certainty & make it my own	Immediately defensive of rigid beliefs & prejudices	I have the courage to learn & face ambiguity	Monitor for "moments of certainty" and back off	You, & you alone are the custodian of your mind & thoughts	My beliefs are basically unassailable	As I learn I feel an evolution & a deeper satisfaction
DON'T FEEL SUCCESSFUL	I feel I am always to blame	I will fix everyone & everything	Habitual use of blame toward self or others for anything wrong	The pain of the world (my family) is not my fault	Consciously enjoy being beneficial to others	The person you seek to be makes you successful	I easily feel remorse when I think about my life	I love the effort I put into living a sincere life

Table Five

The (sense of) Security Injunctive Messages								
A believable falsehood <i>(The Injunctive Message)</i>	What the person fears to be true <i>(The Despairing Decision)</i>	The person's best attempt at health & resiliency <i>(The Defiant Decision)</i>	Behavior patterns that stem from the defiant decision <i>(The Coping Behavior)</i>	A new belief based on what is actually true <i>(The Redecision)</i>	A process to create new habits <i>(The Resolving Activity)</i>	Love spoken with wisdom, encouragement & compassion <i>(The New Parental Stance that Heals)</i>	The goal: To move the set point to Healing	
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DON'T ENJOY	Life is empty	I will construct a joyful world	Time urgency driven by "event greed"	Joy does exist but is not under my control	Consciously saying "no" to "ego" events	Recognize & savor moments of joy	I "comfort" myself by being busy, irritated & in a hurry	I am never more than a memory away from reliving moments of joy
DON'T BE GRATEFUL	There is never enough	I won't be denied	A life of insatiability	Abundance exists & is not a function of getting more	Practice having thoughts of gratitude	Thankfulness is the source of contentment	I equate gratitude with complacency & settling for less	I value the gift of my life & all that is in it
DON'T FEEL	Feeling is painful, <i>even dangerous</i>	I will do whatever is necessary to deaden my feelings	"Emotional responses" are mechanical and lack warmth	The Emotional World <i>is</i> rich when it has empathy	Name emotions and feel them without explanation	<i>You possess an Emotional World & are entitled to all of your feelings</i>	I have no time for feelings & other trivialities	Feeling alive does not frighten me
DON'T RELAX (and feel safe)	Life is suffering	Staying alert will keep me safe	Constant vigilance	I've coped in the past and can again	Using memory to create a sense of confidence about capability	Remember: You are strong & capable of handling life	If I worry, maybe nothing bad will ever happen to me or mine	I'm confident I will have the resilience to handle what comes up in life
DON'T BE HAPPY	Life is sad	I will "get" happiness	Compulsive pursuit of external sources of affirmation	Happiness is <i>an internal skill</i> and vital to my health	Practice smiling frequently esp. <i>while</i> reminiscing	<i>The sense of happiness exists apart from our circumstances</i>	There is not much in life to smile about	Laughing & smiling are important aspects of my life