

# LOCATING YOURSELF: ABOVE OR BELOW?

## 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, sexual/creative)

## Behaviors

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

## ("TO ME")

Reactive / Defensive / Recycling Drama

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 (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

## Behaviors

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