

7. MESS Being overwhelmed by:
- |                  |                    |                       |
|------------------|--------------------|-----------------------|
| paperwork        | long checklists    | messy desk            |
| training manuals | too many decisions | too many new contacts |
| overscheduling   | house clutter      | packing/unpacking     |
| remodeling       | pre-school kids    | overcrowding          |
8. STROKES Less strokes by:
- |                     |                      |                       |
|---------------------|----------------------|-----------------------|
| romantic break-up   | new city             | job change            |
| best friend moves   | cooling relationship | rejection/shunning    |
| family estrangement | isolation            | social group break-up |
9. LOSSES include:
- |                            |                           |                           |
|----------------------------|---------------------------|---------------------------|
| job/co-workers             | possessions               | divorce/house/children    |
| friends & loved ones       | pet                       | retirement/structure      |
| automobile                 | TV/movies/dining out      | birth/abortion            |
| outlets: athletics/hobbies | favorite foods/bad habits | popularity/prestige       |
| child leaves home          | youth/health/looks        | vacation/lifestyle/dreams |
10. ILLNESS Energy drained by:
- |                 |                |                     |
|-----------------|----------------|---------------------|
| "endless" colds | poor nutrition | poor posture        |
| exhaustion      | major sickness | insomnia/sleep loss |
| weight gain     | allergies      | chronic disease     |
11. DRUGS Side effects from:
- |                      |                     |                        |
|----------------------|---------------------|------------------------|
| blood pressure pills | birth control pills | tranquilizers          |
| Prednisone, etc.     | Tagamet, etc.       | Gentomycin, etc.       |
| alcohol              | "dope"              | other drugs, chemicals |
12. PARENT TAPES Self-putdowns from/include:
- |                 |                |                |
|-----------------|----------------|----------------|
| inner critic    | inner saboteur | inner director |
| "you're lazy"   | "you're crazy" | "you're sick"  |
| "you're stupid" | "you're bad"   | "you're ugly"  |
13. SCRIPT TAPES Scripts include:
- |                    |               |                  |
|--------------------|---------------|------------------|
| Lovelessness       | Joylessness   | Mindlessness     |
| Don't act          | Don't be      | Don't be you     |
| Don't feel         | Don't think   | Don't be well    |
| Don't be important | Don't make it | Don't be close   |
| Don't belong       | Don't grow up | Don't be a child |
- RX: Therapy options include:
- |  |                  |                         |
|--|------------------|-------------------------|
| flipovers  | permissions      | learn to turn off tapes |
| affirmations/imagery                                 | receive stroking | self-stroking           |
| life changes   | social analysis  | redecisions             |
| Validate anger behind each circled item              |                  |                         |
| Find childhood scenes triggered by each circled item |                  |                         |