

I'm Hooked!



Read the statements that fit with the story you are telling yourself. Read them aloud with fervor. Whining is encouraged.

1. This isn't fair.
2. I'm not getting what I want. I am supposed to get what I want, when I want it, as I want it. Everybody knows this.
3. Everyone is supposed to approve of me all the time. I deserve unlimited unconditional love.
4. Why do bad things always happen to me?
5. I hate change! Things aren't supposed to change or end unless I have given my consent.
6. I'm feeling pain! I'm hurt or disappointed . I've been good, very good, and I should never have to hurt!
7. I'm an idiot! Here I go again doing stupid things. Why can't I ever learn! I'm hopeless.
8. This proves what I have always feared: I'm unworthy.
9. I've compared myself to someone I know who does this better, so that is proof I'm no good.
10. People keep letting me down! This is not my fault. I'm being very badly treated and I deserve better!
11. Why me? I can think of many, many people who deserve to have this happen to them more than I deserve this. Go build someone else's character for awhile, will you?

I'm Free!



1. Smile.
2. Say, "The sooner this gets funny, the sooner I'll be free."
3. Say, "Aren't I adorable?"
4. Say, "Other people have felt this way."
5. Lift your arms above your head.
6. Sing "Happy Birthday."
7. Do Tonglen Breathing: Breathe in hot, claustrophobic, sticky air, then breathe out refreshing, blue sparkly air, full of spaciousness.
8. Sigh and say, "Oh, well. Maybe later."
9. Say, "Hi, Murphy. Are you messing with me again?"
10. Make up your own.

I'm Powerful!



1. Create a back story for the other person that makes you laugh.
2. Create a back story for the other person that touches your heart.
3. Say, "Actually, this is a good thing!" and then make up a reason why it is a good thing.
4. Say, "This is perfect!" and then make up a reason why it's perfect.
5. Say, "Her feet must hurt or she wouldn't be so crabby."
6. Say, "He is probably having a colonoscopy tomorrow. On his prep day he feels crappy."
7. Make up your own.