## 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

### (“TO ME”) Reactive / Defensive / Recycling Drama

### 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

Created with Kaley Warner Klemp & based on the work of hendricks.com