

ABOVE & BELOW THE LINE

Shifting between “to me” and “by me” world views

Beliefs

It's more valuable to learn and grow than to be right
There are more than two possibilities
Approval, control and security are something I already have
It is valuable to question my thoughts and beliefs
From a distance, nothing is serious and most everything is funny
All people and circumstances are my allies
Revealing is more valuable than concealing

Behaviors

Breathe
Significantly change my posture
Get curious
Listen consciously
Feel emotions
Speak unarguably
Appreciate
Take responsibility
Question my beliefs
Recognize unconscious beliefs
Create win for all solutions
Play
Make impeccable agreements

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 create...
This isn't serious
What I hear you saying...
My body sensations are...
I feel...(sad,angry,scared, joyful, sexual)

ABOVE THE LINE (“BY ME”)

Presence / Curiosity / Growth & Learning

ACCEPTANCE AND TRUST

BELOW THE LINE (“TO ME”)

Drama / Defensiveness / Scarcity

RESISTANCE AND TOXIC FEAR

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)
One side of a polarity is better than the other
There are only two options
This is serious (it's not funny)
I am better than/less than
There is a right/wrong way
There is no choice
My story is true

Behaviors

Cling to an opinion
Find fault/Blame
Fight/Flee/Freeze/Faint
Argue
Rationalize/Justify
See others as needing help
Gossip
Get overwhelmed
Do whatever it takes to defend/guarantee the survival of my identity
Use distractions to relieve pain (food, sex, drugs, media, work)
Enroll others to affirm my beliefs
Avoid all disconfirming data
Attack the messenger
Avoid conflict
Force everything into polarity (right/wrong, good/bad)

Statements

I should
I can't
I'm right
It's hard
I'm trying
It's not my fault
I'm confused
The “fact” 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
My way or the highway
They don't get it