

Love Above Workout Basics

- 1-I put Love Above by believing everyone's valuable, including myself, and I aim at being vulnerable by not bullying.
- 2-Am I Being A Bully or Am I Being Bullied? apply SUM—
- 3-I'm thankful everyone's valuable and ask for help being vulnerable— HAPPY!

Shame Utilization Method— SUM

BEING A BULLY | When I am being a bully, I feel healthy shame.

Healthy shame corrects me by saying, "I have made a mistake," leaving me to feel certainty over a specific wrong I've done, like lying.

- Healthy shame pinpoints when I'm not being my loving self because team mentalities boundary me when I'm being invulnerable— bully-minded.
- Boundaries send the correcting message "shame on a bully act," precisely at moments I'm being invulnerable— bully-minded.
- Healthy shame is a bad feeling I get only when I'm being a bully.
- When a healthy shame episode occurs, I am being my invulnerable bully self. So, I utilize healthy shame/correction as a cue to be my loving self!
- To create conscience, I use insight to develop my vulnerable loving self via **Mindful Actions**.

BEING BULLIED | When I am being bullied, I feel unhealthy shame.

Unhealthy shame condemns me by saying, "I am a mistake," leaving me to feel confusion over an unspecified wrong I've done, like living.

- Unhealthy shame pinpoints when I'm being my true self because bully mentalities bully me when I'm being vulnerable— team-minded.
- Past bullying sent the condemning message "shame on me," precisely at moments I was being vulnerable.
- My spirit expects bullying when I'm vulnerable, therefore, unhealthy shame is a bad feeling I get only when I'm being vulnerable— team-minded.
- When an unhealthy shame episode occurs, I am actually being my vulnerable team self. So, I utilize the unhealthy shame/condemnation to celebrate being my true self!
- To create confidence, I use individualization to develop my vulnerable true self via **Positive Affirmations**.

Shame Utilization Method—scan for shame to decide if I'm being a bully or being bullied...

STEP 2- AM I BEING A BULLY OR AM I BEING BULLIED?

MA FORMULA for feeling Healthy Shame from BEING A BULLY

1-Name Bully Tactic I use against others and describe my Bully Tactic behavior—

BT & behavior _____

2-To discover my loving Mindful Action, write the exact opposite of above Bully Tactic & behavior

I use Team Tactic _____ MA _____

ABC's WHEN BEING A BULLY FEELING HEALTHY SHAME—

A—Rehearse above MA and Team Tactic 5 times.

B—Be LOVING SELF with universal Mindful Action called **Triple A's**— it means I'm doing wrong. To myself improve. Self-correct by Changing Attitude, Apologizing & Applying character task.

C—Insert MA into step 2 of Love Above Workout on following page and do LAW for 6 days.

PA FORMULA for Unhealthy Shame from BEING BULLIED

1-Name a Bully Tactic others use against me and describe their Bully Tactic message—

BT & message _____

2-To discover my true Positive Affirmation write the exact opposite of the above Bully Tactic & message

I'm worth Team Tactic _____ PA _____

ABC's WHEN BEING BULLIED FEELING UNHEALTHY SHAME—

A—Rehearse above PA and Team Tactic 5 times.

B—Be TRUE SELF with universal Positive Affirmation called **Stand Tall**—it means I'm doing right. To myself be true. Self-soothe by celebrating self.

Say, 'When I'm being myself, I'm at my absolute very best.'

C—Insert PA into step 2 Love Above Workout on following page and LAW for 6 days.

Bully-ism is an addiction to invulnerability. Team-ism is to aim at being vulnerable

Love Above Workout

Rehearse steps 1,2, & 3 to get a brain burn...

1- I put Love Above by believing everyone's valuable, including myself, and I aim at being vulnerable by not bullying.

2- Am I Being a Bully or Am I Being Bullied?

If I feel healthy shame/correction from being a bully, I apologize & do character task.

If I feel unhealthy shame/condemnation from being bullied, I celebrate being myself.

Rehearse MA _____ and PA _____ 5 times

I give and get team tactic _____ not bully tactic _____

1-I'm Okay not Poor Me

2-Pay Consequence & Honesty not Play Innocent & Lie

3-Truth to Win Trust not Trick To Win Trust

4-Form Independence & Individuation not Form Reliance & Identity

5-Come Out & Commune not Isolate & Ignore

6-Responsible & Embrace Shame not Blame Shift & Villainize

7-Self Improvement not Other Improvement

8-Seek To Understand not Stick To Misunderstanding

9-Reality & No Excuses not Rationalize & Justify

10-Maximize & Believe not Minimize & Discount

11-Forgive & Understand not Counter & Judge

12-Allow & Listen not Block & Divert

13-Build Up & Reward not Putdown & Punish

14-Compassion & Compromise not Intimidate & Ultimatums

15-Give Social Support not Remove Social Support

16-Give Physical Support not Remove Physical Support

17-Suggest & Ask not Order & Demand

18-Calm & Gentle not Rage & Violence

I use 2T Love and Big, Middle, or Little Boundaries

3- I'm thankful everyone's valuable and ask for help being vulnerable—

HAPPY! Exercise more gratitude and ask for more help