

# 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 or correction.

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 or condemnation.

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

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

### **MA FORMULA for feeling Correction-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

**MA-** I use Team Tactic & behavior\_\_\_\_\_

### **WHEN BEING A BULLY FEELING CORRECTION-HEALTHY SHAME—**

Rehearse above MA 5 times.

Insert MA into step 2 of Love Above Workout on following page and do LAW for 5 days.

### **PA FORMULA for feeling Condemnation-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

**PA-** I'm worth Team Tactic & message\_\_\_\_\_

### **WHEN BEING BULLIED FEELING CONDEMNATION-UNHEALTHY SHAME—**

Rehearse above PA 5 times.

Insert PA into step 2 Love Above Workout on following page and LAW for 5 days.

**[Love Above Workout book ASIN: B08NF32DKB](#)**

# Love Above Workout

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

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

[Love Above Workout book ASIN: B08NF32DKB](#)

**2-Lord, Am I Being a Bully or Am I Being Bullied?**

If I feel correction-healthy shame from being a bully, I apologize and do MA's.

If I feel condemnation-unhealthy shame from being bullied, I celebrate myself and do PA's.

Rehearse MA 5 times \_\_\_\_\_

Rehearse PA 5 times \_\_\_\_\_

I give and get the following team tactics *not* bully tactics...

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 don't bully back when bullied, I use 2T Love or Bully Boundaries

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

**HAPPY!** I exercise more gratitude and ask for more help like, I'm thankful I don't give into craving or impulse because it leads to bullying. Lord, help me to physically rest and accept other's choices.

Our inner bully is the hardest to defeat. Quickly forgive self and others. Love FOR and FROM self and others, creates HAPPY. ©