

# THE NEVER-ENDING CIRCLE OF UPSETS

## LIFE EVENT

(Something happens—a situation, a circumstance, somebody does something or “is” a certain way, or we didn’t “get” something)



## WE TELL OURSELVES SOMETHING

We make the event *mean* something, (what “should” or “should not” be, or what “must” or “must not” be, or what I “am” [e.g. “I’m bad/wrong”] or what others “are” [e.g. “they’re bad/wrong”]) which turns into *beliefs* and *images* about ourselves and others. What we *tell ourselves* determines *how we feel* and how we *perceive* the event.

This is the formation of our **EGO**—our self-image—and becomes the basis of our *identity*, *feelings* and *perceptions* (the “lens”) of subsequent events.



## A NEW EVENT

The event is similar to the original event



## PERCEPTION

We perceive the new event through the “lens” of our **EGO**, which is based on the past event and becomes the basis of the *meaning* we assign to the current event (what “should” or “should not” be or what “must” or “must not” be or what the event “means” about ourselves or another). The meaning we assign to the event determines *how we feel* in response to the event. We make the current event mean the same as the original event.



## BEHAVIOR

We control, attack, blame, preach, punish, justify, judge, manipulate, dominate, avoid, “fix”, pretend or protect. The *function* of these behaviors serves to *change* the event or person (ourselves or another) into something that it is not and to *change* our troubling feelings into something they are not. Or it is our attempt to “get” something that is missing from our lives.

The actual *result* of these behaviors serves to *preserve* the event and the way we feel, and actually *prevents* change from occurring. Thus, we are continually upset.