

## Ripoffs and Payoffs



Part of evaluating our unpleasant emotions is seeing clearly what certain emotions are doing *to us* and *for us*. While we might feel justified in feeling certain feelings about a particular event, we sometimes miss the impact and cost of hanging on to these emotions. Furthermore we also miss the possible “payoffs” that we get from keeping certain emotions alive. When we can look at our payoffs, those reasons that we give ourselves for keeping certain emotions around, we realize that such payoffs have been poor investments at best. Below is a partial list of possible rip-offs and payoffs in regard to keeping certain emotions alive. Check off the ones you are most familiar with.

### DEFINITIONS:

**Rip-off:** A handicap or impairment in your life caused by holding on to particular emotions. A Rip-off is what an emotion does *to you*.

**Cost:** The cost of an emotion is what you give up to keep the emotion alive. It is the *price* you pay for maintaining certain emotions.

**Pay-off:** The perceived advantage to you in keeping certain emotions alive. Your pay-off is your *justification* for maintaining the emotion.

RIP-OFFS	COSTS	PAYOFFS
<input type="checkbox"/> Tension in body, sickness	<input type="checkbox"/> Relaxed and healthy body	<input type="checkbox"/> I get attention and sympathy or comfort
<input type="checkbox"/> Low self-esteem	<input type="checkbox"/> Acceptance of self	<input type="checkbox"/> I get to feel “humble”
<input type="checkbox"/> Inability to feel close to others	<input type="checkbox"/> Closeness to others	<input type="checkbox"/> I get to be right and make others wrong <input type="checkbox"/> I get to feel superior <input type="checkbox"/> I get to prove how something is unfair or true
<input type="checkbox"/> Limited or no love	<input type="checkbox"/> Emotional acceptance	<input type="checkbox"/> I get to avoid my feelings
<input type="checkbox"/> Low or wasted energy	<input type="checkbox"/> Energy released to enjoy life	<input type="checkbox"/> I get to appear like I’m trying <input type="checkbox"/> I get to blame and punish
<input type="checkbox"/> Distorted perceptions	<input type="checkbox"/> Seeing things for what they are	<input type="checkbox"/> I get to avoid taking responsibility for what I do, say or feel.
<input type="checkbox"/> Inflexibility	<input type="checkbox"/> Spontaneity	<input type="checkbox"/> I get to be predictable
<input type="checkbox"/> Blocked creativity	<input type="checkbox"/> Creativity	<input type="checkbox"/> People will know that I am a “good” person, a responsible person, a caring person
<input type="checkbox"/> Forcing things	<input type="checkbox"/> Flowing with things, ease	<input type="checkbox"/> I have an excuse for poor performance <input type="checkbox"/> I get to dominate
<input type="checkbox"/> No humor or fun	<input type="checkbox"/> Fun, seeing the humor	<input type="checkbox"/> I get to feel “safe” in holding on to the familiar
<input type="checkbox"/> Conflicts with others	<input type="checkbox"/> Effective problem solving	<input type="checkbox"/> I get to play martyr <input type="checkbox"/> I get to justify myself
<input type="checkbox"/> Limited perspectives	<input type="checkbox"/> Broader perspective	<input type="checkbox"/> I get to play the victim
<input type="checkbox"/> Limited choices	<input type="checkbox"/> Openness to possibilities	<input type="checkbox"/> I get to feel safe in maintaining an emotional distance from others
<input type="checkbox"/> No change	<input type="checkbox"/> Change happening by itself	<input type="checkbox"/> I get to enjoy the fantasy <input type="checkbox"/> I get to “control” myself
<input type="checkbox"/> Inability to experience joy	<input type="checkbox"/> Enjoyment of “what is”	<input type="checkbox"/> I get to feel an intensity like “I’m alive” <input type="checkbox"/> I get to judge
<input type="checkbox"/> No peace	<input type="checkbox"/> Being at peace, contentment	<input type="checkbox"/> I get to control and manipulate others to change
<input type="checkbox"/> Living in the past	<input type="checkbox"/> Living in the moment	<input type="checkbox"/> I get people to agree with me