

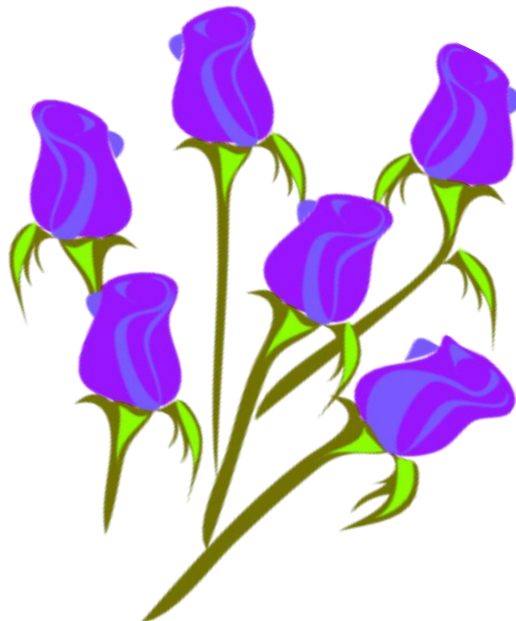


CREATING NEW PATTERNS

For Client Self-Care

WITH

RAPID EYE TECHNOLOGY



RET Creating New Patterns Self Care Manual

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RAPID EYE VISION STATEMENT

*Rapid Eye Technology
offers freedom to choose an
innovative vocation with
practical skills and tools
inspiring balance
and gratitude.*

*RET advances education,
support, and attracts opportunities,
Creating authentic community
and
prosperity with purpose.*

RAPID EYE TECHNOLOGY

- Rapid Eye Technology (*RET*) was founded by Dr. Ranae Johnson, owner of The Rapid Eye Institute and author of *Reclaim Your Light Through The Miracle of Rapid Eye Technology* and *Winter's Flower*.
- *RET* facilitates release through a safe, natural process of emotional discharge that stimulates REM sleep while the client remains awake.
- A technical, educational, and spiritual model of releasing trapped trauma and stress while bringing the body into balance.
- When the body is in a state of balance, everything out of balance begins to release. *RET* addresses the physical, emotional, mental, and spiritual levels.
- Rapid Eye Technicians do not counsel or diagnose. *RET* Technicians simply do a process of eye movements with verbal input to release trauma. *RET* works in conjunction with client's doctor or therapist.
- Rapid blinking in a *RET* session puts a client in a state of balance—light/dark/light/dark. It also accesses trauma, stress, and undesired patterns in DNA cells and releases them.
- Our natural ability to discharge emotional issues with our eyes has only recently become accepted by the medical community. Research suggests that when we feel emotional upset, we begin to blink at a different rate.
- Joseph Teece of Boston College, a neuropsychologist and expert on blinking, states that, "The more uncomfortable or unpleasant the situation, the more often we blink."
- There are no prerequisites to be trained as a Rapid Eye Technician. For more information on training in Rapid Eye Technology, please see our website, www.rapideyetechnology.com
- The other half of Rapid Eye Technology is the cognitive Repatterning through our *Skills For Life*. These skills are based on 7 Universal principles. We offer an educational DVD that is an interview with Dr. Ranae Johnson, the founder. This is great information to understand what an *RET* session is and great for those just beginning their *RET* sessions or training. Available at our website listed above.



RET SKILLS FOR LIFE

THOUGHT

Thought is the beginning of all creation. We create our own thoughts. We are free to think anything we want. The intent of thought is the primary mover of all creation. **As we change our thoughts, we will have a better chance of changing our lives.** Energy follows thought – matter follows energy.

PERCEPTION

Perception is how we understand or view our world based upon our experience and is filtered through our judgments. It is so for everyone, each person living in a world of his/her own perceptual creation. **Most emotions stem from our perceptions.** Comprehension of this principle dissolves conflict into understanding.

CHOICE AND ACCOUNTABILITY

We choose how we feel about our experiences. The Universe is always accountable to respond abundantly to our choices, giving us experience according to our choice. **Choosing suggests the ability to choose again.**

Skills For Life, A Practical Guide, by Ranae Johnson can be used for self-application of the 7 Universal principles. Simple, easy tools to get these skills into your everyday life. Available on *RET* website.

CAUSE & EFFECT

What we think, creates and returns again to us multiplied. This offers us the opportunity to change our thinking. Since energy follows thought and matter follows energy, negative experiences will follow negative perceptions just as positive experiences will follow positive perceptions. Recognizing how this principle works assists us to reclaim our Abundance and Gratitude.

ABUNDANCE & GRATITUDE

Abundance means plenty, sufficient, overflowing, and is a manifestation of thought. The Universe is set up to give us whatever we want in abundance. **Therefore, what we feed (give energy to) will grow.** Gratitude helps us

appreciate our abundance as well as giving us the power to change the form our abundance takes.

HEALTH & HEALING

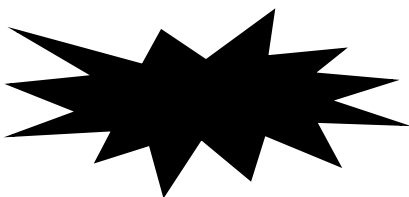
Health and healing is the process of accessing and maintaining a state of wholeness. We are responsible for our own physical, emotional, mental, and spiritual health. As we incorporate all of these principles, we understand what we require in order to consciously enjoy this state of wholeness to its fullest.

HARMONY & RHYTHM

All Universal laws or principles work together in complete harmony. All life exists in a type of one-song rhythm of tone presenting a musical vibration that creates perfect balance such as one might find in a symphony orchestra.

This principle focuses on combining all the principles applying them together to create patterns that work in our lives. To learn more about Rapid Eye Technology and the *Skills For Life*, read Dr. Ranae Johnson's book *Reclaim Your Light Through The Miracle of Rapid Eye Technology*. This book is also available on a set of 5 CD's. The *Skills For Life* portion of this book is available on a set of 2 CD's. This valuable information is also available in written for in our *Skills For Life Workbook for Client's*, or as a no-cost *Skills For Life* on-line course.

Visit our website www.rapideyetechnology.com to see all the products available.



YOUR RET SESSIONS

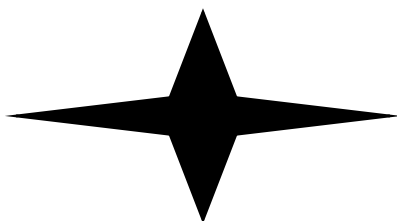
Your first several *RET* sessions provide an opportunity for you to release the emotional stress around different kinds of issues.

The following sessions assist you to identify your sponsoring beliefs that continue to form the uncomfortable patterns in your life. A pattern is simply a strategy developed to deal with situations in order to survive. Some patterns have served you well, others no longer serve you. **In a few sessions of Rapid Eye Technology, you can release the emotional stress and triggers that may be connected with any non-effective patterns.**

Stress release is one of two components of Rapid Eye Technology. The other component is the *Skills For Life* based on 7 Universal principles. *Skills For Life* produces the cognitive part of the technology. If you always do what you have always done, you will always get what you have always gotten from life. Thinking and behaving in the same ways as you have in the past will produce the same results in the future.

Skills For Life allow you to create your life from a new perspective. As you experience your *RET* sessions, you will also be working with the *Skills For Life* in a workbook format or you may work on-line in the free *Skills For Life* Course. This course describes general principles and provides self-exploration opportunities. You can find new ways to look at your life by practicing the *Skills For Life* stress activities found in the free video on our website or in our written *Client Skills For Life Workbook*.

With the emotional stresses released and some new *Skills For Life* being utilized, you can then consciously create new effective patterns that increase the positive quality of your life.



Self-Care Between Your RET Sessions

Communicate with your *RET* Technician if you have a crisis between your sessions. If you cannot reach your technician, call The Rapid Eye Institute with questions or concerns 503-399-1181.

Physical Support

- **Drink lots of water:** Ideally, the body requires a least eight (8 oz) glasses of water for a 120-pound person per day. Add an additional 8 ounces for every 20 pounds above 120. Water assists the body to release toxins.
- **Sea Salt:** *If you have had heart failure or your doctor has told you not to use salt, then disregard the following:* Add $\frac{1}{4}$ teaspoon sea salt per quart of water to assist the body in distributing the water and oxygen to the cells of your body. Adding it to foods as seasoning will assist in keeping your body in balance. For a quick pain release, headache, asthma or allergy attacks, drink one glass of water and then place $\frac{1}{4}$ teaspoon sea salt on the tongue and follow with another glass of water. Sea salt is a natural antihistamine. **USE SEA SALT ONLY IF YOU DRINK LOTS OF WATER.**
- Vitamin B strengthens the nervous system and increase the body's ability to manage stress. The Rapid Eye Institute likes the Vitamin B and other sprays from QSciences. This company has excellent vitamin support products. Their QMax is highly recommended to support the physical body, especially the gut and the brain – making it very supportive for the body during emotional release work. If interested in these products or more information, please call/text Lynell Beckstrom at 801/856-1631.
- **Eat foods that nourish and support your body.** More vegetables and fruits in our diet will help the physical body immensely while doing personal processing. Many of us here at *RET* use an all-natural plant protein-based shake from ViSalus Sciences – body by Vi, to support physical weight-loss or to build muscle; or just get extra nutrition. We do this to support kids getting nutritional support through their Project 10 program. For every pound you lose or boy muscle that you gain, they give 90 nutritional shake meals to kids at the Boys and Girls Clubs across America. You can even

specify what non-profit charity you want to support as you support yourself with better nutrition. They also have healthy cereal, check out this link – RETLynellB.bodybyvi.com, watch the FULL OVERVIEW. To sign up or order contact Rapid Eye Technician Greg Ledford 256-337-4898 to assist you. Check these products out! Super Green Food Meal Replacement – NO SOY, WHEY OR SUCRALOSE. It has omega's, vitamins, amino acids, probiotics and 17 grams of protein per serving. Let's Help Kids and GET HEALTHY! All monies from products we endorse go directly to support The Rapid Eye Institute.

- The Rapid Eye Institute has in place the *SOQI Infrared Bed*, *ERE machine*, the *Chi-machine*, and light and sound technology (*Mind's Eye*) that greatly enhance the whole healing process. If you are interested in more information on these products that support physical and emotional health, please call/text Marion Baxter at 801/319-0036. Marion is an expert on these items as well as essential oils and is willing to support our Rapid Eye community with information and products. All monies from products we endorse go directly to support The Rapid Eye Institute.

Mental Support

- **Pain Buster:** *Sit in a relaxed position and focus on the center of the pain in your body. When you get to the center of the pain, imagine it bursting! Then go to the center of what is left and imagine it bursting again. Continue going to the center of what is left and bursting it until there is nothing left to burst. Imagine Pure Light pouring into that area filling it with love.*
- **Journaling:** If uncomfortable emotions surface, acknowledge them by carrying a notebook and making an entry under issues to be processed in your next session. Let the emotions surface with acceptance and release them with intention. The *Skills For Life Workbook* is a great way to understand what you are processing.
- **Expressing through Art:** Experiment with crayons, paints, clay, and other means of expression. This assists in developing a clear idea on the source of depression and ways to release it. This is a great way to express your issues without fear of judgment. One way to do this is to acknowledge every emotion that comes up and notice where you feel it in your body. Allow it to express and release itself instead of stuffing it. Thank your body for showing you that it has been out of balance.

Spiritual Support

- **Skills For Life CD's:** Listen to these 2 CD's to integrate the 7 Universal principles at night while you are asleep or around the house.
- **Meditate:** Find a time each day to sit still and quiet your mind.
- **Prayer:** Express your gratitude in prayer by thanking your source for “what you desire to be” in advance. Live in the solution instead of the problem. What you feed will grow.
- **Imagery:** Practice letting your mind be totally still by visualizing yourself floating on a raft down the river or go to another relaxing scene. Allow your thoughts to go to different parts of your body and acknowledge how grateful you are for their functions and services and grant your permission for the body to rest.
- **Feng Shui:** A clean, uncluttered bedroom allows the mind to rest, instead of cataloging and sorting. The Chi Life Force energy can move freely in a clean organized environment. Open a window slightly to allow old stale energy processed during sleep to escape. This promotes a restful sleep cycle and you awake feeling refreshed.

Essential Oils

Essential oils get their own category because they work on all levels and are a great assistance while healing anything. Essential oils are to the plant what blood is to the body. Blood cleanses, protects, oxygenates, nourishes, and heals. Essential oils also cleanse, protect, oxygenate, heal, nurture, and offer many therapeutic benefits and are fast-acting. If clients give permission, we recommend using them with RET and your technician is trained in what oils work best for emotional release work. We highly recommend using oils for first aid and in everyday life. Offered in our store is the *Reference Guide for Essential Oils*, and we recommend it for Technicians and clients. If you would like to purchase therapeutic grade oils, please call/text our expert Marion Baxter at 801/319-0036.



RET 4 Step Client Self-Care Protocol

(Step 1) Energy Realignment--* When tapping, tap approximately 10X on each point while saying “Release, release, release.**” Only when you are tapping on the side of the eye (temple) you say, “**Stop it, stop it, stop it.**” (Everything you say out loud is in “**BOLD and QUOTES**”).


Release on the meridian points by tapping on —


~ Tap above each eyebrow, say “**Release, Release, Release.**”

~Temples, say “**Stop it, stop it, stop it.**”

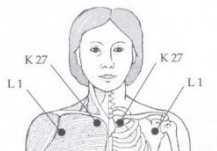
~Top of cheek bones under eye, “**Release, Release, Release.**”

~Under nose and under bottom lip (use both hands to do both places as the same time.) “**Release, Release, Release.**”

~Karate chop (tap outer sides of the hands together), “**Release, Release, Release.**” 

~Gamut points (Left hand always first then right hand, tap between little and ring finger knuckles), “**Release, Release, Release.**” 

~One inch below the collar bone on the L-1 meridian points, “**Release, Release, Release.**”

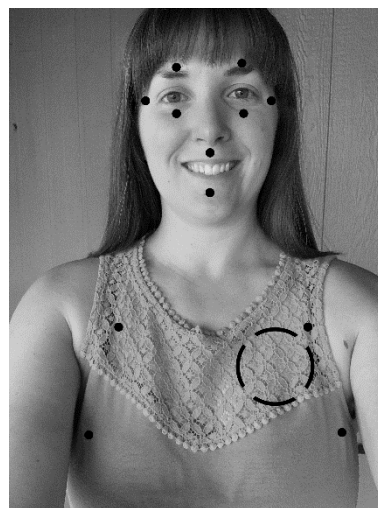


~Under arm (find the tender spot in the armpit) , “**Release, Release, Release.**”

Then do the reframe below:

Reframe

When finished with the meridian tapping put your right hand into a soft fist over your heart (like saying the pledge of allegiance) rubbing in a clockwise circle while saying the reframe.



- A. ***“Even Though I have felt _____, (say whatever you want to release and trade out) I deeply and completely love and accept myself.”*** (Past)
- B. ***“Especially When _____, (say whatever you want to release and trade out) I choose to love and accept myself.”*** (Present)
- C. ***“From this point on and into the Future, I create _____.”*** (say whatever you would like to create instead) (Future)

**(Step 2) IRT (Immediate Release Technique)*

I trade in MY _____ (use strongest negative)
for _____. (strongest positive)

Tap on all meridians again saying while tapping, **“I trade in MY _____ for _____.”** repeating 3X.

Release on the meridian points of the —

~ Tap above each eyebrow, move your eyes back and forth and repeat statement 3 times.

~Temples (**“Stop it, stop it, stop it”**), move your eyes back and forth and repeat 3 times.

~Top of cheek bones under eye, move your eyes back and forth and repeat statement 3 times.

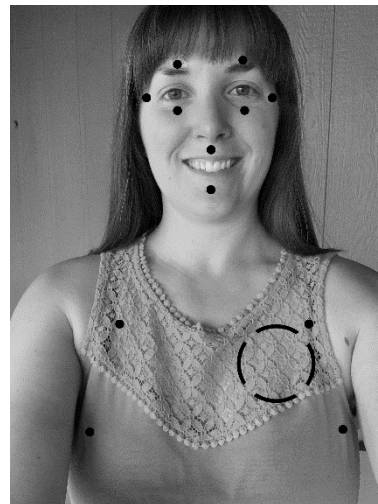
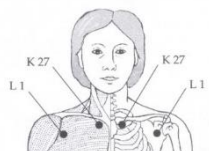
~Under nose and under bottom lip (use both hands to do both places at the same time), move your eyes back and forth and repeat statement 3 times.

~Karate chop (tap outer sides of the hands together,) move your eyes back and forth and repeat statement 3 times. 

~Gamut points (Left hand always first then right hand, tap between little and ring finger knuckles), move your eyes back and forth and repeat statement 3 times.



~One inch below the collar bone on the L-1 meridian points, move your eyes back and forth and repeat statement 3 times.



~Under arm (find the tender spot), move your eyes back and forth and repeat statement 3 times.

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- B. "**Especially When _____**, (say whatever you want to release and trade out) **I choose to love and accept myself.**" (Present)
- C. "**From this point on and into the Future, I create _____.**" (say whatever you would like to create instead) (Future)

**(Step 3) Emergency Process*

This gets everything left in your field out of your energy field.

- A. While holding your head still, looking back and forth ear to ear, repeat saying 10 to 20 times, "**Release, release, release, etc.**"
This allows communication between *Left and Right brain modes*.
- B. Close your eyes tight, open, tight, open, tight, open 3 times only.
- C. Take a deep breath in through your nose. Exhale through your mouth open wide while toning. Do this 3 times.

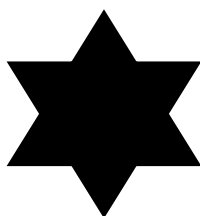
**(Step 4) Eye Patching*

Patching is a good way to manage your emotions until you can come to your next session. There are two types of Eye Patching. One is *therapeutic for brain balancing*. This is where you patch at least 15 minutes per day on each eye. Hopefully, you will want to patch twice daily working up to 30 minutes on each eye, letting one side of the brain do all the "heavy lifting."

The second type of eye patching is used to *calm yourself when feeling triggered*. If this is the first time you are using Eye Patching, start by putting the patch on your eye for 5 minutes then switching to the other eye. You will find that one of your eyes will feel more comfortable with the patch on. It may take a few times of patching to discover which is your comfortable eye. If you never feel a difference, then patch the right eye when using it as self-care.

When you use it to calm down your thoughts such as anxiety and need to break state, put the patch on the comfortable eye.

Note: Don't patch while driving, cutting, going down stairs or any activities requiring depth perception. Patches may be purchased on the *RET* webstore.



ENERGY CIRCLES

Use this imagery everywhere you go so you can always be stepping into your own positive “I AM” energy circle through intention. You are simply taking conscious control of a process you already do all the time.

Hold a belief about yourself and your world, state it out loud by saying:

“I am_____,” then step into that statement with enthusiasm.

- Draw an imaginary circle with your foot or finger on the floor in front of you. While looking in the circle, begin saying whatever you want in “I AM” statements out loud.

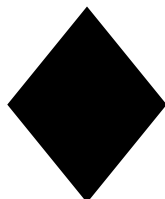
Example: **“I am able to be whole and healed”**

“I am abundant”

“I am powerful”

“I am capable”

- With these “I AM” statements create a hologram of yourself.
- Create the imagery with as much detail as you can. Energize the circle with emotion and details. Put your intent into the circle by stating it out loud (this brings your intention into the physical level).
- When that is complete, step into the circle with enthusiasm. Bend over and pull the circle up over you like new clothing. Touch your body as you go...touch every part until you have drawn the image up over your head.
- Now breathe it in and anchor it into your heart with both hands. Now with a big out-breath, release it into the Universe to allow the Universe to begin creating for you.



GROUNDING

Grounding directs the electrical circuits in the mind/body system to create a direct physical connection to the earth.

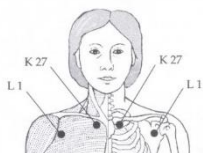
The earth serves as a (reasonably) constant potential reference against which other potentials can be measured. A “ground” is usually idealized as an infinite source which can absorb an unlimited amount of current without changing its potential.

Being grounded in ones’ own energy allows the mind/body system to process its own energy, versus processing additional external energy. Grounding is a vital part of the *RET/IRT* model both for the client and the practitioner.

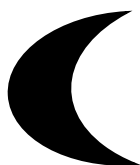
In the *RET* model, we have a *Grounding CD* that creates grounding when listened to. It helps you get into your own energy and release any energy that is not your own. Play the *Grounding CD* to direct the released energy to a higher vibration, creating each person to be in their own grounded energy. This CD also directs energy that does not belong to the mind/body system to be returned, while guiding the individual to be present and grounded in their own energy. **This CD is scripted with the *Skills For Life* and retrains the system to create through positives.** Purchasing this CD is a valuable tool to continue this process.

Grounding Yourself Process

Tap on points right below your collarbone (these are called L-1 points) and repeat out loud:



“It is my intention to disconnect my energy from _____, to be in my own energy in current time and space. I direct my energy to be present in my physical body, through the bottoms of my feet, through my 10th energy center about 18” beneath my feet to ground and fully occupy my sacred space in the center of the earth.”

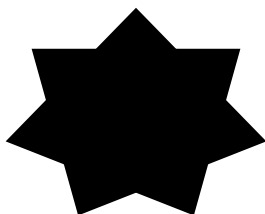


CORE BELIEF WORKSHEET

A core belief is an idea or perception of an experience, that is not necessarily a truth. Our mind/body system may believe this perception and records it within us as truth. Core beliefs are lies about self that have been accepted as truth and can often times be validated by others and our DNA.

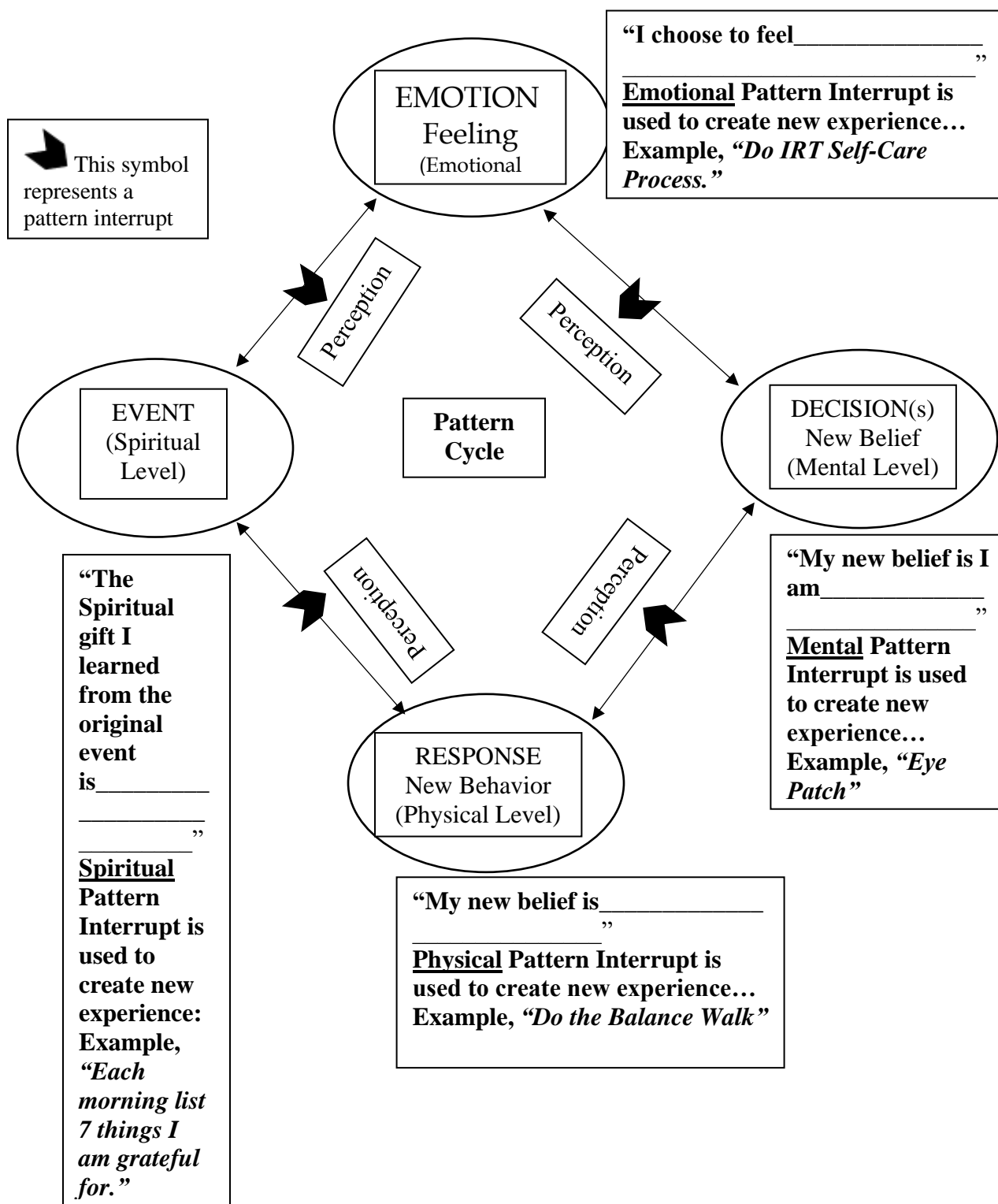
1. Your identified pattern cycle:_____.
2. People that were present at your original event from the pattern cycles: (Pick two)_____.
3. My belief about each person is: _____.
4. When you experienced this pattern with these individuals, how did you react and respond?_____.
5. When you react and respond this way, how do you feel?_____.
6. In reference to the answers listed above, create one statement that best describes your core belief about this pattern cycle:_____.

This information on this worksheet is to be given to your *RET* Technician to process in session.



YOUR NEW CREATION CYCLE PLAN

Fill in blanks and practice for 21 days in a row to create your new pattern cycle:



ELICITING EMOTIONS BODY CHART

(mental attitudes stored in the body)

Left Side Feminine Energy

Receptivity, Taking In

Need to Listen / Feeling Unheard
Fear / Confusion / Never Good Enough
Indecision / Blame / Guilt
Repressed Anger / Bitterness
Fear / Burdened / Overloaded
Helpless / Anger

Releasing it in All Modalities

Fear / Bitterness / Condemn
Remorse / Guilt / Sad
Rage / Anger / Helpless
Worry / Failure
Resistance / Stored Pain
Disappointed / Blame Others
Victim / Poor me

Releasing it in All Modalities

Fear of Relationships
Insecure / Unsafe / Lonely
Stuck in Pain
Abused / Guilt / Self Hate
Sexual Rejection / Powerless
Insecure / Anger
Holding On / Self-Blame
Sitting on Old Pain / Helpless

Releasing it in All Modalities

Unsafe / Can't Survive / Ungrounded
Terror of Extinction / Unloved
Rejection / Despair / Annihilation
The Void, Separation from God,
Non-Existence / Fear of Going Forward
Pride / Ego / Stubbornness / Discouraged
Not Good Enough / Undeserving

Releasing it in All Modalities

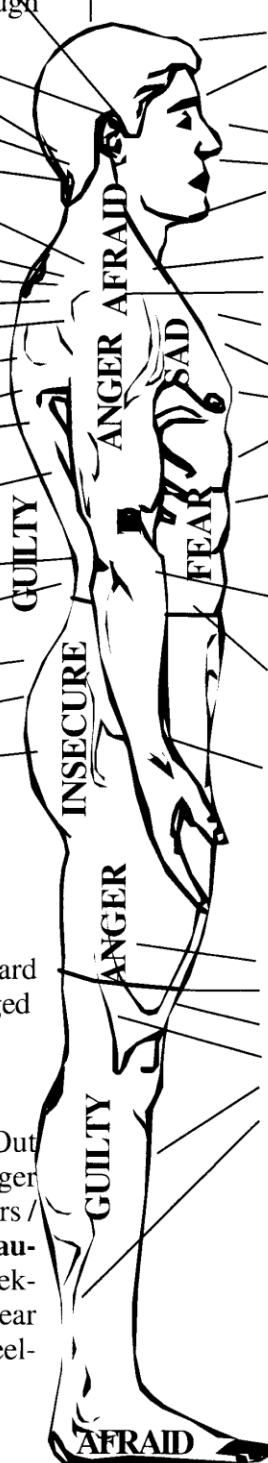
Numb Face: Stuffed Feelings

Itching: Remorse / Want to Get Out
Away / **Bad Breath** / Festering Anger
Revenge / **Body Odor** / Fear of Others /
Self-Hate / **Cramps** / Fear, Tension **Nau-**
sea / Fear / Rejection **Pain** / Guilt Seek-
ing Punishment **Tics & Twitches** Fear
of being watched / **Varicose Veins** Feel-
ing Overworked / Overburdened

Releasing it in All Modalities

Body Chart

Closed,
Invalidation



Masculine Energy on right side

Giving Out, Letting Go

Never Good Enough / Hurt
Afraid to See / Invisible,
Need to See Beyond the Lesson
Need Recognition / Can't Take it
Close Minded / Shut off
Stubborn / Inflexible
Can't Speak Up for Myself
Need to be Perfect / Afraid to Express

Releasing it in All Modalities

Fear of Death / Loneliness
Dishonored / Poor Me / Alone
Sad for Self / Sad for Others
Self-Pity / Deep grief / Heartache
Fear of Losing Self in Commitment
Fear / Hate / Self Doubt / Bad
Lack of Trust / Unfaithful / Guilty

Releasing it in All Modalities

Judge Self / Judge Others
Condemned / Punish Self
Punish Others / Reject Self
Reject Others / **Childhood Issues**
Arms / Anger / Rage / Frustrated
Bored / Lack of Creativity
Inflexible / Afraid to move forward

Releasing it in All Modalities

HANDS / Holding On / Can't Cope
Thumb / Worry / **1st Finger** / Fear
Pride / **2nd Finger Sexuality**

Anger / **3rd Finger** Grief / Unions
4th Finger / Family Relationships

Adult Issues / Legs / Thighs
Can't Bend / Angry / Stubborn
Better Than / Less Than / Terrified

Releasing it in All Modalities

Vulnerable / Weak / Scared
Insecure / Fear of the Future
Shut Down Sexually
Fear of Minor Details of the Future
Burning Eyes / Fear
Stinging Eyes / Terror
Dry Eyes / Resentment
Gritty Eyes / Anger
Heavy Eyes / Sadness

Releasing it in All Modalities

FEELINGS LIST

SAD

Unhappy
 Depressed
 Empty
 Lonely
 Discouraged
 Hopeless
 Pity
 Disappointed
 Grief
 Sorrow
 Broken Heart
 Poor Me
 Dark
 Negative
 Apathetic
 Guilty
 Miserable
 Shy
 Withdrawn
 Bored
 Alone
 Lonely
 Alienated
 Separate
 Don't Belong
 Don't Relate
 Isolated
 Rejected
 Choked Up
 Discontented
 Shut Down
 Repressed
 Stuck
 Resistance
 Stored Pain
 Remorse

JOY

Happy
 Delighted
 Complete
 Loved by self
 Encouraged
 Hopeful
 Clarity
 Trusting
 Accepted
 Laughter
 Open Hearted
 Glowing
 Enlightened
 Positive
 Empathy
 Perfect as I am
 Unshaken
 Outgoing
 Exceptional
 Creative energy
 True to myself
 Togetherness
 Restored
 Whole &
 Expanded
 I Belong
 I Relate
 Attuned to the
 light
 Elevated
 Restored
 Contented
 Purified
 Blessed
 Free flowing
 Receptive
 Understanding
 Worthy

ANGRY

Rage
 Frustration
 Blaming
 Hostile
 Putting Up Walls
 Revenge
 Getting Even
 I'll Show You
 Furious
 Resentment
 Irritated
 Indignant
 Self-Righteous
 Pride
 Stubborn
 Inflexible
 (Rather be right
 than happy)
 Separate
 Better Than
 Less Than
 Guilty
 Annoyed
 Furious
 Irrate
 Pissed Off
 Condemnation
 Judging
 Despair
 Pain
 Helpless
 Injured
 Shock
 Trauma
 Agony
 Aching
 Heartbroken

HARMONY

High Joy
 Vibration
 Humorous
 Purposeful
 Gentle
 Dissolving Walls
 Forgiveness
 Giving Love
 I accept you
 Vital
 Humble
 Relaxed
 Satisfied
 Glorified
 Flexible
 Adaptable
 (Rather be Happy
 than right)
 Bonded
 Equal
 Deserving
 Wonderful
 Elated
 Invigorated
 Congruent
 Helpful
 Celebrate life
 Self Reliant
 Calm
 In Control
 Revitalized
 Eager
 Lighthearted
 Tolerant
 Balanced
 Empowered

*Feelings List Continued***AFRAID**

Can't Cope
 Fear of Failure
 Insecure
 Can't Survive
 Terror
 Separation
 Fear of Life
 Fear of Others
 Fear of Feelings
 Helpless
 Anxious
 Frightened
 Nervous
 Petrified
 Paralyzed
 Shocked
 Breathless
 Horrified
 Immobilized
 Can't Move
 Panic
 Hysterical Scared
 Threatened
 Cautious
 Not Safe
 Unprotected
 Indecision
 Powerless

HURT

Victimized
 Humiliated
 Grief
 Can't Speak Up
 Stored Pain
 Burdened

SUCCESS

Life Manager
 Faith God
 Faith in Self
 Secure
 Directed
 Understanding
 Fulfilled
 Love of Life
 Love of Others
 Love of Feelings
 Teachable
 Preserving Calm
 Content
 Rejoice in change
 Mature
 Giving
 Comprehending
 Breathing Deep
 Lifted up
 Moving Forward
 At Ease
 Straightforward
 Rational
 Resolute
 Dynamic
 Safe
 Protected
 Inspiration
 Powerful

SAFE

Chosen
 Self Soothing
 Brave
 Can Speak Up
 Grateful
 Liberated

NEGATIVE**SELF**

Confused
 Guilty
 Pride
 Ego
 Stubborn
 Inflexible
 Unworthy
 Undeserving
 Punish Self
 Punish Others
 Stored Pain
 Self-Doubt
 Self-Hate
 Self-Abuse
 Self-Rejection
 Not Loving
 Can't Take In
 Closed Minded
 Self-Sabotage
 Not Focused
 Ugly
 Dirty
 Shame
 Bad
 Despise Myself
 Not Fun
 Should's
 Must
 Need
 Life is Hard
 Regret
 Remorse

POSITIVE**SELF**

Clear Connections
 Spiritual
 Self care
 Flowing with life
 Flexible
 Tactful
 Worthy
 Pardoned
 Release Others
 Freedom
 Self Trust
 Self Love
 Self Importance
 Self Acceptance
 Loving
 Always Capable
 Open Minded
 Faithful to Self
 Focused
 Beautiful
 Acceptance
 Perfect
 Recognized
 Full of Fun
 Choice
 Get to
 Faith
 Life is Easy
 New Perspective
 Humorous about
 life