

WEEK 4

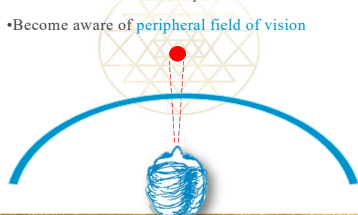
1

I'm starting with the man
in the mirror
I'm asking him to change
his way
And no message could
have been any clearer
if you wanna make the
world a better place
take a look at yourself,
and make a change

2

Learning State

- Focus on a **fixed spot** (in front and above you)
- Look relaxed at this fixed point
- Become aware of **peripheral field of vision**



3

The curious paradox is that when I accept
myself just as I am, then I can change.
Carl Rogers

4

"Experience is, for me, the highest authority.
The touchstone of validity is my own
experience. No other person's ideas and none
of my own ideas are as authoritative as my
experience. It is to experience that I must return
again and again, to discover a closer
approximation to truth as it is in the process of
becoming in me." – Carl Rogers, *On Becoming
a Person*, 1954

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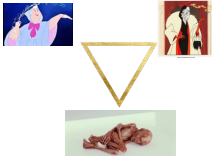
Overview week 3

Life Wheel
Unrealistic Expectations
Eliciting Behaviours
Homeplay was to



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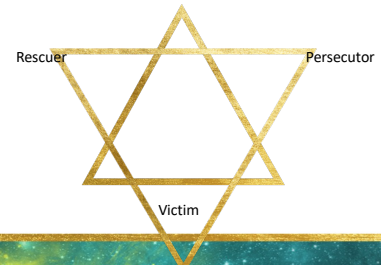
DDT (Dreaded Drama Triangle)



- 1. Where are you placing your focus?
- 2. How are you relating?
- 3. What actions are you taking?

7

DDT - TED



8

Symptoms come from the subjective feeling



Feeling?
Thought?



9



10

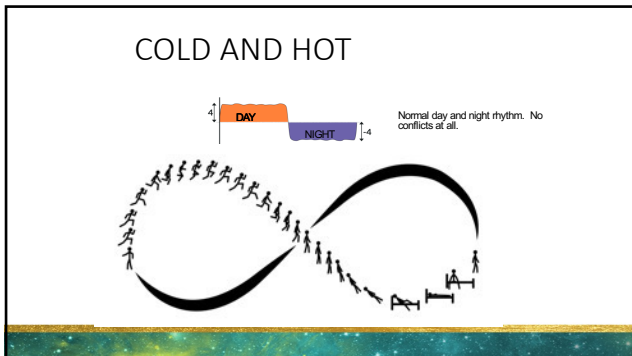
Let's start from the very beginning
Your Top 5 Symptoms:



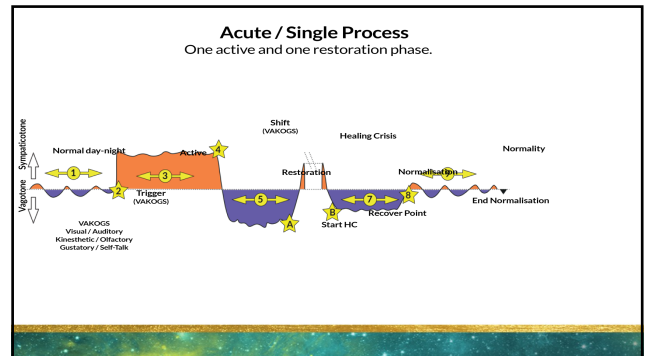
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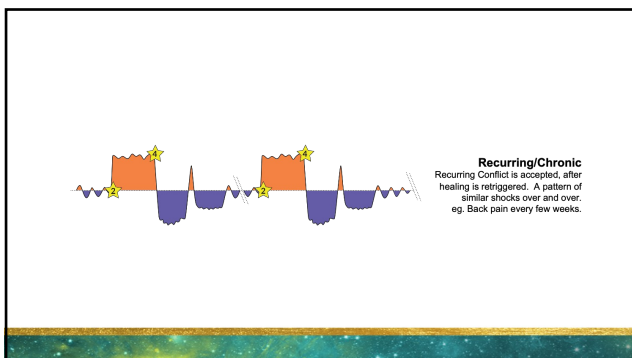
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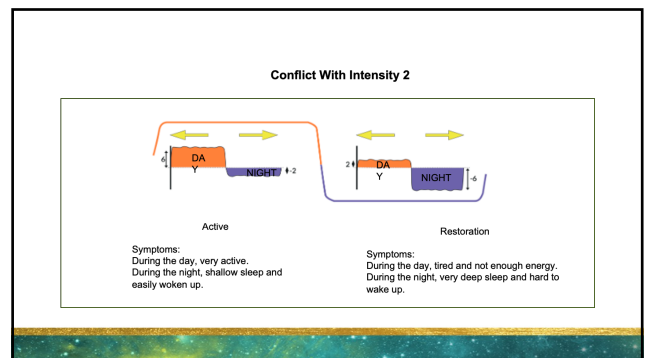
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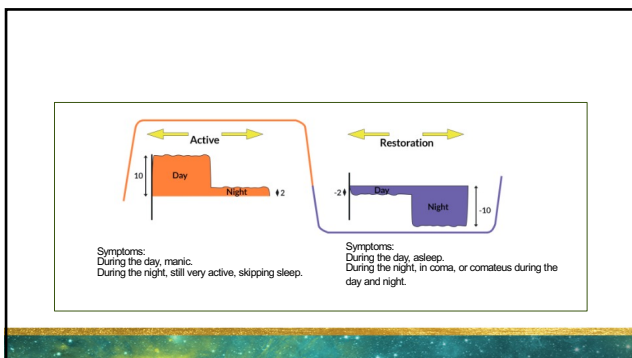
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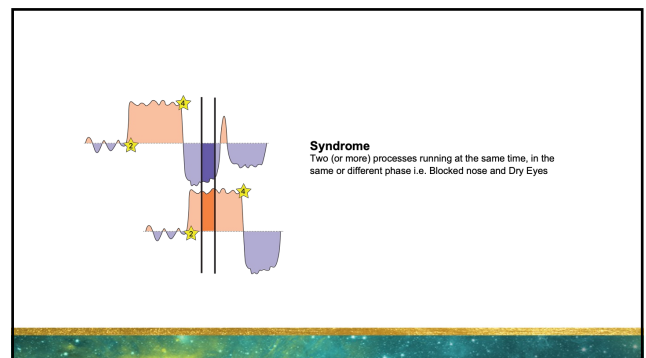
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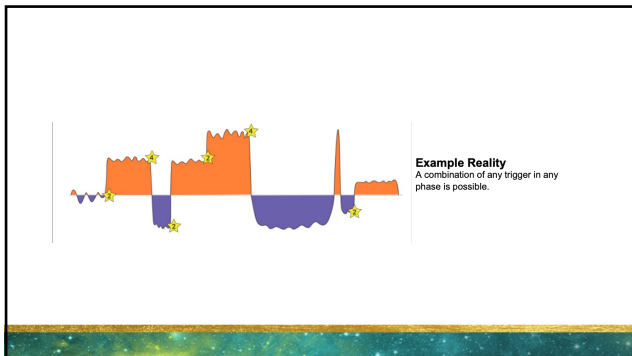
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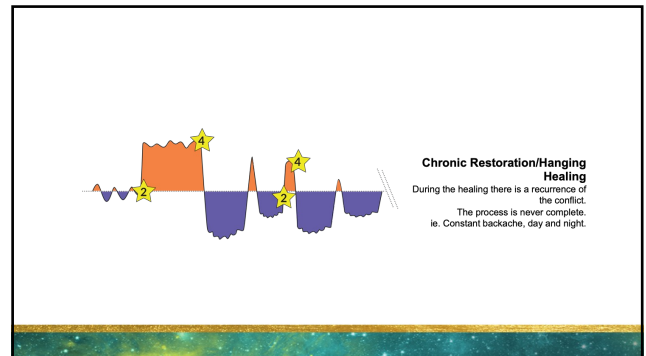
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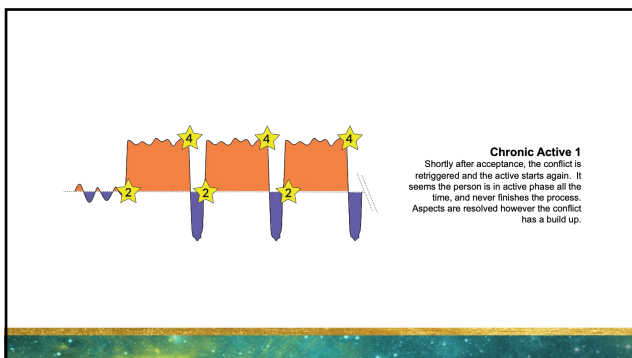
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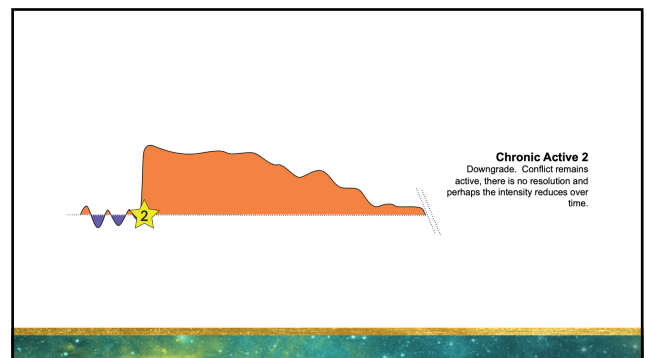
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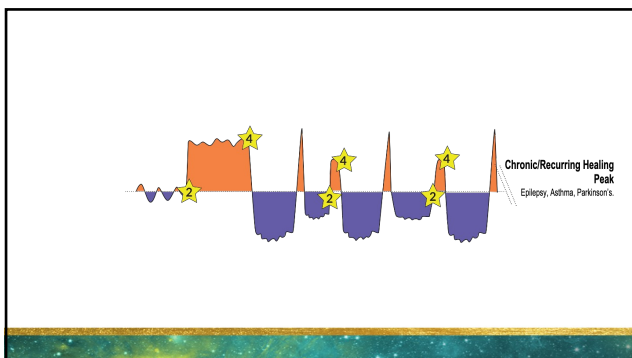
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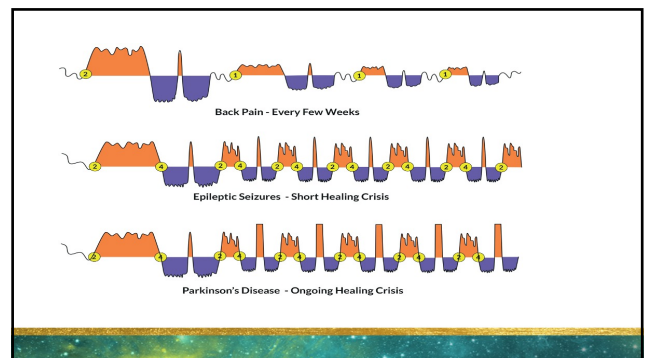
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Symptom vs. Disease Language

Organ Reaction = Symptoms

Disease = Label

Inflammation

Low or no insulin production
Or syphoning

Cells multiplying or necrosis

Neurodermatitis

Diabetes 1 & 2
(Different)

Cancer

Use a descriptive, healing oriented language
focusing on bodymind reaction (symptoms)