



Above and Below the Line

Shifting between "to me" to a "by me" world view

Beliefs

- It's more valuable to learn and grow than to be right
- I see more than one possibility
- I look beyond "either/or"
- Everything is a learning opportunity
- It is valuable to question my thoughts and beliefs
- From a distance, nothing is serious and most everything is funny
- I place my attention on what is under my control
- I reveal about myself to create a shift in me

Behaviors

- Get curious
- Open to possibility
- Move around
- Breathe
- Wonder
- Speak unarguably
- Appreciate
- Take responsibility
- Significantly change my posture
- Welcome feedback
- Question my beliefs
- Recognize unconscious beliefs

Statements

- What can I learn from this?
- I wonder what the lesson/gift is?
- How is this familiar?
- My preference is ...
- I wonder ...
- Hmmm ...
- I agree to ...
- I choose to ...
- I cause ...
- I commit to ...
- What I hear you saying ...
- My body sensations are ...

ABOVE THE LINE ("BY ME")

Presence/Curiosity/Growth and Learning

TRUST

BELOW THE LINE ("TO ME")

Drama/Defensiveness/Scarcity

FEAR



Beliefs

- Being right is the most important thing
- There is a threat to me occurring out there
- There is not "enough"
- I need another's approval
- Safety and security come from outside myself
- I need to be in "control" (of things I can't control)
- One side of a polarity is better than the other
- There are only two options
- This is serious (it's not funny)
- I am better than/less than
- There is a right/wrong way
- There is no choice
- I have no control

Behaviors

- Cling to an opinion
- Find fault/Blame
- Fight/Flee/Freeze/Faint
- Argue
- Rationalize/Justify
- See others as needing help
- Gossip
- Get overwhelmed
- Do whatever it takes to defend/ guarantee the survival of my identity
- Use distractions to relieve pain (food, sex, drugs, media, work)
- Enroll others to affirm my beliefs
- Avoid all disconfirming data
- Attack the messenger
- Avoid conflict
- Force everything into polarity (right/wrong, good/bad)

Statements

- I should
- I can't
- I'm right
- It's hard
- I'm trying
- It's not my fault
- I'm confused
- The "fact" is
- I have to
- You made me
- I'm sorry (with an excuse)
- Always/Never
- "Why" questions
- You're not listening to me
- It's no use
- My way or the highway
- They don't get it



When we go unconsciousness, we drift below the line. The list below notes some of the many ways we distract ourselves from being with and expressing our authentic feelings and thoughts. These also are ways we simply leave this now moment. Take a look below and identify your favorite ways to drift.

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|----------------------|---------------------|----------------------|
| Anticipating | Editing | Justifying |
| Arguing | Emailing | Looking interested |
| Being a good student | Exercising | Managing |
| Being disorganized | Explaining | Organizing |
| Being misunderstood | Evaluating | Policing |
| Being overwhelmed | Facebooking | Procrastinating |
| Being sarcastic | Figuring it out | Protecting |
| Blaming | Freezing | Proving |
| Body Aches | Getting busy | Rehearsing |
| Checking the phone | Getting confused | Rising above it |
| Cleaning | Getting distracted | Rushing |
| Comparing | Getting embarrassed | Seeking approval |
| Complaining | Getting enlightened | Sexual activity |
| Compromising | Getting righteous | Shopping |
| Compulsive working | Getting serious | Smiling |
| Concealing | Getting shy | Spacing out |
| Controlling | Getting sick | Talking on the phone |
| Correcting | Getting silly | Texting |
| Coughing | Getting wordy | Trying hard |
| Daydreaming | Ignoring | Venting |
| Defending | I'm not enough | Waiting |
| Dismissing | Injuring yourself | Watching TV |
| Doing it right | Intellectualizing | Withdrawing |
| Doubting | Internet surfing | Whining |
| Drinking | Interpreting | Worrying |
| Drugging | Interrupting | |
| Eating | Judging | |