

This exercise is to recall a sharp experience in your past, in connection with each strategy. For this purpose, the strategies descriptions here are minimal. Be as objective, nonjudging, as possible in "turning on" your memory: you can be critical later.



1 FIGHT A--I "got it out," maybe "got it out at" or "got it out on." Afterward, I felt good or guilty or both. At least I did something! Nothing ventured, nothing gained.

2 FIGHT B--I "bottled it up." It would have been too dangerous--for me? for the other person?--to "let it out." Introjecting the conflictual feeling(s), I got (a) a headache, (b) a bellyache, (c) a neck/backache, (d) a heartache. Someday I'm going to.... I'd like to have another chance to.... I wish I could.... If I weren't fighting myself inside, I wouldn't feel so exhausted all the time.

3 FRET (C)--I go round and round inside, then I go to _____ and make to him/her the same complaints over and over again. I wonder how she/he can stand my guts? I'd go nuts if somebody did that to me!

4 FLIGHT D--When a new hobby/passion hits me, it gets all of me, know what I mean? I eat sleep dream work play it, for all its worth. I exhaust it. It exhausts me, and I blow it: I go on to something else, but nothing really satisfies. I'm just that type of person, I guess. Never really satisfied. A lot of fun though. And new friends. But sometimes I wish.... Am I running away from something?

5 FLIGHT E--I got into this new type of meditation, see? It's great! I come out of it relaxed, refreshed, ready to take on the world! I guess I get from it some inkling of what God-realization is.