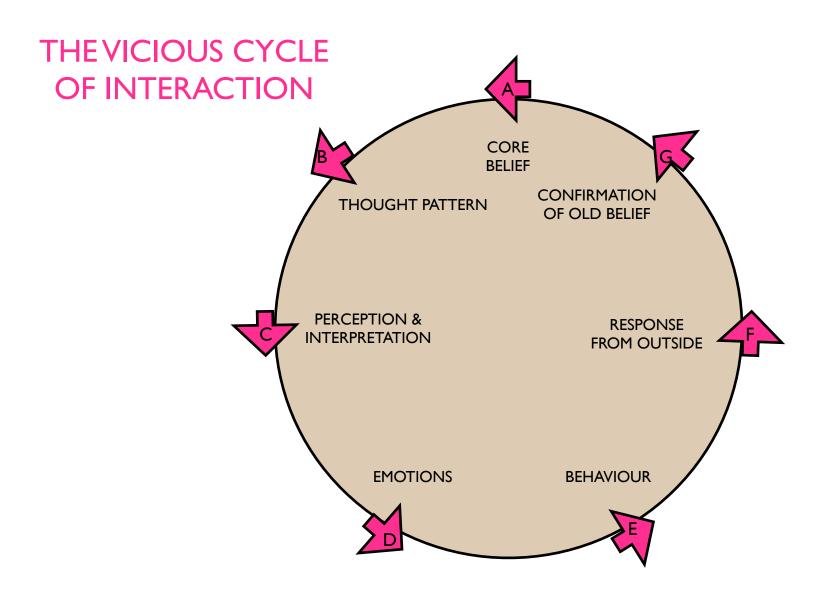
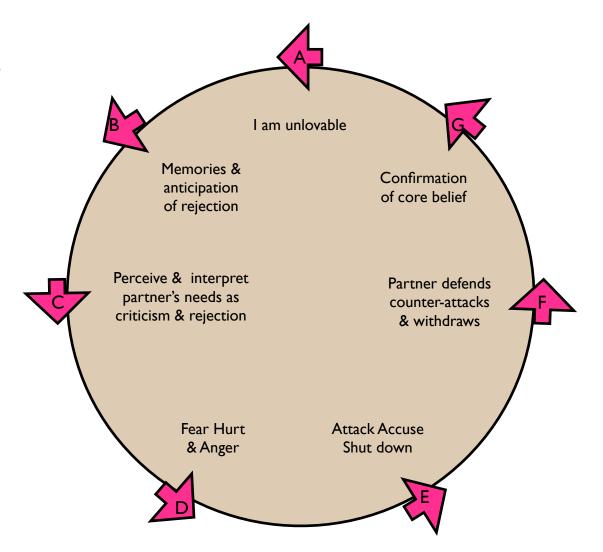
HOW TO BREAK A VICIOUS CYCLE OF INTERACTION



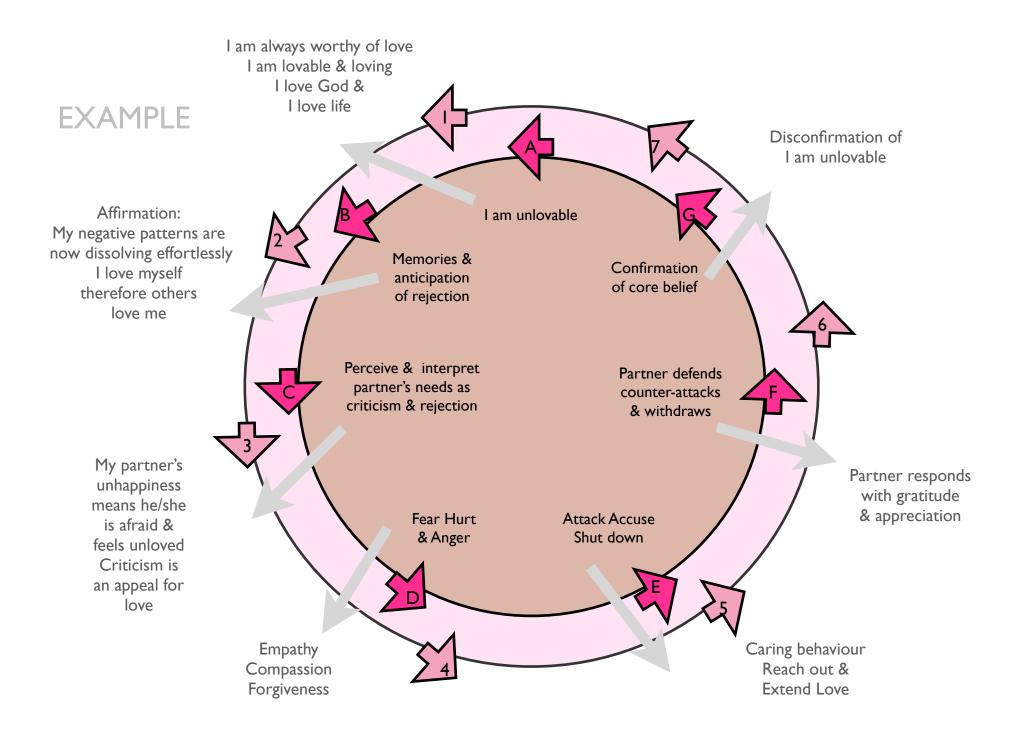
DR SUSAN KRIEGLER



EXAMPLE

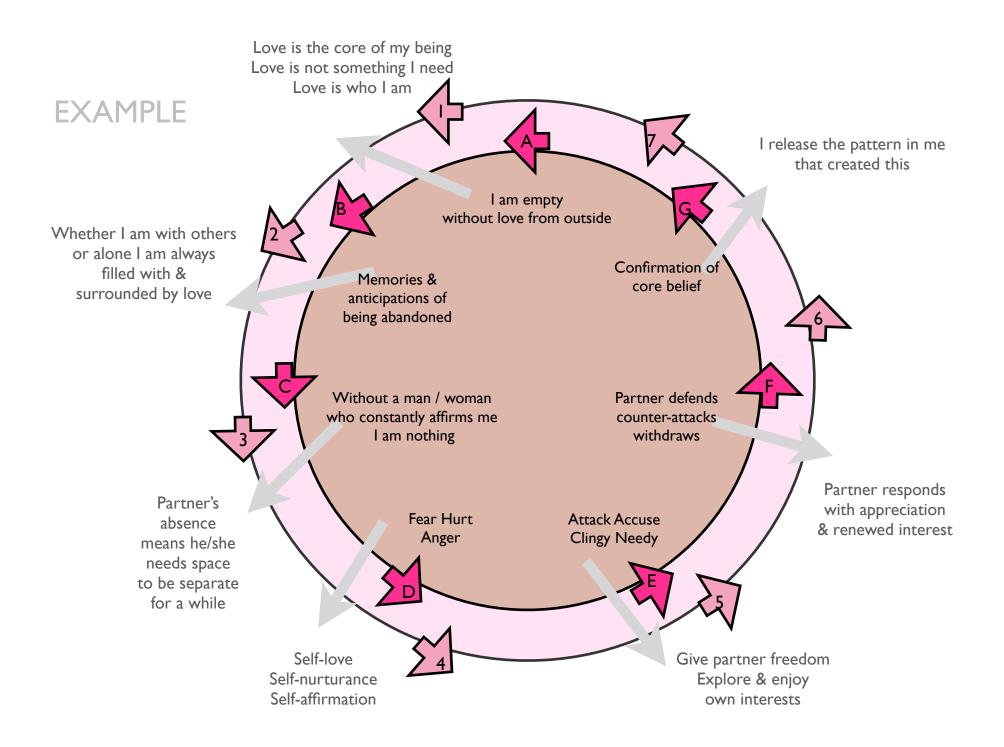


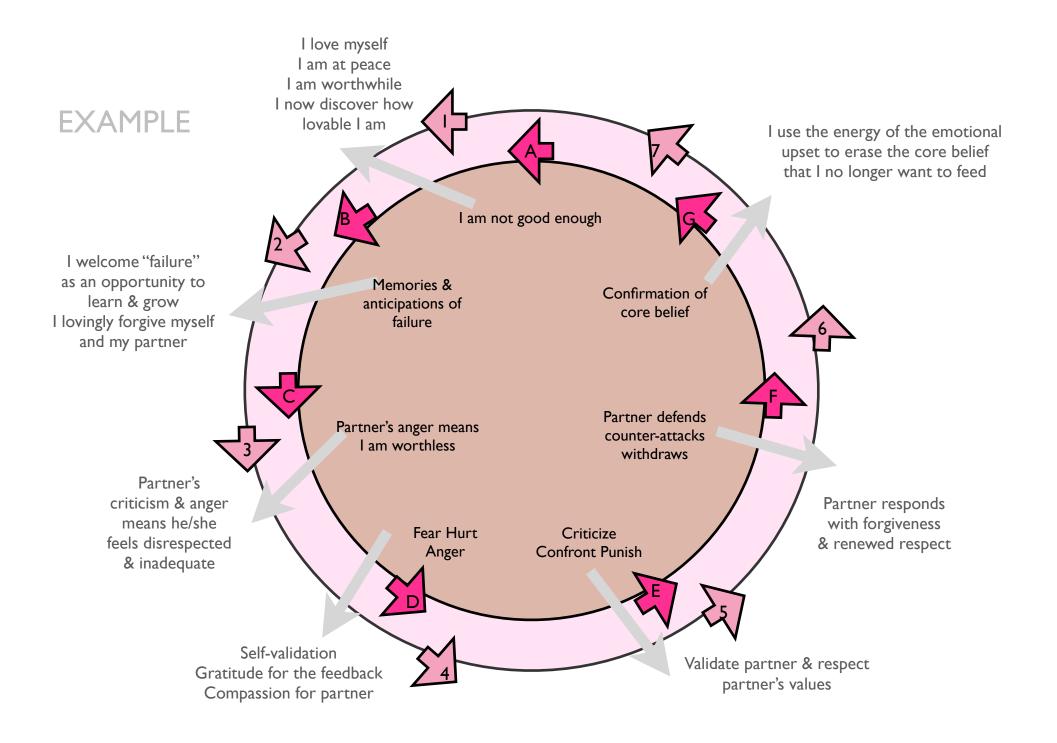
ERASE CORE BELIEF & ADOPT NEW CORE BELIEF **DISCONFIRMATION BREAKING OUT** OF OLD BELIEF **CORE BELIEF CONFIRMATION AFFIRMATION OF** THOUGHT PATTERN OF OLD BELIEF **NEW THOUGHT PATTERN** PERCEPTION & **RESPONSE** INTERPRETATION FROM OUTSIDE DIFFERENT **RESPONSE** NEW PERCEPTION & **INTERPRETATION EMOTIONS BEHAVIOUR** NEW DIFFERENT **EMOTIONS BEHAVIOUR**



I NO LONGER USE MY HURTS TO TRY TO GET SOMETHING BY HURTING MY PARTNER

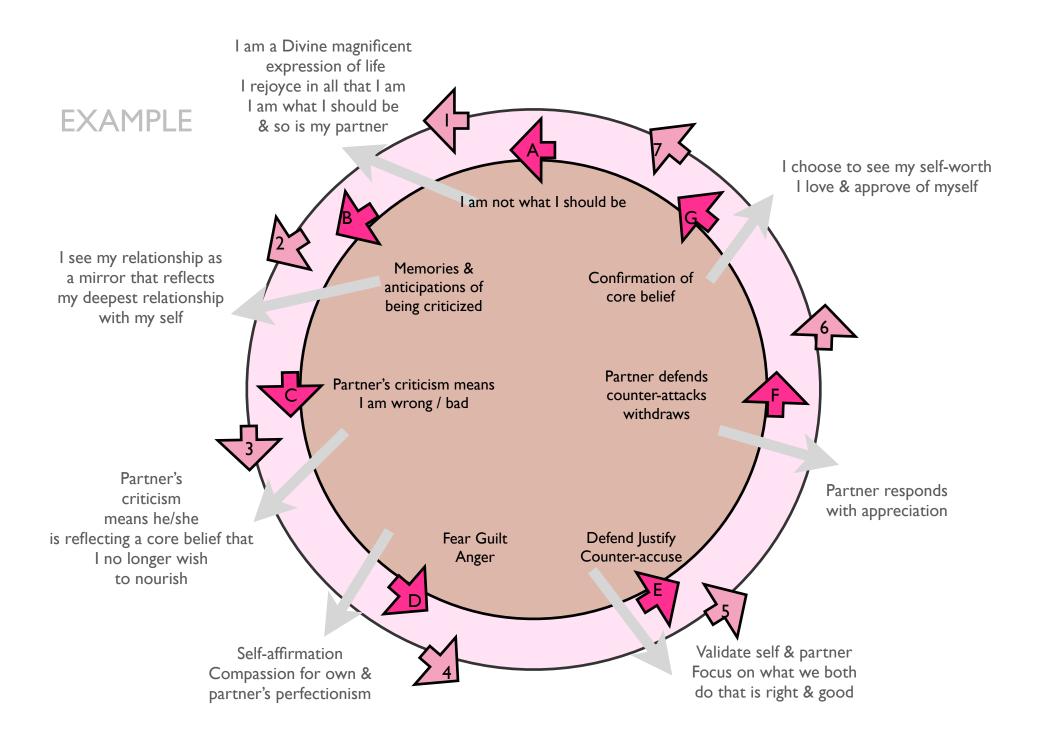


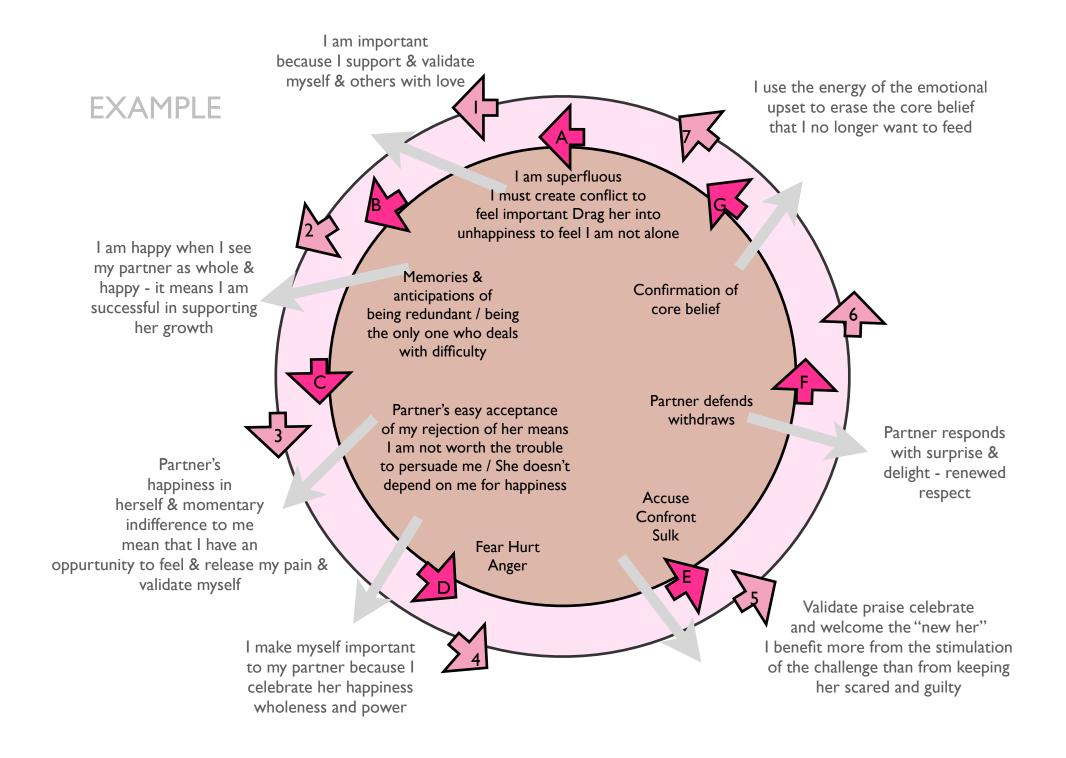




IN STEAD OF REACTING WITH FEAR HURT AND ANGER I USE THE ENERGY OF EMOTIONAL UPSET TO ERASE OLD CORE BELIEFS & NURTURE NEW TRUTHS

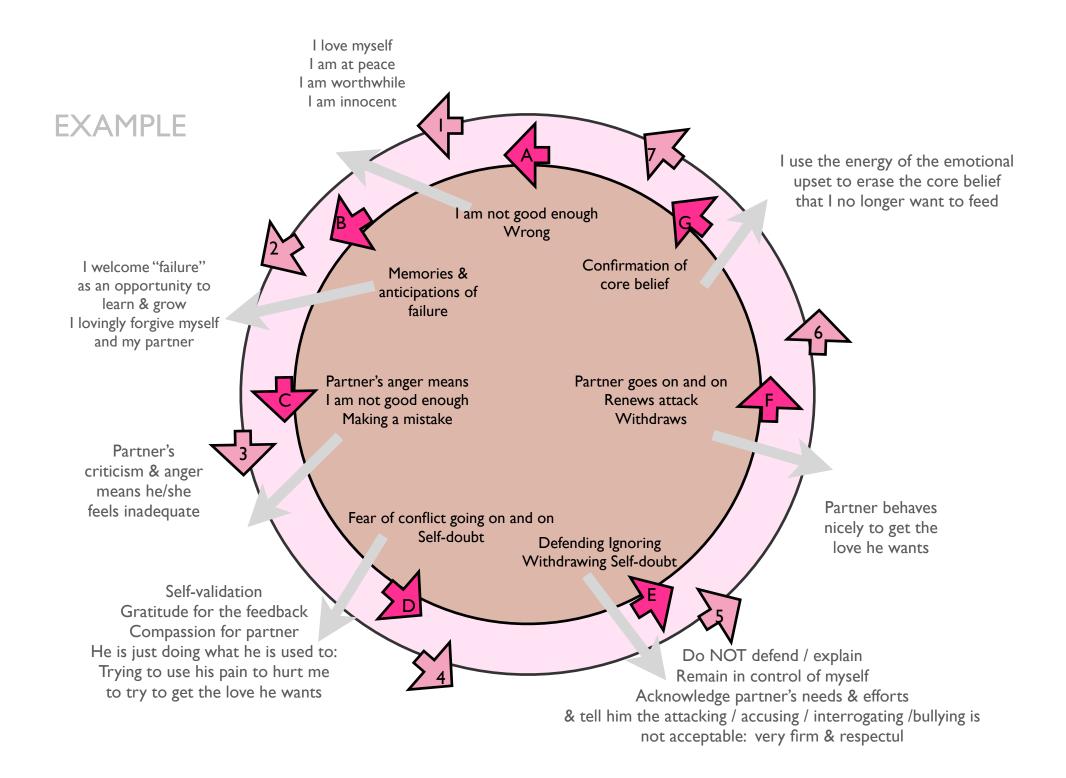


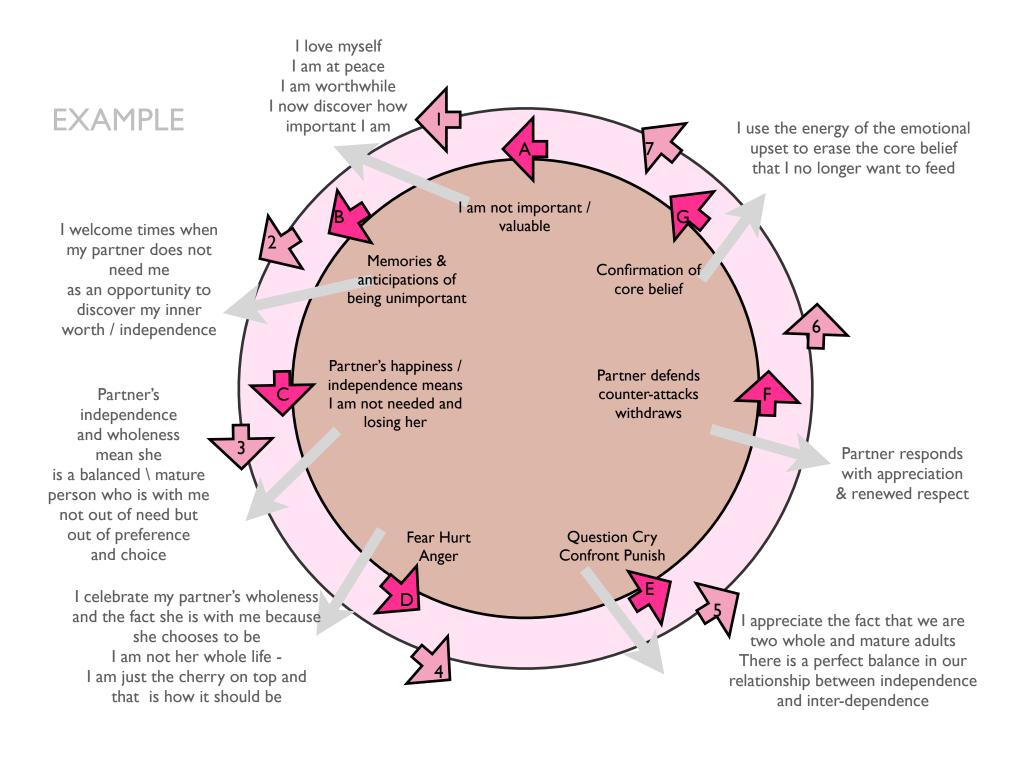




I SEE EVERY UPSET IN MY RELATIONSHIP AS AN OPPORTUNITY TO GROW BEYOND MY EGO & BECOME THE MATURE PERSON I WAS CREATED TO BE

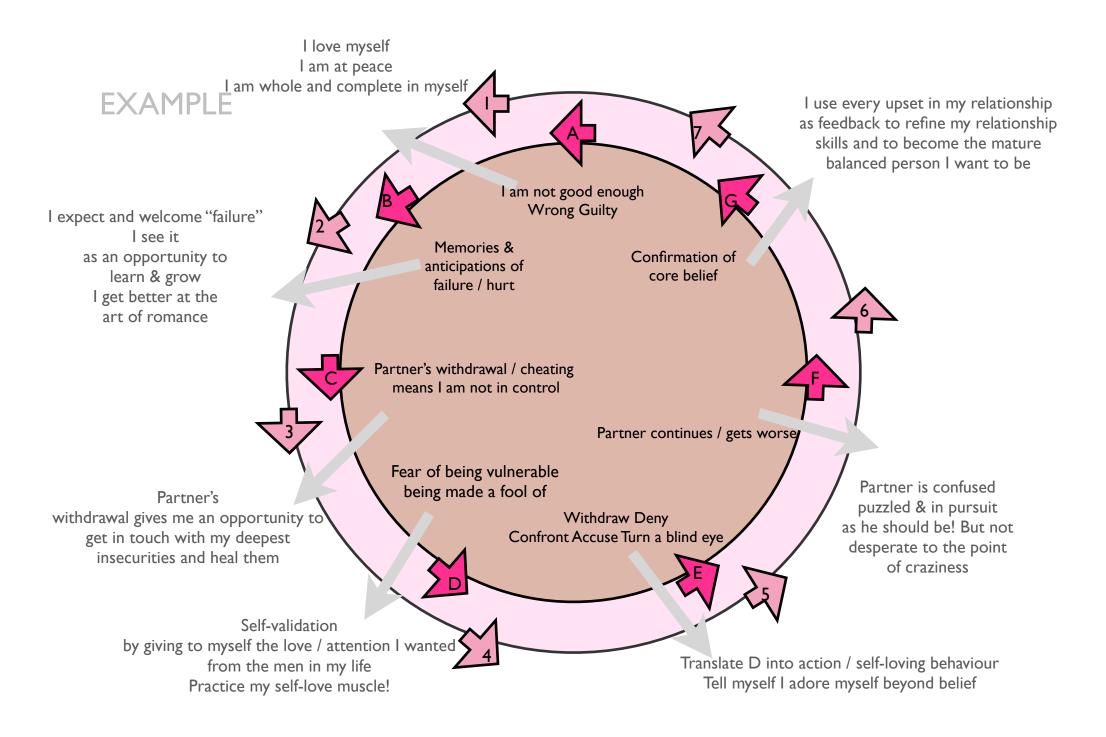






MY RELATIONSHIPS ARE THE CLASSROOMS
WHERE I LEARN MY LIFE LESSONS:
TO DISCOVER & CELEBRATE THE
BEAUTY WORTH AND SACREDNESS
OF ALL BEINGS
BEGINNING
WITH ME





USING RELATIONSHIPS TO LEARN YOUR LIFE LESSONS AND GROW INTO YOUR HIGHER SELF

