



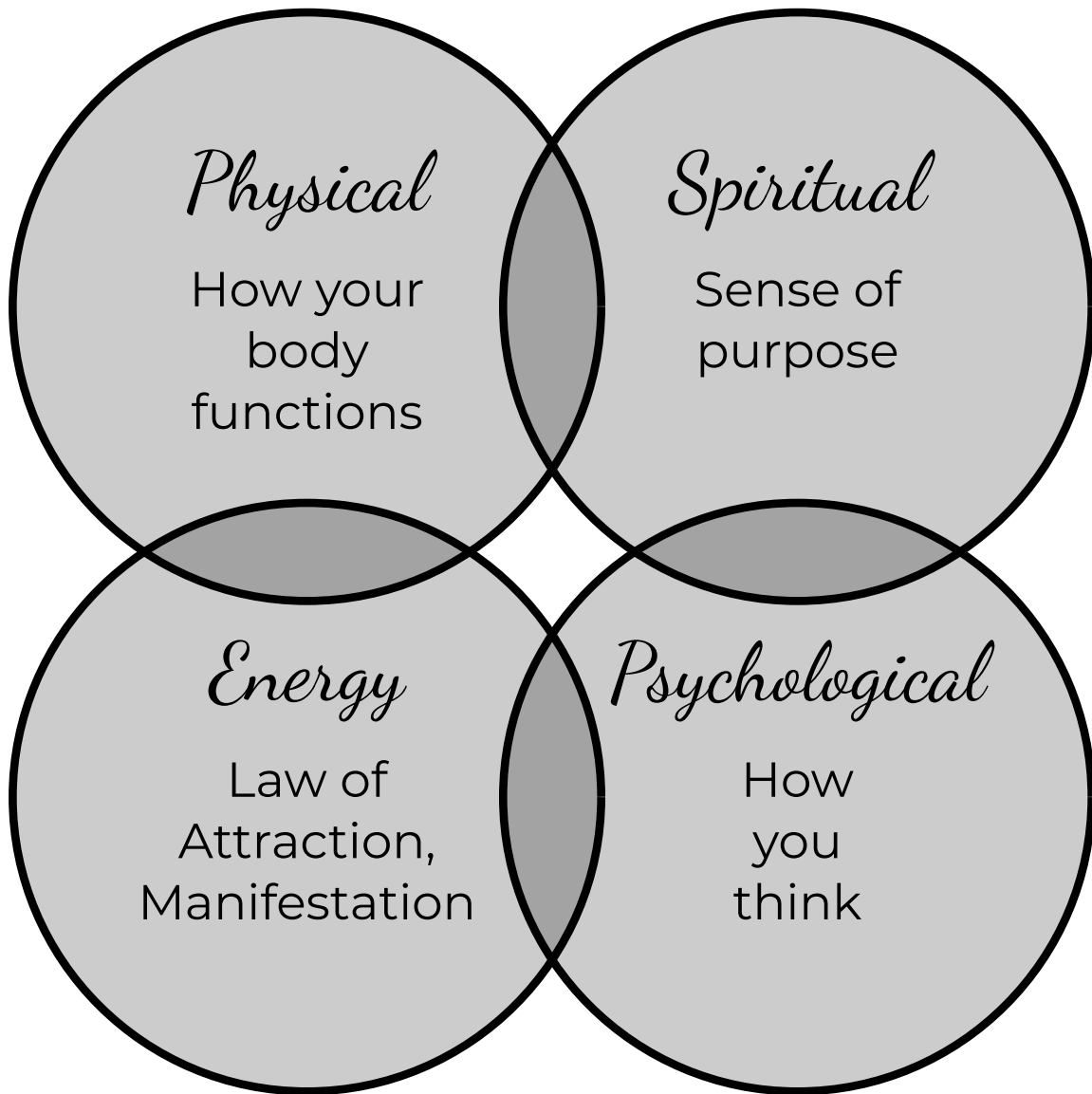
*Becoming Your Authentic Self*

Pure Joy, Pure Love, Pure Happiness

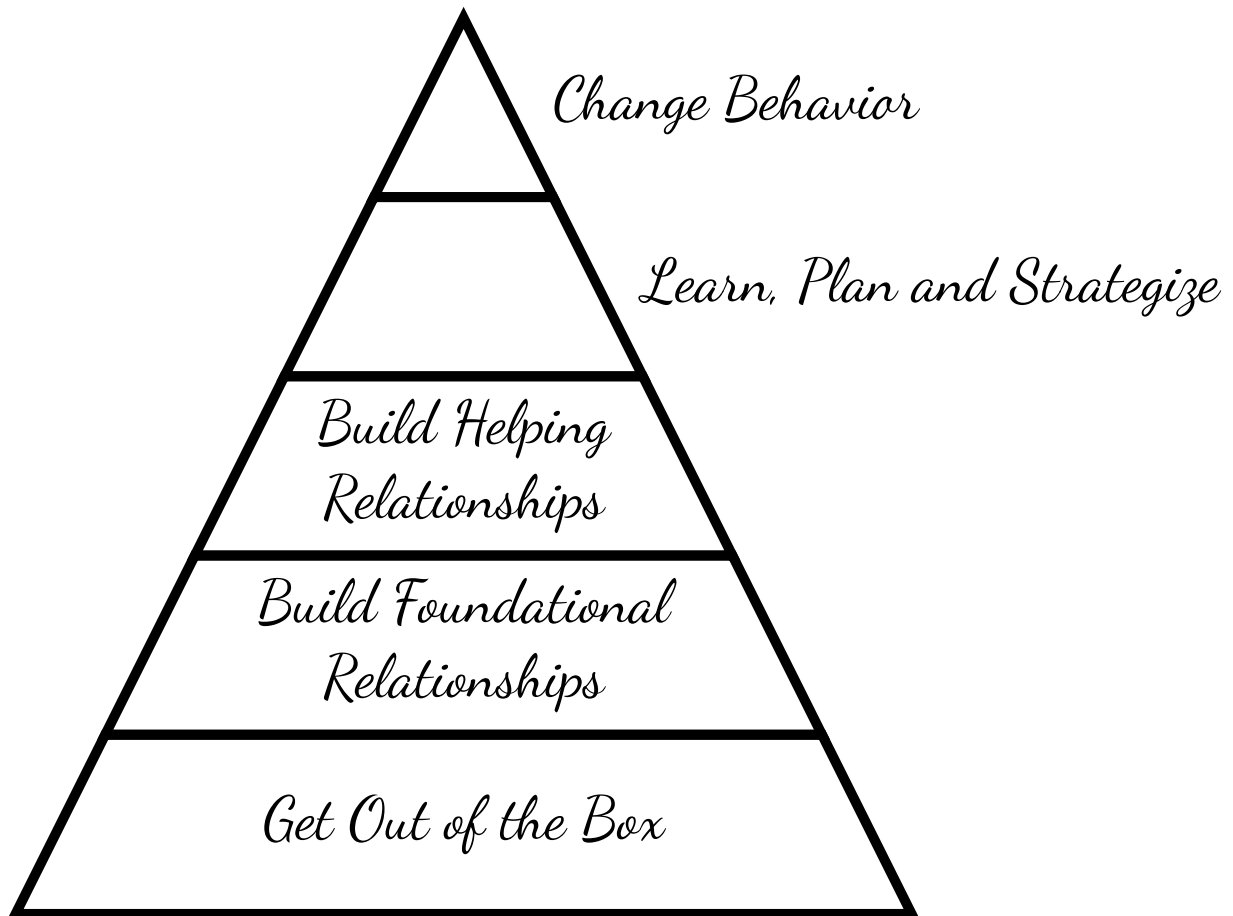
*02 - Why Am I Always Stuck (Part 2)*



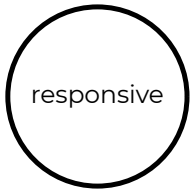
## *The Four Areas of Self*



## *Personal Growth Pyramid*



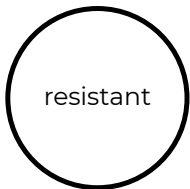
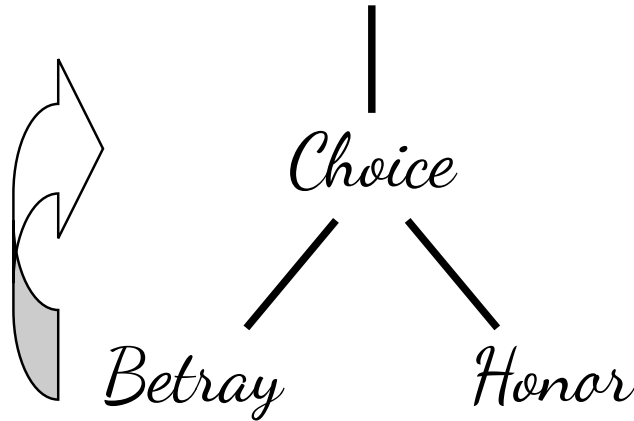
# Self Betrayal Map



Does all this below lead me to go back and do what I felt to do? To see this person as a person? NO. What does it do?

It JUSTIFIES ME.

*Sense: This Person is a Person*



- 1 Obstacle
- 2 Vehicle
- 3 Irrelevant

*How I See Myself*  
Self justifying ways

*How I See the Other*  
Blaming Ways

*What I Feel*  
Blaming Emotions

*How I See the World*  
In Ways That Justify Me

**JUSTIFIED**

*Red Flags*

- Feeling Victimized
- Blaming Emotions
- Horribilizing
- Value Values that Justify Me
- Sufficiency of my Doings
- Right vs. Wrong
- Exaggerate Differences
- Self-Portrayal

### Common Thought Boxes

#### The "I'm Better Than" Box

<i>Self View</i> Superior Important Virtuous / Right	<i>Other View</i> Inferior / Incapable Irrelevant False / Wrong
<i>Feelings</i> Impatient Disdainful Indifferent	<i>World View</i> Competitive Troubled Needs Me

#### The "I Deserve" Box

<i>Self View</i> Meritorious Mistreated Unappreciated	<i>Other View</i> Ungrateful Mistreating Mistaken
<i>Feelings</i> Entitled Deprived Resentful	<i>World View</i> Unfair Unjust Owes Me

#### The "I Must be Seen As" Box

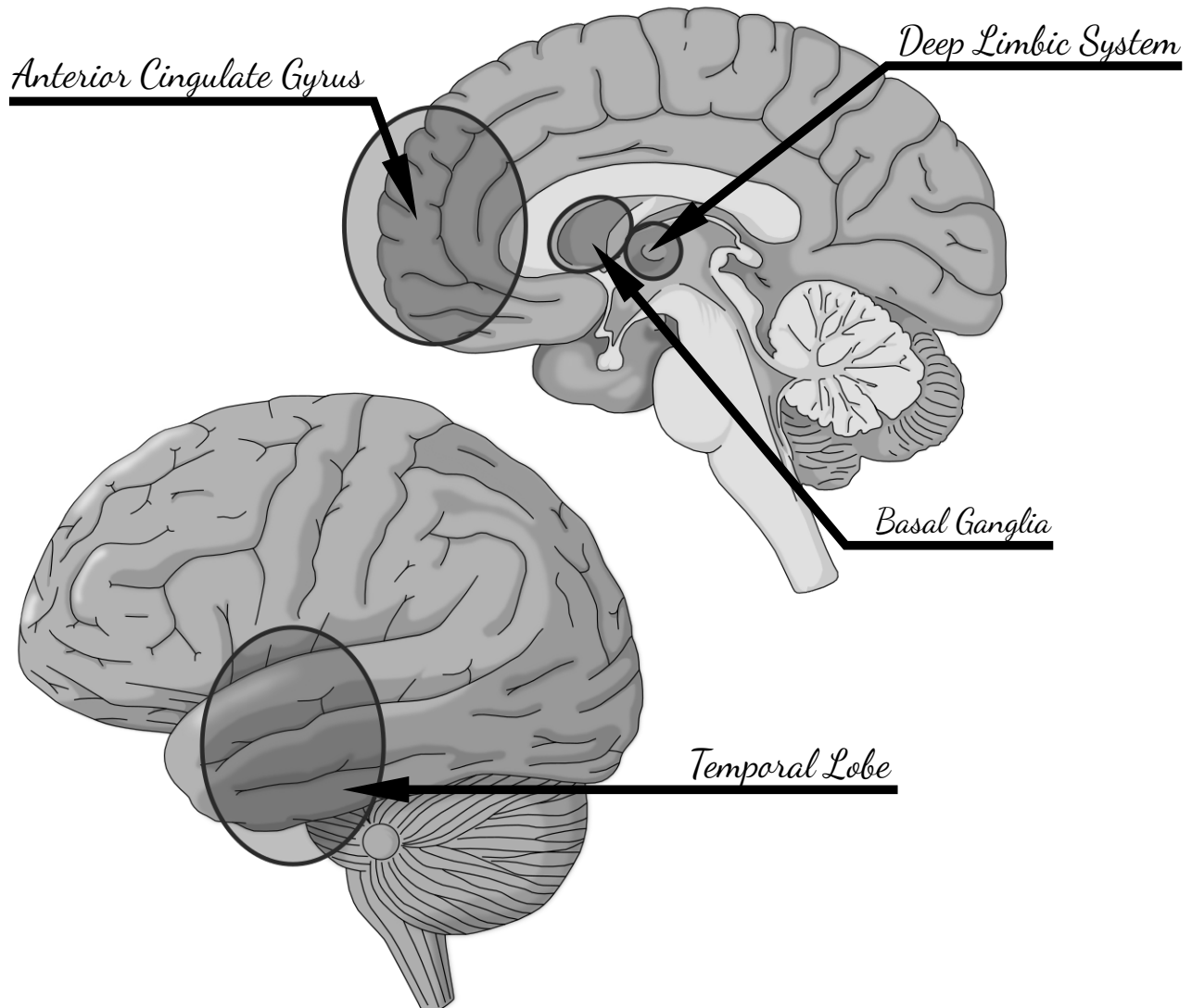
<i>Self View</i> Need to be Well Thought Of, Fake	<i>Other View</i> Judgemental Threatening My Audience
<i>Feelings</i> Anxious / Afraid Needy / Stressed Overwhelmed	<i>World View</i> Dangerous Watching Judging Me

#### The "I'm Worse Than" Box

<i>Self View</i> Not as Good Broken / Deficient Fated	<i>Other View</i> Advantaged Privileged Blessed
<i>Feelings</i> Helpless Jealous / Bitter Depressed	<i>World View</i> Hard / Difficult Against Me Ignoring Me

## Overview of the Brain

Most people fall under the “I’m Worse Than” though box. The parts of the brain that are typically associated with this way of thinking are shown below.



## *Lifetraps*

### *Social Exclusion Lifetraps / Less Than ANT*

1. Feel abandoned, lonely.
2. Feel inferior to others, you were teased, etc...
3. You felt different from other children or within your family.
4. you were passive as a child.
5. You feel you have nothing to offer in a conversation.
6. You keep to yourself.
7. You avoid joining groups.
8. You avoid situations where you might seem dumb

#### *How to Change Social Exclusion Lifetraps*

I know that right now I feel anxious or overwhelmed or less than everyone, but it's just my lifetraps being triggered. I will see that other people are anxious too. If I start talking, my anxiety will go down.

### *Vulnerability Lifetraps / Fortune Telling ANT*

1. Hyper-vigilant.
2. You may avoid activities that give rise to panic.
3. You are afraid of disasters — things beyond your control.
4. You are tense and vigilant.
5. You feel you have to have a certain amount of money to be safe.
6. You fear losing control and having a panic attack
7. You avoid everyday situations like subways, elevators, etc...
8. You may rely exclusively on medication, alcohol, food, etc...to reduce your chronic anxiety.

#### *How to Change Vulnerability Lifetraps*

I know that right now I am feeling afraid to ride elevators, but what is happening is that my vulnerability lifetraps are getting triggered. I probably exaggerating the degree of risk, therefore I will ride the elevator despite my fear.

## *Failure Lifetrap / Less Than ANT*

1. You choose a career below your potential.
2. You avoid taking steps for a promotion.
3. You cannot commit to a career.
4. You have been afraid to take the initiative.
5. You feel you are basically stupid or feel like a fraud.

## *Overcoming the Failure Lifetrap*

Try to write down your successes.

Examples:

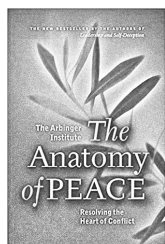
1. I am a good writer.
2. I am creative.
3. I have a good sense of humor.
4. When my anxiety isn't too high, I accomplish a lot.



## Additional Resources

If you're feeling stuck, I can help. I will work with you to address the physical side of being emotionally stuck. Please reach out to my office and setup an appointment.

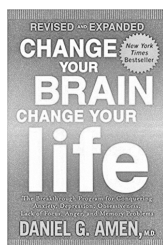
## Additional Reading



**The Anatomy of Peace: Resolving the Heart of Conflict** by The Arbinger Institute | 2006



**Reinventing Your Life: The Breakthrough Program to End Negative Behavior and Feel Great Again** by Jeffrey E. Young and Janet S. Klosko | 1994



**Change Your Brain, Change Your Life (Revised and Expanded): The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Lack of Focus, Anger, and Memory Problems** by Daniel G. Amen M.D. | 2015

Reach out to Dr. Jennifer Burns, NMD



I created *Burns Integrative Wellness Center* so I would have greater freedom in helping patients like you. I stay current with medical research and combine leading treatments with decades of medical experience. Give us a call. My staff and I look forward to helping you with *Becoming Your Authentic Self*.

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