Motivator

Use the experience as a signal to identify or pursue something you aspire for...

Social Connection

Use the experience as a means to challenge resistance connecting w/ others...

Guilt

A Belief, Perception, or Focus on "I did something bad."

Insight: *Guilt is commonly associated with behavior whereas Shame is focused on our "self ..."*

Healing Tool

Re-frame the experience as a way to make amends with others for current/past rupture...

Accountability Tool

Leverage the experience as a way to stop or limit an unproductive behavior...

Self Regulation

Insight: *Distorted belief that may involve a lack of self control with diet or drinking, motivation to exercise, discpline with spending habits...*

Internally Oriented

Rooted In Belief About Our Capabilities To Handle Current Situations...

Commitments

Insight: *Twisted belief that may involve a lack of being faithful to another, spending time w/ family, or not being there for friends...*

Externally Oriented

Rooted In Belief About Our Capabilities To Handle Current Situations...

Anticipatory

Insight: *Unproven belief in the future tense involving the anticipation of doing something to others and already experiencing the unhealthy feelings...*

Future Oriented

Based On Prior Instances While Looking Forward...