

HOW TO AVOID LOW DRAMA

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Responsibility is the procedure for change.

USE THESE PRACTICES TO AVOID LOW DRAMA

- Refuse to leave the Adult Ego State, where you are yourself in the *small now* of the present moment.
- Declare that you are not a victim. If there is no victim there can be no Low Drama.
- Consciously feel your distinct feelings
- Detect if it is a present feeling or an emotion projected from your past. (Hint, unless you have practiced for at least ten years, it is probably an emotion from your past.)
- Use your emotions to detect healing you need to do.
- Use your feelings responsibly.
 - Make a boundary / become the boundary.
 - Ask for what you want.
 - Make a decision: yes or no.
 - Make a distinction.
 - Start something / End something.
- Choose what is.
- Make a gap between your Box and you.
- Take radical responsibility for creating your circumstances. It is no one else's fault.
- If there are other people's voices in your head, blast them away with your Voice Blaster.
- Apologize for your patterns that have caused the breakdown.
- Willingly enter the pain of remorse.
- Be authentic about your inauthenticity.
- Determine whose problem it is. If it is your problem, take responsibility. If it is not your problem, it is none of your business.
- Get centered. Find your attention. Stay Unhookable.
- Use your innate genius to continuously invent new ways to get out of Low Drama. Share what you learn with your friends, *and* with your enemies.