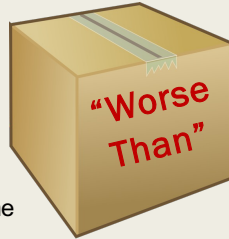


Are You Stuck Inside The Box?

View of Self: Not as good, broken
View of Others: Advantaged, privileged
Feelings: Helpless, jealous/bitter, depressed
World View: Hard/difficult, against me, ignores me



View of Self: Superior, important, right
View of Others: Inferior, incapable, wrong
Feelings: Impatient, disdainful, indifferent
World View: Competitive, troubled



*Here, we view others as "obstacles" -
limiting our ability to communicate
effectively, listen, be seen
authentically... Instead, we hurt others.*

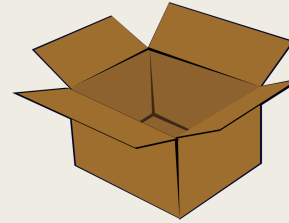
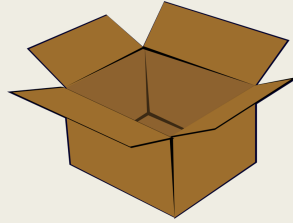
View of Self: Need to be well thought of
View of Others: Judgmental, threatening
Feelings: Anxious/afraid, needy/stressed
World View: Watching, judging me



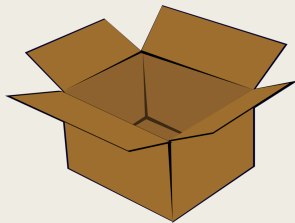
View of Self: Mistreated/Victim, unappreciated
View of Others: Mistaken, ungrateful
Feelings: Untitled, deprived, resentful
World View: Unfair, unjust, owes me

4 Ways to Get Out (& Stay Out) of The Box!

Practice forgiveness of yourself and the other person. Bring your open heart, open mind and open will. That one vulnerable moment can change everything.

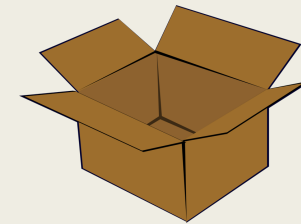


Become an observer of yourself. Look for your “reactive tells” (blame, justification, horribilization), where might some self-deception be in play.



Ponder the situation anew. Ask yourself: what are this person’s challenges, consider your role, in what ways have my In-the-Box stances obscured the truth, get curious.

Here, we view others as people, with hopes, needs, cares and fears as real as as our own...Creating a safe space to build/repair connection, trust and better energy



Find an out-of-the box place. Such as other relationships, memories, etc. to help soften you and reconnect with your true self.