

PRINCIPLE ONE

CARE

□ PLAY THE P. A. R. T. (PROMPT, ^{ASK &} ACCEPT, RESPOND, TALK)

PROMPT - Shame, coffee, compulsion to do a no-no

ASK & - find the feeling under the thought - I am X, I feel Y

ACCEPT ie. hungry, angry, lonely, bored, tired, etc.

RESPOND - Most caring way possible in this moment

TALK - about you and your process with respect, love + enthusiasm

□ CHEAP PLEASURE - long term pain outweighs short term pleasure.



□ DEEP PLEASURE - constant hum of yum under the surface of everything.

□ SHAME - "I'm broken", "There's something wrong with me", "I'm a fraud..."

The BEAST is the voice of shame.

I DESTROYED SHAME!



VS.



CARE KICKED MY ASS!