

Follow the bouncing ball

(Notice) The Symptom:

Discouragement, depression, weeping, hopelessness, abandonment = emotional breakdown.

The Event that triggered the Symptom:

It's so hot. I stripped down to just my shorts and two wet wash cloths to cool my chest and wipe down with while the fan blows on me. I think the heat was partly why I didn't sleep good last night aside from my little emotional meltdown.

The explanation (story):

"I was just psyching myself up to grin and bear it"

"I was just psyching myself up to grin and bear it for the summer since ... **(Explanation)**... I tolerate heat better than cold **(reasoning)** ... but it's looking like I may have to break down and get another ac for my room. ... **(fear)** ... Really not wanting to but maybe it won't be so bad since I'll only be using it at night. **(more reasoning to justify the fear, only using at night seems reasonable, but is not logical. Justifying the cost.)** ...I'm so ready to cut these straggler ties with *(insert name or situation)* and make a clean break." **(blame for pain)**

"psyching myself up" is another term for convincing myself. That is an argument. Arguments comes with opposite perspectives (Life and death) ... and stories are used to convince the listener of which story is strongest (rooted in a belief system)

When we do not notice what we are doing, we will never uncover the belief system that is the strongest one. We fall prey to what we already "believe as truth" ... and embrace. This is what keeps getting us the results we are getting. (having nothing, being rejected, being abused, being poor, depressed, unhappy)

"to grin and bear it" is about the *pay off*.

The question then is *"Why do I feel satisfied in being uncomfortable because I have learned how to 'grin and bear it'?"* (be a martyr)

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1. What emotional, mental and physical symptoms have you been experiencing/noticing?

(Write the words that come to your mind as they pop up.)

The Event that triggered the Symptom:

The explanation (story):

Because ...

Because ...

My Pay-off is that ...

A Better Question is:
