

# ABOVE & BELOW THE LINE

Shifting between “to me” and “by me” world views

## Beliefs

It's more valuable to learn and grow than to be right  
There are more than two possibilities  
Approval, control and security are something I already have  
It is valuable to question my thoughts and beliefs  
From a distance, nothing is serious  
All people and circumstances are my allies  
Revealing is more valuable than concealing

## Behaviors

Breathe  
Significantly change my posture  
Get curious  
Listen consciously  
Feel emotions  
Speak unarguably  
Appreciate  
Take responsibility  
Question my beliefs  
Recognize unconscious beliefs  
Create win for all solutions  
Play  
Make impeccable agreements

## Statements

What can I learn from this?  
How is the opposite as true?  
How is this familiar?  
I appreciate you for....  
I take responsibility for...  
I agree to...  
I choose to...  
I create...  
This isn't serious  
What I hear you saying...  
My body sensations are...  
I feel...(sad, angry, scared, joyful, sexual)

## ABOVE THE LINE (“BY ME”)

Presence / Curiosity / Growth & Learning

ACCEPTANCE AND TRUST

## BELOW THE LINE (“TO ME”)

Drama / Defensiveness / Scarcity

RESISTANCE AND TOXIC FEAR

## Beliefs

Being right is the most important thing  
There is a threat to me occurring out there  
There is not “enough”  
I need another's approval  
Safety and security come from outside myself  
I need to be in “control” (of things I can't control)  
One side of a polarity is better than the other  
There are only two options  
This is serious  
I am better than/less than  
There is a right/wrong way  
There is no choice  
My story is true

## Behaviors

Cling to an opinion  
Find fault/Blame  
Fight/Flee/Freeze/Faint  
Argue  
Rationalize/Justify  
See others as needing help  
Gossip  
Get overwhelmed  
Do whatever it takes to defend/guarantee the survival of my identity  
Use distractions to relieve pain (food, sex, drugs, media, work)  
Enroll others to affirm my beliefs  
Avoid all disconfirming data  
Attack the messenger  
Avoid conflict  
Force everything into polarity (right/wrong, good/bad)

## Statements

I/you/they should  
I/you/they can't  
I'm right  
It's hard  
I'm trying  
It's not my fault  
I'm confused  
The “fact” is  
I have to  
You made me  
I'm sorry (with an excuse)  
Always/Never  
“Why” questions  
You're not listening to me  
It's no use  
My way or the highway  
They don't get it