

THREE TYPES OF INTERACTIONS

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“Three Way to Marriage – Three Ways to Divorce

TYPE I. REAL SELFREAL SELF

joy, peace, calm, kind
LOVE

TYPE II. REAL SELFFALSE SELF

R.S. gives favorite love supply
HELPING

TYPE III. FALSE SELFFALSE SELF

- a. symbiotic - *flowers and bees*
~ pleasing and domineering
- b. Anti-symbiotic – *clash*
~ overs (fighting) or
~ unders (silent treatment)
TIME OUT – NOW!

TRY THESE FOUR WAYS to get out of FALSE SELF when alone:

1. *Negative thought detection; positive thought selection – give equal time to Real Self in present.*
2. *Finishing sentences; detects false expectations and dumps garbage.*
3. *Repeating three questions detects false expectations and dumps garbage.*
4. *Inner child work; repairs childhood wounds gets Real Self in charge in past.*

-Taken from How I got this way and what to do about it, pg. 2. and Latter-day Plague pg 1