

THREE TYPES OF INTERACTIONS

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TYPE 1. REAL SELF REAL SELF

joy, peace, calm, kind

LOVE

TYPE 2. REAL SELF FALSE SELF

R.S. gives favorite love supply

HELPING

TYPE 3. FALSE SELF FALSE 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 past & present. "Do the 3 R's"
2. Finishing sentences; detects false expectations & dumps garbage. "The Because"
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.