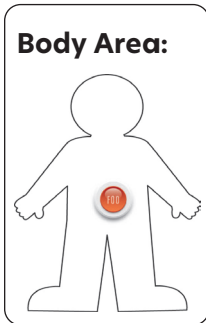


MY FOO BUTTON EXAMPLE 2



OLD PATTERNS TO CHANGE

NEW PATTERNS TO PRACTICE

Core Thought Patterns:

*I'm not valuable.
I'm unlovable.
The world is against me.*

New Thought Patterns:

*I am valuable and worth.
I am lovable and deserve healthy relationships.*

Core Wounding Events: Age(s):

<i>Father was an alcoholic.</i>	<i>4</i>
<i>Father neglected me by never coming to my games or being interested in me.</i>	<i>5-8</i>
<i>Father yelled at my mother, called her names, and hit her.</i>	<i>7-16</i>
<i>Father was angry all the time.</i>	<i>7-16</i>
<i>Witnessed father's drunkenness and blackouts.</i>	<i>7-16</i>
<i>Father did not teach me how to be a man.</i>	<i>7-16</i>
<i>Father died of heart attack.</i>	<i>16</i>

Core Feeling Patterns:

*Sad
Self-loathing
Angry*

New Feeling Patterns:

*Happy
Self-forgiving
Content*

Core Behavior Patterns:

*Act out for attention.
Self-sabotage.
Shut down and escape in video games.
Overeat.*

New Behavior Patterns:

*Ask for attention when I need it.
Ask for help.
Steadily achieve success.
Deal in the real world.
Practice impulse control and eat in moderation.*