

Beth Hemmila

LEMONADE MANTRAS

*The Secret Recipe for Transforming
Bitter Moments into Sweet Possibilities*

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*May we be a dream of forgiveness
where light is our true nature
and darkness our humanity.*

*To Brad,
with love and gratitude
for lighting the way home.*

A C K N O W L E D G M E N T S

I owe many thanks to the people who have guided me along a path of transformation. Most importantly, I'd like to thank my family and friends for having faith in me. Also, I offer much gratitude to the incredible mentors who have shared their wisdom with me: Mary Sutton, Larry Novick, LaShelle Lowe-Chardé, Kathy Marchant, Jennifer Anderson, and Larry Rogers. Blessings to my editor Susan Rich, for all her help making *Lemonade Mantras* better than it started out. And lastly, I extend my deepest appreciation to Marshall B. Rosenberg for his writings on *Nonviolent Communication*, the Buddha for his teachings, and Bikram Choudhury for his yoga practice as well as the Bikram community for their constant support.

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Lemonade Mantras

By Beth Hemmila

My heart holds endless offerings.
I see the purity of my becoming.
Opening is my destiny.
I let go and am radiance.
I trust a heart awakening.
I am an unending flow.
I surrender to the beauty of others.
My giving creates pure being.
I hear love inside every word.
I am manifesting my significance.
I hear my inner knowing.
My heart is a perfect song.
In loss I am infinite love.
I know nothing and am utterly perfect.
I am a letting go – an absolute still
point of divine existence.

lemonade (lem-uh-neyd) – noun

A popular drink mixture of lemon juice, sweetener, and water. Better known as sunshine in a glass.

mantra (man-truh, mahn-, muhn-) – noun

A sacred word, syllable, or phrase used as an object of focused attention to evoke spiritual transformation (as in Hinduism or Buddhism). [From Sanskrit, "sacred message or text, charm, spell, counsel," literally "instrument of thought"]

INTRODUCTION

Love yourself first and everything else falls into line.

– Lucille Ball

In 2005, I found myself in a desperate place. Having created conflict in most of my close family relationships, I turned to Marshall B. Rosenberg's book *Nonviolent Communication: A Language of Life*, looking for new ways to reconnect with loved ones.

I was like a toddler given a new toy, shaking and throwing it, trying to discover its significance. Sometimes I heard a nagging voice inside my head say, "I'm practicing *Nonviolent Communication (NVC)* to the best of my ability. Why aren't people responding in the way I imagined?" In my own innocent desire to fix a problem, instead of using language to connect, I was utilizing *NVC* as a tool to demand change in others.

Just as child grows and learns the deeper meaning behind their actions, I too grew and came to understand that in my zeal to solve an uncomfortable situation, I had overlooked an important concept in Rosenberg's teaching.

NVC creates deeper awareness so as to hear your own inner longings as well as those of others. It is about opening a space in your heart that generates self-empathy and empathy for humanity so that you remain connected to what is most alive in each of us. Sometimes when this happens your core needs are met, but this result is not the ultimate goal; rather, building a shared awareness is the true gift and a prerequisite for peace within you and within the world.

This pivotal moment of insight came three years later, when I chose to reread Marshall B. Rosenberg's book and dedicate time to a weekly *NVC* practice group. What came out of this new experience was the realization that I wanted to go back to the beginning and spend more time learning self-empathy. I was convinced that creating a strong inner dialogue would be my foundation for learning how to communicate compassionately with others.

Combining *NVC* exercises with several other techniques I had learned along the way, I constructed a method for writing about emotionally charged situations happening in my life (trigger events). From my journal entries, I assembled a list of my most common recurring negative beliefs so as to re-pattern my thinking and rescript my life through positive affirmations.

As I wrote about trigger events, the bitter moments in my life, a cohesive group of positive affirmations grew out of my negative core beliefs, leading me to discover the sweetest gift – new possibilities. These positive affirmations or *Lemonade Mantras* then became my personal recipe for healing. At first it was surprising to witness this new consciousness, but then as I refined my affirmations, I started to see that these statements were universal beliefs that I was simply relearning.

Using *Lemonade Mantras* in my daily life for more than nine months had a dramatic affect on my beliefs and behavior. Through *Lemonade Mantras* I was able to find an opening that allowed me to forgive myself for my past actions, reconnect with loved ones through language, and visit family members that I had been estranged from for nearly five years.

Perhaps you are sensing a turning point in your life. Maybe you are dealing with personal conflict or feel out of touch with what you are most wanting. If you are seeking an alternative to feeling bitter about life, *Lemonade Mantras* is a tool that encourages you to find the sweetest opportunities in the most unexpected places – your negative thinking – and leads to the understanding that everything is fitting together exactly as planned. It will help you uncover negative core beliefs, rewrite your internal script through affirmations, and move you towards positive change.

Woven throughout *Lemonade Mantras* is a solid practice of building inner strength through self-awareness. By choosing to deal calmly with life's challenges and frustrations, you call upon an inner strength, which in turn nurtures patience and tolerance for others. By discovering and writing your own personal recipe of positive affirmations, this new strength will allow you to walk softly and guide indirectly through demonstrating personal change rather than forcing it upon others.

Nothing in this book is uniquely my own. Rather I have combined several techniques that were informing my healing into one process that provides a structure for developing an inner dialogue, building a foundation of self-empathy, identifying recurring negative thinking patterns, changing hidden beliefs, and rescripting outcomes.

If you enjoy learning how to create *Lemonade Mantras*, I urge you to explore *NVC* in more depth as well as the other books and programs found in the Resources section at the end of this book.

Lemonade Mantras

This book is a journey of self-acceptance where you will discover how to transform moments of suffering and bitterness into your sweetest blessings. Through *Lemonade Mantras* you will build a practice of awareness that will transform your actions and reactions by:

- Developing a strong inner dialogue
- Learning to identify feelings and needs
- Discovering hidden beliefs that sabotage your life
- Taking responsibility for personal outcomes
- Reconnecting with your power to act
- Rewriting your internal script through positive thinking

I truly believe that when your heart and mind work together to transform bitter moments into sweet possibilities, you create more happiness in your life and more peace in the world. By engaging in *Lemonade Mantras*, a powerful 10-step process of self-acceptance, you will change your negative beliefs into a personal recipe for wholeness and become a more loving communicator, creator, and peacemaker in all your relationships.

~

The first ten chapters of this book explore different steps of the *Lemonade Mantras* process and provide exercises that help you put your learning into practice. Because each chapter builds on the one before it, study the book in the sequence given. As your comfort level with *Lemonade Mantras* grows, you may choose to spend more time in one area or skip between chapters.

You are going to stretch your heart and mind in new directions so before launching into rewriting your internal script through positive affirmations, be sure to spend enough time with these skill-building exercises. This careful practice will prepare you for a deeply transformative experience.

Tools for Practice

You'll need a pen, 3 x 5 inch index cards, calendar, and notebook or purchase the *Lemonade Mantras Journal*, which includes worksheets that can be easily printed or photocopied for all of the exercises in this book. When you want to develop more fluency in the process (see Chapter 11), having a calendar where you can cross off the days to monitor your progress is helpful for staying on task. There is a personal transformation that happens by reading this book and the more intention you put into a daily practice, the better the results.

Tip

Read the first ten chapters in the following manner: one chapter a day for 10 consecutive days. This method allows you to explore and slowly digest each step of the *Lemonade Mantras* process. Additionally, before you begin writing your own personal recipe of positive affirmations detailed in Chapter 11, you may want to reread earlier chapters and focus on particular exercises that were confusing. As you develop a deeper awareness and understanding of each step of the practice, your affirmations will be easier to write and feel more truthful.

Why Should You Develop Self-Awareness?

- When you improve your relationship with your Self, this new manifestation has a positive affect on your relationship with others.
- When you choose to look beneath the surface and connect with what is most vital in yourself and others, you develop a foundation for shared experience – a place where compassion and peace will flourish.
- When you contribute to your well-being by first showing up for yourself through a practice of awareness, you foster behavior that allows you to be present for others.
- During stressful situations when you understand your body's sensations, feelings, and needs, you will begin making conscious decisions regarding your actions and minimize unhealthy reactions that potentially lead to more pain and suffering.

What is a Trigger Event?

A trigger event is something that happens in your daily life that stimulates a strong emotional response in you. It could be something that happened (e.g., a tornado ripped through downtown) or be about something someone did or said (e.g., my daughter skipped school, my partner said he hates going to see my parents for the holidays, etc.).

One of the easiest ways to identify a trigger event is by learning to notice when you feel angry, resentful, afraid, sad, guilty, or ashamed. These large-scale emotional responses are signals that something you value – a core need that helps you thrive – is not being met.

In the beginning of *Lemonade Mantras*, you may only notice trigger events that stimulate anger. That's a normal first step for getting in touch with some of your most cherished needs that are going unmet. There are many levels of anger, so be sure to take note of events when you feel aggravated, frustrated, impatient, and irritated, or are experiencing more powerful emotions like

resentment, dislike, animosity, and repulsion. These feelings signal that something you are wanting is going unfulfilled.

There are other ways of expressing your anger, ones you might not be aware of: If you repeatedly complain or criticize, frequently communicate through teasing or sarcasm, continually show up late, or make it a habit to forget commitments, you may be choosing indirect strategies for expressing anger over an unmet need. Noticing your different forms of anger and what you are reacting to are the first building blocks in creating awareness that will open you up to developing and sharing what is most true for you.

Special Note Concerning Journal Examples

In this book, examples of trigger events are taken from my own journals. These trigger events happened in my life, and I truly reacted as described. When you read my journal examples, you may have your own strong reactions such as: “This is so stupid, why would anyone be angry about that statement,” “I totally disagree with her point of view,” “I’m confused because I don’t see how her need relates to the trigger event,” or “She shouldn’t have those kinds of thoughts.” If you find yourself adversely reacting to any of my personal examples, be sure to write notes about feelings that come up for you in your journal for this experience in itself represents a trigger event for you. Later after you’ve finished reading the book, you may want to explore your reactions to my examples by using the *Lemonade Mantras* process found in Chapter 11.

My personal examples of trigger events are influenced by the history I have with particular people, perceptions of tone and gesture, environment, imagined sub-context, interpretation of language, and where I am at in my own growth and development. If you are adversely reacting to my journal examples and finding it hard to follow along, I gently ask that you keep an open mind and continue reading, for by Chapter 10, I hope to illustrate that within my troubled thinking surrounding a trigger event is an incredible gift of healing – one that was perhaps personalized only for me but will offer guidance for how to re-pattern your own negative core beliefs and rescript your life.

Additionally, if you find yourself feeling defensive, attacking a point of view, or taking sides with particular characters in my journal examples such as identifying with me as a victim and the other person as an enemy or vice versa, I hope you will step back and become aware that this is another way of judging an event as “good” or “bad” instead of seeing it in its entirety. I wholeheartedly embrace each person who played a part in my journal examples, for they are my greatest teachers on my path to wholeness. The things that they said or did triggered in me the need to discover personal healing that was hiding within and allowed me to open up to new ways of thinking. In the past, holding onto my judgments concerning a trigger event eroded relationships that were already stressful; however, through *Lemonade Mantras* I attempt to show that my most challenging relationships offer tremendous insight about myself, and how I want to live my life.

Lastly, this book in no way suggests that people become hyper-vigilant and monitor everything that they say and do, but it does offer an option for increasing your awareness so that in reactive situations you have tools that enable you to choose a path that is in alignment with what you are most wanting. In this way, your negative thinking becomes an invitation to look at multiple points of view so as to find your own hidden message of wholeness.

Develop Your Inner Voice

Learning to identify your body's messages as well as recognizing feelings and needs may seem a bit awkward at first because traditionally you have been taught to filter the world through your thinking. *Lemonade Mantras* is a process that helps you search for deeper truths found within your soul, which may not have words to express its longings. For example, when a loved one dies, and you experience such profound sadness that you are at a loss for words, your heart may turn to playing music, working in the garden, or painting to communicate your grief. This creative way of relating to a tragic event is your intuitive Self taking over. You can't explain it in words or rationalize it through thinking. You just sense that what you're doing *feels* right.

While learning the *Lemonade Mantras* process, it may be difficult at first to access this more intuitive side of your personality, so developing an inner dialogue by writing with your non-dominant hand is a technique for building self-awareness.

If you are right-handed this means writing and drawing pictures with your left hand and vice versa. This technique can be explored further by reading Lucia Capacchione's *The Power of Your Other Hand: A Course in Channeling the Inner Wisdom of the Right Brain*. Lucia Capacchione is a registered art therapist who put together a variety of projects that help you access your inner voice through drawing and writing with your non-dominant hand.

Exercise: Practice Writing with Your Non-Dominant Hand

Step 1. Imagine you are interviewing your inner voice: You're asking about a trigger event so you can uncover your true feelings and needs. Using your dominant hand, write a question in your journal about the trigger event.

Step 2. Then switch to the non-dominant hand to answer it. You should find clues in the responses from your non-dominant hand that will help you discover what you are truly feeling and wanting. Write in your journal for at least ten minutes in this way. You may find it helpful to do this exercise periodically while learning the *Lemonade Mantras* process, during times of stress, or when you are searching for a creative solution to a problem.

In my experience, I learned that my dominant hand (right) was more critical and demanding, while my non-dominant hand (left) was gentler, creative, and more fluid in its thinking. Here is an example of a dialogue from one of my journals:

Example

Right: Why don't you want your art to be seen?

Left: *I'm slow.*

Right: I wanted to fix your letter 'T' because it wasn't perfect. I can't stand your procrastination and general laziness. You need to work harder.

Left: *I'm slow because that is my rhythm. That is the pulse I feel. I am creating in time with the universe.*

From this exchange, I observed that there was a deeper part of me that was feeling overwhelmed by the deadlines I had set for making and showing art. I wanted to move at a more leisurely pace that was in alignment with my true nature.

Tip

While working with your non-dominant hand, you may feel like a small child again, writing slowly with messy letters and misspelled words. Let yourself re-experience learning how to write all over again and feel the words form in your brain. Beneath the struggle to write is your inner child's voice of wisdom. When you were a child, you didn't need letters on a page to express your feelings and desires. That's because you were directly connected to what was most alive in you during each moment. This is the voice you are learning how to access with your non-dominant hand.

Journal Examples

Right: You are so unlucky right now and don't sell anything.

Left: *You know why.*

Right: I suppose I do, but it's buried so deep it angers me. Can you explain? Can you enlighten?

Left: *It is necessary to be fully empty to be willing to receive the life that is coming towards you.*

Right: I gave up waiting for a partner because you never came.

Left: *I'm coming at the right time when you are fully ready for me and unafraid of who you really are.*

Right: I am so afraid that you won't fit me. Nobody fits. They all feel like pants that are too short so when I wear them I feel ashamed, embarrassed, and humiliated.

Left: *When you like you, you'll like me because I will fit the real you perfectly.*

Right: How do I remain available for this relationship?

Left: *Remember your weaving. Stick to your weaving. Make this the most important task. Cultivate friendships based on presence instead of taking care of others.*

Right: How do I do this?

Left: *Stop needing to teach others how to build self-esteem. Stop doing talk therapy for others to build your self-esteem. Just be present.*

Right: What if people fear my silence?

Left: *If your silence is grounded in love and not a way to intimidate, they'll welcome it.*

1

DAY ONE: MAKE CONCRETE OBSERVATIONS

Learning the difference between making a concrete observation of an emotionally charged situation and generating a personal judgment regarding this same experience helps you understand that *your negative thinking* is the catalyst for many of your reactions – not the event itself.

A neutral or concrete observation answers the questions: who, what, where, when, how long, how often, what was said, or what was done. It does not answer the question “Why?” Your observation is a factual statement, one that helps you distinguish what is most real, as opposed to the emotionally charged storyline your mind chooses to create.

Example

Judgment (your most likely response to a trigger event): When my partner buys cheap birthday gifts for me at the last minute, it makes me think he doesn’t care or even know I exist.

Concrete Observation: My partner purchased a gift for me the day before my birthday.

All underlying emotion was stripped away from this upsetting experience to reveal a simple, concrete action. By making a concrete observation, you help create a shared reality between people, offering more opportunities to stay connected to what is most important to each person.

Tip

To make a concrete observation, write a description of what first pops into your head and then edit the sentence down to its most basic form. Imagine you are writing the directions for actors in a play. Keep it simple, clear, precise, and eliminate emotional content.

Exercise: Practice Making Concrete Observations

Step 1. As in the examples on the next page, write in your journal “Judgment.” Then describe in as much detail as you like one trigger event that recently happened in your life. For an explanation for how to spot trigger events in your life, see page x in the Introduction.

Step 2. Next write “Concrete Observation” and edit your Judgment down to its most observable, neutral form.

Journal Example

Trigger Event #1

Judgment: When I told a silly joke at dance class everybody thought I was stupid because nobody laughed or cracked a smile. I don't think they like me very much.

Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.

More Examples

Trigger Event #2

Judgment: On the phone when I tried to bring up things that my mother did to hurt me in the past, she got really angry and snapped at me, "I can't talk about feelings. I don't want to talk about feelings."

Concrete Observation: On the phone, my mother said, "I can't talk about feelings. I don't want to talk about feelings."

Trigger Event #3

Judgment: During an *NVC* discussion group, the facilitator started to freak out over the amount of time I spent on a topic even though she could tell I was interested in learning more. She became impatient and decided to change the subject by saying, "I'm feeling uncomfortable because I want to move on."

Concrete Observation: During an *NVC* discussion group, the facilitator said, "I'm feeling uncomfortable because I want to move on."

Trigger Event #4

Judgment: When my girlfriend and I were chatting over tea and I said, "Have you heard of *Centering*," she got real snide and dismissed my book idea by saying, "they're all essentially a version of *The Secret* wrapped up in a different package."

Concrete Observation: When I said to my girlfriend, "Have you heard of *Centering*," she replied, "they're all essentially a version of *The Secret* wrapped up in a different package."

Step 3. Compare your beginning Judgment to your final edited Concrete Observation and write in your journal the reactions you have to the changes made.

Journal Example

When I compare my concrete observation to the initial judgment, I feel silly and defensive for having an adverse reaction to these events. I'm glad I didn't tell anybody about my uncomfortable feelings, and I'm happy that they are safely hidden away in my journal.

Specifically, I have no emotional reaction to the concrete observation: "I'm feeling uncomfortable because I want to move on." If I remember the context of the experience and the person who said these words, then I begin to notice feelings of irritation. At the time, I felt completely frustrated by the behavior of the group leader, but now when I read her statement out of context, it appears to be a thoughtful and genuine request. I can see now that I wasn't reacting to her words but to an inner belief that I was being deprived of an opportunity to learn.

2

DAY TWO: DEVELOP BODY AWARENESS

In the previous chapter, you took a step back from an emotionally charged event so as to observe it from a place of non-reaction. This is an important choice in your thinking that will eventually lead to new clarity. Nevertheless, your body is responding in its own manner regardless of the logic you apply to the situation. Getting in touch with your body's reaction to a trigger event honors your unique experience, grounds you in the moment, and helps build a foundation for self-awareness.

Your body speaks its own language through sensations, temperature, and shifting muscle tension. During the possible threat of an emotional or physical attack, these are primal signals that communicate a fight or flight response, which in turn may influence your words or actions.

The more you develop a relationship with your body's messages during a trigger event, the more adept you will become at staying connected to what you are truly wanting in that moment instead of reacting from a place of fear.

Body Sensations Resulting from a Trigger Event

hot	aching	tight	itchy
clenched	faint	numb	shaky
nauseous	dizzy	tired	racing
tingling	burning	throbbing	floating
jittery	sick	contracting	tense

Exercise: Practice Body Awareness

Step 1. In your journal, underneath your thoughts comparing your Judgment to your Concrete Observation related to the trigger event, write "Body Sensations."

Step 2. Close your eyes, take several deep breaths, and in your mind vividly relive the trigger event you wrote down for the exercise in Chapter 1. Notice the sensations happening in your body and record them in your journal.

Tip

If this is difficult, try doing a mental inventory from head to toe. Imagine you are asking each part of your body questions such as:

- How does my head feel? Is it throbbing? Is there a band of tightness?
- Am I having trouble concentrating?
- Is my heart pounding too hard? Is it difficult to breathe?
- Is my mouth dry or is it hard to swallow?
- Are my hands shaking or palms sweaty?

- Is my neck tense?
- Are my shoulders tight?
- Does my stomach feel upset? Am I queasy?

Journal Example

Trigger Event #1

Judgment: When I told a silly joke at dance class everybody thought I was stupid because nobody laughed or cracked a smile. I don't think they like me very much.

Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.

Body Sensations: chest pulling in, jaw throbbing, stomach hurts, shoulders ache

More Examples

Trigger Event #2

Judgment: On the phone when I tried to bring up things that my mother did to hurt me in the past, she got really angry and snapped at me, "I can't talk about feelings. I don't want to talk about feelings."

Concrete Observation: On the phone, my mother said, "I can't talk about feelings. I don't want to talk about feelings."

Body Sensations: face hot, tingling legs, ache in belly, scratchy throat, heavy breathing

Trigger Event #3

Judgment: During an *NVC* discussion group, the facilitator started to freak out over the amount of time I spent on a topic even though she could tell I was interested in learning more. She became impatient and decided to change the subject by saying, "I'm feeling uncomfortable because I want to move on."

Concrete Observation: During an *NVC* discussion group, the facilitator said, "I'm feeling uncomfortable because I want to move on."

Body Sensations: tight jaw, clenched stomach, back tight, teeth hurt

Trigger Event #4

Judgment: When my girlfriend and I were chatting over tea and I said, “Have you heard of *Centering*,” she got real snide and dismissed my book idea by saying, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Concrete Observation: When I said to my girlfriend, “Have you heard of *Centering*,” she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Body Sensations: throat aches, head pounding, nausea, racing heart, spinning thoughts

DAY THREE: IDENTIFY FEELINGS

Sometimes a trigger event will stimulate such overwhelming body sensations that you are unable to think clearly. In the last chapter, you spent time locating these sensations and describing them through words. This process of naming your body sensations allows you to slow down and start recognizing something subtler at work – your feelings.

Feelings are based on how you *choose* to perceive a moment. Moreover, your feelings and body sensations are messengers pointing the way to what you are truly wanting. They are internal signposts that lead you to a deeper heart connection with yourself and others.

Taking time to notice your feelings is similar to learning how to speak a foreign language. Feelings are the language of the heart. Building awareness of your feelings deepens your vocabulary so that eventually you begin to recognize similar feelings in others.

Feelings are your needs asking to be heard.

The purpose of your feelings is to motivate you to pursue what you most value from life. Feelings are your personal coach kicking you in the butt to take action. If you ignore your feelings, you are choosing to neglect a part of you that wants to thrive.

These are some of the feelings you may experience when your needs ARE and ARE NOT being met. (See the Resources section for more detailed lists of feeling words on pages 77 and 78.)

What you may feel when your needs ARE NOT met:

afraid	lonely	bored	enraged	angry
sad	frustrated	jealous	antagonistic	lost
embarrassed	confused	unhappy	unsafe	disgruntled
overwhelmed	nervous	uncomfortable	self-conscious	devastated
resentful	dislike	worried	vulnerable	moody
disgusted	impatient	withdrawn	scared	shocked

What you may feel when your needs ARE met:

loving	alive	thankful	safe	playful
happy	content	friendly	wonder	quiet
confident	fascinated	rejuvenated	excited	intrigued
trusting	satisfied	passionate	peaceful	easygoing
comfortable	affectionate	amazed	empowered	overjoyed

Exercise: Practice Identifying Feelings

Step 1. Continue the work from the previous chapter by writing down “Feelings” in your journal underneath Body Sensations recorded for your trigger event.

Step 2. Review your Concrete Observation and write down Feelings that emerged during your trigger event. For guidance, see the list on the previous page for Feelings that may occur if your needs ARE NOT met as well as using your own vocabulary. (Refer to the Resources at the end of this book for a more extensive list of feeling words on page 77.)

Journal Example

Trigger Event #1

Judgment: When I told a silly joke at dance class everybody thought I was stupid because nobody laughed or cracked a smile. I don’t think they like me very much.

Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.

Body Sensations: chest pulling in, jaw throbbing, stomach hurts, shoulders ache

Feelings: sad, embarrassed, self-conscious, nervous, numb, vulnerable, lonely, puzzled, mistrustful

More Examples

Trigger Event #2

Judgment: On the phone when I tried to bring up things that my mother did to hurt me in the past, she got really angry and snapped at me, “ I can’t talk about feelings. I don’t want to talk about feelings.”

Concrete Observation: On the phone, my mother said, “ I can’t talk about feelings. I don’t want to talk about feelings.”

Body Sensations: face hot, tingling legs, ache in belly, scratchy throat, heavy breathing

Feelings: enraged, hurt, thwarted, disappointed, frustrated, wary

Trigger Event #3

Judgment: During an *NVC* discussion group, the facilitator started to freak out over the amount of time I spent on a topic even though she could tell I was interested in learning more. She became impatient and decided to change the subject by saying, “I’m feeling uncomfortable because I want to move on.”

Concrete Observation: During an *NVC* discussion group, the facilitator said, “I’m feeling uncomfortable because I want to move on.”

Body Sensations: tight jaw, clenched stomach, back tight, teeth hurt

Feelings: angry, confused, detached, insecure, helpless, irritated

Trigger Event #4

Judgment: When my girlfriend and I were chatting over tea and I said, “Have you heard of *Centering*,” she got real snide and dismissed my book idea by saying, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Concrete Observation: When I said to my girlfriend, “Have you heard of *Centering*,” she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Body Sensations: throat aches, head pounding, nausea, racing heart, spinning thoughts

Feelings: resentful, agitated, guarded, sensitive, cranky, ashamed, unsettled, dislike

DAY FOUR: UNCOVER CORE NEEDS

As stated earlier, feelings and body sensations accompanying an emotionally charged event, are messages or warning signals that indicate something you want is missing from your life. These intense longings are your life's energy (the part of you that is most genuine) seeking fulfillment in the material world. Your personal desires or needs motivate all your behavior. Placed within this context, any action can be understood as a sincere effort to meet a need.

Needs are your true Self telling you how to be your best.

For example, when your child yells, "I hate you!" or your partner forgets an important dinner date, they may not appear like someone who is genuinely trying his or her best to get a need met. But depending on their level of self-awareness, these behaviors may seem like the only option to fulfill a longing for choice. More importantly, often these habitual, impulsive, and quick fix behaviors ultimately prevent a person from getting what he or she truly wants.

Once you become aware of your underlying needs, you'll have more behaviors to choose from when you decide to take action. Coming from a place of conscious awareness, your action may keep you connected to yourself, someone you care for, and produce an unexpected result that meets one of your most vital needs. Done on the spot, tuning in to a core need might look like hitting the pause button on the remote control. For instance, instead of leaving an angry voicemail message for a family member, you might choose to take a walk outside. This change in direction could lead to a whole new set of possibilities for thinking about a difficult situation and relating to a loved one.

Feelings point the way to your deeper needs, and needs ultimately reveal your true Self and how best to share it with others. Listening and valuing your needs as well as those around you connects you to life.

These are some of the needs you may be looking to fulfill. (See the Resources at the end of this book for a more detailed list of needs on page 79.)

List of Needs

trust	joy	fun	love	touch
choice	freedom	rest	bonding	respect
self-worth	to learn	peace	purpose	adventure
acceptance	honesty	support	to matter	to nurture
appreciation	to belong	closeness	to be heard	to be creative
to be understood	emotional safety	contribution	companionship	dependability

Exercise: Practice Uncovering Core Needs

Step 1. Write down “Needs” under Feelings in your journal.

Step 2. Think about the Concrete Observation and Feelings you wrote down in regards to your trigger event. Use the list on the previous page or the “List of Needs” found in the Resources at the end of this book on page 79 to help identify what you may have been wanting when you reacted to this trigger event. Write down the Needs that relate to your trigger event.

Tip

It’s tricky uncovering personal needs. However, in the beginning, when you are learning to identify your most valued needs, you can make things easier by re-experiencing the event and then reading needs from the list. Ask yourself, “If this need was met during my trigger event, would I feel better?” When you compare a need to your concrete observation and you feel tension release in your body or uncomfortable feelings subside, it’s possible you have found a need.

If you do this process repeatedly, over time you will start to see a pattern emerge that connects certain feelings to your core needs. This knowledge will encourage you to begin using feeling words to start locating needs. For instance, I’ve noticed that most often when I feel frustrated it’s because I want to be heard or understood. This is a particular pattern for my personality that may or may not be true for other people.

Another idea is to picture transforming the trigger event into your ideal situation and then ask yourself: “If this was the perfect experience, what would it give me? What would it be fulfilling? What matters most to me in this situation?” For example, when you ask your son to take out the trash, and he makes a sarcastic comment, imagine your son saying instead, “I’d be glad to mom.” You may find that your need for support and balance were met in this imagined scenario.

Journal Example

Trigger Event #1

Judgment: When I told a silly joke at dance class everybody thought I was stupid because nobody laughed or cracked a smile. I don’t think they like me very much.

Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.

Body Sensations: chest pulling in, jaw throbbing, stomach hurts, shoulders ache

Feelings: sad, self-conscious, nervous, numb, embarrassed, vulnerable, lonely, puzzled, mistrustful

Needs: love, closeness, support, trust, caring, contribution, to belong

More Examples

Trigger Event #2

Judgment: On the phone when I tried to bring up things that my mother did to hurt me in the past, she got really angry and snapped at me, “I can’t talk about feelings. I don’t want to talk about feelings.”

Concrete Observation: On the phone, my mother said, “I can’t talk about feelings. I don’t want to talk about feelings.”

Body Sensations: face hot, tingling legs, ache in belly, scratchy throat, heavy breathing

Feelings: enraged, hurt, thwarted, disappointed, frustrated, wary

Needs: self-expression, to be heard, to be valued, presence, honesty, connection

Trigger Event #3

Judgment: During an NVC discussion group, the facilitator started to freak out over the amount of time I spent on a topic even though she could tell I was interested in learning more. She became impatient and decided to change the subject by saying, “I’m feeling uncomfortable because I want to move on.”

Concrete Observation: During an NVC discussion group, the facilitator said, “I’m feeling uncomfortable because I want to move on.”

Body Sensations: tight jaw, clenched stomach, back tight, teeth hurt

Feelings: angry, confused, detached, insecure, helpless, irritated

Needs: openness, communication, growth, to learn, choice, to understand

Trigger Event #4

Judgment: When my girlfriend and I were chatting over tea and I said, “Have you heard of *Centering*,” she got real snide and dismissed my book idea by saying, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Concrete Observation: When I said to my girlfriend, “Have you heard of *Centering*,” she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Body Sensations: throat aches, head pounding, nausea, racing heart, spinning thoughts

Feelings: resentful, agitated, guarded, sensitive, cranky, ashamed, unsettled, dislike

Needs: to be heard, effectiveness, shared experience, to be understood, recognition

Part II

Step 3. Identify the strongest Feeling word and its corresponding Need related to your trigger event. (See words with an asterisk and in bold in Journal Examples on the next page.)

Step 4. Write down “Compassionate Statement” under Needs. Compose a sentence that sums up what you were most wanting by using the Compassionate Statement structure (*Nonviolent Communication* formula) below.

Compassionate Statement

Concrete Observation + I felt (feeling) + because I wanted (need)

Journal Example

Trigger Event #1

Judgment: When I told a silly joke at dance class everybody thought I was stupid because nobody laughed or cracked a smile. I don't think they like me very much.

Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.

Body Sensations: chest pulling in, jaw throbbing, stomach hurts, shoulders ache

Feelings: sad, self-conscious, nervous, numb, **embarrassed***, vulnerable, lonely, puzzled, mistrustful

Needs: love, closeness, support, trust, caring, contribution, **to belong***

Compassionate Statement: When I told a joke at dance class, and afterwards, everyone was silent, I felt **embarrassed** because I wanted **to belong**.

More Examples

Trigger Event #2

Judgment: On the phone when I tried to bring up things that my mother did to hurt me in the past, she got really angry and snapped at me, "I can't talk about feelings. I don't want to talk about feelings."

Concrete Observation: On the phone, my mother said, "I can't talk about feelings. I don't want to talk about feelings."

Body Sensations: face hot, tingling legs, ache in belly, scratchy throat, heavy breathing

Feelings: enraged, hurt, thwarted, disappointed, **frustrated***, wary

Needs: self-expression, **to be heard***, to be valued, presence, honesty, connection

Compassionate Statement: On the phone, when my mother said, "I can't talk about feelings. I don't want to talk about feelings," I felt **frustrated** because I wanted **to be heard**.

Trigger Event #3

Judgment: During an NVC discussion group, the facilitator started to freak out over the amount of time I spent on a topic even though she could tell I was interested in learning more. She became impatient and decided to change the subject by saying, “I’m feeling uncomfortable because I want to move on.”

Concrete Observation: During an NVC discussion group, the facilitator said, “I’m feeling uncomfortable because I want to move on.”

Body Sensations: tight jaw, clenched stomach, back tight, teeth hurt

Feelings: angry, confused, detached, insecure, helpless, **irritated***

Needs: openness, communication, growth, **to learn***, choice, to understand

Compassionate Statement: During an NVC discussion group, when the facilitator said, “I’m feeling uncomfortable because I want to move on,” I felt **irritated** because I wanted **to learn**.

Trigger Event #4

Judgment: When my girlfriend and I were chatting over tea and I said, “Have you heard of *Centering*,” she got real snide and dismissed my book idea by saying, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Concrete Observation: When I said to my girlfriend, “Have you heard of *Centering*,” she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Body Sensations: throat aches, head pounding, nausea, racing heart, spinning thoughts

Feelings: resentful, agitated, guarded, sensitive, cranky, ashamed, **unsettled***, dislike

Needs: to be heard, effectiveness, shared experience, **to be understood***, recognition

Compassionate Statement: When I said to my girlfriend, “Have you heard of *Centering*,” and she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package,” I felt **unsettled** because I wanted **to be understood**.

DAY FIVE: ACKNOWLEDGE YOUR JUDGMENTS

*What we hate in ourselves, we'll hate in others.
To the degree that we have compassion for ourselves,
we will also have compassion for others.*

– Pema Chödrön, *When Things Fall Apart*

Becoming aware of your body's signals as well as using your intuition to identify feelings and needs is like searching for clues in a mystery. The mystery of you might sound like “Why am I always in the middle of conflict?” “Why do I stay in relationships that don't work?” “Why is my life so chaotic all the time?”

Earlier you learned how to read personal messages found in body sensations and feelings so as to uncover hidden needs, which in turn help to answer some of life's puzzling questions. In this chapter, you are going to build upon the experience of body awareness and explore judgments; another kind of message that indicates a personal need is going unmet. More specifically, you will examine the *language* of judgments in order to take responsibility for your negative beliefs and create a pathway to re-pattern your thinking and rescript your outcomes.

One way to look at judgments is to see them as walls that separate you from loving yourself and others and may prevent others from completely loving you. More importantly, judgments disconnect you from fully understanding your needs or the needs of others.

When you perceive someone or something as “wrong” or “bad,” what you are saying is that the person or situation is not in sync with your deepest needs. In this context, judgments are your unmet needs looking for a way to communicate.

More accurately, judgments you have about others are what you don't like to see in yourself. Judgments are you looking to explore and embrace the most uncomfortable and hidden aspects of your unclaimed nature. If all judgment is self-judgment, then ultimately what you are saying is you don't like something in yourself.

Judgments are you operating within a narrow range of perception, choosing doubt over having faith in a truth that operates outside of your control. If you get lost in the distraction of making judgments without seeing their true meaning, you will miss an opportunity to reconnect with a lost part of yourself and at the same time become blinded to alternative methods for getting your needs met.

Exercise: Practice Acknowledging Your Judgments (Should Thinking)

Step 1. Underneath your Compassionate Statement for your trigger event, draw a chart in your journal with three columns. (See the next page for an example of this chart.)

Step 2. Label the first column “Judgment.” Think of five Judgments that come to mind when you remember your trigger event and write them under the first column. Write your Judgments using “should” or “shouldn’t” in the sentence, and it will be easier to locate your inner critic.

Tip

To create judgments, let your most critical voice take over and come up with unreasonable or reasonable demands that require change from other people or situations. For clarity, ask yourself, “What did I want most to happen during this situation, and what did I believe needed to be corrected to change it?” By looking at your answers to these questions, you will most likely discover a few judgments. To make sure it is a judgment always include “should” or “shouldn’t” in the sentence.

Don’t hold back on your judgments. Nobody is going to read your journal except you. So let it rip and turn up the volume on your most critical, nagging, needy, and selfish voice. Embrace this judgmental persona as a valued partner in your personal development.

Journal Example

Trigger Event #1

Judgment: When I told a silly joke at dance class everybody thought I was stupid because nobody laughed or cracked a smile. I don’t think they like me very much.

Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.

Body Sensations: chest pulling in, jaw throbbing, stomach hurts, shoulders ache

Feelings: sad, self-conscious, nervous, numb, **embarrassed***, vulnerable, lonely, puzzled, mistrustful

Needs: love, closeness, support, trust, caring, contribution, **to belong***

Compassionate Statement: When I told a joke at dance class, and afterwards, everyone was silent, I felt embarrassed because I wanted to belong.

Judgment		
1. They should think I'm funny.		
2. They shouldn't make me an outsider.		
3. They shouldn't be so distant.		
4. They should feel comfortable around me.		
5. Openness shouldn't push others away.		

Step 3. Continue the chart in your journal and write "Self-Judgment (Hidden Belief)" for the second column heading. Rewrite your five Judgments from Step 2, replacing personal pronouns with first-person singular 'I' to create Self-Judgments.

Judgment	Self-Judgment (Hidden Belief)	
1. They should think I'm funny.	I should think I'm funny.	
2. They shouldn't make me an outsider.	I shouldn't make me an outsider.	
3. They shouldn't be so distant.	I shouldn't be so distant.	
4. They should feel comfortable around me.	I should feel comfortable around me.	
5. Openness shouldn't push others away.	My openness shouldn't push others away.	

Step 4. Title the last column of your chart “Acknowledge Hidden Belief (I believe this is true when...)” Complete this sentence by proving each **Self-Judgment** true for you by thinking of a time when you behaved or thought in this way (the example you give will most likely not be related to the trigger event). Internally acknowledge that this **Self-Judgment** is something you have secretly believed about yourself in the past or present.

Judgment	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)
1. They should think I'm funny.	I should think I'm funny.	I believe this is true when I take myself too seriously instead of laughing when I make a mistake drawing a picture.
2. They shouldn't make me an outsider.	I shouldn't make me an outsider.	I believe this is true when I don't smile during yoga class even though I sense it pushes people away.
3. They shouldn't be so distant.	I shouldn't be so distant.	I believe this is true when I don't e-mail or call friends who have told me they get tired of having to be the one to always reach out.
4. They should feel comfortable around me.	I should feel comfortable around me.	I believe this is true when I'm ashamed to look at my body in the mirror even though I know that I'm not completely unattractive.
5. Openness shouldn't push others away.	My openness shouldn't push others away.	I believe this is true when I talk about spirituality with friends, and they change the subject.

Step 5. **These last two steps are the most important part of the process.** Read the first memory you wrote down under the last column “Acknowledge Hidden Belief.” Imagine yourself, as you are now, being with the person you were when you exhibited this negative belief. For example, I remember myself when I was a young student in art school feeling embarrassed when the teacher corrected my drawing mistakes instead of chuckling over my confusion.

Continue to look at the example from your past under “Acknowledge Hidden Belief” and identify what you needed most during this event. Write your need down under your example. (See the chart on the next page.)

Imagine telling this part of you from your past, that you see the underlying need that was unfulfilled and understand why you chose to believe or behave in this manner. If appropriate, forgive yourself for reacting in a way that may not have fostered love, and befriend, accept, and make peace with this hidden part of yourself.

Judgment	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)
1. They should think I'm funny.	I should think I'm funny.	I believe this is true when I take myself too seriously instead of laughing when I make a mistake drawing a picture. What did I need? to be clever
2. They shouldn't make me an outsider.	I shouldn't make me an outsider.	I believe this is true when I don't smile during yoga class even though I sense it pushes people away. What did I need? space
3. They shouldn't be so distant.	I shouldn't be so distant.	I believe this is true when I don't e-mail or call friends who have told me they get tired of having to be the one to always reach out. What did I need? quiet time
4. They should feel comfortable around me.	I should feel comfortable around me.	I believe this is true when I'm ashamed to look at my body in the mirror even though I know that I'm not completely unattractive. What did I need? love
5. Openness shouldn't push others away.	My openness shouldn't push others away.	I believe this is true when I talk about spirituality with friends, and they change the subject. What did I need? shared beliefs

Step 6. By acknowledging these hidden beliefs and identifying your core needs, you learn to grow compassion for yourself, which can then be extended towards other people.

Return to the Judgment you wrote down under the first column. In the example above, it would be "They should think I'm funny." Look at the underlying need in the third column and ask yourself, "Does the person I am having a judgment about need this too?" For instance, it's possible that my friends who didn't laugh at my joke needed to be clever too. Contemplate their underlying need during this trigger event and extend your love, understanding, and compassion to them as you did for yourself in Step 5. See how the circumstances of their lives trigger behaviors and beliefs that may be difficult to accept, but they are all trying to be human in the best way possible. Most importantly, feel the feelings of love and compassion surround you and this other person. Repeat Steps 5 and 6 for each of the memories you wrote down under the column "Acknowledge Hidden Belief."

More Examples

<p>Trigger Event #2</p> <p>Judgment: On the phone when I tried to bring up things that my mother did to hurt me in the past, she got really angry and snapped at me, “I can’t talk about feelings. I don’t want to talk about feelings.”</p> <p>Concrete Observation: On the phone, my mother said, “I can’t talk about feelings. I don’t want to talk about feelings.”</p> <p>Body Sensations: face hot, tingling legs, ache in belly, scratchy throat, heavy breathing</p> <p>Feelings: enraged, hurt, thwarted, disappointed, frustrated*, wary</p> <p>Needs: self-expression, to be heard*, to be valued, presence, honesty, connection</p> <p>Compassionate Statement: On the phone, when my mother said, “I can’t talk about feelings. I don’t want to talk about feelings,” I felt frustrated because I wanted to be heard.</p>		
Judgment	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)
1. She shouldn’t take away my voice.	I shouldn’t take away my voice.	I believe this is true when I’m singing in choir and other people are counting on me. What did I need? competence
2. Everything shouldn’t be on her terms.	Everything shouldn’t be on my terms.	I believe this is true when I am faced with ethical decisions and it’s more important to follow the rules. What did I need? stability
3. You shouldn’t tell me my feelings are no good.	I shouldn’t tell myself my feelings are no good.	I believe this is true when I am questioning if I should express my feelings to another person. What did I need? trust
4. You shouldn’t demand that I be just like you.	I shouldn’t demand that I be just like you.	I believe this is true when I stop pursuing things that I love as a way to make my relationships work. What did I need? connection
5. You should allow for difference.	I should allow for difference.	I believe this is true when I try to incorporate a variety of learning styles in the classroom. What did I need? balance

Trigger Event #3		
<p>Judgment: During an NVC discussion group, the facilitator started to freak out over the amount of time I spent on a topic even though she could tell I was interested in learning more. She became impatient and decided to change the subject by saying, “I’m feeling uncomfortable because I want to move on.”</p> <p>Concrete Observation: During an NVC discussion group, the facilitator said, “I’m feeling uncomfortable because I want to move on.”</p> <p>Body Sensations: tight jaw, clenched stomach, back tight, teeth hurt</p> <p>Feelings: angry, confused, detached, insecure, helpless, irritated*</p> <p>Needs: openness, communication, growth, to learn*, choice, to understand</p> <p>Compassionate Statement: During an NVC discussion group, when the facilitator said, “I’m feeling uncomfortable because I want to move on,” I felt irritated because I wanted to learn.</p>		
Judgment	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)
1. You shouldn’t always be the one in control of what we talk about.	I shouldn’t always be the one in control of what we talk about.	I believe this is true when I get tired of having to initiate conversation during a dinner date. What did I need? rest
2. You shouldn’t always get to decide.	I shouldn’t always get to decide.	I believe this is true when I want my partner to pick a place to go for lunch. What did I need? partnership
3. You shouldn’t run away when I say difficult or confusing things.	I shouldn’t run away when I say difficult or confusing things.	I believe this is true when I am in a middle of an argument and want to leave the room when I don’t feel understood. What did I need? to matter
4. You should be more vulnerable.	I should be more vulnerable.	I believe this is true when I am talking with my father, for if I don’t act defensive, he seems to relax and open up. What did I need? closeness
5. You should be more open instead of pushing things away.	I should be more open instead of pushing things away.	I believe this is true when I listen to friends’ creative solutions instead of resisting, because often they have good ideas. What did I need? collaboration

Trigger Event #4		
<p>Judgment: When my girlfriend and I were chatting over tea and I said, “Have you heard of <i>Centering</i>,” she got real snide and dismissed my book idea by saying, “they’re all essentially a version of <i>The Secret</i> wrapped up in a different package.”</p> <p>Concrete Observation: When I said to my girlfriend, “Have you heard of <i>Centering</i>,” she replied, “they’re all essentially a version of <i>The Secret</i> wrapped up in a different package.”</p> <p>Body Sensations: throat aches, head pounding, nausea, racing heart, spinning thoughts</p> <p>Feelings: resentful, agitated, guarded, sensitive, cranky, ashamed, unsettled*, dislike</p> <p>Needs: to be heard, effectiveness, shared experience, to be understood*, recognition</p> <p>Compassionate Statement: When I said to my girlfriend, “Have you heard of <i>Centering</i>,” and she replied, “they’re all essentially a version of <i>The Secret</i> wrapped up in a different package,” I felt unsettled because I wanted to be understood.</p>		
Judgment	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)
1. She shouldn't be so intrusive and overbearing.	I shouldn't be so intrusive and overbearing.	I believe this is true when I regret telling my partner how to cook. What did I need? to lead
2. She should think that my ideas are always good.	I should think that my ideas are always good.	I believe this is true when I try to truthfully communicate to my mother no matter the results. What did I need? to be heard
3. She shouldn't be on top, knowing everything.	I shouldn't be on top, knowing everything.	I believe this is true when I am hanging out with kids and learning from their sense of play. What did I need? fun
4. Women should allow me to be me.	I should allow me to be me.	I believe this is true when I catch myself monitoring my words or behavior out in public so as to prevent possible embarrassments. What did I need? love
5. Women shouldn't be correcting me all the time.	I shouldn't be correcting myself all the time.	I believe this is true when I notice that I spend a lot of time erasing my drawings instead of letting the experience unfold. What did I need? ease

6

DAY SIX: MAKE NEW CHOICES

When a sudden crisis occurs (e.g., my car died, I lost my job, my partner forgot to pick up the kids from school, etc.), it might feel like a slap in the face – a sharp sting that wakes you up to life and the nagging feeling that something may be out of whack. Disruptions like these are life putting you on notice, asking you to find a new way to cope with stress, search for the positive, and change direction accordingly. These psychic kicks are surprises that expose answers you have been looking for and humble you to realizing a greater truth.

One possible reaction to a crisis is a bunch of judgments running through your head. As explained earlier, if you see judgments as your negative core beliefs sending you a message through the construct of language, then you have found the doorway leading to the positive in any situation. One of the most important aspects of developing a loving relationship with the Self is examining personal language. In the last chapter, you began looking at the vocabulary of judgments – the words you choose to describe life’s discomforts and pitfalls – and seeing how these criticisms relate to you.

In this chapter, you will go one step further and start playing with the language of judgments so as to change your negative thinking into something positive. You will be asked to envision new perspectives concerning judgments, which will create a foundation for learning how to write positive affirmations that re-pattern your thinking.

The following exercise asks you to consider that your judgments are in fact **Old Choices** about how you believe life *should* work. By rewriting your judgments into **New Choices** and imagining a more enlightened view on how you would like to perceive a trigger event, you are able to locate the positive, find answers to life’s deeper questions, and reconnect with your power to act.

Exercise: Practice Rewriting Old Choices into New Choices

- Step 1. Create a new chart in your journal with two columns. Title the first column “Old Choice (Judgment)” and the second column “New Choice.”
- Step 2. Underneath your new chart’s first column Old Choice (Judgment), copy all the Judgments you wrote down for the exercise in Chapter 5 concerning your trigger event. (See the Journal Example on the next page.)

Journal Example

Trigger Event #1 Concrete Observation: When I told a joke at dance class, afterwards, everyone was silent.	
Old Choice (Judgment)	New Choice
1. They should think I'm funny.	
2. They shouldn't make me an outsider.	
3. They shouldn't be so distant.	
4. They should feel comfortable around me.	
5. Openness shouldn't push others away.	

Step 3. Look at each Old Choice (Judgment) you just wrote down and imagine how you could eliminate this belief forever with a New Choice – an enlightened way of thinking about the situation, which could ease your anger or discomfort and offer empathy for those involved.

Tip

The best way to create a New Choice is to picture transforming the role of your critical voice from someone deeply invested in the judgment and Old Choice about life into a personality that desires compromise. Imagine stepping out of the experience and looking at the trigger event through the eyes of a neutral observer or witness. Take on the role of mediator and shift your perception from someone who is defending a belief to someone who is willing to see all sides and working towards a mutual agreement.

Step 4. From this enlightened place where you are a neutral observer, see the positive thought that could benefit you and perhaps others, and write your New Choice down next to your Old Choice (Judgment) in the corresponding second column.

Old Choice (Judgment)	New Choice
1. They should think I'm funny.	I enjoy laughing at myself.
2. They shouldn't make me an outsider.	We are always interconnected.
3. They shouldn't be so distant.	The space between us is relative.
4. They should feel comfortable around me.	Learning to live with temporary discomfort makes things more comfortable in the end.
5. Openness shouldn't push others away.	Openness is a magnet.

Be Creative

Consider writing the New Choice with your non-dominant hand, accessing your more intuitive voice. Often the personality that emerges by writing with your non-dominant hand is less attached to critical judgments and has hidden wisdom that softens your point of view. Refer back to the section “Develop Your Inner Voice” on page xii in the Introduction for instructions on how to create a dialogue with your dominant and non-dominant hands. Creating a New Choice about life may be confusing at first, but if you read the sentence and sense relief from any discomfort you were feeling, then you have probably found a way to soften a negative belief with a positive.

More Examples

Trigger Event #2 Observation:	
On the phone, my mother said, “ I can’t talk about feelings. I don’t want to talk about feelings.”	
Old Choice (Judgment)	New Choice
1. She shouldn’t take away my voice.	My voice is a truth.
2. Everything shouldn’t be on her terms.	I live in harmony with a greater plan.
3. You shouldn’t tell me my feelings are no good.	My feelings are a precious gift.
4. You shouldn’t demand that I be just like you.	I am always just like me.
5. You should allow for difference.	I am part of God’s imagination.

Trigger Event #3 Observation:	
During an <i>NVC</i> discussion group, the facilitator said, “I’m feeling uncomfortable because I want to move on.”	
Old Choice (Judgment)	New Choice
1. You shouldn’t always be the one in control of what we talk about.	I have the choice to speak honestly about any subject matter.
2. You shouldn’t always get to decide.	All my decisions start with me.
3. You shouldn’t run away when I say difficult or confusing things.	I show up for myself during difficult conversations.
4. You should be more vulnerable.	I have the ability to be vulnerable.
5. You should be more open instead of pushing things away.	I am opening up to myself.

Trigger Event #4 Observation:	
When I said to my girlfriend, “Have you heard of <i>Centering</i> ,” she replied, “they’re all essentially a version of <i>The Secret</i> wrapped up in a different package.”	
Old Choice (Judgment)	New Choice
1. She shouldn’t be so intrusive and overbearing.	I am free in every moment.
2. She should think that my ideas are always good.	The universe thought I was a good idea.
3. She shouldn’t be on top, knowing everything.	There is no top.
4. Women should allow me to be me.	I am free to be me.
5. Women shouldn’t be correcting me all the time.	All things over time are “correct.”

DAY SEVEN: TAKE RESPONSIBILITY

So far, the exercises in this book have asked you to practice self-awareness by stepping back and describing trigger events, judgments, your body sensations, feelings, and needs from a place of neutral observation. Cultivating self-awareness is essential for seeing a trigger event not as something that is happening to you, where you believe that someone or something outside yourself is controlling the outcomes, but rather a teaching moment that engages you in the process of choosing a reaction that connects you to life.

By examining the language of judgments in more depth and seeing how these hidden beliefs influence your relationship with yourself and others, this chapter goes further and transforms your self-awareness into an opportunity to take responsibility for the outcomes in your life.

One of the most transformative steps you can take towards personal healing is to see that your beliefs and actions have set the events of your life in motion. More importantly, when you believe that life is ultimately fair and just, and operating within a divine order, you will embrace the results you have created.

When you sense that you hold all the power to your life becoming and begin to take responsibility for the outcomes of your beliefs and actions, you will live from a place of whole consciousness. If you are consistently blaming other people and outside forces for your life being what it is, then you will always be operating from a point of powerlessness. Instead of feeling worthy of life's true gift – the power to act – you will feel deprived of your most natural way of being.

Getting deeply in touch with an unmet need is one method for reconnecting with your power to act. It will draw you out of a place of powerlessness. The process outlined below is what taking responsibility for the events in your life might look like for you:

- Connecting to an unmet need. (See Chapter 4 for how to identify an unmet need.)
- Using self-empathy to grieve and forgive yourself for when a need has gone unfulfilled.
- Acknowledging how you contributed to an unmet need and taking responsibility for the outcomes. (Use the exercise in this chapter to explore taking responsibility for the events in your life.)
- Practicing self-compassion by holding in your heart both the part of you that regrets a past decision that led to an unmet need and the part of you that chose the action as a sincere attempt to serve life.
- Letting go of the passing moment and freeing yourself to create new ways for getting a need met. (You will look for new ways for meeting personal needs in Chapter 8.)

Exercise: Practice Taking Responsibility

This chapter challenges you to see how you may have contributed to one of your own unmet needs and encourages you take responsibility for your life's outcomes. It is also an exploration of language and seeing two levels of meaning to what you are saying.

An internal message found deep within the structure of a sentence is mapped onto the surface of your external language. In this exercise, you are **looking for the meaning behind the meaning of what you are saying**. One way to attempt this process is to imagine you are running an experiment and dissect your sentence into its most basic forms, letting your curiosity search for deeper connections.

- Step 1. Draw a chart in your journal with two columns and the following headings: "Old Choice (Judgment)" and "Acknowledge Hidden Belief (I believe this is true when...)."
- Step 2. Refer back to the chart created for the exercise in Chapter 6 and choose one Old Choice (Judgment) that causes the most discomfort for you. Write this Old Choice (Judgment) in the first row under the first column. (See the Journal Example on the next page.)
- Step 3. Begin to transform the meaning of this Old Choice (Judgment) by restructuring the sentence. Use the suggestions below to dissect your sentence by turning negatives into positives, switching the order of things, simplifying, and swapping out words. Over time you may come up with your own way of restructuring sentences. Let your writing be as creative and spontaneous as possible and don't let the suggestions in this book limit your ideas.

- Make the statement about you
- Say the opposite
- Remove "should" or "shouldn't"
- Replace a verb/noun with its opposite
- Switch the order
- Shorten to its basic form
- Change the meaning into a positive
- Think of a new way to say the idea
- Remove the personal

The purpose of dissecting your sentence into as many different iterations as possible, leads your mind to a place of positive ambiguity. Earlier, when you made your original judgment, you may have felt utterly convinced of its truth. Mapping out many varied reflections of your sentence puts you in the framework for testing your Old Choice (Judgment) to see if you can come to a place of not knowing anything for certain.

Tip

I like to use a thesaurus to look up synonyms, antonyms, and the etymology for words found in my judgments. Many times looking at alternative words helps refine the true meaning found beneath your judgment. For great online resources, check out thesaurus.com and etymonline.com.

Journal Example

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
Old Choice (Judgment): <i>Trigger Event #1: Openness shouldn't push others away.</i>	
Make the statement about you: My openness shouldn't push others away.	
Say the opposite: My openness should push others away.	
Remove "should" or "shouldn't:" My openness pushes others away.	
Replace a verb/noun with its opposite: My openness draws others close.	
Switch the order: Others draw close when I open.	
Shorten to its basic form: Being close is open.	
Change the meaning into a positive: Being open and connected is my birthright.	
Think of a new way to say the idea: Being open and connected is my destiny.	
Remove the personal: Opening creates closeness.	

Step 4. After reworking your Old Choice (Judgment) in as many ways as possible, return to the top of your chart and in the second column next to each sentence write down when this belief was true for you. Your personal truth does not need to be directly related to the trigger event that sparked the judgment, but rather it is an opportunity to expand awareness to see the validity in all beliefs. **By acknowledging that these thoughts and actions have existed for you and others in many different circumstances, you begin to understand that you are the one solely responsible for your life's outcomes. You hold the power to act.**

Journal Example

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
<p>Old Choice (Judgment): <i>Trigger Event #1: Openness shouldn't push others away.</i></p>	
<p>Make the statement about you: My openness shouldn't push others away.</p>	<p>I believe this is true when I share feelings and needs with my friend who then chooses to leave the conversation, for I sense she misses an opportunity to learn more about relationships.</p>
<p>Say the opposite: My openness should push others away.</p>	<p>I believe this is true when I say something inappropriate to another person for I know it's a strategy to create space and time to be alone.</p>
<p>Remove "should" or "shouldn't.": My openness pushes others away.</p>	<p>I believe this is true when I talk about my unhappy relationship, and my mother changes the topic.</p>
<p>Replace a verb/noun with its opposite: My openness draws others close.</p>	<p>I believe this is true when I talk honestly about divorce in my support group, and friends ask me out for coffee so we can continue the conversation.</p>
<p>Switch the order: Others draw close when I open.</p>	<p>I believe this is true when I write about heartfelt subjects on my blog, and then friends send me e-mails to share their own experiences.</p>
<p>Shorten to its basic form: Being close is open.</p>	<p>I believe this is true when I stand next to a person in yoga class and use the strength of their presence to increase the flexibility and openness of my postures.</p>
<p>Change the meaning into a positive: Being open and connected is my birthright.</p>	<p>I believe this is true when I was a baby in my mother's womb and was completely open and connected.</p>
<p>Think of a new way to say the idea: Being open and connected is my destiny.</p>	<p>I believe this is true when I see that I was meant to be open and continually giving and receiving just like when I was born.</p>
<p>Remove the personal: Opening creates closeness.</p>	<p>I believe this is true when I keep my heart open to listen, and I see people draw closer and share more information.</p>

More Examples

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
<p>Old Choice (Judgment): <i>Trigger Event # 2: You shouldn't tell me my feelings are no good.</i></p>	
<p>Make the statement about you: I shouldn't tell myself my feelings are no good.</p>	<p>I believe this is true when I sense a project moving in the wrong direction, and I want to save a lot of wasted energy by voicing my feelings.</p>
<p>Say the opposite: I should tell myself my feelings are no good.</p>	<p>I believe this is true when I get uptight reading e-mails from my partner that seem angry, for if I put my initial feelings aside, it's possible that I was misinterpreting what was truly meant.</p>
<p>Remove "should" or "shouldn't:" I tell myself my feelings are no good.</p>	<p>I believe this is true when I'm sad about something, and I try to force myself to be happy instead of just feeling my true emotions.</p>
<p>Replace a verb/noun with its opposite: I conceal from myself the goodness of my feelings.</p>	<p>I believe this is true when I don't share feelings with family members because I fear possible criticism. In doing so, I negate the inherent goodness of my emotions.</p>
<p>Switch the order: My feelings conceal themselves from me.</p>	<p>I believe this is true when I immediately focus on my anger or hurt instead of noticing subtler feelings like disappointment and insecurity hiding underneath.</p>
<p>Shorten to its basic form: I hide from feeling good.</p>	<p>I believe this is true when I spend time complaining about unimportant stuff instead of focusing on what is good in my life.</p>
<p>Change the meaning into a positive: Good is within me.</p>	<p>I believe this is true when I meditate and sense the quietness inside me that feels unchangeable.</p>
<p>Think of a new way to say the idea: Good is connected to me.</p>	<p>I believe this is true when I sit on the train and see that every passenger has goodness inside them, and I feel lucky to be sharing the same experience.</p>
<p>Remove the personal: Good is an unending flow.</p>	<p>I believe this is true when I do yoga and feel continuous energy flowing through me.</p>

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
<p>Old Choice (Judgment): <i>Trigger Event #3: You shouldn't always be the one in control of what we talk about.</i></p>	
<p>Make the statement about you: I shouldn't always be the one in control of what we talk about.</p>	<p>I believe this is true when I notice that my friend is getting bored with our conversation because I haven't let them say anything.</p>
<p>Say the opposite: I should always be the one in control of what we talk about.</p>	<p>I believe this is true when I work with a therapist to talk about personal issues.</p>
<p>Remove "should" or "shouldn't:" I am always the one in control of what we talk about.</p>	<p>I believe this is true when I guide the dinner conversation with my in-laws towards safe topics.</p>
<p>Replace a verb/noun with its opposite: I am always the one letting go of what we talk about.</p>	<p>I believe this is true when I bring up new ideas in my study group, and I let the teacher change the subject without reacting.</p>
<p>Switch the order: We let go of what I am talking about.</p>	<p>I believe this is true when I discuss a problem with my partner, and we let go of the experience after finding a resolution.</p>
<p>Shorten to its basic form: I let go of talking.</p>	<p>I believe this is true when I went on a bike ride with friends, and I enjoyed the physical activity instead of talking with other people.</p>
<p>Change the meaning into a positive: Silence is surrender.</p>	<p>I believe this is true when I let the yoga teacher adjust my body in class without resisting the instruction or saying anything.</p>
<p>Think of a new way to say the idea: My natural state of being is a letting go and finding a silent still point.</p>	<p>I believe this is true when I look up at the stars in the night sky and feel that words are unnecessary.</p>
<p>Remove the personal: There exists an absolute still point of divine existence.</p>	<p>I believe this is true when I get in touch with my center while balancing in a yoga posture.</p>

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
<p>Old Choice (Judgment): <i>Trigger Event #4: Women shouldn't be correcting me all the time.</i></p>	
<p>Make the statement about you: I shouldn't be correcting me all the time.</p>	<p>I believe this is true when I over think what to say to somebody, stifling the liveliness of our conversation.</p>
<p>Say the opposite: I should be correcting me all the time.</p>	<p>I believe this is true when I pay attention to correcting my postures in yoga class for my body feels more flexible.</p>
<p>Remove "should" or "shouldn't": I am correcting myself all the time.</p>	<p>I believe this is true when I write e-mails to friends and use spellcheck.</p>
<p>Replace a verb/noun with its opposite: I am praising myself all the time.</p>	<p>I believe this is true when I design a piece of jewelry that I think is beautiful, and wearing it feels like I'm giving myself a hug.</p>
<p>Switch the order: In time, everything is always correct.</p>	<p>I believe this is true when I see that any "mistakes" I've made along the way have led to greater understanding.</p>
<p>Shorten to its basic form: Everything is correct.</p>	<p>I believe this is true when I acknowledge that God would never make anything that was "incorrect."</p>
<p>Change the meaning into a positive: Everything I do is perfectly aligned with the universe.</p>	<p>I believe this is true when I experience that everything coming together in my life has meaning and fits perfectly.</p>
<p>Think of a new way to say the idea: My heart believes that everything is perfect.</p>	<p>I believe this is true when I spend time out in nature, and the whole world feels perfectly imperfect.</p>
<p>Remove the personal: Everything is perfect</p>	<p>I believe this is true when I am happy and content knowing that everything has happened for a reason.</p>

DAY EIGHT: MAKE PERSONAL REQUESTS

The previous chapters represent building blocks in developing self-awareness by observing events, body sensations, feelings, needs, and negative beliefs. When you are fully aware of your Self, you have the power to choose how to act on behalf of your needs and life becomes a series of creative moments where each outcome flows seamlessly from the last. By honestly connecting with the Self, you are fully engaged in the action of scripting your life moment by moment.

One of the ways to tap into your creative power to act and to rewrite your internal script is to explore how you meet your needs and open up to alternative methods by making personal requests of yourself. For instance, you may become stuck in a pattern of wanting someone or something outside yourself to meet your needs. Living in this manner may feel limiting because when your trusted strategy for meeting a need no longer responds to your request, you may spiral down into thinking you are experiencing a lack of something vital. This sense of feeling deprived, if left unchecked, can be the stimulus for many conflicts within relationships.

For example, suppose you have a great desire for companionship and go to the movies with a particular friend every weekend. Suddenly, your friend starts dating someone special, has a baby, loses her job, etc. Whatever the change, you may start to feel frustrated that your need for companionship is going unmet, and you begin to unconsciously blame your friend for your unhappiness.

When you see that you hold the power to act so as to fulfill every one of your needs by making personal requests of yourself, then you live from a place of abundance where everything is possible. You take responsibility for meeting your needs, empower yourself to expand your thinking, and make an effort to rewrite your internal script – the core beliefs that are influencing your perception of yourself and the world.

This chapter focuses on eliminating old strategies for meeting a need – what is no longer working – and concentrates on developing new approaches that rely solely on you to satisfy your needs. If you challenge yourself to think of new ways to meet your core needs without making demands on other people, then gradually you will find yourself outgrowing certain aspects of your life and leaving them behind. When your old strategies for meeting a need slowly die, you will make way for a future of new habits to unfold. In addition, through the action of making personal requests, you will feel empowered, access your creative power to act, and see that as you fulfill precious needs that were undernourished over time they will diminish in their intensity the more you care for them.

Exercise: Practice Making Personal Requests to Meet a Need

Step 1. Create a new chart in your journal with four columns. Title the first column “Unmet Need,” and refer back to your Compassionate Statement from Chapter 4 written down in regards to your trigger event. (See examples on pages 14 and 15.) Under your new chart’s heading “Unmet Need” list the most important personal Need used in the Compassionate Statement in Part II that was not met during your trigger event.

Journal Example

Unmet Need			
1. To belong			

Step 2. Title the second and third column in your chart “What do I feel when this need is unmet?” and “What do I feel when this need is met?” Write down Feelings that come up for you when you think about common circumstances in your life when this Need is both met and unmet. (See the Resources at the end of this book for detailed lists of possible feeling words on pages 77 and 78.)

Unmet Need	What do I feel when this need is <u>unmet</u> ?	What do I feel when this need is <u>met</u> ?	
1. To belong	lonely, scared, self-conscious, withdrawn	friendly, secure, trusting, glad	

Step 3. For the fourth column heading, write “What requests can I make of myself to meet this need?” Think of three different healthy strategies that could nourish your unmet Need – doable actions that you can request of yourself rather than someone else – and write them down under the last column.

Unmet Need	What do I feel when this need is <u>unmet</u> ?	What do I feel when this need is <u>met</u> ?	What requests can I make of myself to meet this need?
1. To belong	lonely, scared, self-conscious, withdrawn	friendly, secure, trusting, glad	a. Join church choir b. Take a yoga class c. Go on group bike rides

Step 4. For extra practice, if you consider this need consistently unmet in your life, try implementing at least one personal request during the next month. The more often you fulfill your personal requests, the more you will see that you are completely responsible for the amount of happiness in your life. Additionally, if you reliably nourish an unmet need in a new way that comes from a personal request, over time you may notice that your desire to gratify this need will be diminished. In fact, you might find yourself laughing and saying, “Why was that need so important to me?”

More Examples

Unmet Need	What do I feel when this need is <u>unmet</u> ?	What do I feel when this need is <u>met</u> ?	What requests can I make of myself to meet this need?
2. To be heard	sensitive, guarded, unhappy	fulfilled, happy, thankful, openhearted	a. Write a book b. Write a blog c. Attend a support group
3. To learn	frustrated, agitated, jealous, restless	excited, animated, empowered, curious	a. Read more books b. Take a cooking class c. Take a free bike maintenance course
4. To be understood	annoyed, fidgety, tired, lost	calm, content, open	a. Write in my journal with my left hand b. Do the <i>Lemonade Mantras</i> process for trigger events in my life c. Pray

DAY NINE: ACTIVATE YOUR IMAGINATION

Up until now the exercises in this book have examined your thoughts concerning a trigger event, physical and emotional responses to the experience, and future actions based on unmet needs. *Lemonade Mantras* is specifically designed to break down your thinking through self-awareness so as to disprove the certainty of your mind's perception and open a space for rewriting your internal script of negative core beliefs.

However, the greatest insight from this book is found within this chapter. **Here you will learn to activate your imagination so as to completely let go of all perception and the desire to gratify every need. Instead you will uncover your untapped positive feelings hidden beneath your core need.** When you see that your real motivation for meeting a need is to access seemingly lost positive feelings, you no longer struggle with unmet desires, but rather directly reconnect with feelings that bring you back to a sense of wholeness and being at home in the world. In this way, nothing outside your Self needs to change to bring fulfillment, and action happens through inaction.

Lemonade Mantras is a process for disassembling your thoughts like breaking down a compound into its most basic elements so as to discover the underlying feelings that will bring you back to whole consciousness – a state of being at home with the Self and at home in the world. Your uncomfortable reactions to a trigger event such as feeling angry, guilty, or ashamed, are signals that indicate you have run away and abandoned the home that is your true Self. By first recognizing your upsetting feelings in regards to a trigger event and then identifying your underlying core needs as explored in Chapters 3 and 4, you will discover not only what motivated you to run away but also the key to finding the way back to positive feelings that give you a sense of being at home with your Self.

Being at home with the Self is a place that frees you from the constant desire to reach outside yourself to meet a need – it requires nothing and appears as inaction. It is a state of being that is in complete harmony with any experience you face and eliminates the urge to grab, manipulate, fix, struggle against, run away from, defend, or hold onto. It changes the belief that an action must take place in your life to feel at peace.

Similar to when you repeat a new habit in your life, over time as you engage with positive feelings you will build new neural pathways in your brain. Much like the process of learning a foreign language where your brain links neurons together in a new way to store and retrieve information, finding the way home to positive feelings will create new pathways that become stronger with repeated use.

Additionally, by stimulating your imagination in a positive way, you will feel uplifted, gain new insight, and enjoy a sense of renewed hope. By seeing everything in a new light, you will open to the unexpected surprises happening in your life and find opportunities for rewriting your internal script of negative core beliefs.

Exercise: Practice Imagining a Need Always Met

Step 1. Look at your Unmet Need from the previous exercise in Chapter 8, take a moment, close your eyes, and imagine a world where your need is *always* met.

- What is your life like when this need is *always* met?
- What do you look like?
- How do you act?
- Where are you?
- What do you do differently than you do now?
- How do you relate to others?
- What do you feel?

Step 2. Write the answers to these questions in your journal in as much detail as possible. The more vividly you paint the picture in your imagination, the greater opportunity your brain has to experience authentic positive sensations and build new neural pathways. (See the Resources at the end of this book for a reference list of positive feeling words on 78.)

Tip

To jump-start your imagination, think about a favorite book, movie, or play that meets this same need and visualize yourself as one of the characters. Or if there is a past memory where you felt this need was consistently fulfilled, use this image to start creating the picture in your head. Then take pleasure in enriching your imaginary world by adding new things that would make it even better. You get to be the writer of your script. Write your answers in the present tense for better results.

Journal Example

Unmet Need #1: To belong

What is life like when my need to belong is always met?

I run a successful business that sustains my family and community. My life has a sense of purpose, and I take part in organizing church functions and charitable events. My partner is happy, and we share a lot of activities together. I work just enough to keep things running smoothly, and the rest of my time is spent enjoying the outdoors, yoga, being with friends, and travel.

What do I look like?

I look healthy. I maintain my ideal weight without too much effort. All day long I smile and my skin glows. I take care of my physical appearance by getting my hair styled regularly and buy beautiful new clothes when I need them.

How do I act?

I laugh throughout the day and tell funny stories. I send cards to friends just to make their day. I enjoy cooking for loved ones.

Where am I?

I'm living in a small community that is working to improve the lives of others. I travel with friends and enjoy going to weekend retreats where I meet new people.

What do I differently than I do now?

I have parties at my house and organize social events at work. I participate in committees at church and offer to teach classes.

How do I relate to others?

I have lively conversations with friends and family, while also exhibiting the ability to listen attentively to others. I accept people as they are and stop looking for possible clues that they are disappointed in me.

What do I feel?

I feel alive, happy, confident, strong, funny, caring, centered, and engaged.

Step 3. Look over the positive emotions you wrote down under the question “What do I feel?” Close your eyes and say each feeling word out loud or silently to yourself. Repeat these positive words several times while imagining your inner picture from Step 1. Feel your body’s sensations that accompany each positive word. When you say a feeling word, imagine your body becoming saturated with the positive sensations. Like a fountain bubbling up from your core, let these positive sensations suffuse your torso, legs, feet, chest, arms, and hands, and then imagine them shooting out the top of your head and showering down on your skin. Meditate with your imaginary world and these positive feelings moving through your body for at least 15 minutes.

More Examples

Unmet Need #2: To be heard

What is life like when my need to be heard is always met?

My life is filled with interesting people, places, and new adventures. The things I do or say seem to add some happiness to the lives of others. I feel engaged in my daily activities and extremely creative. My energy is directed and focused. I finish all projects that I start and ask the right people for the help to complete them.

What do I look like?

I have excellent posture and my shoulders are in alignment, allowing my heart space to be wide open. I smile and laugh all the time because I don't take anything that happens too seriously.

How do I act?

I'm thoughtful and generous with my family, friends, and co-workers. I interrupt conversations less and listen to others more.

Where am I?

I'm living in a warm, friendly, and sunny town with lots of fun people who are interested in the same things I am.

What do I do differently than I do now?

I'm at ease talking to large audiences. I teach workshops and create how-to videos.

How do I relate to others?

I'm friendly and outgoing to everyone I meet. I shake people's hands and look them in the eye. When they are speaking to me, I am able to hold their gaze without feeling uncomfortable.

What do I feel?

I feel at ease with myself, safe, open, and thankful.

Unmet Need #3: To learn

What is life like when my need to learn is always met?

Every day is magical like looking at a Christmas tree and feeling a sense of wonder. I feel lucky to be surrounded by so much knowledge, and I take advantage of every opportunity to listen and receive more information.

What do I look like?

I like wearing my glasses. I dress in casual clothes and spice up my wardrobe with some colorful sweaters.

How do I act?

I am gregarious and outgoing. I have enthusiasm for lots of different projects.

Where am I?

I am living near a university that has an old library with a huge collection of books. The town has cool museums, shops, and restaurants where you can bump into friends and have lively discussions about insightful topics.

What do I differently then I do now?

I read a lot of books. I take classes on things that I never thought I could do like rock climbing, horseback riding, surfing, or sailing. I attend lectures on spirituality and watch documentaries about astronomy.

How do I relate to others?

I feel confident asking more questions and trying on new answers. Nothing I think or say seems too silly to me, and if someone laughs at one of my ideas, I giggle along with them just for kicks.

What do I feel?

I feel confident, strong, free, independent, excited, amazed, and energetic.

Unmet Need #4: To be understood

What is life like when my need to be understood is always met?

Every day feels like I'm on vacation. Life is a breeze. Ideas and projects seamlessly click into place. Everything I do and say seems to make sense to other people so I have a lot of extra energy because I don't have to explain or defend myself all the time.

What do I look like?

I'm relaxed and my muscles are less tense. My hair is carefree and my clothes are a little unwashed because I'm not too concerned with making my life perfect.

How do I act?

I'm quiet and thoughtful. I meditate and do yoga. I don't rush off to the next thing or feel like I'm wasting time on something trivial.

Where am I?

I'm living in a small house in the woods.

What do I differently then I do now?

I go out and look at the stars more. I take long walks out in the woods. I feel comfortable camping out on my own and being completely alone in the forest.

How do I relate to others?

I find out more about people's lives and what makes them happy. I strike up interesting conversations with strangers.

What do I feel?

I trust myself completely. I feel rejuvenated and balanced.

DAY TEN: WRITE POSITIVE AFFIRMATIONS

The previous two chapters offered methods for rewriting your internal script of negative core beliefs that are influencing your perceptions of the world and your subsequent reactions. For the exercise in Chapter 8, you made personal requests for meeting a need, while in Chapter 9, you located the positive feelings you are most wanting by fulfilling a need and used your imagination instead of a behavioral response to write an internal script that creates new neural pathways in your brain.

In this chapter, you will begin learning how to construct your own personal recipe of positive affirmations that act as a unique formula for neutralizing your negative core beliefs, creating a blank canvas in your mind for rescripting your life. Furthermore, this personal recipe of positive affirmations is the road map home to your true Self. Every time you use your personalized affirmations you access the positive feelings and pathways to a new belief system that allow you to rescript the outcomes in your life and return home to your most natural state of wholeness and inner peace.

Using positive affirmations is similar to suspending time where you make a promise to the universe that you have faith in the experience without needing to take control. Utilizing a positive affirmation gives you the opportunity to be more vulnerable and open, go with the flow, see things from a new angle, live in the moment, and practice patience.

Positive affirmations create paradox: You control by letting go, you succeed by surrendering to what is, and you move forward by standing still. By opening up and suspending the moment with a positive affirmation, you neutralize your negative thinking and possess all the time in the world to choose a beneficial response. The ultimate gift comes when you finally embrace these contradictory behaviors, and you end up getting what you are most wanting.

Most importantly, you will be using positive affirmations that grew out of your own experiences and negative core beliefs. The positive affirmations you write are your personal recipe for balancing your belief system and rescripting your life.

Exercise: Practice Writing Positive Affirmations

- Step 1. In your journal, look back at the chart you created for the exercise “Practice Taking Responsibility” explained in Chapter 7, Day Seven. For Journal Examples, see pages 31 - 34.
- Step 2. Review the statements you reconfigured based on your Old Choice (Judgment) during the exercise in Chapter 7. Select one of the reworked phrases from the first column under Old Choice (Judgment) that feels as if it has the possibility of becoming a positive affirmation – a phrase that when said will soften or neutralize your negative thinking – and copy it down in your journal.
- Step 3. Next tap into your wordsmith skills and begin recomposing the sentence by rearranging the words and editing the phrase into its most concise form. It helps to let go of grammar rules and ways of thinking about writing and see the words like pieces of a collage that you freely move around and alter in whatever way appeals to you. If you find yourself struggling with feeling spontaneous and freeing up your mind to new word combinations, try writing ideas with your non-dominant hand. (See the Introduction to this book for an exercise that explains how to access the creativity of your non-dominant hand on page xii.)

Trigger Event #1 Concrete Observation:

When I told a joke at dance class, afterwards, everyone was silent.

Day 7 Reworked Phrase from Old Choice (Judgment):

Being open and connected is my destiny.

Write a Positive Affirmation:

Being open and connected is my destiny.

Opening up and staying connected is part of me.

Connection is my way of being open.

My destiny is being open and connected.

Connecting is me.

Opening is me.

Connecting is my destiny.

Opening is my destiny.

Positive Affirmation:

Opening is my destiny.

More Examples

Trigger Event #2 Concrete Observation:

On the phone, my mother said, “ I can’t talk about feelings. I don’t want to talk about feelings.”

Day 7 Reworked Phrase from Old Choice (Judgment):

I conceal from myself the goodness of my feelings.

Write a Positive Affirmation:

I conceal from myself the goodness of my feelings.

I connect with the goodness of my feelings.

I connect with feelings and needs to experience the goodness of intimacy.

I connect with everlasting intimacy.

I touch unending intimacy.

I touch and I am.

I touch and I flow.

I am the unending flow.

I am an unending flow.

Positive Affirmation:

I am an unending flow.

Trigger Event #3 Concrete Observation:

During an *NVC* discussion group, the facilitator said, “I’m feeling uncomfortable because I want to move on.”

Day 7 Reworked Phrase from Old Choice (Judgment):

My natural state of being is a letting go and finding a silent still point.

Write a Positive Affirmation:

My natural state of being is a letting go and finding a silent still point.

My natural state of being under any circumstance is a letting go of all control and finding in my center an infinite and eternal still point of complete safety, knowing, and divine existence.

My natural state of being is letting go of control and finding divine existence.

My natural state of being is letting go and finding infinite stillness.

I let go of control and find infinite stillness.

I let go of control and find divine existence.

I am an infinite still point of divine existence.

I am a letting go – an infinite still point of divine existence.

I am a letting go – an absolute still point of divine existence.

Positive Affirmation:

I am a letting go – an absolute still point of divine existence.

Trigger Event #4 Concrete Observation:

When I said to my girlfriend, “Have you heard of *Centering*,” she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package.”

Day 7 Reworked Phrase from Old Choice (Judgment):

Everything I do is perfectly aligned with the universe.

Write a Positive Affirmation:

Everything I do is perfectly aligned with the universe.

Everything I do at every moment is correct with the universe.

Everything I do is in accord with the universe

Everything I do is in perfect accord with the universe.

Everything my heart does is in perfect accord.

My heart believes that everything is perfect.

My heart knows that everything is perfect.

My heart is in accord.

My heart is a perfect chord.

My heart is singing in accord.

My heart is a song.

My heart is a perfect song.

Positive Affirmation:

My heart is a perfect song.

PRACTICE LEMONADE MANTRAS

These past ten chapters were the building blocks for learning how to do *Lemonade Mantras*. Now you are ready to put each step together in one fluid process and discover your entire personal recipe of positive affirmations.

When I used the method outlined below, I uncovered negative core beliefs twice a week for six months. When the same affirmations began to recur, I stopped because it appeared as if I had worked through an important layer of beliefs and had reached a place of balance. A year later, I returned to the *Lemonade Mantras* process and discovered a whole new wealth of understanding. Trust yourself to find the perfect timeline while you work with *Lemonade Mantras*.

Keep your journal handy and practice each step with consistency. The moment you feel frustrated about a trigger event, immediately take out your journal make notes and then go through the following process when you have more time. Things you feel like saying or doing generally diminish when you work with *Lemonade Mantras*. Over time, you'll find yourself engaging less in conflict and more in creating positive outcomes.

Repetition is the key to mastery so the more you practice *Lemonade Mantras* and using positive affirmations in your life, the more you will become aware of what you are truly wanting and how best to make that happen from moment to moment.

In the future, whenever you experience a trigger event, moments that could lead to bitterness, pull out your journal and use the *Lemonade Mantras* process outlined below to write a positive affirmation that will neutralize your negative thinking and lead to the sweetest gift – new possibilities.

*Lemonade Mantras***Self-Awareness**

1. Make a Concrete Observation
2. Develop Body Awareness
3. Identify Feelings
4. Uncover Core Needs
5. Acknowledge Your Judgments
6. Make New Choices

Recognize the Uncertainty of your Beliefs

7. Take Responsibility

Rewrite Your Script

8. Make Personal Requests
9. Imagine a Need Always Met
10. Write a Positive Affirmation

Exercise: Practice *Lemonade Mantras*

Think of a recent trigger event and use the following instructions and the Journal Examples on pages 52 – 61 to assist you with working through the entire *Lemonade Mantras* process. Use your own notebook to repeatedly practice *Lemonade Mantras* or purchase the companion *Journal*, which includes easy to use worksheets that can be printed out or photocopied multiple times for all of the exercises in this book.

S E L F - A W A R E N E S S

Step 1. Make a Concrete Observation

Write down a Concrete Observation of a trigger event. (Who, What, Where, When)

Step 2. Develop Body Awareness

Describe your Body Sensations in response to the trigger event.

Step 3. Identify Feelings

List what Feelings come up for you when you remember the experience.

Step 4. Uncover Core Needs

Review your Feelings and attempt to identify your underlying core Needs. What do you need to be your best in this moment?

Put together your Concrete Observation, Feelings, and Needs into a Compassionate Statement.

Step 5. Acknowledge Your Judgments

List your Judgments (Old Choices) concerning the trigger event (should thinking). What are you thinking or telling yourself about the trigger event? Rewrite your Judgments (Old Choices) using 'I' as the personal pronoun to create a Self-Judgment. Prove each Self-Judgment true for you by thinking of a time when you behaved or thought in this way and write these memories down under "Acknowledge Hidden Belief (I believe this is true when...)." Identify your underlying need and feel compassion for yourself and the other person.

Step 6. Make New Choices

Look at each Judgment (Old Choice) and imagine how you could eliminate these beliefs forever with a new way of thinking (New Choice). Record these ideas as a New Choice.

R E C O G N I Z E T H E U N C E R T A I N T Y O F Y O U R B E L I E F S

Step 7. Take Responsibility

Pick one Judgment (Old Choice) from Step 5 that seems to cause the most discomfort and restructure this sentence in as many ways as you can imagine. Then prove each statement true by recognizing a time when this belief existed for you and write it down under "Acknowledge Hidden Belief (I believe this is true when...)."

REWRITE YOUR SCRIPT

Step 8. **Make Personal Requests**

Pick the most valued Need that you wrote down in Step 4 and list it as an Unmet Need. What do you feel when this Need is met and unmet? Ask yourself what you can do to meet this Need in the future and write down three ideas for personal requests.

Step 9. **Imagine a Need Always Met**

Using the Unmet Need from Step 8, take a moment, close your eyes, and imagine a world where this Need is always met. What is your life like when your need is always met? What do you look like? How do you act? Where are you? What do you differently then you do now? How do you relate to others? What do you feel? Write down the answers to these questions.

Step 10. **Write a Positive Affirmation**

Review the statements you reconfigured based on your Old Choice (Judgment) found in Step 7. Select one of the reworked phrases that feels as if it has the possibility of becoming an affirmation – a phrase that when said will neutralize your negative thinking. Play with this phrase more and rewrite it to create a personalized positive affirmation that best suits you.

Creating Fluency

In ten chapters (possibly 10 short days), you were introduced to the *Lemonade Mantras* process: You learned how to develop self-awareness, transform bitter into sweet, and find self-acceptance. As stated earlier, mastery comes from consistent practice and repetition. To instill lasting changes in your life, repeat the *Lemonade Mantras* process on a regular basis so as to refine and deepen your awareness and create a new way of thinking.

Consider the following ancient yoga benchmarks for learning something new:

- 40 days to change a habit into something positive
- 90 days to confirm a new habit in you
- 120 days to become the new habit
- 1000 days to have mastery of the new habit

You can apply this teaching in a variety ways. One idea is to repeat the 10-day journey from Chapter 1 through 10 for 12 cycles, resulting in a personal goal of 120 consecutive days. If this seems daunting, then pick a chapter of your choosing each day or do the 10-step *Lemonade Mantras* process outlined in Chapter 11 once a day for 40, 90, or 120 days. Over time you will slowly become aware that your attentiveness to the process directly impacts the end result.

Journal Example

SELF-AWARENESS

Step 1. Make a Concrete Observation

Write down a Concrete Observation of a trigger event. (Who, What, Where, When)

Step 2. Develop Body Awareness

Describe your Body Sensations in response to the trigger event.

Step 3. Identify Feelings

List what Feelings come up for you when you remember the experience.

Step 4. Uncover Core Needs

Review your Feelings and attempt to identify your underlying core Needs. What do you need to be your best in this moment?

Concrete Observation	Body Sensations	Feelings	Needs
When my mother-in-law said, "How did you do taking care of your nieces and nephews for a week? Your brother said he couldn't tell."	hot cheeks, teeth hurt, neck aches, itchy skin, throbbing shoulders	frustrated, mistrustful, self-conscious, disappointed*	recognition* , respect empowerment, trust

Put together your Concrete Observation, Feelings, and Needs into a Compassionate Statement.

Concrete Observation (When...)	Feeling (I felt...)	Need (because I wanted...)
When my mother-in-law said, "How did you do taking care of your nieces and nephews for a week? Your brother said he couldn't tell."	I felt <u>disappointed</u>	because I wanted <u>recognition</u> for my talents in caring for kids.

Step 5. Acknowledge Your Judgments

List your Judgments (Old Choices) concerning the trigger event (should thinking). What are you thinking or telling yourself about the trigger event? Rewrite your Judgments (Old Choices) using 'I' as the personal pronoun to create a Self-Judgment. Prove each Self-Judgment true for you by thinking of a time when you behaved or thought in this way and write these memories down under "Acknowledge Hidden Belief (I believe this is true when...)." Identify your underlying need and feel compassion for yourself and the other person.

Step 6. Make New Choices

Look at each Judgment (Old Choice) and imagine how you could eliminate these beliefs forever with a new way of thinking (New Choice). Record these ideas as a New Choice.

Judgment (Old Choice)	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)	New Choice
1. You should see our talents.	I should see my talents.	I believe this is true when I say that I can't draw. Need: to be effective	Peoples' talents permeate everything.
2. You should give us credit for how good we are at what we do.	I should give myself credit for how good I am at what I do.	I believe this is true when I don't acknowledge how much talent it takes to make and sell jewelry. Need: reassurance	In between your words is unconscious praise.
3. You shouldn't ignore our achievements with kids just because we're not parents.	I shouldn't ignore my achievements with kids just because I'm not a parent.	I believe this is true when I didn't share my best teaching moments with my family because I thought they wouldn't care. Need: to be valued	Achievements feed a person. Whole consciousness feeds a soul.
4. You should want to know us.	I should want to know me.	I believe this is true when I distracted myself with social events instead of spending quality time alone after my divorce. Need: joy	I feel the deeper knowing that is silently sitting between us.
5. You shouldn't treat us like idiots.	I shouldn't treat myself like an idiot.	I believe this is true when I use self-deprecating humor to put strangers at ease around me. Need: acceptance	I am part of God's intelligence.

RECOGNIZE THE UNCERTAINTY OF YOUR BELIEFS

Step 7. Take Responsibility

Pick one Judgment (Old Choice) from Step 5 that seems to cause the most discomfort and restructure this sentence in as many ways as you can imagine. Then prove each statement true by recognizing a time when this belief existed for you and write it down under “Acknowledge Hidden Belief (I believe this is true when...)”

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
Old Choice (Judgment): <i>You should give us credit for how good we are at what we do.</i>	
Make the statement about you: I should give myself credit for how good I am at what I do.	I believe this is true when I don't acknowledge that I am a good teacher.
Say the opposite: I shouldn't give myself credit for how good I am at what I do.	I believe this is true when I focus too much on talking about my achievements and don't leave time for friends to talk about their lives.
Remove “should” or “shouldn't”: I give myself credit for how good I am at what I do.	I believe this is true when I willingly receive compliments from my partner about my home cooked meals.
Replace a verb/noun with its opposite: I demand excellence in myself.	I believe this is true when I studied long hours in school to get an 'A' in math class.
Switch the order: Excellence demands the best of me.	I believe this is true when hot yoga class requires me to work hard and focus.
Shorten to its basic form: Demand excellence.	I believe this is true when I created challenging lesson plans for my students.
Change the meaning into a positive: I trust in the excellence of my intentions.	I believe this is true when I came up with the idea for sharing <i>Lemonade Mantras</i> .
Think of a new way to say the idea: I believe that in every intention I seek to praise God.	I believe this is true when my desire to be closer to God is consciously included within everything I create.
Remove the personal: Every intention seeks to praise God.	I believe this is true when I see that beneath every word is the innocent desire to feel interconnected.

REWRITE YOUR SCRIPT

Step 8. **Make Personal Requests**

Pick the most valued Need that you wrote down in Step 4 and list it as an Unmet Need. What do you feel when this Need is met and unmet? Ask yourself what you can do to meet this Need in the future and write down three ideas for personal requests.

Unmet Need (See Step 4)	What do I feel when this need is <u>unmet</u> ?	What do I feel when this need is <u>met</u> ?	What requests can I make of myself to meet this need?
recognition	irritated, jealous, cranky, insecure, burnt out, aloof	calm, balanced, relaxed, grateful, friendly, optimistic	<ol style="list-style-type: none"> 1. Value others and verbally acknowledge their talents 2. Write thank you notes 3. Make a list of my talents and read it once a week to remind myself I'm blessed

Step 9. **Imagine a Need Always Met**

Using the Unmet Need from Step 8, take a moment, close your eyes, and imagine a world where this Need is always met. What is your life like when your need is always met? What do you look like? How do you act? Where are you? What do you differently then you do now? How do you relate to others? What do you feel? Write down the answers to these questions.

When my need for **recognition** is always met, I have a definite place and purpose in this world.

I feel like my job adds value to peoples' lives. I am a part of a team. I am light-hearted and at ease.

I hum a lot when I'm alone and enjoy being outside, taking part in group activities like picnics and

bike rides. I'm living in a sunny place in the foothills of a mountain range. I go outside more and

am comfortable being out in nature with nothing to do. Work is just part of my daily routine.

There are no conflicts that need a tremendous amount of energy to sort out. People are easy to

relate to and respond with open hearts. I feel restful, appreciative, and a little bit more interested in

discovering life every day.

Step 10. **Write a Positive Affirmation**

Review the statements you reconfigured based on your Old Choice (Judgment) found in Step 7. Select one of the reworked phrases that feels as if it has the possibility of becoming an affirmation – a phrase that when said will neutralize your negative thinking. Play with this phrase more and rewrite it to create a personalized positive affirmation that best suits you.

I believe that in every intention I seek to praise God.

In every intention I am praised.

I receive praise for God’s handiwork.

I receive praise as a vessel of God.

Working is praising God.

Receiving gifts is praising God.

I receive easily and freely the gifts of others so as to praise God.

I am at ease receiving gifts from others.

I am at ease giving gifts to others.

My ease in giving is pure of heart.

My ease in giving creates a pure heart.

My ease in giving creates pure being.

My giving creates pure being.

Journal Example

SELF - AWARENESS

Step 1. Make a Concrete Observation

Write down a Concrete Observation of a trigger event. (Who, What, Where, When)

Step 2. Develop Body Awareness

Describe your Body Sensations in response to the trigger event.

Step 3. Identify Feelings

List what Feelings come up for you when you remember the experience.

Step 4. Uncover Core Needs

Review your Feelings and attempt to identify your underlying core Needs. What do you need to be your best in this moment?

Concrete Observation	Body Sensations	Feelings	Needs
When my ex-husband's mother wrote, "My 'baby,' in his 40s. How did that happen???"	heart racing, lump in my throat, right shoulder hurts, chin tingles	frustrated* , agitated, dejected, worn out	to be seen, to be acknowledged, to be appreciated*

Put together your Concrete Observation, Feelings, and Needs into a Compassionate Statement.

Concrete Observation (When...)	Feeling (I felt...)	Need (because I wanted...)
When my ex-husband's mother wrote, "My 'baby,' in his 40s. How did that happen???"	I felt frustrated	because I wanted to be appreciated for trying to love my ex-husband in a healthier way.

Step 5. Acknowledge Your Judgments

List your Judgments (Old Choices) concerning the trigger event (should thinking). What are you thinking or telling yourself about the trigger event? Rewrite your Judgments (Old Choices) using 'I' as the personal pronoun to create a Self-Judgment. Prove each Self-Judgment true for you by thinking of a time when you behaved or thought in this way and write these memories down under "Acknowledge Hidden Belief (I believe this is true when...)." Identify your underlying need and feel compassion for yourself and the other person.

Step 6. Make New Choices

Look at each Judgment (Old Choice) and imagine how you could eliminate these beliefs forever with a new way of thinking (New Choice). Record these ideas as a New Choice.

Judgment (Old Choice)	Self-Judgment (Hidden Belief)	Acknowledge Hidden Belief (I believe this is true when...)	New Choice
1. You should have seen that I loved you better than she ever did.	I should have seen that I loved you better than she ever did.	I believe this is true when I remembered your birthday but your mother forgot a card. Need: love	I know that you know that I loved you.
2. You should have seen that I never made your birthday about me like your mother does.	I should have seen that I never made your birthday about me like your mother does.	I believe this is true when I asked you what you would like to do for your birthday and made the dinner plans that you wanted. Need: trust	In my smile, you know I celebrate your life.
3. You should have seen your mom as the problem and not me.	I should have seen your mom as the problem and not me.	I believe this is true when I saw parts of my personality that were similar to your mother that triggered negative reactions in you and began to believe I was a problem. Need: individuality	We are solutions not problems.
4. You should have gone my way not her way.	I should have gone my way not her way.	I believe this is true when I chose to get married just like my mother and gave up my identity to be with a man instead of forging a life of my own. Need: independence	Every way is The Way.
5. You shouldn't have made me the enemy because of [me being a woman like] her.	I shouldn't have made me the enemy because of her.	I believe this is true when I got in the middle of the relationship between my ex-husband and my mother-in-law and asked him to take sides. Need: truth	The enemy is my best friend.

RECOGNIZE THE UNCERTAINTY OF YOUR BELIEFS

Step 7. Take Responsibility

Pick one Judgment (Old Choice) from Step 5 that seems to cause the most discomfort and restructure this sentence in as many ways as you can imagine. Then prove each statement true by recognizing a time when this belief existed for you and write it under “Acknowledge Hidden Belief (I believe this is true when...)”

Old Choice (Judgment)	Acknowledge Hidden Belief (I believe this is true when...)
Old Choice (Judgment): <i>You shouldn't have made me the enemy because of her.</i>	
Make the statement about you: I shouldn't have made me the enemy because of her.	I believe this is true when I tried to change my ex-husband's relationship with his mother, and he chose to push me away.
Say the opposite: I should have made me the enemy because of her.	I believe this is true when I volunteered to be a stand-in for my ex-husband's mother so he could work out his unfinished business from childhood.
Remove “should” or “shouldn't:” I made me the enemy because of her.	I believe this is true when I was young and rebellious and tried to be the opposite of my mother's “goodness” just to create balance.
Replace a verb/noun with its opposite: I destroyed me the friend because of her.	I believe this is true when I over reacted to my sister-in-law not responding to e-mails, and stopped corresponding rather than continuing to rebuild a friendship with my brother.
Switch the order: She destroyed me because we were friends.	I believe this is true when my sister-in-law rarely spoke to me, and I assumed it was because my brother and I were friends and she didn't like having me around. Consequently, I made her responsible for me thinking badly of myself.
Shorten to its basic form: I destroyed friendship.	I believe this is true when I neglected college friendships after graduating from school.
Change the meaning into a positive: I built friendship.	I believe this is true when I moved to San Diego and made friendships through art.
Think of a new way to say the idea: I feel safe building friendships.	I believe this is true when my husband and I divorced, and I didn't want a romantic relationship so I built friendships instead.
Remove the personal: Friendships are built to last a lifetime.	I believe this is true when I see that my ex-husband and I will be friends for the rest of our lives.

REWRITE YOUR SCRIPT

Step 8. **Make Personal Requests**

Pick the most valued Need that you wrote down in Step 4 and list it as an Unmet Need. What do you feel when this Need is met and unmet? Ask yourself what you can do to meet this Need in the future and write down three ideas for personal requests.

Unmet Need (See Step 4)	What do I feel when this need is <u>unmet</u> ?	What do I feel when this need is <u>met</u> ?	What requests can I make of myself to meet this need?
appreciation	sensitive, envious, longing, lonely, detached	giddy, surprised, optimistic, eager, enlivened, loving	<ol style="list-style-type: none"> 1. Write down what I appreciated most about my marriage and my ex-husband. 2. Practice appreciating each moment by writing joyful observations in a daily journal. 3. Express appreciation for others by telling them exactly how they contribute to my life.

Step 9. **Imagine a Need Always Met**

Using the Unmet Need from Step 8, take a moment, close your eyes, and imagine a world where this Need is always met. What is your life like when your need is always met? What do you look like? How do you act? Where are you? What do you differently then you do now? How do you relate to others? What do you feel? Write down the answers to these questions.

When my need for **appreciation** is always met, my life feels full and settled. I eat healthy, exercise

regularly, take lots of long naps in the grass, and spend extra time daydreaming. I go camping and

hiking. I do more stargazing. I take my camera out on walks and shoot pictures just for fun.

People I meet instantly connect with me, and we have meaningful exchanges. I feel open and alive,

and others sense this in me so they feel at ease when they are with me. I enjoy my jewelry business

because I have a lot of new ideas, and it is growing and flourishing. I have tons of creative energy

and teach workshops on the weekends to share tips and tricks with others. I walk around with a

lightness in my step and a song on my lips. I'm taking singing lessons and each day my voice grows

more confident. I feel grateful for every passing moment, lucky to be alive, wonder, and peace.

Step 10. **Write a Positive Affirmation**

Review the statements you reconfigured based on your Old Choice (Judgment) found in Step 7. Select one of the reworked phrases that feels as if it has the possibility of becoming an affirmation – a phrase that when said will neutralize your negative thinking. Play with this phrase more and rewrite it to create a personalized positive affirmation that best suits you.

I destroyed me the friend because of her.

I destroyed me the enemy in spite of her.

I destroyed me to spite her.

I destroyed me to hurt her.

Destroying her hurts me.

Destroying hurts.

De story hurts. The story hurts.

No story = no hurt

In the present moment there is no story.

Present moment = empty mind

Empty mind = empty story

Empty mind = no storyline

An empty mind creates no storyline.

An empty mind has no storyline.

HOW TO USE POSITIVE AFFIRMATIONS

On separate 3 x 5 inch index cards, begin recording your favorite personalized affirmations and ten or more positive feeling words that grow out of the *Lemonade Mantras* process found in Chapter 11. (Refer to Chapter 9 for how to identify positive emotions.) These personal affirmations are simple phrases that you are able to memorize easily and have the power to emotionally neutralize trigger events.

Incorporate your recipe of affirmations into a daily meditation practice where you read through your index cards and experience the positive sensations associated with each phrase and feeling word. Over time your body will become attuned to this new way of thinking, and you will have memorized positive affirmations that you can use whenever a trigger event occurs.

When I feel my judgments are spinning out of control, my favorite personal affirmation is: “I trust a heart awakening.” Saying this affirmation to myself puts me in the emotional space to remember just how I came to transform one of my negative beliefs into a positive.

It’s not enough to just write positive affirmations or use the ones that others have created. If you truly want to see your beliefs transform, you need to go through each step of the *Lemonade Mantras* process to uncover your negative core beliefs, rescript your thinking patterns, and put your personal recipe of positive affirmations to work. Remember your affirmations are your personal formula for neutralizing your negative thinking. You hold all the power to creating the best recipe for changing your belief system and the outcomes in your life.

Here are some more ideas for using positive affirmations in your life:

- Carry your positive affirmations in your pocket or purse. Not only read them during times of stress, but also review them while you’re standing in line or stuck in traffic. If you’re more technically inclined, load them onto your smartphone.
- Create a daily flip calendar with one positive affirmation written out for each day.
- Create artwork or collages featuring your positive affirmations, frame them, and hang them in your home or office.
- Print out your list of affirmations and tape them to the dashboard of your car.
- Create post-it note affirmations and stick them to your bathroom mirror each day.
- Read an affirmation before your meditation session.
- Start your day with a cup of tea or coffee and an affirmation.
- Have your affirmations printed on a T-shirt, coffee mug, tote bag, stickers, or hat at Cafepress.com.
- Write one of your favorite affirmations on the palm of your hand, and every day for a week when a trigger event occurs look at this phrase during or after the experience.

HOW TO SUPPORT THE PROCESS

Start a Meditation Practice

Ideally devote at least thirty minutes in the morning or evening to meditation. If this seems impossible to do at first, try fifteen minutes a day for forty days in a row. The ancient practice of meditation is one of the easiest ways to relax your body and mind in order gain greater access to buried feelings and needs. There are many meditation practices to choose from, but you may start your search by reading Jon Kabat-Zinn's *Wherever You Go, There You Are*.

Learn Hatha Yoga

To support your journey of self-awareness and to increase connection with your body's sensations and emotions, begin a physical hatha yoga practice. Look for free yoga classes on television or purchase a DVD to get started. If you want to make a deeper commitment, sign up for local classes at a community center, gym, or yoga studio.

Keep a Journal

Have a pocket journal handy throughout the day where you can jot down notes as trigger events occur. In the evening, use one or two of these observations to work through the *Lemonade Mantras* process. Refer to Chapter 11, page 51 to set personal goals for repeating the process so as to create fluency in 40, 90, or 120 days.

Create a Network of Friends

Complete the 10-day *Lemonade Mantras* process with a friend and meet to discuss your outcomes and ideas. Additionally, consider reading the book with a group of people and working the process over a 40, 90, or 120-day cycle. Use your friends for support and tap into their creative ideas for personalizing positive affirmations. You will be amazed by the accelerated growth and learning that takes place within a group of people who are all following a similar path.

EMPATHY FOR OTHERS

*As we learn to have compassion for ourselves,
the circle of compassion for others – what and
whom we can work with, and how – becomes wider.*

– Pema Chödrön, *When Things Fall Apart*

My original goal of dedicating time to the *Lemonade Mantras* process was to develop a more compassionate relationship with myself through language. It began as a desire to build a solid foundation of self-empathy as a means for learning how to be more conscious when communicating with others.

I can't think of one day that I don't struggle with the understanding that the other person I'm listening and reacting to is a reflection of my own inner Self. Compassion for others and empathetic listening is perhaps one of the most difficult things to master for it asks you to drop your hold on a fixed belief system, see the disowned parts of yourself in someone else, and be fully present for every feeling and need that arises without taking action.

Whole books have been written on practicing empathy for others, and I don't mean to suggest that I completely understand how it all works. In fact, often times I find myself starting from scratch each day with the same basic tools. Rather I want to point you in a direction by which you might take your next leg in the journey of learning how to communicate compassionately with yourself and others.

~

After reading *Lemonade Mantras*, you may still find it difficult to identify your own feelings and needs let alone tackle figuring out those found in the hearts of others. In the beginning, sometimes guessing the feelings and needs of other people feels like shooting arrows in the dark and hoping to hit one that works. These blind attempts aren't so bad at first as long as your intention is to truly connect with another person and not a way of fixing or changing the situation to suit your own needs.

*Consider that creating a loving relationship with each person is creating a
loving relationship with each aspect of the universe and the totality of creation.*

How do you know if you want to connect with another person who is exhibiting distress and may benefit from empathetic listening? Ask yourself, "Am I genuinely wanting to hear what is troubling this other person or am I listening as a strategy (e.g., to fix, to be polite, to absolve guilt, to procrastinate, etc.)?" In response to this internal question, listen for any "should" thoughts such as "I should be listening" or "I should want to connect." If you hear yourself say that you are not wanting to connect or recognize your "should" thinking, then self-empathy might be the better route because most likely one of your core needs is not being met by the conversation (e.g., rest,

safety, choice, etc.). Once that personal need is met, then you may find yourself in a place to be more present for empathetic listening.

Tips for Being an Empathetic Listener

1. From what a person is saying to you or how they are acting, put yourself in their shoes and try to silently guess their feelings and needs. Above all else, pay particular attention to identifying their **needs**. What would I want or need if I was this person? Remember that feelings (e.g., sad, annoyed, angry, guilty, etc.) are just the warning lights telling you a person is experiencing an unmet need. Use the other person's feelings as clues to help narrow down the possibilities of what their needs might be but don't get lost down a path of analyzing emotions.
2. When there is a break in the conversation and the moment seems right, throw out a question that tries to identify the person's need. Keep it simple, and if you want to leave feeling words out altogether that's okay too. Here are some examples:
 - Do you want to _____ ? (e.g., know that you matter, have the freedom to choose, etc.)
 - Would you like to be able to _____ ? (e.g., contribute, have more quiet time, etc.)
 - Are you wanting to _____ ? (e.g., have more fun, be a part of the group, etc.)
 - Is it important for you to _____ ? (e.g., know you're loved, feel more happiness, etc.)
3. Keep in mind that predicting what you might feel or want in a situation may be entirely different from someone else, but it's a good place to start because imagining your feelings and needs in a similar situation is coming from your heart. Just remember to stay open to what another person says as clarification in response to you guessing their needs. Try not to focus on your guess being "right" or "wrong." Let your preconceived notions go and follow the flow of the other person. Your guess is simply a starting gate – your way in to understanding and connecting with another person.
4. Recognize that most people might be unfamiliar with how to get in touch with what they are feeling or wanting. Respect their desire to not communicate in this way if it appears to be unhelpful. You can continue to guess feelings and needs silently to yourself or just remain compassionately present and listen to the other person talk. Otherwise, if this is causing distress, practice your own silent dialogue of self-empathy and find out what you are wanting. It could be that you are in fact unable to listen any more to this person and need to take a break. The idea is to stay connected to what is most alive in each of you and is not about becoming a savvy communicator.
5. Recognize judgments in the other person's dialogue and mentally reframe them as self-judgments against themselves. Often you will feel an instant softening of your heart and gain greater perspective when you hear other people's criticisms of themselves.
6. You may have a person in your life that talks without conscious connection to you, themselves, or the situation. Their head seems to have separated from their body, and they are dumping a pile of words in your lap. Maybe they are using the action of speaking to somehow satisfy a need, but they are never fulfilled. After listening to them, you feel exhausted and emotionally drained. If you are close to someone who lapses into these types of common rants or thematic complaints that occur daily, weekly, or monthly, definitely try using your skills of empathetic

listening, but by all means interrupt their rant to discuss what kind of communication is healthy for you.

- I feel like I am able to listen to your complaints about _____ for a few more minutes and then I'd like to...
- Do you want me to listen to your complaints about _____ without feedback or are you looking for some help finding solutions?
- I'm starting to feel tired and fuzzy in the head. Do you know what you might be wanting by sharing this information with me?

Exercise: Practice Turning Self-Empathy into Empathy for Others

Sometimes no matter how much self-empathy you do around a trigger event involving an interaction with another person the only emotional release that happens comes after being able to truly empathize with the other side of the story.

Many times a person who is suffering unconsciously inflicts the same pain on people around them as a way of being heard and understood. If you get in touch with what you are feeling and needing when reacting to an intense situation with another person, it is possible that these are the same feelings and needs the other person seeks empathy for.

In this exercise, you will turn your personal Compassionate Statements of self-empathy around to connect with the person who was the stimulus for your trigger event, and then attempt to prove each one of them true for the other person in that situation. It is not so important if these guesses are accurate rather it puts your mind in a place of positive uncertainty, and this opening of your heart allows you to feel empathy for another person's reality whatever it might be.

Refer back to Chapter 4, page 13 for how to compose a Compassionate Statement in regards to a trigger event. Use the examples from your journal that you completed for the exercise in Chapter 4 or try writing new statements about recent trigger events in your life.

Step 1. Think of a trigger event prompted by the words or actions of another person, and write down "Compassionate Statement To Me (self-empathy)" and then record your thoughts using the following formula:

Compassionate Statement

Concrete Observation + I felt (feeling) + because I wanted (need)

Journal Example

Trigger Event # 1

Compassionate Statement To Me (self-empathy): When I told a joke at dance class, afterwards, everyone was silent, I felt **embarrassed** because I wanted **to belong**.

Step 2. Next write down “To Other Person (empathy)” and turn your Compassionate Statement into a question directed towards the other person. Use the sentence structure below and insert your feeling and need words from your Compassionate Statement of self-empathy:

Were you feeling _____ because you wanted _____ ?

Trigger Event # 1

Compassionate Statement To Me (self-empathy): When I told a joke at dance class, afterwards, everyone was silent, I felt embarrassed because I wanted to belong.

To Other Person (empathy for people in dance class with me): Were you feeling embarrassed because you wanted to belong?

Step 3. Write down the question “How could this be true for the other person?” Think about the question you asked as a means of empathizing with the other person and describe how during the trigger event this possible feeling and need could have been a truth for them.

Trigger Event # 1

Compassionate Statement To Me (self-empathy): When I told a joke at dance class, afterwards, everyone was silent, I felt embarrassed because I wanted to belong.

To Other Person (empathy for people in dance class with me): Were you feeling embarrassed because you wanted to belong?

How could this be true for the other person (people in dance class)? Maybe some of them didn’t get the concept of my joke, were too embarrassed to ask what it meant, and felt left out of understanding key information.

Step 4. In your journal, reflect on what you feel after coming up with this possible truth. How do you now view yourself, the other person, and the context of the situation?

Trigger Event # 1

Compassionate Statement To Me (self-empathy): When I told a joke at dance class, afterwards, everyone was silent, I felt embarrassed because I wanted to belong.

To Other Person (empathy for people in dance class with me): Were you feeling embarrassed because you wanted to belong?

How could this be true for the other person (people in dance class)? Maybe some of them didn't get the concept of my joke, were too embarrassed to ask what it meant, and felt left out of understanding key information.

How do I now view myself, the other person, and the context of the situation? I see how sensitive I am when other people don't respond as I had anticipated and quickly use their behavior as proof that there is something wrong with me. I use other people's reactions as tools for thinking badly of myself, which keeps me in a negative place and ultimately holding me back from being open and at my best. I'm starting to see that if I don't react to other people's reactions there is the opportunity to stay centered and positive.

Step 5. Repeat Steps 1 through 4 three more times using new trigger events or examples from your journal.

More Examples

Trigger Event # 2

Compassionate Statement To Me (self-empathy):

On the phone, when my mother said, “I can’t talk about feelings. I don’t want to talk about feelings,” I felt **frustrated** because I wanted **to be heard**.

To Other Person (empathy for my mother):

Were you feeling **frustrated** because you wanted **to be heard**?

How could this be true for the other person (my mother)?

Perhaps my mother wanted me to hear her point of view on the past matter instead of confusing it with feelings that she was didn’t understand.

How do I now view myself, the other person, and the context of the situation?

Turning the empathy around in this situation dramatically changed my feelings and thoughts. I went from having a running list of complaints in my head about my mother to realizing that I rarely hear or honor her unique perspective.

Trigger Event # 3

Compassionate Statement To Me (self-empathy):

During an *NVC* discussion group, when the facilitator said, “I’m feeling uncomfortable because I want to move on,” I felt **irritable** because I wanted **to learn** more.

To Other Person (empathy for *NVC* facilitator):

Were you feeling **irritable** because you wanted **to learn**?

How could this be true for the other person (*NVC* facilitator)?

The facilitator may have wanted to move the discussion along so we had time to examine other topics that she had prepared for class and wanted to learn how to teach.

How do I now view myself, the other person, and the context of the situation?

I see that my reactions to the facilitator were based on my perception of character. Her strong personality triggered memories of outspoken people who I chose to remain silent around to avoid conflict. The reality is that this facilitator would have listened to me and provided empathy for my point of view, but I was the one who chose not to use my voice.

Trigger Event # 4**Compassionate Statement To Me (self-empathy):**

When I said to my girlfriend, “Have you heard of *Centering*,” and she replied, “they’re all essentially a version of *The Secret* wrapped up in a different package,” I felt unsettled because I wanted to be understood.

To Other Person (empathy for my girlfriend):

Were you feeling unsettled because you wanted to be understood?

How could this be true for the other person (my girlfriend)?

Maybe my girlfriend wasn’t up for talking about a new book because she wanted me to listen more about her daughter’s wedding and understand what it meant for her as a mother.

How do I now view myself, the other person, and the context of the situation?

This situation seems so silly and selfish now, but at the time I was struggling with the need to be heard and understood by the women my life so it makes sense that I had a strong reaction. I no longer see this friend as a person who didn’t want to listen to me, but as a person who was also trying to get her need for being heard met.

Exercise: Practice Hearing Another Person's Self-Judgment

As human beings we spend an enormous amount of time expressing our criticisms concerning the world around us. However, sadly what seems worse is the constant litany of self-criticism that is happening inside the head of each person every day. One of the most generous gifts you can offer of yourself is to take the time to tune into someone's judgments so as to hear their self-judgments.

This particular exercise helps me when I encounter a routinely critical person. When I hear their criticisms as self-judgments, my heart finds it easier to be more compassionate. Their negative thoughts about themselves touch upon hidden beliefs I may hold about my own Self, and I see our common connection through our choice of needless suffering.

Step 1. Spend a day listening to people around you and particularly focus on someone if they appear upset, hurt, or sad about something that has happened in their lives. Try to pick out phrases that sound as if they are judging or assigning blame to another person. You might hear someone say phrases that include the words "should" or "shouldn't."

Step 2. Later create a chart in your journal with two columns: one entitled "Judgment" and the other "Self-Judgment (I don't like myself when...)."

Step 3. Write down other people's judgments under the first column.

Journal Examples

Judgment	Self-Judgment (I don't like myself when...)
1. You [shouldn't] make random choices about how to live your life.	
2. Instead of complaining about work, people should do something that makes them happy.	
3. People who fail to obey the rules drive me nuts.	
4. You shouldn't believe that you're not worthy of love.	

Step 4. Rewrite each Judgment from the first column as a Self-Judgment in the corresponding row under the second column by replacing personal pronouns with 'I.' Start each Self-Judgment with the phrase "I don't like myself when."

Journal Examples

Judgment	Self-Judgment (I don't like myself when...)
1. You [shouldn't] make random choices about how to live your life.	I don't like myself when I make random choices about how to live my life.
2. Instead of complaining about work, people should do something that makes them happy.	I don't like myself when I complain about work instead of doing something that makes me happy.
3. People who fail to obey the rules drive me nuts.	I don't like myself when I fail to obey the rules.
4. You shouldn't believe that you're not worthy of love.	I don't like myself when I believe that I'm not worthy of love.

Step 5. Read the first Judgment and imagine the person and the context of the situation that prompted their criticism. Then read the corresponding Self-Judgment and imagine that same person saying these words to themselves instead. If you are close to this person, do you see how this Self-Judgment plays a part in their behavior and choices about life? Can you feel the heavy burden this person is carrying in their heart by believing in this Self-Judgment? Are you able to hear this person better and have empathy for them? Notice your reactions and write down some thoughts in your journal.

Journal Example

By reading the self-judgments, I was able to take a step back and be objective about what each person was saying. I felt less caught up in their anger and frustration and able to be more of an observer. I didn't feel like running away or trying to find solutions to their problems.

I felt myself softening a great deal when I read the self-judgment "I don't like myself when I fail to obey the rules." This is a person in my life who is extremely rigid and seems to derive self-confidence by getting others to conform. After reading their self-judgment, I felt the heavy weight of perfection they may try to live up to in themselves and felt myself opening to being more compassionate when I listen to them.

Exercise: Practice Affirmations as Empathy for Others

When you sense that the present moment is always working towards the most favorable outcome, and the world is completely balanced, then you are living from a place of wholeness. To be truly happy, you need to feel both a connection to this dynamic moment, and the understanding that you are sharing the best parts of yourself.

Positive affirmations help you stay engaged with the present moment so that you find space to give the best of yourself. Internally you may be silently repeating an affirmation, but this simple action could lead to hearing a person from a new point of view or feeling a sense of letting go. With a positive affirmation you intentionally make yourself the point of origin for the next outcome. The beginning of any moment starts with you. Positive affirmations suspend time, allowing you make a conscious choice as to how you use your power to act.

One way to recognize your relationship to others is to change the personal pronouns in your positive affirmations from “I” to “you” or from singular to plural. This simple shift in wording can change your perception from focusing primarily on self-empathy to empathy for others.

Imagine what it might feel like to be in the middle of an argument with your partner, and you pause to say silently to yourself, “Your heart is a perfect song” or “Our hearts are a perfect song.” Would you laugh? Smile? Breathe easier? Listen deeper? Notice more? Relax?

Step 1. Memorize one of your affirmations in plural form or change the personal pronoun from “I” to “you” and for one week practice saying it to yourself while interacting with others in both positive and negative circumstances. Acknowledging that we are interconnected by using language that binds us together could be one way you open to feeling empathy for others.

Original Affirmations	Affirmations for Interconnection
My heart holds endless offerings.	Our hearts hold endless offerings.
I see the purity of my becoming.	We see the purity of our becoming.
Opening is my destiny.	Opening is our destiny.
I let go and am radiance.	We let go and are radiance.
I trust a heart awakening.	We trust a heart awakening.
I am an unending flow.	We are an unending flow.
I surrender to the beauty of others.	We surrender to the beauty of others.
My giving creates pure being.	Our giving creates pure being.
I hear love inside every word.	We hear love inside every word.
I am manifesting my significance.	We are manifesting our significance.
I hear my inner knowing.	We hear our inner knowing.
My heart is a perfect song.	Our hearts are a perfect song.
In loss I am infinite love.	In loss we are infinite love.
I know nothing and am utterly perfect.	We know nothing and are utterly perfect.
I am a letting go – an absolute still point of divine existence.	We are a letting go -- absolute still points of divine existence.

Journal Examples

Original Affirmations	Affirmations for Interconnection
My heart holds endless offerings.	Your heart holds endless offerings.
I see the purity of my becoming.	I see the purity of your becoming.
Opening is my destiny.	Opening is your destiny.
I let go and am radiance.	You let go and are radiance.
I trust a heart awakening.	I trust your heart is awakening.
I am an unending flow.	You are an unending flow.
I surrender to the beauty of others.	I surrender to your beauty.
My giving creates pure being.	Your giving creates pure being.
I hear love inside every word.	I hear love inside your every word.
I am manifesting my significance.	You are manifesting your significance.
I hear my inner knowing.	I hear your inner knowing.
My heart is a perfect song.	Your heart is a perfect song.
In loss I am infinite love.	In loss you are infinite love.
I know nothing and am utterly perfect.	You know nothing and are utterly perfect.
I am a letting go – an absolute still point of divine existence.	You are a letting go – an absolute still point of divine existence.

COMING HOME

The minute you get lost in identification with your personality to the exclusion of identification with your soul you've lost it. There are a thousand times each day that you lose it, and if you get caught in your soul to the exclusion of your personality you've lost it equally as much.

– Ram Dass

Lemonade Mantras uncovers negative core beliefs that are rooted in the storyline created by your personality. It uses the context of language to catch yourself identifying with negative thinking, bringing awareness back to the present moment where you can make new choices that rescript your life. Through this process you break the cycle of your negative thinking and habitual behaviors so that you have an opportunity to carve out a new direction, take a different path, and rescript your outcomes into something you've never seen before.

Lemonade Mantras distracts you from addictive behavior and obsessive thinking patterns. You witness your body, feelings, needs, and judgments so as to create a personal recipe of positive affirmations that move you towards wholeness – a sense of being at home with the Self and at home in the world. In addition, it builds a solid foundation of self-empathy that invites you to expand your compassion for others, allowing you to see the words and actions of other people in a new light.

Repeatedly using your personal recipe of positive affirmations that grow out of the *Lemonade Mantras* practice builds new neural pathways in your brain that may change your whole way of thinking. Addictions that you routinely grasped for in the past – strategies used to fulfill a need – may begin to diminish (e.g., food, shopping, smoking, drugs, alcohol, television, work, relationships, gambling, etc.). Also, you may find yourself choosing acceptance as a way to create happiness and peace rather than forcing change in your relationship with others.

Moreover, done with consistency, *Lemonade Mantras* will demonstrate that all universal needs ultimately seek to be reduced down to one need – the need to be whole, to experience that inexplicable oneness that is being at home with the Self. This need for wholeness is fulfilled without doing anything – it's ever present and available to you in every moment.

All needs dissolve into one need – the need for wholeness.

Lemonade Mantras acts like the training wheels on a bike, where in time you take them off and learn to balance on your own. When you see love underneath every trigger event, the bitter moments of life, you will know that *Lemonade Mantras* is simply a framework to be dismantled. No longer holding onto a particular belief or version of reality, you will feel content residing in the sweet spot, the space between your compassion for all beings and the rich emptiness found within the present moment. This knowing is you coming home.

RESOURCES

Additional Reading

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- Rosenberg, Marshall B. *Nonviolent Communication: A Language of Life*. Encinitas, CA: PuddleDancer Press Book, 2003.

Compassionate Communication Web Sites

The Center for Nonviolent Communication
 5600 San Francisco Rd. NE Suite A
 Albuquerque, NM 87109
 Phone: 505-244-4041
 USA Toll free: 800-255-7696
www.cnvc.org

Oregon Network Compassionate Communication (ORNCC)
www.orncc.net

Wise Heart, LaShelle Lowe-Chardé
www.wiseheartpdx.org

List of Feeling Words: What do I feel when my needs ARE NOT met?**Scared**

Frightened
Mistrustful
Bewildered
Disturbed
Startled
Shocked
Afraid
Dread
Unsafe
Alarmed
Freaked Out
Worried
Terrified
Concerned
Panicky

Sad

Disappointed
Discouraged
Disheartened
Depressed
Hopeless
Despair
Sullen
Gloomy
Unhappy
Dejected
Morose
Bummed Out
Glum
Rotten

Irritated

Cranky
Crabby
Grouchy
Impatient
Dissatisfied
Frustrated
Aggravated
Annoyed
Agitated
Thwarted
Impotent
Grumpy

Hostile

Dislike
Disgusted
Repulsed
Grossed Out
Contempt
Horrified
Defiant
Antagonistic
Hateful

Angry

Disgruntled
Resentful
Furious
Enraged
Upset
Hateful
Mean
Mad
Irate

Anxious

Tense
Nervous
Overwhelmed
Stressed
Jittery
Stiff
Moody
Edgy
Touchy
Out of Sorts
Uptight

Exhausted

Tired
Sleepy
Fuzzy
Depleted
Sick
Worn Out
Listless
Burnt Out
Beat
Weary
Slow

Pain

Grief
Hurt
Lonely
Miserable
Devastated
Desperate
Heartbroken
Bereaved
Troubled
Achy

Detached

Bored
Disconnected
Distracted
Withdrawn
Reserved
Lifeless
Aloof
Numb
Dull

Guilty

Self-Conscious
Embarrassed
Ashamed
Awkward
Regret
Dirty
Unworthy

Confused

Uncertain
Ambivalent
Lost
Hesitant
Torn
Puzzled
Unsure
Spacey
Indecisive
Shy

Sensitive

Fragile
Shaky
Defensive
Insecure
Humiliated
Helpless
Leery
Guarded
Vulnerable

Jealous

Envious
Bitter
Longing
Yearning
Nostalgic

Uncomfortable

Restless
Uneasy
Unnerved
Surprised

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

List of Feeling Words: What do I feel when my needs ARE met?

Happy	Confident	Grateful	Excited	Relaxed
Optimistic	Hopeful	Thankful	Thrilled	Calm
Good Humored	Empowered	Appreciative	Exhilarated	Rested
Hopeful	Responsible	Admiring	Engaged	Mellow
Joyful	Intelligent	Gracious	Energetic	Rejuvenated
Delighted	Approachable	Moved	Stimulated	Refreshed
Cheerful	Adequate	Tender	Aroused	Comfortable
Glad	Fulfilled	Touched	Exuberant	Tolerant
Elated	Satisfied	Expansive	Ecstatic	
Pleased	Complete	Humble	Overjoyed	
Giddy	Content	Giving	Animated	
Jubilant	Honest	Sharing	Dazzled	
Easygoing	Open	Sincere	Eager	
Lighthearted	Proud			
Sunny	Solid			
Adventurous	Healthy	Loving	Peaceful	Safe
Amused	Open minded	Affectionate	Harmonious	Relieved
Courageous	Genuine	Understanding	Balanced	Connected
Resourceful	Alive	Friendly	Graceful	Secure
Spontaneous	Radiant	Welcoming	Serene	Assured
Creative	Beautiful	Empathetic	Gentle	Trusting
Brave	Lively	Warm	Flowing	Reliable
Playful	Vibrant	Openhearted	Centered	Certain
Passionate	Upbeat	Compassionate	Blissful	
Enthusiastic	Glowing	Supportive	Whole	
Motivated	Youthful	Sympathetic	At Ease	
Invigorated	Active	Fervent	Tranquil	
Outgoing	Bright	Helpful	Quiet	
Carefree	Strong	Caring	Still	
Daring	Mature	Kind	Light	
Free	Natural			
Bold				
Fascinated	Focused			
Curious	Alert			
Wonder	Awake			
Intrigued	Productive			
Amazed	Conscientious			
Enchanted	Adaptable			
Interested	Clearheaded			
Absorbed				

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

List of Needs: What do I need to be my best Self?

Connection	Purpose	Authenticity	Expression	Independence
To be Understood	Meaning	Honesty	To Share Stories	Individuality
To Be Known	Intention	Integrity	To Be Creative	Empowerment
Appreciation	Self-Worth	Real Presence	To Be Seen	To Be Separate
Shared Values	Competence	Thoughtfulness	To Teach	Time to Think
Consideration	Contribution	Awareness	To Invent	Self-Reliance
Acceptance	Recognition	Self-Respect	To Reinvent	Freedom
Conversation	To Be Effective	Respect	To Envision	Options
Social Interaction	To Accomplish	Patience	To Build	Choice
Mutuality	To Be Valued	Tolerance	To Inspire	Space
Feedback	To Matter	Fairness	To Talk	
To Listen	To Share	Truth		
To Be Heard	To Serve			
Security	Nurture	Spirituality	Celebration	Belonging
Trust	Affection	Compassion	Honor	Companionship
Stability	Warmth	Communion	To Praise	Collaboration
Shelter	Caring	Groundedness	To Offer Thanks	Community
Routine	Self-Care	Reconciliation	To Give	Cooperation
Reassurance	Bonding	To Rejoice	Shared History	Participation
Emotional Safety	Comfort	Forgiveness	Shared Culture	Partnership
Physical Safety	Self-Empathy	Harmony	Reunion	Friendship
Consistency	Empathy	Healing	Mourning	Inclusion
Dependability	Food/Water	Grace	Aliveness	
Accountability	Exercise	Hope		
Responsibility	Sleep	Faith		
Adaptation	Rest			
Leadership				
Protection				
Peace	Growth	Play	Intimacy	
Wholeness	To Learn	Curiosity	Love	
Relaxation	To Practice	Laughter	Closeness	
Balance	Healthy Risks	Humor	Relationship	
Optimism	Change	Movement	Sensuality	
Stillness	To Discover	Happiness	Sexuality	
Beauty	Information	Spontaneity	Support	
Clarity	To Understand	Adventure	Touch	
Quiet	Challenge	Pleasure	To Embrace	
Calmness	Goals	Energy	To See	
Order	Focus	Fun		
Ease	Birth	Joy		

This word list is based on the work of Marshall B. Rosenberg and the *Center for Nonviolent Communication*, www.cnvc.org.

