

Tool 4.6: Personify and disarm

Date:

The urges you feel aren't you. They're an impulse or a reaction—something separate from you. For some, personifying urges can create a helpful boundary. It also helps something abstract feel more concrete and manageable.

Name	Ex: The whiner, the lobbyist, the hurt child
What you say or do to them	Ex: I see you and I am in control here; I hear you and don't need your help anymore.
What happens when you say it	Ex: They lose their power, they dissolve, they move on