

The Bible

Main Points:

- express emotions do not repress, let the emotions be
- constant feeling shitty = constantly perceiving something in a particular way
- work off of trigger, feeling, thought, action model
- recall everything from before, use tftam with honesty
- use honesty as certain thought patterns about important things like why I'm trying to get better, how I interact with people can be falsified
- have hope
- indoctrinate new mindset about stuff

Important Note

COUNTINUOUS EMOTION IS INFLUENCED BY A CONTINUOUS STREAM OF INPUT

if $y = f(x)$ was a function prescribing my mental state then y would be the emotions and x the events or thoughts or actions on the part of others with thoughts acting as a medium to parse what y really means

- The problem is with how the input is parsed, work on the parsing of the input, the parsing of the input can also include the reasons behind why I am even trying to get better can have to do with guilt and shame. The input is constant, so to combat this the parsing also needs to be constant
- Constant parsing/thinking of thoughts
- work with the input to the function ie how I perceive things

Trigger Feeling Thought Action Table

Trigger	Feeling	Thought	Action
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Stuff to Internalise

- Establish that you can be much much more than you are at this moment
- Establish that your self has to do with why you do things, why you think, interact, why you do things how you do them
- Establish that the word for the reason of wanting to do things is "motivations"
- Establish that there are external things that motivate you to do things
- Establish that some of these external motivations you don't have to gratify as they are to do with other people
- Establish that you can simulate others demanding from you
- Establish that others can demand from you
- Establish that these demands can either be rational ie something to do with how or something
- Establish that some of these demands can be irrational, ie something to do with who you are, forcing you to create an external locus of control
- Establish that latter need not be satisfied
- Establish that no one demands something from you until or unless it is explicitly stated that they are demanding you to hand them the locus of control for your personality
- Establish that this locus of control can also have to do with societal expectations of who you are
- Establish that these expectations are just that, expectations, and nothing more and that you can let them go
- Establish that without these expectations you are alone and that you are free and that you are not who you were
- Establish that a compliment does not mean fealty to the one who compliments and rather is a sign of a deeper relationship

Phase 3.1: Authenticity in romance and in :

- Establish that romantic relationships do not require you to blindly hand over the locus of control of your self
- Establish that a romantic relationship is a combination of physical attraction and a perceived sense of emotional safety
- Establish that in an ideal romantic relationship individual locus of controls stay with the individuals
- Establish that the relationship in and of its self is a combination of the strength of your platonic relationship with the person and the romantic ideation you have to do with relationships
- Establish that you are two silhouettes of solitude in a relation where in you add to each other in who the other person is without demands or taking something away

- Establish that in an ideal relationship:
 - you should be able to express
 - you should be able to hear
 - you should have the freedom of safety