

## **What do you think of people in the world?**

I am neutral toward people in the world. I don't connect to strangers; however, I am fine with it. I am polite and sometimes helpful when needed. If I see someone needs help and I am capable to help, I will offer my help. It makes me feel good about myself. I feel useful and happy inside.

I remember a family that we would go to visit and my father would take food and money to them because the head of the family was in jail and the mother couldn't support the family alone. I remember going to their home and playing with those kids and feeling happy that I was part of this process.

## **How do you feel about people in the world?**

In general, I am ok with everyone. However, as soon as a man becomes needy I go to the place that men are users. If you give them room, they will take an advantage of you and the situation. I just have to be sure that they know where they are standing with me. Men are needy and will always find someone else to carry their weight and responsibilities.

I am indifferent with all at first; however, as soon as I learn that a person has a specific religion, my guards go up. I know in my heart that he or she is going to take an advantage of me or the situation. This comes from the 16 years of marriage experience. I experience that society and learn about their religious behavior, traditions and culture.

## **How do you behave toward people in the world?**

I am usually kind to everyone. Try to be helpful when needed. I usually don't start conversation with stranger and don't make connection, however, if someone starts a conversation I will get involved. I am not good at starting a conversation and keeping alive.

## **How does the way you think, feel, and behave toward people in the world impact your life and others' lives?**

I don't make connection; therefore, I can miss knowing someone that can be fun and the connection that it could create a good memory and experience for me. I see this shyness in me all the time. For example, I go to the same restaurant over and over, but they won't remember me. On the other hand, I have a friend that wherever he goes everyone remembers him. He has the charisma. He just simply show interest on people and talks to them, and the restaurant owner remembers him next time he goes there. I have tried to do that but I never have the same impact. My sentences are short, sweet and to the point. And therefor no connection.

## **When people in the world are looking at you, how do you assume they feel about you?**

She is polite.

**How has the way that you assume people in the world think, feel, and behave toward you when they are looking at you impacted your life and others' lives?**

I am ok with this group of people. I can't be connected to everyone I see in a day.

### **Tracking and Releasing Your Emotions**

There is no negative emotion to be released.

**When you say (fill in your highlighted response), how do you feel?**

I am ok with these group of people. I can't be memorable to everyone that I see on a daily based.

However, if I know someone and they don't remember me I get sad. I ask myself, why they can't remember me.

**Where do you experience this feeling in your body?**

NA

**On a scale of 0-to-10, what is the intensity of that feeling?**

NA

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time you ever experienced this feeling and told yourself \_\_\_\_\_ (fill in the phrase with the negative association).**

NA

**What do you think he or she thinks about him/herself?**

**What does she or he feel about her/himself?**

NA

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

NA

**Look over what you have uncovered about this memory again. As you focus on this memory, what do you think about yourself? What do you feel about yourself?**

NA

**Where do you experience this feeling in your body?**

NA

**On a scale of 0-to-10, what is the intensity of that feeling?**

NA

**Now close your eyes and focus on the area of your body where you experience that feeling.**

NA

**Open your eyes. What is the intensity of that emotion from 0-to-10 now?**

NA

**Breathe deeply. After a few moments, focus on that emotion and say to yourself “release.” Relax your breath and take a moment to simply rest. Then open your eyes.**

NA

## **Chapter Three**

### **What do you think of your acquaintances and extended family?**

I prefer not to have any relationship with extended family. I call them once a year if any on New Year. I

don't have anything in common with them and really don't know them.

As to the acquaintances, I am ok with them in most times. They are all fun and interesting to get to know. But it is always hard to make relationship with them. I don't think they remember me.

### **How do you feel about your acquaintances and extended family?**

I am indifference. Usually I choose the ones that I want to talk to and make connection. I am comfortable to be around them. I do feel that I am not memorable. I can connect with someone in a gathering, however, the next time I see that person, he or she doesn't remember me, just like it's a first time she is seeing me.

### **How do you behave toward your acquaintances and extended family?**

I am polite but choosy. I don't talk to everyone but at the same time I am polite if I am approached.

I am shy. I usually don't understand most of the jokes that they make or the subjects that they speak about because they are referring to their school experience or a movie that I haven't seen, so it is hard to connect or get involve with the conversation.

### **How does the way you think, feel, and behave toward your acquaintances and extended family impact your life and others' lives?**

I don't think there is a much of impact. If I choose to have a relationship with someone I do otherwise I won't. In the Persian community, I feel most times people would enjoy getting to know me and would like to get close. I am picky and have a standoffish attitude that will not allow people to get too close. I have to want to know a person in order to put an effort to talk to them, otherwise, I am polite but ignore them passing the basic greetings.

### **When your acquaintances and extended family are looking at you, what do you assume they think about you?**

I am a strong and independent person. I am successful and capable.

**When your acquaintances and extended family are looking at you, how do you assume they feel about you?**

I think I am stuck up and unapproachable.

**When your acquaintances and extended family are looking at you, how do they behave toward you?**

With respect. They consider me someone of authority.

**How has the way that you assume your acquaintances and extended family think, feel, and behave toward you impacted your life and others' lives?**

There is no impact.

**When you are present with your acquaintances and extended family, what do you think about yourself?**

I don't think of myself. I am ok with myself.

**When you are present with your acquaintances and extended family, how do you feel about yourself?**

I am ok with myself.

**When you are present with your acquaintances and extended family, how do you behave toward yourself?**

Comfortable, with confidence. However, sometimes I feel shy and don't want to approach someone.

**How does the way that you think, feel, and behave toward yourself when you are present with your acquaintances and extended family impact your life and others' lives?**

When I get to that shy mood, then I feel I am putting others in the awkward situation. There isn't much to talk about or connect.

**Tracking and Releasing Your Emotions**

In most part I am comfortable with myself. However, I did want to find out more about that shyness feeling.

**When you say (fill in your highlighted response), how do you feel?**

(I am not memorable) Sad. Not belonging. Awkward

**Where do you experience this feeling in your body?**

In my throat and heart.

**On a scale of 0-to-10, what is the intensity of that feeling?**

5

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time you ever experienced this feeling and told yourself (fill in the phrase with the negative association).**

(I am not memorable enough for him to care for me). I was a two/three years old, living at someone's guest house. My mother was the owner's son babysitter, and I was his playmate. His mother was in Europe for a long time. I remember the she came back. He ran to her and she hold her in her arms, hugging him and kissing him and took him inside the house. She didn't ask me to go with them or even pay any attention to me. I walked behind them, wanting to enter the house, but my mom hold me back. She told me that the family wants to be together, and that is not my place.

**What do you think he or she thinks about him/herself (child within)?**

**What does she or he feel about her/himself (child within)?**

She was not part of that family. She was an outsider and I didn't get the love and attention that he was getting and the toys that he was getting.

I should get the new toys as well. I am pretty and cute and I deserve to get new toys. She feels sorry for herself.

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

2.

**Look over what you have uncovered about this memory again. As you focus on this memory, what do you think about yourself? What do you feel about yourself?**

There is an awareness to the sadness that I feel every time I am looked over as an adult. I can see why my behavior changes and I act differently. I become like a little girl that wants to throw a tantrum but she has to show that she is a good girl and behaves politely. So I end up not receiving what I deserve to have and not being able to voice what I want without sadness. Frustration is coming up.

**Where do you experience this feeling in your body?**

Heart, and mouth.

**On a scale of 0-to-10, what is the intensity of that feeling?**

10

**Now close your eyes and focus on the area of your body where you experience that feeling.**

**Open your eyes. What is the intensity of that emotion from 0-to-10 now?**

4

**Breathe deeply. After a few moments, focus on that emotion and say to yourself “release.” Relax your breath and take a moment to simply rest. Then open your eyes.**

## **Chapter 4: Are You What You Do?**

### **Area #3: Your Career/Job or Education:**

#### **What do you think of your career, job, or education?**

Education and career are my pride and show my accomplishments in life. That is why I feel ashamed not being able to get my CPA license.

I worked hard for my career and education. However, I don't think I know much. I just fool everyone that I know, so I have to work hard to hide my incompetency. Somehow I always deliver, and I can produce, but I know I can do better. I can be smarter and learn more and know more. I just do enough to get by.

I didn't choose the career. It just happened. I was pushed into it. I worked hard and was shining at what I was doing because it was an easy job. It didn't need intelligent.

Right now however, I don't see myself competent. I don't see myself contributing to the company.

#### **How do you feel about your career, job, or education?**

I don't feel that I know enough. I don't trust myself and my knowledge. I know I don't know and I am fooling people. I feel most people don't want to work with me. It seems like they know that I don't know and I am incapable.

As to my education, I have the MBA degree but I don't have the knowledge of someone that has the MBA degree. I am not competent.

#### **How do you behave toward your career, job, or education?**

I own my responsibilities and I always deliver. Current job is a struggle. I think I am only here because they needed a body for the compliance. I don't see myself productive. I am afraid to move somewhere else, because I am not knowledgeable. What I used to do in the past doesn't exist anymore. It is hard to find something that matches my qualification. I have to learn everything all over and since I get hired in a very high level it is expected for me to know it already.

#### **How does the way you think, feel, and behave toward your career, job, or education impact your life and others' lives?**



My feeling of incompetency most probably shows in my action, therefore, people don't take me seriously. I don't get close to people and don't open up to let them get close to me. That would hurt the work relationship, as well as my networking possibilities. No one wants to work with a serious, dry person.

**When people who know you look at the way you approach your career, job, or education, what do you assume they think about you?**

She is pain in the neck to work with/for. She takes things very serious. All work and no play. The ones that I report to, she is not knowledgeable enough. We can't take her seriously.

**When people who know you look at the way you approach your career, job, or education, what do you assume they feel about you?**

She is a showoff. She has a big ego. She is capable, smart, and doer. She is incompetent. Very mixed feelings. It can be in either side, negative or positive.

**When people who know you look at the way you approach your career, job, or education, how do they behave toward you?**

Reserved. Unloving. Closed. Envy.

**How has the way that you assume people who know you think, feel, and behave toward you in relation to your job or career impacted your life and others' lives?**

I hurt some of people that have been around me and pushed them away. I also made a lot of good friends that rely on me and depend on me. I have grown in life faster than others that I know in my field. My strength has made life for others and help them to become better people.

**When you are present with your career, job, or education, what do you think about yourself?**

I will get it done, but I can't never deliver the best. I am not detail enough. I miss some things while building a report. I don't know enough. Am I doing it right?

**When you are present with your career, job, or education, how do you feel about yourself?**

Scared that I am going to fail. It shows as I am incapable.

**When you are present with your career, job, or education, how do you behave toward yourself?**

I judge myself at all time. I don't trust my knowledge. I don't trust what I am capable of. I question myself at all time. And at the end, I just give up and turn in an unsatisfactory work.

**How does the way that you think, feel, and behave when you are present with your career, job, or education impact your life and others' lives?**

I am in the constant state of fear and dissatisfaction. My fear transfers to people that are living with me. I am frustrated and I take on them. I don't trust my capabilities and life so I transfer that feeling to the ones that is around me. That fear is always present in my life style, and my behavior.

**Tracking and Releasing Your Emotions**

I am not worthy. I don't belong. Fear of not being smart enough.

If I didn't have to work, I would become a house wife. Do absolutely nothing. But being a house wife, I will fall behind and won't learn and become stagnated.

**When you say (fill in your highlighted response), how do you feel?**

(I am not smart enough). Helpless, angry, resentful, diminished, ashamed

**Where do you experience this feeling in your body?**

In my guts. In my lower stomach.

**On a scale of 0-to-10, what is the intensity of that feeling?**

10

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time you ever experienced this feeling and told yourself I \_\_\_\_\_ (fill in the phrase with the negative association).**

I am not worthy. I don't belong

**Open your eyes. Write down or speak this memory and what you found in visiting it. Now what is the intensity of your emotion?**

How dare you? You made me feel so shamed that I don't know something. I don't care for you anymore and don't want to be your friend anymore.

I have meditated on this several times. I can't remember the incident, but I do remember the feeling well. I brought awareness to the "I am not worthy" and "I don't belong" and have been able to release some of the emotions related to these two phrases. However, I think these are something that I have to work on several times until I get the root of it. It is a very deep pain and I see a direct connection between I am not worthy and I am not loved. My feeling is that the root of I am not loved comes from I am not worthy.

## **Chapter 5: The Cubicle Next Door**

### **Area #4: Your Coworkers and Colleagues:**

#### **What do you think of your coworkers and colleagues?**

I think they are all very nice people, until I find out someone is stupid and incompetent. If their incompetency impact my job, I will become reactionary. Of course that doesn't happen that often, maybe only three times in my 18 years of career. I don't put myself in a place to let someone else to do the job without my supervision.

#### **How do you feel about your coworkers and colleagues?**

I am ok with everyone. I just think they don't open up to me and accept me. I feel they are all polite and sweet but distance. I can't become a body with any of them. I feel that they don't want to spend the time with me and get to know me.

At work, I get frustrated when I am over looked and am not informed of what is happening. I feel I am not part of the team, and I can't connect. I always have to work harder than others to be accepted at work. I am not memorable. People don't remember who I am even if they work with me on a project. I have to introduce myself again or remind them where they know me from. Usually at work, I can't create a friendship outside the office.

#### **How do you behave toward your coworkers and colleagues?**

I am polite and helpful, but shy. I try to be available and help them with the work load. I don't get very close. I usually don't understand most of the jokes that they make or the subjects that they speak about because we have no common interest. In their conversation, they are referring to their school experience or a movie that I haven't seen so it is hard to connect or get involve in the conversation. I am not interesting.

#### **How does the way you think, feel, and behave toward your coworkers and colleagues impact your life and others' lives?**

Since we are courteous toward each other, the work atmosphere is fine, however, it is not as friendly as I like it to be. I feel it holds me back. I can't connect, so I am not in the circle and I won't get the promotion or the recognition that I deserve to get. I get looked over because I can't proof and show what I am capable of. That is frustrating. It makes me sad, depress, angry and resentful.

However, in the Persian community, I feel most times people would enjoy getting to know me and would like to be my friend. I am picky and have a standoffish attitude. I have to want to know a person in order to put an effort to talk to them.

**When your coworkers and colleagues are looking at you, what do you assume they think about you?**

She is here again. What does she need now? She is going to create more work for me. I don't have time for her. If the visit is not work related, the sense is, that they are indifferent toward me. I am not part of the group. I don't get to play with everyone else.

**When your coworkers and colleagues are looking at you, what do you assume they feel about you?**

Annoyed. They are telling to themselves," she is someone that I don't care to spend my time with. She is no fun". It is hard to connect with her.

**When your coworkers and colleagues are looking at you, how do they behave toward you?**

Short, distance, want to get to the point of the visit and finish it. It is unusual for someone come to my office for a visit.

**How has the way that you assume your coworkers and colleagues think, feel, and behave toward you impacted your life and others' lives?**

I am not growing as fast as I should be. I am not recognized. I am not motivated and connected with acquaintances. Therefore, I have lost lot of opportunities.

I don't connect with them. I can't build a friendly relationship outside work. We are polite and easy to work with but there is no connection. For example I never get invited to happy hours or lunch or gatherings that they have together. I think that is because I hold myself back. I don't think they want me there, so I don't open up and show that I am interested. I don't have much in common with them.

**When you are present with your coworkers and colleagues, what do you think about yourself?**

I think I don't have anything interesting to share, so they will be bored soon and will realize that I am not interesting. I don't belong.

**When you are present with your coworkers and colleagues, how do you feel about yourself?**

Frustrated. I blame myself that I am not familiar with what they talk about, so I can't contribute to the conversation. I have a low energy. I feel I am being judged all the time.

**When you are present with your coworkers and colleagues, how do you behave toward yourself?**

I am clumsy and shy inside and out. I am quiet. I have low energy, constantly judging myself, am I saying the right things, am I impressing them? Do they think I am smart enough to worth their time?

**How does the way that you think, feel, and behave toward yourself when you are present with your coworkers and colleagues impact your life and others' lives?**

There is no motivation. I keep quite because I am afraid I might make a mistake or say something wrong. I don't get involve with their jokes, so I automatically become an outsider. I don't have a sense of humor.

**Tracking and Releasing Your Emotions**

I don't belong.

**When you say (fill in your highlighted response), how do you feel?**

I don't belong.

I am very sad. I am in despair.

**Where do you experience this feeling in your body?**

All over my body. Despair is mostly in my heart.

**On a scale of 0-to-10, what is the intensity of that feeling?**

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time you ever experienced this feeling and told yourself \_\_\_\_\_ (fill in the phrase with the negative association).**

I do remember that someone is making fun of me because I made a mistake. I can't remember the detail, however the feeling is very much alive for me.

**What do you think about yourself (or the child that is you) as you relive this memory?**

**How do you feel about yourself while looking at this memory?**

**Open your eyes.**

She feels lonely. She thinks people are making fun of her and call her stupid. She is under the microscope and she is being judged. It was sad and depressing. I felt small, incapable, shamed. Going back to the memory, I know that it wasn't me who created this. There was someone else that made me feel like that. I allow him to take over. He didn't brought the shame to the atmosphere. He was just laughing and joking. I made it to mean something of the shame. I called myself stupid.

## **Chapter 6: The Boss Wants to See You**

**What do you think of your boss or other authority figure?**

I am the good girl that has to follow everything and meet every order. It is hard to express myself when I see something that is not correct and the work is not going to the right direction. I think that she/he has the last word, and I should not say anything above that.

**How do you feel about your boss or other authority figure?**

That he or she should take care of me and protect me. I work hard for her and make sure that she is happy, so she should do the same. I always know that she will disappointment me and will say no to my needs.

### **How do you behave toward your boss or other authority figure?**

Passive/aggressive. I try to get close and do things for her/him but if I feel that she or he is not interested then I will hide myself> I no longer try to proof myself and show my capabilities. I tell to myself, she will figure it out that how good I am or what she is missing.

### **How does the way you think, feel, and behave toward your boss or other authority figure impact your life and others' lives?**

Unproductive. I have a very strong background and am very capable. I can take charge and get things done fast and right. If my boss finds out those things on me, she can use me properly and be more successful. Our department can shine more and I can feel good about myself.

### **When your boss or other authority figure is looking at you, what do you assume they think about you?**

She is here to do some work but she is taking too much of my time asking for things. Why can't she figure things out herself? Why do I have to hold her hand all the time?

### **When your boss or other authority figure is looking at you, how do you assume they feel about you?**

She ask too much questions. She is trustworthy. She is capable, at the same time not smart enough to give her important stuff

### **When your boss or other authority figure is looking at you, how do they behave toward you?**

Polite. But reserve. I am not a priority on their list. They have time for others but not me.

### **How has the way that you assume your boss or other authority figure thinks, feels, and behaves toward you impacted your life and others' lives?**

I am reserve and shy. I don't express myself. I don't voice my opinion even when I know it is right. I don't feel safe. Therefore, I don't shine and others pass me and don't take me seriously.



**When you are present with your boss or other authority figure, what do you think about yourself?**

You don't know as much as they know. Don't say anything. They will find out that you don't know anything.

**When you are present with your boss or other authority figure, how do you feel about yourself?**

Belittle. I feel unworthy.

**When you are present with your boss or other authority figure, how do you behave toward yourself?**

Shy. Want to hide myself.

**How does the way that you think, feel, and behave toward yourself when you are present with your boss or other authority figure impact your life and others' lives?**

I am not shining at work. I don't show my potentials and capabilities.

### **Tracking and Releasing Your Emotions**

There is no negative emotion to be released.

**When you say (fill in your highlighted response), how do you feel?**

I am worthy. I don't know enough

**Where do you experience this feeling in your body?**

In my heart, head and throat.

**On a scale of 0-to-10, what is the intensity of that feeling?**

**Close your eyes. Focus on the area of your body where you experience that feeling. Go into that emotion and allow it to take you to the first time, or some important moment, when you experienced this feeling and told yourself \_\_\_\_\_ (fill in the phrase with the negative association).**

I am stupid.

**Open your eyes. Rate the intensity of your feeling now. Choose whether you are complete with the experience, or whether there is another feeling waiting to be traced and released.**

This is very much connected to I am not worthy and I don't belong feeling. The feeling is suffer now that I am aware of it and working on it. I am more active at work and taking steps to become closer to other and be more open with my manager.