

Self-mastery:

- Accepting full responsibility for your life and everything in it.
- Proposition of a continually changing end that calls for constant development.
- Course correction, awareness, and observation on that journey.

*"Without constant growth, you are now all you are ever going to be."*



***All life adheres to the confines of one of two expressions - creation or destruction.***

"What can be expected of man since he is a being endowed with such strange qualities? Shower upon him every earthly blessing, drown him in a sea of happiness, so that nothing but bubbles of bliss can be seen on the surface; give him economic prosperity, such that he should have nothing else to do but sleep, eat cakes, and busy himself with the continuation of his species, and even then out of sheer ingratitude, sheer spite, man would play you some nasty trick. He would even risk his cakes and would deliberately desire the most fatal rubbish, the most uneconomical absurdity, simply to introduce into all this positive good sense his fatal fantastic element. It is just his fantastic dreams, his vulgar folly that he will desire to retain, simply in order to prove to himself that men still are men and not the keys of a piano... the whole work of man seems to consist in nothing but proving to himself every minute that he is a man and not a piano key!"

-Dostoevsky, Notes from Underground

**Traumas / Genetics**



**Negative Emotions**

- Lonely
- Bored
- Inadequate
- Overwhelmed
- Stressed
- Empty
- Fear
- Powerless

**Coping Skills**

**Escapes**

- Alcohol/Drugs
- Eating Disorders
- Sexual Addiction
- Rage
- Gambling/Gaming
- Codependency
- Computer Gaming
- Shopping
- Lying

**Emotional Consequences**

| <u>Short-term</u> | <u>Long-term</u> |
|-------------------|------------------|
| Work              | Freedom          |

**Emotional Consequences**

| <u>Short-term</u> | <u>Long-term</u> |
|-------------------|------------------|
| High              | Hopelessness     |
| Release/Relief    | Stress/Anxiety   |
| Connectedness     | Isolated/Distant |
| Powerful          | Powerlessness    |
| Adequate          | Inadequate       |
| Accepted          | Guilty           |

