

Melissa's Notes

Workshop Session on Step 4, Col 3, First Half Only

### Step 4 Col 3

Our approach: Associate each page with a different scene in the play of your life. we begin by looking at the seven areas of Self.

#### 1. Self Esteem

this is who am i onstage  
whats my role I've assigned myself?  
my perspective here....  
its from high self esteem  
when Im resentful its high  
I am...( keep it simple, one sentence)  
ex. I am a great guy  
consider the opposite  
i fear i am bad  
this goes in fear

Look at fear, and look at opposite.  
i fear being alone  
but i also fear the opposite  
try not to repeat

#### 2. Pride:

How Others See Me...how do i want to be seen?  
mr brown; after my job and wife  
He should see im not to be screwed with  
im afraid to be taken advantage of

you know its your truth  
when it hurts to write it  
if you feel indifferent  
about what you've written  
it's probably not the truth.  
try to break away from your story  
try to go deeper  
what am I asleep to?  
What am I afraid to admit?

we're striving to uncover  
the unconscious motives  
driving our behavior....  
Remembering our behavior

is a symptom of our unmanageability  
knowing that when we sort out  
spiritually we sort out  
mentally and physically,  
we are striving to uncover  
the unconscious motives  
driving our behavior.

So far i'm just talking  
about seeing me;  
next i get into action

### 3. Ambition

what am I after?  
what the director wants out of this scene in the play?  
i want respect, recognition, praise.  
i believe you have the power to bestow some thing on me and I'm trying to get it out of this scene. What is it?

### 4. Security

the way i believe i will stay safe in the world  
what i think I need out of this  
person or situation to be OK?  
What is it I think I'll have internally,  
when I get it?

what is it that I think I need to be OK in the world?  
whats the security payoff?  
what does the director get out of it ?