

- 1 - Distraction / Red Herring (Interrupt)
- 2 - Amnesia

Pause - Stop - Breathe - Soothe

Comfort Zone Representative of Our Mother

Comfort-Pain Spectrum

The Unknown
THE ADVENTURE ZONE

Growth Zone

REGULATION

To Pursue Happiness
EGO - Conscious Awareness
To manage the Mental Team

Self
Identity - id

To DEFINE the Self

Play and explore

To Maintain the LOGICAL HEALTH

To KEEP THE UNIT SAFE

Subconscious Mind

SuperEgo

Isolate = to recalibrate

The Nurturer
Mother Nature
Caregiver

Comfort
PRISON

Discomfort



DEFENSE SYSTEM = nurtures your confidence
Comfort Zone

Trauma
Pain
Fear

- 1 - Self-Regulation
- 2 - Self-Worth
- 3 - Trust in Self/Others

Mother = How to Self-Regulate our Fears

NO IDEA HOW TO SELF-SOOTHE OUR FEAR
LESSON IS HOW TO SOOTHE YOUR FEAR SO YOU CAN LEARN

Super Mom = Tiger Mom = Spooky Moms = Over-exceed expectations to the point of death and self-sacrifice ... WE PRAISE IN OUR SYSTEM

If you are not CO-DEPENDENT AND A MARTYR FOR YOUR OWN CHILDREN = A BAD MOTHER

The Concept of Mother has been bastardized by our culture since... TOO LONG

Mothers = EXPECTED to have NO IDENTITY UNTIL AND UNLESS They have children and breed

The majority of suicides - Empty Nesters

This leads to an OVER-ENABLING NURTURER AND ALSO...

Binge-Purge Parenting

- 1 - A child who NEVER EXPERIENCES DISCOMFORT OR SELF-RELIANCE
- 2 - A child who is INVISIBLE and who ONLY gets "Love kernels"
- 3 - EXPERIENCES BOTH

Identifying your Resources

1 - Inventory skills

2 - Defining your qualities

3 - Proof of Concept - I am resourceful and I do have worth and value -

Defined what our resources = skills

Self - Love = Defined by what VALUES and qualities we have, live by, and imitate

We should not value people based on what we get from them = Wrong or bad

We have been hoodwinked and manipulated to abandon and betray and doubt the Self, so that we NEED and REQUIRE the system and the government so the system can flourish while it farms it's people for resources

Money system

Health care

Government employer laws

Medical system

Mental health system

Education system

Housing

Social Media

The Hunger Games

The Matrix

Self -

