

CONNECTION TO OTHERS

EMOTIONAL DEPRIVATION

"I'll never get the love I need" We believe that our important needs, e.g., affection, protection, caring, will not be met by others. People with this filter have difficulty trusting others, do not easily accept help from others and appear very independent or standoffish. This filter may have started when someone very important to us, (like a parent) could not provide for our needs.

BASIC SAFETY

ABANDONMENT

"Please don't leave me" We believe that anyone who comes close to us will eventually leave us. To avoid the pain of feeling abandoned, people with this filter avoid close relationships, and/or purposely (or subconsciously) do something to cause a relationship to end before the other person ends it. This filter may have developed because of a past significant loss or frequently being left alone for extended periods of time, especially during childhood.

MISTRUST

"I can't trust us" We believe that others cannot be trusted...that others will eventually take advantage of or abuse us in some way. People with this filter expect others to hurt, cheat, manipulate, lie, or put them down. Any hurt is seen as intentional. People with this filter may think of attacking the other person first or put great effort into revenge. This filter may follow severe or ongoing abuse or unfair treatment from a significant person such as a parent.

SELF-ESTEEM

DEFECTIVENESS/ SOCIAL UNDESIRABILITY

"I'm worthless", "I don't fit in" We believe that we are different from other people, flawed, bad, inferior, socially undesirable and that, if we let others get to know us, they will find out. This often leads to a strong sense of shame. People with this filter may be hypersensitive to criticism, rejection, and blame, and are self-conscious and insecure

around others. This filter may result from ongoing rejection by significant others like parents or peers.

FAILURE TO ACHIEVE

"I feel like such a failure" We believe that we cannot perform as well as our peers in areas like work, education, or sports. People with this filter may feel stupid, useless, or untalented, and often do not try to achieve because they believe they will fail.

AUTONOMY/INDEPENDENCE

VULNERABILITY TO HARM AND ILLNESS

"Catastrophe is about to strike" We believe we are always on the verge of a major random catastrophe (financial, natural, medical, criminal, etc.). No matter how well things are going, we expect trouble. We believe we can't handle life's difficulties. People with this filter may take excessive precautions to protect themselves. They may avoid pleasant activities to avoid the pain of the hurt they believe will soon occur. Some people with this filter rely on others excessively for help in areas such as making decisions or starting something new. This filter may have started after a significant trauma such as an illness or the loss of an important person.

FOCUS ON OTHERS

SELF-SACRIFICE

"Other people are more important than I am and must be put first" We believe we must sacrifice our own needs in to help others. People with this filter feel guilty when they pay attention to their own needs. To avoid this guilt, they put others' needs ahead of their own. Helping others may give them a sense of identity. This filter often leads to a sense that one's own needs are not being met adequately, and they often resent those they are taking care of. Some people alternate between self-sacrifice and feelings of entitlement. This filter may be related to excessive demands being placed on us, especially when we were a young child.

SUBJUGATION

"I'll always do it our way" We believe we must submit to others to avoid negative consequences. We surrender control over our behaviour, emotional expression, and decisions because we feel pressured by others. People with this filter often fear others will get angry or reject them if they don't submit. They may believe their own desires, opinions, and feelings are not valid or important. People with this filter are excessively accommodating and may be hypersensitive to feeling trapped. Anger is often suppressed when this filter is active. This filter may start when a person is constantly invalidated and/or made dependent on another.

SELF-EXPRESSION

UNRELENTING STANDARDS

"Nothing I do is ever quite good enough" We believe whatever we do is not good enough or not acceptable. We believe we must meet excessively high perfectionistic standards of behaviour and performance to avoid criticism (from our-self and others). People with this filter may place excessive emphasis on status, wealth, and power at the expense of relationships, health, and happiness. People with this filter often have trouble slowing down, feel pressured, and are very critical of themselves and others. This filter may be rooted in perfectionistic standards of parents or peers.

REALISTIC LIMITS

ENTITLEMENT

"I can have whatever I want" We believe we should be able to do, say or have whatever we want right now, regardless of whether it hurts others or seems unreasonable to them. Others (and the world in general) owe us. People with this filter have an excessive tendency to assert their power, force their point of view on, or control others. People with this filter may be very demanding and self-focused and are often unaware of the long-term cost of alienating other people. This filter may develop as a response to negative life experiences.