Outline

A. The brain.
   a. How does your brain work?
   b. The Stir Crazy Sign
   c. The amygdala

B. Life is difficult.
   a. What is normal?
   b. Needs and wants
   c. The trip

C. Perception is reality.
   a. Finished files
   b. Four-stage flow of human activity
   c. The rational human

D. Change is the toughest thing a human being can do.
   a. Struggle of adaptation
   b. Anxieties
   c. Neurotic Delusion of Control (NDC)

E. You can never change another human being. You can only change yourself.
   a. Winning
   b. Saving people
   c. Karpman Triangle
F. I am responsible for everything I do and say. I am not responsible for your response.
   a. You make me feel...
   b. Fight/flight
   c. BYPASS

G. The future or the past are seldom as good or as bad as we anticipate or remember.
   a. Crazy ideas
   b. The bank

H. Nobody has a squeaky-clean psyche.
   a. If only...then
   b. Your lake
   c. Dependent, vulnerable, and intimate
   d. SUCCESS

I. The only thing that lasts forever is....NOW.
   a. The therapeutic process
   b. Mentoring

References


