



1. The beautiful vase

*I am a beautiful vase. I have undeniable dignity absolute worth, and inner beauty. Without wavering, I believe every word as truth about me.*



2. Fear of Fragmentation

*For whatever reason, and perhaps for many reasons, deep in my heart I fear that someone will attempt to break my beautiful vase.*



3. Beautiful Anger

*I have undeniable dignity, absolute worth, and inner beauty (DWB) and no one may ever demean me. You have hurt me. Stop! Even if you do not, I will not become ugly and hurt back. I have inner power.*



4. Ugly, Aggressive Anger

*You demeaned me so I will demean you. I will get revenge. I will stop you hurting me by hurting you. My hurting back shows I no longer really believe in my DWB and have lost touch with my true self.*



5. Ugly, Weak Anger

*Those words hurt me. But you might be right about me. I should be demeaned. I definitely don't have DWB. I will never be worth anything. I have lost hope; it's dark inside me. I have no energy; I despair.*



6. Remembering beauty

**New Beginnings**

*I meditate upon the truth that I have undeniable dignity, absolute worth, and inner beauty. I am a beautiful vase created to do good and inspire the poetry of life.*



7. Remembering pain

*I recall the pain of being demeaned and of not believing in my awesome DWB. I feel an ugly force and a gloomy darkness trying to destroy my beautiful vase .*



8. I feel the other's pain.

*But then I remember that my inner pain and turmoil reflects their real inner life. My heart goes out to them for I know that no one can demean another unless they are blind to their own DWB and, in some way, hurting inside.*



9. My DWB guides me.

*Recalling my own awesomeness and their pain, blindness, and depression, I act according to what my heart of DWB tells me to do to restore the other's fragmented vase.*



10. Celebration

*I have transformed anger into gentleness toward the offender. I have reached the highest goal in life: I am a beautiful vase even when under attack. I have great hope for the future.*