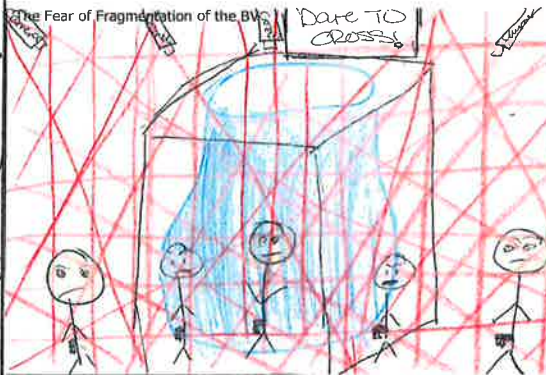




The beautiful Vase

I am a beautiful vase. I have undeniable dignity, absolute worth, and inner beauty.



Fear of Fragmentation.

I fear that someone will try to break my beautiful vase.

Good/Right/Purposeful/Core Value Revealing Anger



Beautiful Anger

No one has the right to ever demean me! Stop! I will not hurt back.

Reactive Anger - Hurt Other



Ugly Anger that Hurts others.

You demeaned me so I will demean you. My hurting back shows that I have forgotten my dignity, worth, and beauty.

Remembering the Pain from the Fear of the Fragmentation of the BV



Ugly Anger that Hurts Myself.

Others' mean words hurt me but they might be right. Maybe I should be demeaned. I feel like nobody. I feel hopeless and no energy.

Self Reflecting on the BV



Remembering beauty New Beginnings

I reflect on the truth that I have undeniable dignity, absolute worth, and inner beauty. I'm a beautiful vase created to do good.

Thwarted Anger - Hurt Self



Remembering Pain

I remember the pain of being demeaned and of not believing in myself as a beautiful vase.

The Fear, Pain, and Blindness of the other.



Feeling others' pain

Remembering that my own pain reflects others' inner life. causes me to have compassion on others. They demean me because they feel ugly.

Living in harmony with one's own DWB and the other's inner frag



My belief about my dignity, worth, and beauty guide my treatment of others.

Remembering my awesomeness and other's pain helps me to restore others' brokenness.

Reliving



Celebration.

I have transformed anger into gentleness toward the offenders. I am a beautiful vase even when under attack. I have great hope for the future.