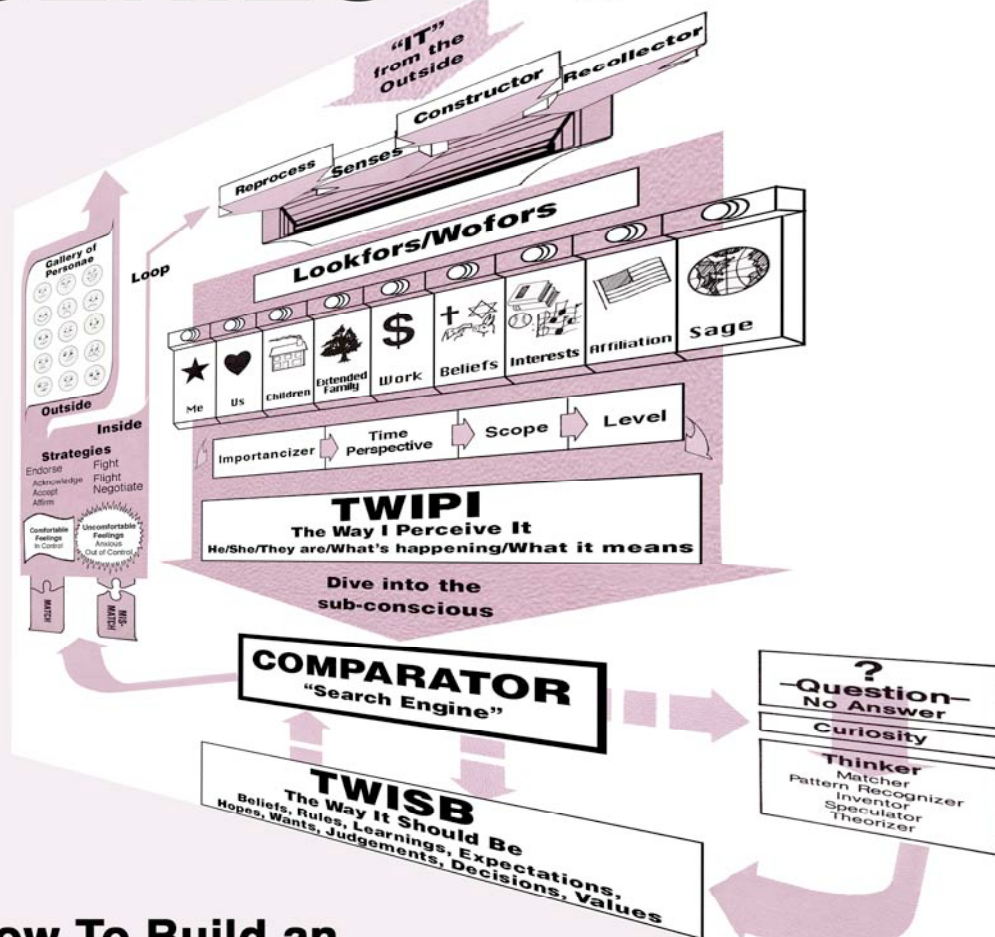


# METAMATING SERIES

by: Ken Johnston



How To Build an  
Extraordinary Relationship

## Book Two

Coping: 30 Ways to Change Your "Self-Talk"

**Metamating Series: Book Two — *Coping: 30 Ways to Change Your “Self-Talk”***

<http://www.HappierRelations.com>

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(Nobody likes to read this kind of stuff. We wish we didn't have to do it.)

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You will notice a number of strange words throughout this book. I use these words to describe functions that occur in your mind. These functions have not been given names by science or other students of the mind, so, I created words to use, and often I used words that suggest the meaning. For example I use the names “Importancizer” (giving importance to something) and “Comparator” (comparing one thing with another).

Sometimes I used acronyms, such as “TWIPI” (The Way I Perceive It) and “TWISB” (The Way It Should Be” according to at least one part of my mind).

Until real scientists name these functions, I guess you and I will have to be stuck with this odd vocabulary. I'm sorry that you are put to the task of using and recalling this rather unusual set of words.

See also: [www.Sagery.com](http://www.Sagery.com)

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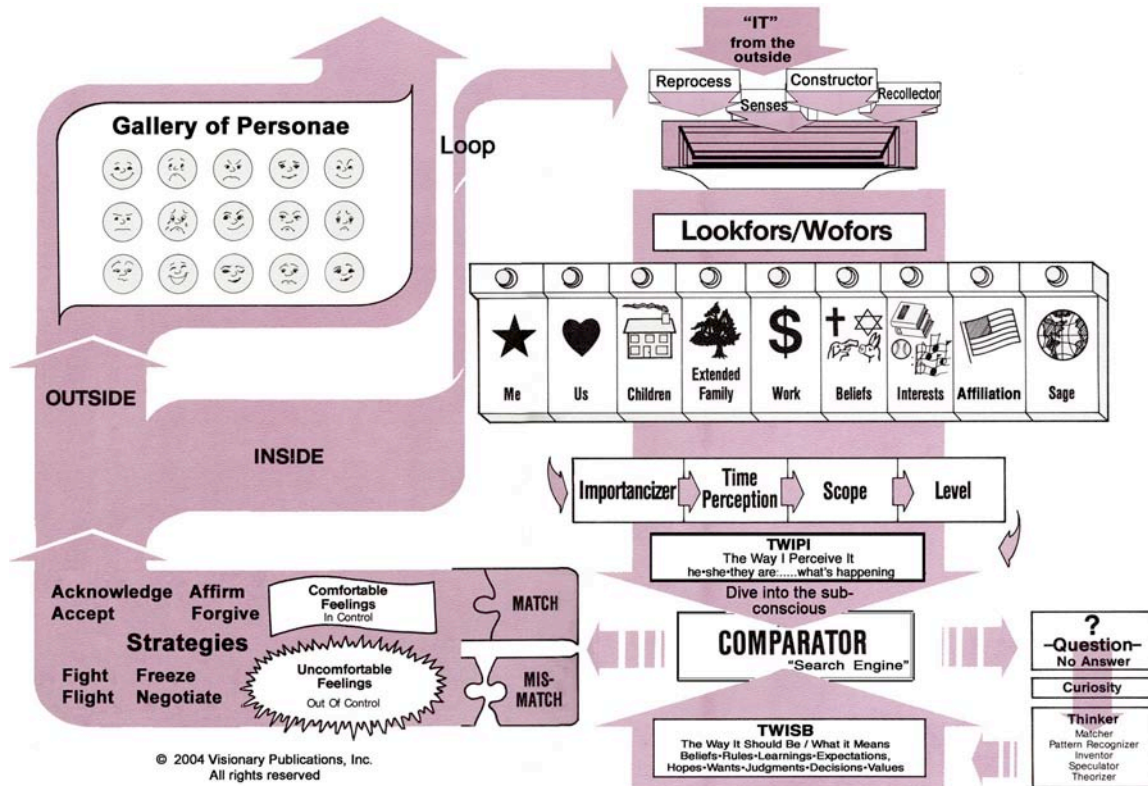
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## Chapter 1: Overview of the Sage Model

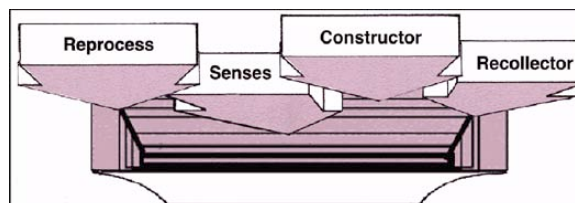
This first look at the Sage Model is a “once over lightly,” to give you a feel for the pieces and how they work together. After you see all the pieces, we’ll take some examples of individual difficulties you might have, and work through the model again with those. This is the whole model. We’ll take it piece at a time.

### The Sage Model



### First there is Some Input

**Senses:** Input into your mind can come from the outside. For example, your eyes, ears, nose, mouth and skin are constantly picking up inputs from the world around you. Your mind can choose to focus on one or more sensory inputs to process.



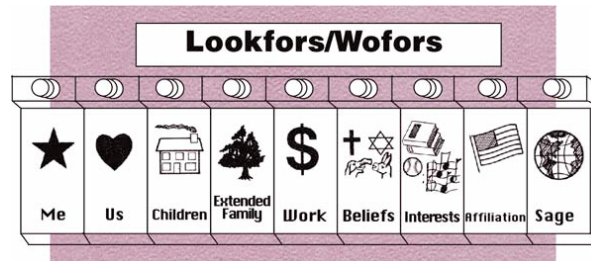
*Recollector:* Input can be recollected from the past. Your mind might select some past experience to process again. Your “Recollector” digs through your stored up memories and selects one or more to bring into your conscious mind for processing.

*Constructor:* Input can be made up, or imagined by your “Constructor.” Your Constructor can create any situation it desires. It can invent things that never happened and bring them into your conscious mind so clearly that you can see them, hear them, and feel them as clearly as though they had really happened, or might really happen in the future.

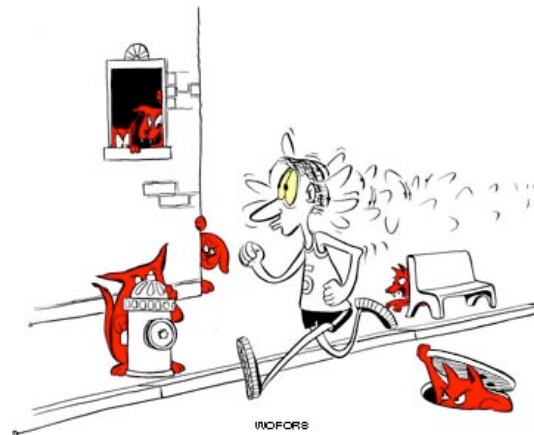
So, inputs come from: the outside (Senses), imagined situations (Constructor), and recollections (Recollector).

## Inputs Are Screened By Lookfors And Wofors

Lookfors are things that your various parts want you to “look for” in order to meet their needs. For example, when you’re interested in finding a relationship, you might have a Lookfor to screen all possible input for any sign of interesting people.



Wofors are things your parts have asked you to “watch out for.” These things represent danger or threat. For example, if you have had a bad experience with a dog, you might have set up a Wofor to watch out for any signs of dogs.



## Your Parts

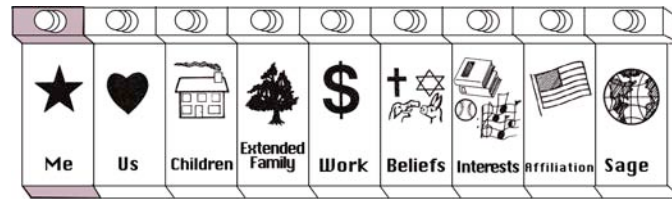
Whatever input is present is assigned to one of your parts. Most people have nine separate and distinctive parts. A part is like a complete sub-self. Each has its own goals, its



own beliefs, its own Storehouse of things it has learned. Each has its own feelings about itself. For example, one might feel very confident and okay. Another might feel lacking in confidence, and not okay. One might be strong and fully developed; another might be hardly ever used and be simply awaiting future development. Here are the nine parts.

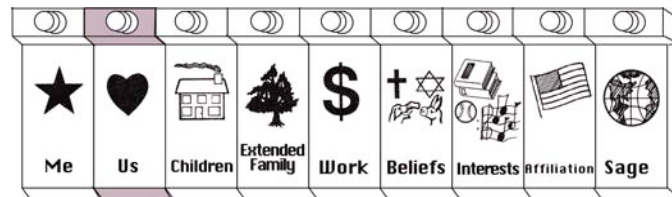
### The Me-part

The Me-part is the part of you that is in charge of taking care of you and you alone. It cares only for you and is not concerned about others. It wants what it wants when it wants it. This part is concerned about your physical self and your appetites. It gets hungry, has sexual needs, feels cold or hot, and wants to play or to rest.



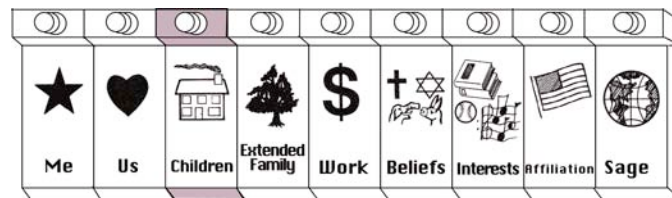
### The Us-part

Your Us-part is in charge of attracting, courting, and bonding with a mate. This part is concerned with the needs of your partner. Your Us-part cares as much about your partner's needs as its own. This part is the one that falls in love, gets infatuated, feels attractive, and becomes attracted.



### The Children-part

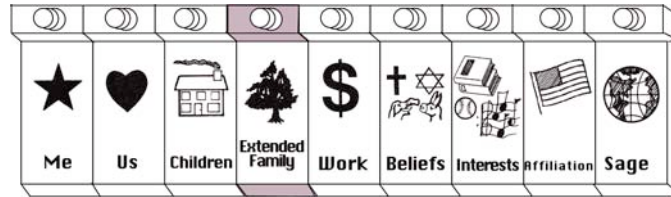
The Children-part is the parent in you. It loves and bonds with children. The Children-part is concerned less with your own needs than it is with the needs of your child or children. This is the part that needs and wants to nurture others. You use this part in caring for the sick, elderly, or those who need your help.



### The Family-part

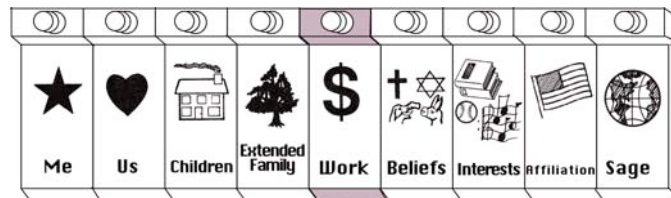
The Family-part is in charge of bonding with your own mother and father, or whoever raised you. This part has a special caring and bonding with brothers and sisters, or with aunts, uncles, grandparents, and cousins. This part has special loyalties that it reserves for your extended family. Later in life it is this part that becomes a grandparent and has special

affection and bonding with grandchildren. It is this part of you that knows that “blood is thicker than water.”



### The Work-part

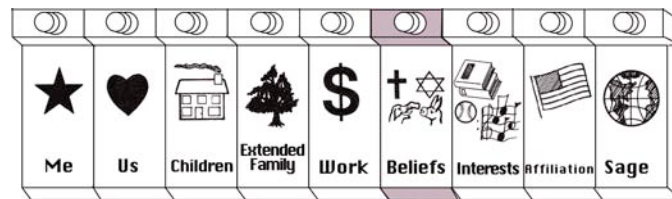
The Work-part is that part of you that works or contributes to society in some way. The Work-part can be an employee, a business owner, homemaker, a doctor, trainer, lawyer, a farmer, an artist, or one of a zillion different kinds of workers. This part is willing to put self-interest aside, and become part of a larger team that is committed to serving others. The Work-part seeks its own kinds of rewards. It enjoys achievement, and it enjoys growth and accomplishment. The Work-part frequently gets great satisfaction from the work itself.





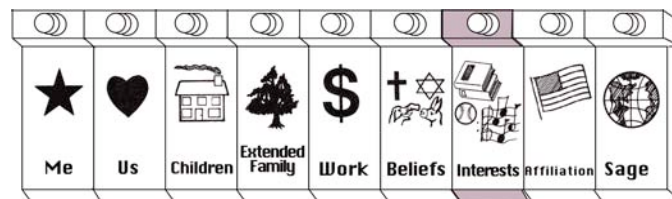
### The Beliefs-part

The Beliefs-part is that part that is in charge of choosing your beliefs and honoring them. This is the part of you that takes you to worship in church, temple or mosque. This is the part that supports others with shared beliefs. This is the part of you that has political beliefs and opinions. This part puts your other interests behind those that it believes in. The Beliefs-part is willing to join in protest marches, writes letters to political leaders, and signs petitions. The Beliefs-part is the part that makes contributions to causes that it believes in. This is the part that people use if they choose to become missionaries, or to fight holy wars.



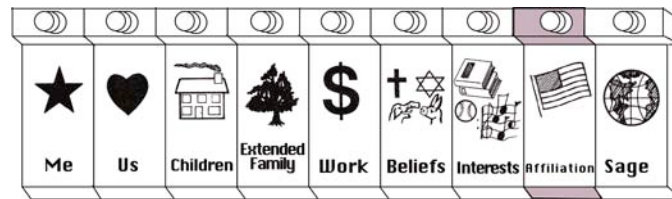
### The Interests-part

Your Interests-part enjoys hobbies or learning. If you're curious about something and eager to learn about it, that's probably your Interests-part. The Interests-part may collect stamps, study history, read books, tour museums, travel to foreign countries, or climb mountains. The Interests-part may want to watch birds, grow orchids, collect butterflies, or watch public television programming. It has the need to satisfy curiosity and discover the outside world.



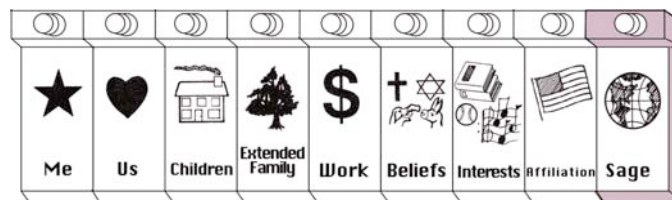
### The Affiliation Part

Your Affiliation-part is the part of you that seeks the company of others and has needs to join and be part of packs or groups. It is also concerned with *place* and bonds with others who share that place. Your Affiliation-part creates your sense of home where you live, and the sense of neighborhood around your home. It is your Affiliation-part that's patriotic and has a special loyalty that it shares with others from your homeland. Your Affiliation-part is the part of you that cheers for your team (your school, your town, your state, etc). Your Affiliation-part is willing to put all other needs aside and go to war to fight to protect your home, town, state, nation, or pack of nations.



### The Sage-part

Your Sage-part is that part of you that possesses your natural wisdom. This part can grow beyond the special interests of your other eight parts. Your Sage-part sees the world as one people. It cares for the future of the earth, and wants to protect the environment for future generations. The Sage-part is willing, when asked, to resolve conflicts between your other eight parts, in such a way that all parts get their needs met. The Sage-part respects and appreciates all beliefs. The Sage-part respects and appreciates all nations and all places. The Sage-part feels family loyalty and love for the widest possible family — all mankind.



## **Each Part Processes The Input Through A Set Of Screens**

There are screens that affect perceptions. Those screens are: beliefs, learnings, feelings of okayness or not, some sense of dominance or submission, and a sexual screen. That means that whatever you take in as input (perceive) is modified by your screens.

### **Beliefs**

Each part has its own beliefs. These beliefs can be in conflict with beliefs held by other parts, though these conflicts seldom come into your awareness because only one part at a time is active.

### **Learnings**

Each part collects a body of experiences as it grows. Often those experiences give rise to learnings that are stored for future use. Each new input processed by each part is passed through these prior learnings to see if there is agreement or if there is conflict with past learnings.

### **Feelings of Okay-ness or Not-okay-ness**

Past successful experiences give rise to positive feelings and confidence. Past unsuccessful experiences by that part may give rise to negative feelings and lack of confidence. Confidence is the memory of past successes.

Each part collects its own positive and negative feelings. So, a given person might feel very okay and confident in his or her Me-part, because that person has had his or her needs met. Yet, this person may have negative feelings and little confidence in the Us-part. This is a common situation for young people who have well developed Me-parts and are just beginning to develop their Us-parts. Each new input is processed through this screen of okay or not-okay feelings.

### **Some Sense of Dominance or Submission**

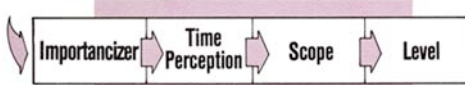
If the input being processed comes from another person (rather than from an idea, or event, or something else), then the dominance/submission screen is energized and the processing will include the effects of your feelings relative to that other person. For example, if you're processing an idea proposed by someone, and you're processing that idea with your Me-part, your conclusions about that idea will be affected by your feelings of dominance or submission toward that other person.

### **A Sexual Screen Relative to Your Sexual Orientation**

A person with a male sexual orientation processes all input through a male point of view. A person with a female sexual orientation might process that same input quite differently. We don't even notice that we have a sexual screen, or that we are processing things differently from those who have the opposite screen. It is this screen that accounts for much of the difficulty that men have in understanding women, and that women have in understanding men. It also accounts for a large part of the general misunderstandings that men and women have. This sexual screen is one part of what we call a person's "point of view."

## The Input is Given Some Level of Importance

After the input is put through the screens by the chosen part, it is then given some level of importance. The Importancizer is the part that decides how much importance to give to any input you process. Such things as your moods, the amount of sleep you get, exercise, meditation, and other physical factors affect the Importancizer. In addition, the Importancizer varies from issue to issue, depending on what needs are currently being met, or not met.



For example, on one day an issue might be given little importance. The next day that same issue could be given an extraordinary amount of importance.

## A Certain Time Perspective is Chosen

The time perspective that's chosen may vary from a time scale of "right now" to a time scale of a generation or a lifetime. The time scale chosen is one determinant in the urgency you feel about any given issue. If you frequently find yourself "hurrying" even when hurrying isn't important, then it's your time perspective that is causing this effect. The time perspective may be adjusted on any issue simply by becoming aware of it, and choosing a time frame that fits the issue.

## A Scope is Chosen

Here's an example of scope that will give you a hint of what scope is about.

Alice and Tom are having an argument. Tom says, "Alice, you are an idiot!" As Alice processes the input she can choose a scope ranging from:

- a. This single statement by Tom
- b. The most recent few transactions she has had with Tom
- c. Her recollections of the last week's transactions with Tom
- d. All of her transactions with Tom since she has known him

If Alice chooses a limited scope of this *single* statement by Tom, she might conclude that this single statement reveals Tom's real and true thoughts about her. If she chooses a very wide scope — considering all of the inputs she has had from Tom — she would perceive this single critical comment more broadly. She would see that this critical comment is only *one statement* in contrast with thousands of more positive statements she has heard from him.

## A Level is Chosen

*Level* is the final choice in creating a context in which to process some input.

Let's examine Tom's argument with Alice. Alice did something. Let's say she burned his toast. Tom reacted to what Alice did by saying, "Alice, you are an idiot." The stimulus (burned toast), and response ("Alice, you are an idiot.") are at different *levels*.

If Tom had said something directly about the toast, he would have been dealing at the same level as the burned toast, e.g. “Alice, the toast is burned.” However, Tom shifted a level. He shifted away from the level of the toast, and accused her of being an idiot.

Now, Alice can either talk about the toast, (“Yes, the toast is burned,”), or she can talk about whether or not she is an idiot (“I’m not an idiot.”). The first response would be moving *down* a level from Tom’s statement; the second would be at the *same* level. She can also move *up* one more level. If she did that, she would be moving to a “meta level,” one level higher than the level Tom started with.

Tom’s input was, “Alice, you are an idiot.” She could drop a level and talk about toast, or stay at the level Tom chose and talk about whether or not she is stupid, or she could move up a level and process this input as a “statement that is critical.”

If she chooses the higher level, the “meta level,” she might respond by saying something like, “Let’s not exchange critical statements right now. Do you want some fresh toast?”

Stimulus	Tom’s Choice	Alice’s Choices	Level
burned toast	“You’re an idiot.”	“Let’s not fight.”	Meta
		“I am not an idiot.”	Different
		“Yes, the toast is burned”	Event

In any situation where emotions are running strong, a shift to the meta level will smooth out emotions and restore thinking.

## You Then Arrive at a Perception of “The Way I Perceive It”

By the time you have processed the input, it is no longer what it once was. It could now correctly be called The Way I Perceive It (TWIPI). The input is changed:

- as perceived by your specific part,
- as modified by that part’s beliefs and past experiences,
- as modified by that part’s sexual orientation, prior learnings, feelings of dominance or submission and feelings of okay-ness, and
- as adjusted by your Importancizer and with the Time Perspective that you have chosen to use).



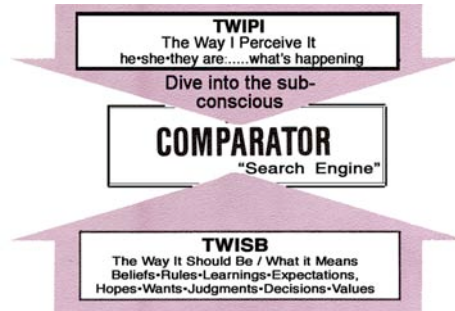
So, that’s what each input becomes: your TWIPI.

## The Comparator

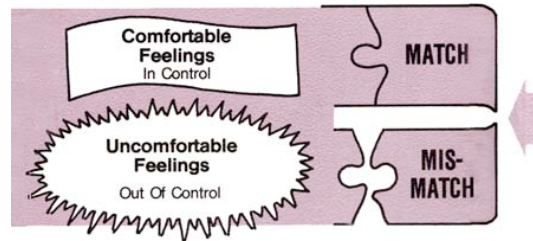
You then put the input (TWIPI) into your Comparator, where it is compared with your evaluation of The Way It Should Be (TWISB). Your TWISB is made up of all past learnings, all beliefs, opinions, past judgments — things you believe are right or wrong. Your TWISB also includes your fantasies, your hopes, dreams, and expectations.

### Your Comparator Applies Some Tests

Your Comparator has its own set of tests that are particular to you. It might use a test which requires that the match be perfect, or almost so. If it is not, then it is a mismatch. Or, the Comparator might apply a test relative to whether you tried hard enough, or whether you have pleased or satisfied someone else.



Whichever test your Comparator uses, it arrives at a *match*, saying generally “what is,” is what “it should be” (TWIPi matches TWISB). Or, a *mis-match*, saying, “what is,” is different from what “it should be.” Then you get a feeling. If things match, you get a feeling of comfort, and being in control. If you get a mismatch, you feel uncomfortable, or out of control.



Let’s say you’re open to a new relationship. You see a person of the gender you're looking for. Your senses process what you see. Your Us-part picks up the input (because you've got a 'Lookfor' for relationship prospects). It gives lots of Importance to it, and uses the Comparator to search through your storehouse of past experiences to see if you know this person. If you know the person, you respond with some friendly greeting. If you don’t know the person, your Us-part checks to see if this person in any way matches your attraction imprinting. If you don't recognize the person, and there is no match with your attraction imprinting, you might just respond as you would to any stranger. If, however, the person has some of the features you are imprinted to find attractive, you might respond with an approach behavior (a smile, an introduction, a line, or whatever signals or signs are normal for you.). This illustrates that your us-part gets a match when you see someone you know, or when you see someone you find attractive. It also illustrates that your us-part gets a mismatch when you don't know the person and the person doesn't match your attraction imprinting.

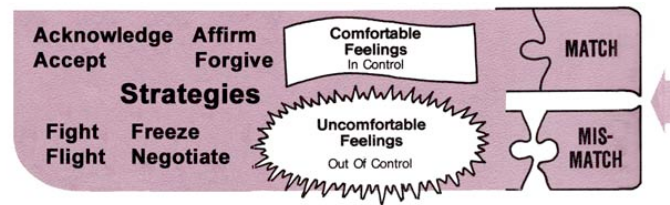


### Strategies For a Match

You have some strategies you use when things match. You might use a strategy that expresses agreement or satisfaction. You might use a strategy that acknowledges that things are as you expected. You might use a strategy that endorses or supports things being the way they are.

### Strategies For a Mismatch

If there is a mis-match, there are four strategies from which to choose: fight, flight, negotiate, or reprocess.



### Two unproductive strategies for handling a bad feeling:

#### Fight

You may argue, or disagree. The fight strategy is intended to change the way things are and make them more like you perceive they should be. You may use a strategy aimed at making the other person wrong, so you get to be right.

#### Flight

You may withdraw from the situation. You may act in a way that seems to others that you're giving up, or giving in. You may choose a flight strategy that withdraws, but with anger.

### Two productive strategies for handling a bad feeling:

#### Negotiate

A negotiation strategy might include giving feedback about the gap between the way you see things and the way you think they should be. You might ask for what you want. In negotiating you might give up a little, and the other person might give up a little to reach an accommodation.

#### Freeze (Reprocess and Re-perceive)

A productive strategy for a mis-match is to freeze. Stop to think; don't react automatically. This allows you to stay inside and re-process the input and perhaps re-perceive what is happening. This internal strategy may turn a mismatch into a match by changing one of the factors in the processing.

## There Are Many Ways to Turn a Mismatch Into a Match

You can discount the problem (make it less than it is) and make it disappear.

You can discount:

- the importance of the problem
- a person associated with the problem
- the solvability of the problem
- the problem itself

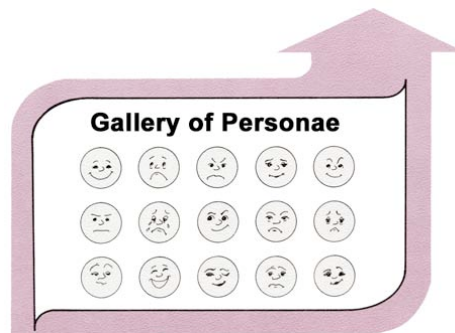
You can change

- the time perspective and discover it doesn't matter
- your expectations, in order to arrive at a match
- the test in your Comparator to allow for a match

You can re-access your Importancizer and decide it's not important.

## When you're Through Processing You Select A Persona

You have many personae from which to choose. (A persona is the way you appear to the world.) You can put on a happy, sad, or angry face. You can choose body postures, gestures, and everything that is included in body language. You have personae that sulk, whine, and pout. You have personae that are positive and forceful. You have every combination possible. Most people restrict their personae to a few, and they are normally tied in with the strategies they use to handle matches and mismatches.



## Then You “Go Outside” and Respond

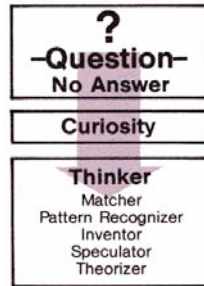
When you've finished processing, have a firm match or mismatch and choose a strategy, you select a persona and respond to the outside world in some manner.

All of the processing and screening and searching and comparing and feeling and selecting a strategy and persona, happen in fractions of a second. It all is so fast that it seems to take no time at all. You're probably unaware of it.

## A Special Case: The Question

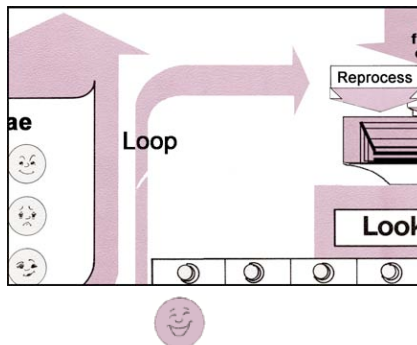
When the input is a question that's asked by someone else, or one that you ask yourself, it's processed by one of your parts. You end up with a perceived question. Your Comparator searches for an answer. If you find one, then there's a match, and a good

feeling. If no answer is found — and if it is deemed important — it's turned over to your curious “thinker” to consider. Your Comparator tests each possibility and tries to get a match, creating a feeling of relief and comfort. You select a strategy from those that handle known answers, and it is stored in memory to be used in the future.



### Another Special Case: The Loop

When the strategy you select for a mis-match is to stay inside, a loop is generated. It's called a loop because it goes round and round through the process, again and again until interrupted or until some output is created. If a good feeling results, then fantasy or arousal or pleasure may occur. If a bad feeling results, then the loop may escalate into anger, or rage, or jealousy or envy, etc.





## Chapter 2: What Does The Sage Model Teach Us?

There are three major things the Sage Model teaches: you create your own good or bad feelings, you choose your own strategies, and you produce your own internal conflict and tension.

### 1. You Create Your Own Good Or Bad Feelings

The Sage Model shows that feelings — good or bad — are the result of the many processes going on in the mind at the same time.

Feelings are shaped by the choice you make of which part you'll use to process inputs. Feelings are shaped by the questions you ask, the way they are formed, and the choice of operator for that question (why, which, what, how, etc.).

They are created by the way you perceive (the importance you give things, the time frame you select, etc.).

You create your own feelings by the tests you use when you compare the way you perceive things against the way you want, or expect, or believe that they should be.

You create your own feelings based on the contents of your storehouse of past experiences, and the way that storehouse shapes the contents of your TWISB. You create your own feelings by the beliefs you choose to adopt, and the impact they have on your perceptions of how things should be.

### 2. You Choose Your Own Strategies

You choose your own strategies. Some of them get you what you want, and some others get you what you may not want.

The Sage Model demonstrates that you have strategic choices, and that you have the ability to choose which you'll use. The Sage Model offers a new method for choosing your strategies.

### 3. You Produce Your Own Internal Conflict And Tension

The Sage Model demonstrates the sources of internal conflict and tension. You learn that everyone has internal conflicts, and that they are used to shape the choices that you make. The Sage Model also offers a new way of resolving these conflicts. You learn that it's possible to have a new approach that provides peace of mind and inner harmony, and at the same time have a way of meeting all your needs and getting what you want.

#### A. Parts Conflicts

Conflict between parts is one important source of dissonance and internal conflict. For example, one part may want to work and another may want to play or pursue another interest. One part may want to attend to the needs of the children, while another may need rest, or peace and quiet.

Without awareness of the Sage Model, these needs are met one at a time, with one part getting what it wants while the other part creates a growing tension until it gets what it wants.

## B. Conflicting Beliefs

Another source of internal conflict is between conflicting beliefs, learnings, rules, etc. in your TWISB.

A person might have two deeply held beliefs that conflict. For example, someone might have one belief that it's important to have a warm loving relationship, and also hold a belief to "Never trust a woman (man)."

Each of us is filled with many conflicting beliefs. Conflicting beliefs or learnings produce inner tensions and sometimes keep us from meeting our goals.

The concepts taught through the Sage Model offer a whole new approach to dealing with beliefs. It offers a new set of "meta" beliefs (beliefs about beliefs), which will provide a way of resolving conflicts. For example, one Meta belief about beliefs is:

*"Beliefs are chosen."*

This puts the responsibility for what you believe on *you*, and gives you a choice of the beliefs that you'll adopt. Another Meta belief is the belief about beliefs that

*"The purpose of a belief is to make us happy, give us peace of mind, and enable us to get what we want in life."*

By understanding the purpose of beliefs, we become able to choose those that satisfy the purpose, and give up those beliefs that create pain, hurt, or dissatisfaction.

## C. Failure to Test Strategies in Terms of Desired Outcomes

We also create inner conflict by choosing our strategies without paying attention to the outcomes they produce. For example, the woman who wants a loving relationship might find herself reacting to her thoughtless partner with anger and criticism. The result of her strategy achieves the opposite of the outcome she desires. Instead of bringing her closer to her partner, she is further apart.

The Sage Model helps to demonstrate that strategies can be chosen based on the outcomes produced. The Sage Model also offers a method of assuring that you choose strategies wisely, by requiring that the desired outcomes be chosen and specified.

Without being clear about the outcomes you want, it's too easy to choose strategies based on habit or belief. For example, a person may choose an unproductive strategy because they "believe" that this particular strategy is the "right" way to handle a certain situation, regardless of the outcome they actually get.

Another cause for unproductive strategies might be a "belief" about what kind of a person one is. For example, someone might hold the belief "That's the way I am." This belief discounts the person's ability to choose strategies based on outcomes.

## D. Failure to Be Clear About What You Want

Most people are unclear about what they really want. They don't know the outcomes that they want, and so they fail to *choose* the ones they want, i.e. "If you don't know where you're going, any road will get you there."



The Sage Model demonstrates that we are totally in charge of creating what we are, and what we get in life. It also offers a solid strategy for choosing what you want, and a method of assuring that strategies are tested for the outcomes you really desire.

### Notice the Path of the Guru, or the Missionary

People have sought wisdom, peace of mind, and inner harmony in many ways. Most of the ways we've heard about maximize the use of one part, and eliminate all of the other parts in order to avoid inter-part conflicts. This means that all other parts are given little or no importance. For example, consider the guru in a cave. All creature comforts and key needs are ignored. There is no spouse, no children, no family, no beliefs, no interests, and no loyalties. There is just the Me-part.

Some systems include *no* beliefs or *all* beliefs. Others include a specific *set* of beliefs. Most strategies seek one — and only one — desired outcome, which is usually not practical or reachable, e.g. enlightenment, transformation, oneness with the universe, etc.

In less extreme cases, we find the workaholic who maximizes the Work-part and discounts other parts. You may know the super mom who maximizes the Family-part, or the alcoholic who maximizes the Me-part, or the zealot with the Affiliation-part, or the missionary with the Beliefs-part, and so on. These choices are made as an attempt to achieve peace of mind, by reducing inter-part conflicts. This strategy fails because the discounted needs of the other parts are always out there, waiting for their opportunities have their say.

### Another Way

The Sage Model shows us that there is another way: Sage-part resolution of inter-part conflicts, while assuring that each part gets its needs met. There is no need to eliminate all other needs. They can all be met with win-win resolutions. Also, beliefs may be maintained. With the installation of Meta beliefs (beliefs about beliefs), the Sage-part can resolve belief conflicts as well.

Outcomes don't have to be unreachable. They can be reachable, real, and satisfying. They provide the Sage-part with the rudder to steer you to reaching your unique potential.

So, the Sage Model offers promise of a new kind of inner harmony and peace of mind, a state that enables each part to be satisfied. In addition, it helps to develop the Sage-part. As the Sage-part is developed, the higher needs of humankind can be satisfied as well. Wisdom, philosophical thought, and appreciation of the wonders of the universe become available.



## Chapter 3: What Your Sage-part Will Do For You

There are many things your Sage-part can do for you.

### 1. Maintain the Key Values You Choose

You have a number of key values that guide you in your pursuit of your full potential. Key values are those values that each part must honor. They are larger than the values that any individual part may have.

Some of these may be quite clear to you. Some of them may be less clear. For example, you may hold the key value that you're honest and have a high level of integrity. One of your parts, however, may want something and be willing to lie to get it.

Once you have chosen and specified your key values, your Sage-part will take the responsibility for making choices that are in harmony with them. For example, if you have chosen to be truthful and have a high level of integrity, your Sage-part will monitor the actions and behaviors of your individual parts, and assure that they do not violate any of those key values.

### 2. Determine What Each Part of You Wants

When you empower your Sage-part, it will help you determine what each of your parts wants and what each part needs. Over time, as your wants and needs gradually change, your Sage-part will help you update your goals, and do what is needed to get your parts what they want (always holding your key values).

### 3. Accept and Respect the Needs of Each Part

Your Sage-part is wise and understanding. It accepts the differing needs of each part, and respects those needs. Your individual parts may not accept each other, and often do not respect the needs of parts with which they conflict. Your Sage-part, however, respects the needs of each part, and accepts that each part has valid needs, and accepts that each of the needs must be met.

### 4. Become Responsible For Assuring Each Part Gets What It Needs

Your Sage-part will, if asked, take responsibility for assuring that each part gets what it needs. As your Sage-part gains experience, and as your parts learn to trust your Sage-part, you'll find that each part is able to get its needs met. This can be done without the conflict between parts that you may have now.

Without your Sage-part being in charge of getting each part what it needs, each part must do its best to get its own needs met. Your individual parts may come into conflict with each other, and use hurtful tactics to overpower each other. These power tactics can result in internal conflict, and hurtful behaviors.

As your Sage-part becomes in charge of getting each part what it needs, you'll find the conflicts diminishing. When the transition is complete, you'll eventually discover that each part is getting what it needs, and you'll be able to maintain a sense of harmony and peace of mind.

## 5. Help Your Parts Distinguish Between What They Want and What They Need

Your parts often find it difficult to know the difference between “wants” and “needs.” For example, one part may feel a “need” for acceptance by others and “want” an expensive, flashy new car as a way of getting it. This could be a source of conflict if other parts have needs and wants that would be at risk if you bought the expensive car before you could afford it.

Your Sage-part will accept and respect your need for acceptance by others. That’s an important need and must be satisfied. The flashy car, however, is only one way in which that need may be satisfied. Your Sage-part might find out that an expensive car would not support your key needs. It might make it difficult for other parts to get what they need (for example, financial security). Your Sage-part will then help the needy part find other “wants” that would satisfy the need for acceptance by others.

This is not to say that your Sage-part will keep you from having the expensive car. When you can afford it — without risking the needs of other parts or your key values — your Sage-part will fully support you in getting what you “want,” if it will truly satisfy what you “need.”

## 6. Bring win-win Resolutions to Your Internal Conflicts

Your Sage-part will resolve conflicts between your parts. Your Sage-part has the job of getting each part what it needs, without sacrificing the needs of another part. The primary tool your Sage-part will use is the strategy of win-win resolutions.

For example, Harold finds himself in a state of internal conflict. His Us-part wants to have Thanksgiving dinner with his in-laws to please his wife and to bring harmony to his relationship. His Family-part, however, wants to have Thanksgiving with his own family to satisfy his need to be with his own extended family.

A win-lose resolution would be to simply choose one want over the other. One need gets satisfied, and the other gets set aside.

A win-win resolution would be one that makes it possible to get both needs satisfied. Harold’s Sage-part is creative and inventive. He may choose to attend both celebrations if that is possible, or he may choose to take turns each year between the two celebrations. He may arrange to host a combined celebration.

As your parts become accustomed to getting their needs met, they’ll become more flexible in adjusting their “wants” to include the wants and needs of other parts.

## 7. Assure That Your Strategies Will Bring You What You Want

One of the key roles your Sage-part will play for you is assuring that *what you do*, will get you *what you want*.

For example, Sara wants a warm and loving relationship with Fred. She notices that Fred is deeply absorbed in a football game on the TV, and she feels the need for some attention and affection from Fred.

By habit, or based on strategies she learned from others, she is about to say something to Fred that is hurtful or critical. She hopes that her comment will cause Fred to turn off the TV and attend to her needs for affection.

Her Sage-part is fully aware that the strategy she is about to use will not produce the outcome she desires. Her Sage-part predicts that a critical attack on Fred will result in a fight that may get him to turn off the TV, but will distance the couple rather than bring them closer together.

Sara's Sage-part can offer her a number of strategies that will allow both Sara and Fred to get their needs met. For example, her Sage-part might suggest that she join Fred on the couch in a manner that will invite Fred to express the affection that Sara needs, without having him give up the ball game.

Your Sage-part will become skilled at producing win-win resolutions for internal conflicts. It will also become skilled at producing win-win resolutions where your needs conflict with other people's needs.

## **8. Maintain Internal Peace Of Mind And Self Satisfaction**

Odds are good that one part now dominates all of your other parts. It gets what it wants without assuring that other parts get what they need. This causes the other parts to create bad feelings, e.g. guilt, or hurt, or anger, in order to get their needs met. Your parts then use mind games, manipulations, and distortions in order to get what they want and need. Needs are met on the basis of the "squeaky wheel" rule. All of this creates disagreement and internal tension.

When the parts agree to use your Sage-part to resolve conflicts, the conflicts gradually disappear, and each part can be assured of getting its needs met.

Over time, your Sage-part will become skilled at resolving conflicts. Your parts will learn to trust that their needs will be accepted, respected, and met. You'll achieve a state of internal harmony and peace of mind that is seldom achieved without the aid and support of your Sage-part.

## **9. Resolve Bad Feelings When You Get Them**

Most people who have not empowered their Sage-part go through life as a series of bad feelings. These bad feelings are caused by parts not getting their needs met, or by getting needs met at the expense of their key values. These people find themselves run by their bad feelings. They get a bad feeling, so they respond by acting to resolve it. That action often causes another, different, bad feeling as they seek to meet conflicting needs.

For example, Sam has conflicting needs. He feels the need to stay at work to finish something that is important to his work. He also feels the need to be at home with his wife and his children. If he chooses to stay at work, he feels a bad feeling of guilt about not meeting his need to be home with his family. If he goes home to his family, he feels the need to be at work. Without the aid of his Sage-part, Sam is at the mercy of his bad feelings and will have a bad feeling, whichever choice he makes.

To paint an even more complete picture of Sam, we could list all of the other needs that are in conflict and are pulling on him at the same time. We might mention things like

his guilt because he hasn't written to his mother recently. Or his desire to be with his friends for a drink and a little companionship after work. And his frustration because he hasn't been able to play golf in three weeks, Plus his desire for that new car he has had his eye on (or his guilt because he bought it, and now won't be able to afford the vacation that his wife wants, etc., etc.).

For Sam, and for many people, life is a constant stream of bad feelings that push, pull, and tear at them. They experience a stream of bad or negative feelings that cause them to act, and react, and yet the feelings seldom entirely go away.

When your Sage-part is skilled at resolving conflicts and bringing you closer and closer to what you want, you'll go through life in a very different way. You'll still have bad feelings. From time to time, as your wants and needs come into conflict, you'll notice that conflict, because of the bad feelings that result.

The difference is this. As you get a bad feeling, your Sage-part will be called in, a strategy will be selected, and the bad feeling will be resolved.

Instead of bad feelings being a way of life, a bad feeling will simply be a signal that your Sage-part is needed to resolve the conflict situation. Instead of bad feelings being the norm, interrupted only from time to time by feelings of peace of mind and harmony, you'll find the opposite. You'll find that harmony and peace of mind become the norm, interrupted only once in awhile by bad feelings.

## **10. Convert the “Gap” Into Energy and Motivation**

Once you have empowered your Sage-part (and it has become skilled at resolving conflicts), you'll gradually have more and more inner harmony and peace of mind. In addition to the periodic bad feelings that you'll use to signal your Sage-part that a resolution is needed, you'll also experience something called “the gap.”

The “gap” is a name for the tension you feel whenever you compare what you want for your life with what you have at present. For example, Phil wants to be a doctor, have a wife and children, have a nice home, and be able to play golf regularly. At present, he is unmarried and is still in medical school. There is quite a “gap” between what Phil wants and what he has now.

If Phil is caught up in all of the conflicts that many people have, he finds himself being driven by all of the bad feelings that he has as he attempts to resolve all of the conflicts his parts feel. If that is the case, then Phil might not be fully aware of the power and energy created by the “gap.”

Now, let us assume that Phil empowers his Sage-part and resolves his conflicts. It creates a sense of harmony and peace of mind. As he does this, he can become more aware of the tension and energy that are available to him as he becomes aware of the “gap.”

As Phil becomes aware of the “gap” between what he has and what he wants, he feels a sense of tension. That tension cannot be resolved right away by any action or strategy he might use. There is nothing the Sage-part can do to close the gap between what he wants and what he has. What the Sage-part can do, however, is to use that tension as energy to fuel Phil's motivation to achieve what he wants for his life.

The “gap,” then, is the source of the energy that you can employ to achieve what you want in life. When you’re caught up in the many conflicts that you can’t resolve, you lose the power that the “gap” has to produce the energy to achieve what you want. When you have a way of resolving the ordinary conflicts, you can use the energy produced by the “gap” to help you achieve what you want.

Your Sage-part will help you to direct the motivation that you create for yourself from the “gap.” Without using your Sage-part, it’s possible for you to misdirect your motivation, or to diffuse it by not focusing it. You probably know people who were very motivated, but still couldn’t use that motivation to get what they want. They allow the day-to-day bad feelings to cause them to zig and zag and pull them away from what they really want.

Your Sage-part will be charged with the responsibility of using your energies toward closing the “gap.” It will constantly resolve conflicts by seeing options and making choices that get you closer and closer to what you want. You’ll find yourself gradually moving closer and closer to what you want for yourself.

## 11. Maximize Good Feelings

Abraham Maslow, a noted Sage of our time, coined the phrase “peak experience” to describe surges of powerful and intense good feelings. These moments can be described in a number of ways, such as “joy,” “love,” “well being,” “happiness,” “success,” etc.

In the same way that we use our minds to create bad feelings, we also have the capacity to create good feelings. In our normal lives, we do this often.

You can ask your Sage-part to handle good feelings as well as bad ones. If you choose to do this, your Sage-part can offer you “peak experiences” with some regularity. The Sage-part does this by increasing the pleasure you get from moments of good feelings.

The tools for having “peak experiences” may happen in your normal processing of your experiences. The Sage-part can apply these tools in such a way that your normal good feelings become rather extraordinary moments of high intensity.





## Chapter 4: Empowering Your Autopilot

You're learning at two levels at the moment. One level is for your conscious mind, where you're aware of what's going on. You'll use your "conscious" mind to learn to follow the mind's processes and make changes at any point that you choose. As you learn at the "conscious level," be aware that your conscious mind is subject to forgetting, distractions, overload, and sometimes confusion.

You're also learning at the "Sage-part level." Your Sage-part is learning everything that your conscious mind is learning. Your Sage-part is *not* subject to forgetting, distractions, overload, or confusion. Your sage may not have enough information, or experience, or practice, to master its role — yet. So, part of what your Sage-part is learning is how you want it to function and contribute. Once you empower your Sage-part, it will go about finding out what it needs to know in order to do what you have asked.

You can think of your "Sage-part level" as a kind of an autopilot that will work to help get you what you want in life. As the day-to-day issues of your life occupy your conscious mind, your Sage-part will stay attentive to its tasks. You may find yourself being nudged by your Sage-part to be curious about the things the Sage-part will need to know in order to satisfy its responsibilities. You may find yourself doing things, and learning things that surprise you. As these things happen, it's enough to know that your Sage-part is doing its job, and you're on track to getting what you want for yourself.

### Four Steps for Empowering Your Sage-part

As you go through the following steps, your Sage-part is also learning how the process works. In the future, your Sage-part will know how to do it. As the need arises for you to add or change what you want, your Sage-part will be able to make the changes or additions for you. If you want to follow along with your conscious mind, the process will be defined for you on the following pages so you can start the process consciously if you choose.

There is no need to make the process perfect or complete the first time. Simply go with what comes up for you as you step through the process. Once your autopilot is installed, it will revise and add as needed in response to situations or events that occur in your life. There are four steps.

#### Step 1. Meet Your Parts and Find Out What They Want

In the first step, your conscious mind will meet your parts, and you'll dialogue with each part in turn to discover what that part wants and needs.

#### Step 2. Edit the List, to Make it Work For You

After you have your combined list of what all of your parts want, you'll use your Sage-part, and your conscious mind to edit the list according to instructions. The purpose of the editing is to put what you want in a form that will let your Sage-part work toward getting each part what it wants.

After you have edited your list, you'll go back once more to verify that the revised list is satisfactory to your parts. If it is satisfactory, you're finished. If not, you may need to negotiate, or further revise your list until it is satisfactory to your parts.

### **Step 3. Meet and Empower Your Sage-Part**

After you know what all your parts want, and have edited the wants into the most useful form, you're ready to meet your Sage-part. At this first meeting, you'll reach agreement on the key values that you want your Sage-part to use in resolving conflicts and making choices.

After you have reached agreement on your key values, your conscious mind will talk to your Sage-part. You will formally empower your Sage-part to be in charge of your key values.

### **Step 4. Have a Parts Meeting and Get Agreement**

The final step is to have a parts meeting. This is a step (like a ritual) in which you ask your parts to agree to empower your Sage-part to resolve their conflicts and take charge of getting their needs met. You'll also formally ask your Sage-part to agree to take charge of getting all your other parts what they need, and resolving conflicts that stand in the way.

### **When You Want to Revise or Add to What You Want**

When you want to revise or add to what you want, hold another parts meeting. As time passes, you may discover the need to further define what you want. Your Sage-part will hold parts meetings so that the statement of what you want for your life is refined and reshaped until it is complete satisfying. You may choose to call these meetings with your conscious mind. Your Sage-part may from time to time make it clear that a meeting is needed, and invite your conscious mind to participate. There are instructions in the pages that follow that will help your conscious mind to organize and follow the process.



## Chapter 5: Step 1 — Meet Your Parts — Discover What They Want

Using your conscious mind, you'll meet each part in turn, and ask each part what it wants. You may find that some parts are eager to speak and are clear about what they want. You may also find one or several parts that have little to say right now. Simply accept whatever occurs. In later meetings, after you've developed a closer relationship with your parts, you'll find that all parts will have something they want in life.

### How to Bring Out the Part You Want to Meet

Following is a list of cues that you'll use to invite out each part. Your conscious mind will read the cues, and the part you're asking for will come out. You'll know when the part you're asking for is there. You'll be able to tell by the feeling you get. If that part feels right, you'll know. If you feel confused, torn, or tense, then you may be dealing with two parts. If that happens, ask the other part to wait its turn. When you feel it is right, simply ask, "What do you want from me, or the Sage-part?" Then, listen, and write down what you hear.

### How That Part May Communicate With You

You have three channels of communications between your conscious mind and your parts. You can communicate with words, or with images, or with feelings. Some parts may communicate with you with words, and others may present images. Still others might choose feelings. For this exercise, you'll want to communicate with words. Each part can use words, although they might normally be using other channels. If a part presents images, you can convert them to words, and check to see if you're making a correct interpretation.

If a part only presents you with feelings, make an attempt to convert the feelings to words. As you do, ask if your interpretation is correct. If it is, you'll get a good feeling; if not, you'll get a bad feeling, e.g. a frustrated feeling. Take whatever you get, and thank that part for communicating with you. Tell that part that you want to keep the communications lines open, and will be back for more discussions later.

### How to Test For Agreement

As you dialogue with your part, write down what you get from that part. Read back what you've written, and be sure that you're getting the message clearly. If you are, you'll get a good feeling. If you get a bad feeling, or mixed feelings, go back and change the message until that part is satisfied and gives you a good feeling.

### How to Detect Disagreement

You may find you get a clear message, and then right away you hear a conflicting message. For example, you may be talking to your Me-part, and your Me-part says "I want to be able to rest when I need to rest." You might hear a counter message, such as "If you rest every time you want, we'll never get any work done."

What's happening is that another part is joining. If that happens, ask the second part to please wait for its turn. Explain that you're getting all of the wants from each part. You'll

be asking the Sage-part to resolve conflicting wants between parts, and assure that each gets what it wants with win-win resolutions. Assure each part that its wants are important and will be satisfied as far as it is possible to do so.

### **How to Reassure a Part**

You may find a part saying it wants something, and right away it might say, “But I can’t have what I want.” Explain to the part that the Sage-part will find a way — if it is humanly possible — for each part to get what it wants.

Explain that it’s best to ask for what the part wants, even if it doesn’t think it will get it. The Sage-part will then know what is wanted, and will make every effort to provide what’s wanted, or a substitute that will come as close as possible to meeting the key need that part has.

Explain that it’s better to ask for what each part wants than to leave that desire unsaid. Explain that bad feelings come from being unwilling to ask for what you want, and you’ve decided to be complete about what you want. Ask the part to do its share by asking for what it wants, even if it isn’t sure about getting what it wants. The Sage-part will accept and respect each want and need, and do its best to find a way to get that need met.

### **Some Cues to Use to Bring Out the Part You Want**

The first time you meet each part, you may want to use the following cues to help you specify the part you want. The following list of cues will help you discriminate between your parts, and will help your parts know which one you want to talk with.

As you read through these, make some notes.

#### **Your Me-part**

I want to talk with my Me-part. You’re the part of me that is concerned about me and me alone. You’re the one that wants what it wants when it wants it. You’re the one in charge of my key needs: to eat, to sleep, to rest, to play, and to have sex. You have the need for status, and you enjoy having power and using it. What do you want for me in life?

Some possible examples:

“I want you to listen to me when I tell you I need something.”

“I want to go to the top of the list when one of my tensions builds.”

“I will support all of us getting our needs met, if I can get what I need when I need it.”

“I want the Sage-part to protect me, and all of us, when I want something that is not good for me, or for all of us”

“If I want something that is risky, or hurtful, then I want the Sage-part to resolve my need through fantasy.”

“I want to create fun, comfortable, joy-producing help for my key needs.”

“I want fun friends to play with, and some guilt free time to play.”

#### **Your Us-part**

I want to talk with my Us-part. You’re the part of me that wants and needs to have a loving relationship with my partner. You’re the part of me that puts my needs aside and defers to the needs of my partner. You want to love, to be loved, to feel the excitement of attraction and infatuation. What do you want for me in life?

Some possible examples:

- “I want to love deeply, and feel my feelings of love fully.”
- “I want to feel loved, needed, and wanted.”
- “I want to hear that I am loved.”
- “I want to see that I am loved.”
- “I want a fulfilling, loving, sexual relationship.”
- “I want my relationship to be all that it can be.”
- “I want couple-friends to share our relationship with.”
- “I want to express my love for my partner so that my partner feels fully loved.”

### **Your Children-part**

I want to talk with my children-part. You're the part that feels the need for children. You're the part that feels loving and caring toward babies and children. You're the part that's willing to put aside my needs to defer to the needs of children, or others that are dependent and need my help. You're the part that reacts to those who are needy, hurt, or helpless. What do you want for me in life?

Some possible examples:

- “I want to fully love and care for my children.”
- “I want to help my children grow up healthy and happy and well prepared for life.”
- “I want to help others who I can help, and who need my help.”
- “I want to share my love with others who need me.”
- “I want to feel joy in my celebration of my relationship with my children.”

### **Your Family-part**

I want to talk now with my Family-part. You're the part that knows that “blood is thicker than water.” You're the part that feels love for my mother, father, brothers, sisters, grandparents, aunts, uncles, cousins, and all of my extended family. What do you want for me in life?

Some possible examples:

- “I want to feel warmly loving toward mom, and express that love to her.”
- “I want to feel warmly loving towards (name) and express that love.”
- “I want to support, endorse, and promote a strong sense of family, a sense of belonging to us, and openly invite all members of our family to be closer.”
- “I want to be friends with some or all of my family members.”

### **Your Work-part**

I want to talk with my Work-part. You're the part of me that needs to work and to contribute. You're the part that has a sense of mission about what you would like to achieve. You're the part that is motivated by achievement, by accomplishment, by responsibility, and by growth. What do you want for me in life?”

Some possible examples:

- “I want to be a successful (job/role). I want to help people achieve their goals in life. I want to feel the satisfaction that comes from doing my job well.”

- “I want to make superb quilts. I want to make quilts so beautiful that they are passed on for generations and bring joy and pleasure to others.”
- “I want to be a successful salesman. I want to represent a company that I am proud of, and assist my customers to buy products they need, and that are products I can take pride in selling.”
- “I want to be satisfied with what I do. I want to feel good about getting out of bed each morning, and be eager to do my tasks each day.”
- “I want to write a biography of someone I respect and admire. I want to create a book that will bring that person to life, and make it possible for others to be inspired and uplifted.”
- “I want to be a successful homemaker. I want to raise my children to the best of my ability, and support my husband in his career. I want to create a happy and loving home for my family.”
- “I want friends who have similar work interests to mine, so we can share.”

### **Your Beliefs-part**

I want to talk to my Beliefs-part. You're the part of me that needs to honor my beliefs. You support me in my beliefs and want to lead me to live a life in harmony them. When I honor my God, vote my conscience, or support a cause I believe in, you're the part that is responsible. What do you want for me in life?

Some possible examples:

- “I want to believe in my key values and have values I believe in.”
- “I want to use my beliefs to guide my life and be true to them.”
- “I want to choose beliefs that support me achieving what I want in life.”
- “I want to choose beliefs that allow me to realize my full potential.”
- “I want to choose beliefs that support me in my desire to empower others.”
- “I want to be with friends who share my beliefs.”

### **Your Interests-part**

I want to talk to my Interests-part. You're the part of me that is in charge of my outside interests. You're curious and want to learn new things. You're the part that brought me to read this book. You're the one that needs hobbies and activities. What do you want for me in life?

Some possible examples:

- “I want time to explore those things that interest me.”
- “I want to play the piano more skillfully as I grow older.”
- “I want to play tennis better and better with more satisfaction.”
- “I want interesting and interested friends to share my interests.”

### **Your Affiliation-part**

I want to talk to my Affiliation-part. You're the part of me that needs to be part of a group or pack. You're the part that enjoys supporting my favorite teams, or being part of a neighborhood. You feel attached to a place or places that I live or have lived. You're the part that feels patriotic. You react with strong feelings to anthems, flags, and songs. What do you want for me in life?



Some possible examples:

“I want to belong to and feel part of the global community of humankind.”

“I want to invest importance and excitement in the teams I choose to support.”

“I want to achieve pride, fun, excitement and joy in belonging.”

“I want friends who share my passions to share my passions with.”





## Chapter 6: Step 2 — Edit the List

The next step is to edit the list. The purpose of the editing is to state each of your wants and needs in terms that will allow the Sage-part satisfy them.

### Strike All “Don’t Wants.” If Possible Convert to Positive

You may find that you have great clarity about what you *don’t* want, and are not so clear on what you *do* want. Your Sage-part cannot help you get something unless you know what you want. Knowing what you don’t want doesn’t help. You have to know what you *do* want.

Strike each statement in your list that is phrased as something you *don’t* want. In some cases, you’ll be able to replace it with something that you do want. In other cases, it is best to simply strike the negative.

### Convert Steps to Goals: Ask, “What Do I Want That For?”

This step requires a little judgment. You need to tell the difference between a goal and a step. For example, if you have somewhere on your list “I want more money,” or “I want a million dollars,” those are simply steps. To find what you really want, ask yourself, “What would I do with that money?” You may discover you want a fourteen-room house on two acres, or to be able to take two trips a year outside the country. If you want money so you can have a house, then strike the money, and put in the house you want.

If you want an important job, ask yourself “what for?” You may find that you’re seeking status or power. If so, be direct and say that you want a position that will give you status or power.

Take each of your wants and test them to see if that is really what you want, or rather, whether it may only be a step that gives you something else that you really want.

### Check Back With The Part to Get Agreement

As you make a change in your list, either striking an item, or translating it from a step to a goal, check back with the part that asked for that, and be sure that the part agrees with the change. You’re collecting the list in order to assure that your parts get their needs met. You’ll lose the confidence of your parts if you make changes to the list that your parts do not agree with.

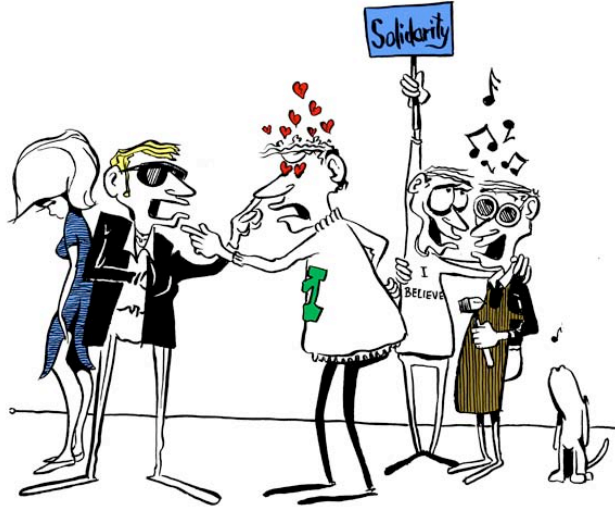
### Negotiate if Necessary

If you have difficulty reaching agreement, ask that part “What would it take to satisfy you on this item?” Listen to what you hear. Modify your statement until you reach agreement. You might also ask “What would you have to hear from the Sage-part before you would feel comfortable?” If you get an answer to that, put it down for your Sage-part list. When you talk to your Sage-part, you can ask if the Sage-part will give that assurance.

### Either Reach Agreement or Strike the Item — For Now

If you can’t reach agreement, drop the item for now. This is only a start at creating your list of what you and your parts want for you in life. You’ll evolve and change and improve

your list over time. There is no need to make it complete now, nor any value in making it “perfect.”



## Get Agreement on Each Item Left on Your List

When you’re finished you’ll have a complete list, with agreement and support from your parts for each item on the list. You may still have some parts in conflict with each other, but you’ll have a list of what your parts want that each agrees reflects what that part wants.



## Chapter 7: Step 3 — Meet and Empower Your Sage-part

The next step is to meet and empower your Sage-part. As you get to know your parts better, you'll be able to recognize them and you'll eventually always know which part you're using or dealing with.

### Your Sage-part: Some Clues

For now, it may be somewhat difficult to tell when you're dealing with your Sage-part. Here are some clues:

1. The Sage-part has a sense of humor. It can laugh at itself and other parts easily and without spite. It can laugh at problems. It can also laugh at larger issues like the human condition. If the part you're talking to is relaxed and can laugh, it is your Sage-part. If the part is deadly serious and up tight, it's one of your other parts. The easiest way to identify it is by the smile you may find on your face when you're using your Sage-part.
2. Your Sage-part brings a calming influence to your mind and your body. As you empower your Sage-part, your muscles may relax. Your breathing gets deeper. You may move toward being calmer. (Obviously, if you're in state of escalated emotion and you switch to your Sage-part, your pulse isn't going to drop from 105 to 70 in just a few seconds. But, you'll find yourself moving toward a state of inner calm.)
3. Your Sage-part has a broad approach to things. It will look for the long term, a broad scope, and a balanced view of things. You can test this by asking yourself a question such as, "Who am I?" If your answer is that you're the center of the universe, you can be sure it isn't your Sage-part. If your answer is more like: "One of many billions of people who have lived on this speck in the universe," you can be sure you're dealing with your Sage-part. (The answers are seldom this extreme. They're simply suggestions of the possible end points on a long series of answers.)
4. Your Sage-part has a sense of awe and wonder about the world. Where one or more of your parts may feel able to totally control things, your Sage-part knows that there is more to the world that you'll ever know.
5. Your Sage-part has a special set of feelings that it uses, which may not often be used by your other parts. For example, it feels humble in response to its awe and wonder about the world. It feels noble when it has resolved a conflict that enables you to go forward toward what you want in life. Your Sage-part sometimes feels indignant when it deals with one of the many unfairness in life.

You now have a number of tests your conscious mind can use to determine when you're using your Sage-part.

You're ready to empower your Sage-part now. There are many ways to do that. This is simply one of them. As you get more familiar with your Sage-part, you may find other ways that work for you.

## Empowering Your Sage-Part

You empower your Sage-part when you convey the following ideas to your Sage-part, while using your conscious mind:

1. Until I learned about you, I (my conscious mind), have been attempting to get the needs and wants of my parts met, all by myself.
2. I now recognize that I am limited in my ability to meet all of my needs, maintain my key values, and meet my long-range goals, while enjoying inner harmony and peace of mind.
3. Now that I understand your role, and your unique abilities, I ask you to take charge of meeting our long-range goals, resolving short-term conflicts, and maintaining harmony and peace of mind.

Your Sage-part may simply say ‘yes,’ or respond with visual images of how it can be for you in the future, or simply give you a good feeling.

If you feel an uncomfortable feeling, then your Sage-part may have some doubts. Or, your conscious mind may have some doubts about delegating the responsibility. Your Sage-part will make clear what must be cleared up before your Sage-part will take charge.

Whatever the issues may be, you can take care of them with dialogue and questions. For example, you might ask, “What needs to be resolved before you’re willing to be take charge?” Or, “What assurance from me do you need before you’ll say ‘yes’?”

When you have empowered your Sage-part, you may find yourself feeling very good, yet, still a little curious, and wondering how it will all work.

## You and Your Sage-Part Select Your Key Values

The next step is to work with your Sage-part to select and agree on your key values. Key values are those that override the individual values, beliefs, and goals of each of your parts. The purpose of set them is to give your Sage-part clear guidance on how you want your Sage-part to guide you and to resolve inner conflicts.

Again, this is only your initial effort on this issue. As time goes on, and events require, you and your Sage-part will be forced to add, change, or flesh out this list.

If you’re unclear about what your key values are, you might decide to choose the following list, suggested by one of great Sages of our time. Add others if you wish.

### • Self Creation

Self-creation means that you accept that you create your own experience of life. You do it by the thoughts you have, how you see them, how you process them, what you expect, want and believe, the strategies you choose and the personae you use, and finally, most importantly, by the questions that you form.

To hold self-creation as a key value is to recognize and accept that you are creating your own experience of your life. Once you accept that, then you can choose to be in charge of that creation. You can choose to make it as joyous, gratifying, satisfying, and delightful as you’re willing to have it be.

- **True to Myself**

True to myself means that you recognize you're a unique individual. You have unique goals, dreams, ambitions, wants, and needs. You have your own values and beliefs, chosen to bring you what you want in life, and to guide you to satisfaction with yourself. By selecting this as a key value, you're asking your Sage-part to respect you as a unique person. You're asking that conflicts and challenges be resolved with full respect for who and what you are. You're choosing to be YOU — the best YOU that you can be. You're asking your Sage-part to use and develop your full potential.

- **Freedom From External Domination and From Internal Conflict**

Freedom means that you're asking your Sage-part to guide you to realize your full potential while remaining *free* of domination by any outside person or force. You're also asking for freedom from internal conflict.

- **Health in Body, Mind, and Spirit**

By choosing *health* — in body, mind and spirit — you're asking your Sage-part to guide you to get what you want in life while protecting your physical, mental and spiritual health. It will be up to your Sage-part to manage such things as nutrition, diet, and exercise to assure good physical health. Your Sage-part will take charge of your mental health by resolving inner conflicts, reshaping conflicting beliefs, and choosing strategies that get your needs met. It will take you closer and closer to what you want in life.

## **Ask Your Sage-Part to be Responsible For Key Values**

When you've completed your list (and if your Sage-part is in agreement with the key values you have chosen), you need only ask this question “ Sage-part, will you accept responsibility for using these key values as you resolve my inner conflicts, shape my beliefs and expectations, and guide me to achieve what I want in life?”







## Chapter 8: Step 4 — Have a Parts Meeting

This final step is to have a parts meeting. Call all of your parts together and go through the following steps.



### Present Your Key Values to Your Parts

Explain to your parts that you and your Sage-part have agreed on the key values that the Sage-part will use. Read through them, and after each one, feel the agreement and support you get from your parts. If one or another of your parts has difficulty with one of your values, you can resolve it. Discuss what you mean by that value until you get that feeling of harmony and peace of mind that tells you all of your parts agree.

### Present Your List of What Your Parts Want to Your Sage-Part

Read through the list of what your parts want, and present it to your Sage-part. This is simply a formality because your Sage-part has been watching the process as you went along. Ask your Sage-part to agree to fully accept and support each of the parts in getting what they want.

### Get Agreement on the Combined Wants, From Your Parts

Now is the time for all parts to agree to support the combined list of wants. Earlier, when you were building the list, you asked each part in turn what it wanted. You did not allow disagreements from other parts. At this point, one part may have some concerns about something that another part wants or needs. If so, allow your Sage-part to suggest how it will be possible for both parts to get what they need, without conflict.

It is possible that you may want to restate or slightly change an item or two on your wants list, to fully satisfy any parts in disagreement. Do whatever negotiations are required at this point to assure that all parts agree with the complete list. Each can be asked the question “If you can be assured of getting what you want, will you support the other parts

getting what they want?” With assurances from the Sage-part, you’ll find that all of your parts can agree on a single combined list of wants that they will each support.

## **Verbal Affirmation**

The verbal affirmation is merely a formality. It is however, a powerful tool for energizing your Sage-part, and serves as a “rite of passage” to mark this change in the way you choose to run your life.

### **Ask Your Sage-Part to Take Care of Getting Each Part’s Needs Met**

“Sage-part, will you commit to be in charge of making the decisions and choices I need to make in order to get each part what it wants in life?”

Your Sage-part will answer, “Yes!”

### **Ask Your Sage-Part to Be in Charge of Resolving Conflicts**

“Will you commit to be in charge of resolving conflicts that arise among my parts as they each work to get what they want and need? Will you resolve these conflicts with win-win resolutions that allow each part to get what it needs?”

Your Sage-part will answer, “Yes!”

### **Ask Your Sage-Part to Get You What You Want in Life**

“Will you monitor what I do and say and choose to assure that I always move toward being the person I want to be, and get out of life what I want to get?”

Your Sage-part will answer, “Yes!”



## Chapter 9: What You Can Expect From Now On

You have initiated a shift in your life. You've taken the first step on a path that will slowly reshape your life. At the end of the path, you'll find yourself being the person you want to be, and getting those things in life that you want for yourself. You'll find an inner peace and sense of harmony that will bring you a sense of satisfaction that few people achieve.

You've only started down the path, however. You have some learning to do, and some practice is required. Your Sage-part must learn and become good at fixing conflicts, with win-win resolutions. Your Sage-part must learn and become good at taking control whenever you have a bad feeling, and then resolving that bad feeling in such a way that you move closer to what you want for yourself.

The rest of this book is concerned with training your Sage-part in the skills that it must have to accomplish what you have asked of it.

### Here is What You Can Expect:

1. For some time in the future, your conscious mind will find it hard to let go, and to allow the Sage-part to do what you have asked it to do.
2. For a while, you'll have bad feelings that do not cause a quick shift to the Sage-part. You'll find that some bad feelings stay with you a while, until finally your conscious mind empowers the Sage-part to take over.
3. You'll experience a new and different uncomfortable feeling. This will be your Sage-part's way of telling you that it wants to take charge and either resolve a conflict, reshape a hurtful belief, or guide you in a strategy that takes you where you want to go.

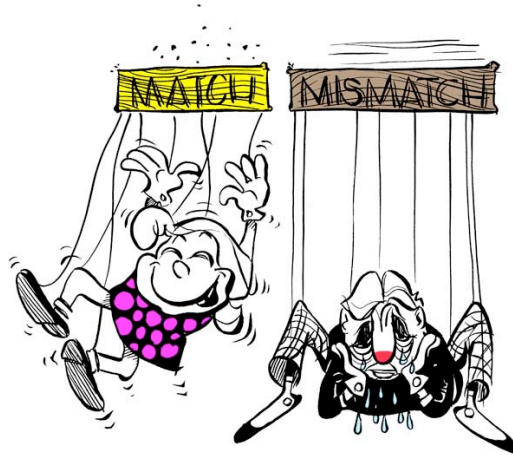
So, you have set in motion a gradual shift. For a while, until all of your parts get used to their new roles, you'll tend to react as you always have. Slowly — one learning experience at a time — each new bad feeling will reshape your patterns toward what you have chosen.

A helpful analogy is that of learning the piano. When you first begin there are a lot of wrong notes, and progress is slow. However, as you proceed your skill builds and the results get better and better.

One important difference between this change you have undertaken, and learning to play the piano, is that this process can proceed with little or no self-discipline and hard work. You have installed an automatic process, which, with a little initial practice will become more and more automatic as you go.

### Give All Mismatches to Your Sage-Part

Now, you get to the payoff for the work you have done so far. From this point forward in your life, you'll have a new strategy for handling mismatches. In the past, mismatches caused bad feelings. Bad feelings caused you pain, discomfort, anxiety, or depression, and often moved you to act in ways that did not bring you what you want in life.



From now on, mismatches will have a new purpose. Their purpose is to stimulate some thought or act on your part that allows you to move closer to what you want to achieve in life. The way this is done, is to use each bad feeling that you get as a cue to empower your Sage-part.

### Consciously First — A Few Times To Practice The Process

Here is how the process might work for you. First, you'll practice going through the steps that your Sage-part will use each time you create a bad feeling. Next, you may find yourself having a bad feeling for quite a long time before you empower your Sage-part and resolve the mismatch.

And every time you finally do call in your Sage-part, and resolve the mismatch — and thusly the bad feeling — you'll be building a success pattern that will make it easier and faster the next time.

Finally, the process will become so automatic, that it will happen at the first sign of a mismatch, and your Sage-part will be operating as an autopilot for you. When you're operating automatically, your conscious mind may not even be aware of the Sage-part stepping in to handle the mismatch.

So, let's begin by going through the four steps, one at a time, with conscious awareness of the process.

## The Four Questions

The moment the Sage-part is empowered to handle a mismatch, the Sage-part will ask four questions, and answer them one at a time. The questions are:

1. What's happening?
2. How am I creating this bad feeling?
3. Is this what I want?
4. How can I move toward what I want?

### Question 1: What's Happening?

I feel angry, or I feel sad! or I feel inadequate! or I feel worried! or I feel anxious! or I feel jealous! or I feel needy! or I feel uncomfortable! or whatever your words are for what you feel.

### Question 2: How am I Creating This Bad Feeling?

This question stimulates the Sage-part to examine the process you're using to create the bad feeling. You'll use the Sage Model, and check off each part in the process you're using. At first, this will be a slow process because you're new to the Sage Model. As you gain some practice, you'll find two things occur. First, you'll be able to use the Sage Model quickly. Secondly you'll discover that there are certain patterns that repeat themselves over and over again.

Eventually, you'll quickly know the repeating processes you're using to create negative experiences of your life. As this happens, you'll find you use these negative processes less and less.

### Some Typical Kinds of Answers You Might Get

"My Constructor is creating scenes that have not happened. I'm reacting to them as if they were real and I'm feeling jealous (fearful, sad, etc.)."

"My Recollector is remembering a past experience which made me angry, and I am feeling that anger again right now."

"I am reacting to something he said, and I am distorting it in my TWIPI by saying 'He always says that,' and then I am getting angry about it."

"I am reacting to something my Me-part needs, and I want it right now. I am putting an "right now" time perspective on it, and feeling frustrated because I can't have it right now."

"My Children-part wants me to pay attention to the kids, and my Me-part wants to have some quiet time for myself, and I am having an inner conflict about it, and feeling irritable."

"My Me-part wants to play, and my TWISB makes me feel guilty when I want some time to relax and play."

"My partner wants my attention, and I am using my Work-part to process the input. As a result, I am not giving my partner what my partner needs, and I am feeling guilty."

### A Quick Checklist

Until you get familiar and comfortable with the Sage Model, you might find the following checklist useful if you're stuck for an answer to "How am I creating this bad feeling?"

*Source of the Input:* Outside (senses), Recollector, or Constructor?

*What part or parts am I using to process?* Me-part, Us-part etc.?

*How am I perceiving the input?* How much importance, what time perspective, what scope am I selecting, what level am I choosing?

*What is my perception of the way I see it (TWIPI)?* What is the thought about what's happening, e.g. "He always does this to me."

*What Comparator test am I using?* Similarities or differences: what's good or bad about it?

*What messages am I getting from my TWISB?* The way it should be, or the way I want it to be, or the way I expect it to be, or the way I hoped it would be?

*What strategy have I been using to handle this feeling?* Attacking, criticizing, or discounting, withdrawing, or negotiating and asking for what I want?

### Question 3: Is This What I Want?

This question compares what is happening to what you want for yourself. Sometimes the answer is "yes," and sometimes it is "no."

#### A Few Examples of When the Answer Is "No"

"I am feeling anger towards my (spouse, child, job, mother, etc), and that is not what I want for myself."

"I am feeling inadequate and that is not what I want to feel about myself."

"I am worried about the future, based on negative scenes my Constructor has created, and that is not how I want to feel about the future."

#### A Few Examples of When the Answer Might Be "Yes"

"I'm feeling a sense of loss because I've lost my (partner, my parent, my job, etc.) and that is a natural feeling that I accept, although I don't like it."

"I am feeling indignant because of some injustice I witnessed. I accept that feeling and want to feel the way I do about injustices."

"I feel a sense of discomfort when I think about how things are for me now, and how different that is from what I want things to be for me. I accept that discomfort and will use it stimulate changes that I choose to make."

### Question 4: What Can I do to Move Toward What I Want?

This question turns it over to your Sage-part to give you an opportunity to use each bad feeling as a turning point. Each turning point allows you to take a step toward what you really want, rather than use your energy on upsets that you don't want.

This question puts your Sage-part in charge of your response to this situation or event. You can be confident that your Sage-part will make the wisest possible choice for you.



Your Sage-part will choose from the Sage options:

ACT                      ASK                      ACCEPT                      FORGIVE

*When action is required to move you toward what you want: ACT*

*When negotiation is required to resolve a difficulty with another: ASK for what you want!*

*When your Sage-part determines that you can't change what's happened or what's happening: ACCEPT it.*

*When you don't feel able to accept what has happened: FORGIVE someone else or yourself.*

## **Instructions: Sage-part Options for Things to do to Resolve Bad Feelings**

Read each of the following situations. Imagine yourself in that situation. Then decide which of the Sage options you would choose.

Remember, your Sage-part choices are: ACT, ASK, ACCEPT or FORGIVE

SITUATION 1: You're looking for something that you want in your closet. You're having difficulty finding it because the closet is not well organized. You find yourself feeling frustrated and irritated. Your Sage-part comes on to deal with the bad feelings. What will your Sage-part choose?

SITUATION 2: You're watching television with your partner. Your favorite program is coming on next. Your partner suggests watching a different program. You feel a conflict. One part wants to watch your favorite program. Another parts wants to please your partner. Your Sage-part comes on to deal with the conflict. What will your Sage-part choose to do?

SITUATION 3: You have planned an outdoor activity that you particularly enjoy. When the time comes for the activity, a drenching rain pours down. You feel very disappointed. Your Sage-part comes on to deal with the bad feelings. What will your Sage-part choose to do?

SITUATION 4: You're dining in a restaurant. You're having a good meal and enjoying your dinner companion. As your waitress brings your dessert, she spills coffee on your lap. Your clothes are soaked, and perhaps stained. You feel wet, uncomfortable, and irritated. Your Sage-part comes on to deal with the bad feelings. What will your Sage-part choose to do?

SITUATION 5: You're driving on a busy road. A young man, driving a junky hot rod weaves around traffic, cuts you off, and forces you to stop suddenly. You feel fear at first. Then, as you're unhurt, you feel anger. Your Sage-part comes on to deal with the bad feelings. What will your Sage-part choose to do?

SITUATION 6: You find yourself in a "too busy" situation. You have ten things you need to do, and you don't have time to do them all, or even enough time to many of them very well. You feel swamped and frustrated. You don't feel like doing anything at all. Your Sage-part comes on to deal with the bad feelings. What will your Sage-part choose to do?

SITUATION 7: Someone close to you wants you to do something for them. You're already busy with something that is important to you. You feel torn, and you feel

irritated. Your Sage-part comes on to deal with the bad feelings. What will your Sage-part choose to do?

SITUATION 8: You're preparing for a party at your place. Your partner is hurrying around to get everything ready. Your partner drops a bottle of red wine in the middle of the living room floor. The stain is spreading. You feel concerned about the carpet, and angry about the accident. Your Sage-part comes on to handle the bad feelings. What will your Sage-part choose to do?

SITUATION 9: You're having an argument with your best friend. As tempers rise, your friend says something that is cruel, mean, and hurtful. You find yourself feeling hurt and angry. Your Sage-part comes on to handle the bad feelings. What will your Sage-part choose to do?

## Practice

The following is an exercise for switching to your Sage-part when you have bad feelings. It's a personal exercise using your memory of past events. You'll first make a list of six times that you can recall that you experienced very strong bad feelings.

Next, you'll go over the list, one at a time, recalling the situation and the events that occurred. In each situation, you'll bring on your Sage-part at a critical point in the experience, and have your Sage-part choose what to do.

In some cases, you'll find that your Sage-part chooses exactly what you did in that circumstance. In other cases, you may find your Sage-part would choose a different way of dealing with the situation than you chose at that time.

### Step 1:

Make a list of six events, situations, or times when you experienced very strong bad feelings.

### Step 2:

For each case, go inside and re-experience each of the situations. See what you were seeing then, hear what you were hearing then, and feel what you were feeling then. Bring on your Sage-part, and observe what your Sage-part would choose to do, if that situation were happening right now.

What would your Sage-part choose for you to do?





## Chapter 10: Creating Win-win Conflict Resolutions

Now that you have learned how to handle bad feelings when you get them, it's time to take a look at how to resolve conflicts. Win-win conflict resolutions are virtually always possible. Sometimes they are simple, and sometimes they take a little creativity.

### Required Steps

1. What does each part want?
2. Can I create a way for each part to get what it wants?
  - a. If yes, then you have resolved the conflict.
  - b. If no, then you need to go further.
3. Can I create a way for each part to get what it wants, sometimes?
  - a. Can they alternate, and take turns getting what they want?
  - b. Can I change the time frame: one gets what it wants now, the other gets what it wants afterwards, or next week, or next year.
4. Can I go beyond what the part wants in order to determine what it needs?
  - a. What need is being satisfied by what the part wants?
  - b. Can I find a different way to satisfy that need?
  - c. Can I arrange a way for one part to get what it wants, and the other part get a substitute that still satisfies the need?
  - d. Do I need to convert both wants into the needs that they satisfy?

### Example:

Sally is having an internal conflict. Her Work-part wants her to do some technical reading that she wants to do for her job. Her Us-part wants to spend time with her husband while he's available. Unless she resolves the conflict, she will feel guilty about whichever she chooses. Her Sage-part is brought in to resolve the conflict. Her Sage-part might suggest these options:

- a. Spend time with her husband now (because he is available and is asking for her attention), and wake an hour early to do her technical reading.
- b. Spend time with her husband now, and when he gets interested in something else, do her technical reading then. If he doesn't get involved in anything else, then wake early to do her reading.

Once Sally chooses which she prefers, the conflict is resolved, and she can proceed with what she has chosen in a state of inner harmony.

### Another Example:

Fred is having an argument with his wife. He finds himself in a state of inner conflict. His Me-part wants to "be right," and wants to "win" the argument. His Us-part wants to stop arguing and have some good quality time with his wife. His Sage-part is called in to resolve the conflict.

1. The Sage-part determines that what the Us-part wants is in harmony with what Fred wants for his life — a warm loving relationship.

2. The Sage-part determines that what the Me-part wants (to be right) is in harmony with what Fred wants for his life, but the specific want (that of proving his wife wrong), is not what Fred wants for his life.
3. The Sage-part simply changes the level. Instead of being “right” by proving his wife wrong, the Me-part can be “right” by doing what is best for the relationship.
4. The Sage-part suggests that Fred shift the level of the discussion by saying something like “I think we’re both right, and rather than spend this time arguing, I want to spend it by telling you I love you.”
5. The Us-part gets what it wants and needs, and the Me-part gets to be “right” by doing the right and wise thing.

### Practice Win-win Conflict Resolutions

Think of a situation that happens in your life where two or more parts are in conflict. It is sometimes helpful if you go back in your mind to one time when you felt this conflict strongly. Feel what you were feeling, think what you were thinking, hear what you were hearing, see what you were seeing.

As you re-experience the situation, ask yourself the following questions:

1. What feeling did you have?
2. What did one part want?
3. What did the other part want?
4. Does any other part want anything?
5. How would it be possible for both parts to get what they want?
6. If you can’t find a way for both parts to get what they need, then ask these questions:
  - a. What need is the part trying to satisfy by what it wants?
  - b. What need is the other part trying to satisfy?
  - c. How would it be possible to get both parts what they need, even if it isn’t exactly what each part seems to want?



## Chapter 11: Teaching Your Sage-part to Break Hurt Loops

A hurt loop is a repetitive internal processing of the same idea, thought, recollection, or event. Often the feelings get worse and worse, the longer you're in the loop.

Eventually, your Sage-part autopilot will keep you out of hurt loops. Until that occurs, however, it is useful to know how to break them.

### How Do You Know When You're in One?

You can tell you're in a hurt loop when you get a bad feeling and it stays with you for some time. The following situations are examples of hurt loops.

#### Phil

Phil worries about his work. Sometimes when he goes to bed at night, he finds it difficult to sleep. His Constructor creates terrible images about things that might go wrong at work. He gets a bad feeling. He replays the same scenes, each time making it worse and worse. His bad feeling grows. His body reacts with adrenalin and his pulse rises. He stays awake for hours. Phil is in a hurt loop.

#### Agnes

Agnes gets angry at her boy friend. He does, or says something that she doesn't like. She thinks about it over and over. Each time she thinks about it, she gets angrier or more upset. Her TWIPI distorts the event by making what he did seem worse and worse. Her TWISB gets more and more self righteous and indignant. She may see her boy friend, but she won't get out of her loop. She pouts, or sulks, and it may take her days to get over her bad feelings. Agnes is in hurt loop.

#### Harold

Any time Harold is in a social situation he reviews the events in his mind after it's over. His Recollector recalls the interactions he had with people. His Constructor creates imaginary things that people might have thought about him, or said to others about him. He feels foolish and inadequate. He reviews the events over and over, each time feeling worse about himself, and feeling more embarrassed about what he did or said. Harold has a pattern of hurt loops. The bad feelings he gets from them keep him stiff and uncomfortable in any social situation.

There are an endless number of examples of hurt loops. Most people have one or more that they fall into regularly.

## Use it as a Turning Point — What Will You Do?

Your Sage-part can get you out of hurt loops. Eventually it will be able to keep you out of them altogether.

The Sage-part asks the Sage-part questions:

1. What's happening? "I'm feeling (identify the feeling). I'm in a hurt loop."
2. How am I creating this feeling? (Your Sage-part will know.)
3. Is this what I want? (Most often 'no,' occasionally 'yes' for loss or frustration with injustice)
4. What can I do to move toward what I want? (Specific actions)

The final question is the key question for breaking a hurt loop. What will I do? *The key to breaking a hurt loop is to interrupt it with questions.*

"Is there something I can do, and want to do about this?" If the answer is "Yes," then the Sage-part will decide on a plan of action. If there is nothing that you can do, or want to do about it, then your Sage-part will either decide to accept it, or forgive it.

Once you have chosen either to act, or ask for what you want, or you have chosen to accept it or forgive it, then the situation will be resolved.

Sometimes you may find yourself going back into the loop, even after it is resolved. If so, have your Sage-part reaffirm your earlier choice.

If the loop still returns, then your Sage-part can break it simply by changing any one of the elements in the loop. For example:

- a. If you're using your Constructor, switch to your Recollector and think about a pleasurable past event, and vice versa.
- b. If you're using your Me-part to feel wronged, switch to another part. Think about your hobby, or your work, or your partner, etc.
- c. If you're distorting in your TWIPI, then choose to change the importance, or the time perspective, or the scope, or the level.
- d. If you're using hurtful tests in your Comparator, then switch to more productive tests.
- e. If your TWISB is pressing you with shoulds, oughts, and have to's, then ask your Sage-part to examine the belief, expectation, or whatever to see if it is in harmony with what you want in life.

Any change you make to the steps in the loop will break the loop. Certainly the best and easiest step is simply to switch to your Sage-part, and examine the loop again to see what part has needs that aren't being met. That will give your Sage-part something to do, and the loop will be broken.





## Chapter 12: Maximizing Good Feelings

Resolving bad feelings is one half of the challenge of creating a truly magnificent relationship. The other half is learning to maximize good feelings.

### Resolving Bad Feelings

You can keep your relationship from growing sour by resolving bad feelings. You make your relationship truly *magnificent* by developing and nurturing the good feelings that you feel toward your partner and your relationship.

The strategy for maximizing good feelings is nearly the opposite of what you need to do to resolve bad feelings. With bad feelings, you want to limit the amount of time that you feel bad. With the good feelings, you want to *increase* the amount of time you spend feeling good.

With bad feelings, you want to avoid storing them up and saving them. With good feelings, you want to store them up, and build a huge reservoir.

So, the goal is to build an ever-growing reservoir of good feelings toward your partner and your relationship.

If you do this naturally, then this section will add little to what you do. If you do not do this naturally, then you'll find this section to be very valuable to you.

### Process for Maximizing good Feelings

The process is broken down into small steps here, for ease of learning. Here are the steps:

1. First learn to recognize and feel the good feelings you have toward your partner.
2. Energize the storehouse of good feelings you've accumulated in the past and make them available to you by making a list of those you remember.
3. Identify the negative feelings you've stored up by making a list of those that you remember. Then give the list to your Sage-part to resolve, either by
  - asking,
  - acting,
  - accepting, or
  - forgiving.
4. Practice positive looping on the good feelings you've stored up.
5. Learn to mark any new good feelings you create for yourself about your partner and your relationship.

#### 1. Learn to Recognize Your Feeling of Love For Your Partner

Go inside and recall a moment in your life when you felt very loving toward your partner. Find a time that was not sexual (to avoid confusion with your sexual feelings). Re-experience that experience. See what you saw, hear what you heard, feel what you felt. Replay the experience over in your mind. As you do, focus your awareness on the feeling you were having. Find where the feeling is in your body. Notice what happens to your breathing and your pulse.

Your goal is to recognize what you feel when you're feeling love for your partner.

## **2. Build a List of Experiences You've Had When You Felt That Feeling**

Go back in your mind and seek out five different times that you can remember. Write them down. If you have more, then list as many as ten different times. What you're looking for are thoughts, or comments that come to your mind while you're re-experiencing the loving moments in your life.

While you're doing this, if you become aware of negative messages, make a separate list of those negative thoughts or feelings. It might not happen to you, but it does for many people. These are called counter-messages, and they serve to counter (reduce) the feelings of love you have stored up.

## **3. Give Your Counter-messages or Recollections or Bad Feelings to Your Sage-Part**

If you don't get any counter-messages while searching out your good feeling experiences, make another search of your memory for any bad feelings you have about or toward your partner. Make a list of these.

Ask your Sage-part to examine each item on your list of bad feelings, or counter-messages. Ask your Sage-part to resolve them, one at a time, by choosing to take one of the Sage actions (Act, Ask, Accept, Forgive). Your goal is to resolve each of the items, so that they don't stay with you and reduce your feelings of love for your partner.

You might call this process "Taking Out the Garbage." Now that you've learned to resolve all bad feelings you get as they come up, you won't be storing up the bad feelings any more in the future. However, you still may need to go back and clean up your memories of past experiences where you didn't resolve them as you got them.

You may not get them all during this exercise. That doesn't matter. As old bad feelings or counter-messages come to you in the future, you can resolve each one as it comes up. Eventually, you'll have a clean storehouse, one that only stores good feelings.

## **4. Practice Looping on Your Good Feelings**

You already know that looping on bad feelings is harmful. It causes pain and hurt and serves no good purpose. Looping on good feelings, however, is different. When you loop on good feelings, you increase the power those feelings have, and you add to the power they have to bring you a truly magnificent relationship.

Go over your list of loving experiences, one by one, and feel the feelings again. As each one comes up for you, allow yourself to relax into the feelings. Picture your partner in your mind, first as your partner was when you were having the feelings, and then as your partner is now. This will transfer your old feelings to your partner in the here and now. This will refresh your feelings toward your partner, and you'll find yourself aware now of the feelings of love you have for your partner.

You can do this any time you like. Notice how good it makes you feel, and be aware that you can have that feeling any time you choose. Choose it often.

## **5. Learn to Mark Each New Loving Feeling**

Anytime you feel that loving feeling toward your partner, mark it. You mark a feeling by going outside in some way. You can say something to your partner, or to yourself. Out

loud say “I love you,” as a way of marking every new loving feeling you get. You might choose to say something else, or simply smile, or make a gesture, or touch your partner. Any outside action you take serves to mark, or deepen your feeling. You might simply say “Wow” or Yeah.” Anything you do will mark and heighten that feeling.

It’s very simple to maximize your good feelings. Now that your Sage-part is aware of the feelings you want to mark, you’ll find you’ll be aware of those feelings more in the future. As you mark them, you’ll find they grow in power. As you build a gradually growing reservoir of good feelings — and you resolve the bad feelings — you’ll find yourself creating a truly magnificent relationship.





## Chapter 13: Summary and Conclusions

Note: This may sound familiar if you read the first chapter of Book One.

Psychological principles that are well established today include the following.

### Happiness

There is a great deal of evidence that supports the conclusion that Happiness is based on these four perceptions, assessments, and judgments:

A person will judge their life to be happy if they:

- Have frequent, strongly felt, and long-lasting good feelings
- Have few, mild, and short bad feelings
- Have a positive assessment of how happy and fulfilling life has been
- Feel optimistic about life in the future

A happy person naturally (perhaps through the genes), is happier because he or she has more positive and optimistic “self-talk.”

### Self-talk

An unhappy person can be taught to be happier by managing his or her “self-talk.” For example, unhappy people can argue with themselves against their overly harsh assessments. They can replace these negative thoughts with more positive thoughts. By changing internal conversations, a pessimist can be *taught* to be more optimistic.

Each person creates his or her own experience of the world, events, and people, by the unique thoughts the person uses. Each person has a choice of seeing the world, events, and people in a positive way or a negative way, or anything in between. Experience of life depends on what a person thinks about.

Many in the helping fields follow the principle that thoughts produce feelings and feelings produce behaviors. So, a change in behavior for miserable and unhappy people means helping them change their “self-talk.”

Individuals find many sources for creating positive self-talk. Millions, for example, depend on inputs from Oprah, or Dr. Phil, on television. Religions offer comforting thoughts that reduce the pain caused by an individual’s negative self-talk. Thousands of self-help books and courses offer positive thoughts that people can use to make themselves happier, e.g. “the power of positive thinking.”

If you are naturally a positive, optimistic person, who is fulfilled by what you are doing, you are having a happy life.

### Pessimists

If you are naturally a negative, pessimistic person, who does not find fulfillment in what you do, you are having an unhappy life. If you are having an unhappy life, you can learn to be happier. To become happier, you must change your self-talk.

You are being offered pre-packaged self-talk from every imaginable source. If you are a negative, pessimistic person, having an unhappy life, you will likely doubt the value of what others suggest. So, it’s likely you are still unhappy.

Some counselors teach people how to argue against their own negative self-talk so they don't have to adopt other people's pre-packaged ideas. But, again, you're likely to be doubtful or pessimistic about using a different strategy than the one you find comfortable. As a result, you may not adopt the recommended strategy.

There is evidence that pessimists sometimes see the world more clearly than optimists. There is evidence that optimists must sometimes twist their perception of the world, to stay optimistic. Experienced pessimists often rebel at adopting optimists' distortions.

As a result of all of the above, lots of people are living unhappy lives because they cannot or will not adopt the pre-packaged self-talk offered to them, nor adopt a new strategy to fix something they don't see as broken.

## How That Relates to Book Two

I'll tell you why the "Sage Model" is such a breakthrough. I would have told you earlier, but I have to use the "Sage Model" to explain its own incredible power.

The concepts in the "Sage Model" empower you to make any changes in your self-talk that you choose to make. It allows you to be as happy as you choose to be, by deciding *yourself* exactly what changes you want to make. You don't have to adopt someone else's pre-packaged self-talk. Nor do you have to choose a disputation strategy you might find uncomfortable.

For the first time, you gain the power to manage or change any of your perceptions, assessments, feelings, strategies, all by yourself. You suddenly have the power to create your life exactly the way you want it to be. You have the amazing ability to make yourself as happy as you choose to be.

As you now know, the perceiving section of your mind creates your own personal version of "what's happening," based on the Importance, the Time perspective, the Scope and the Level that you attach to any thought. We call it "The Way I Perceive It," or TWIPI).

Then, your Comparator — looking for sameness or difference — acts like a search engine. It looks through all of your unique stored experiences to make an assessment of what this thought means to you. What comes up for you is "The Way It Should Be," (TWISB). Your Comparator might find a rule, a learning, an expectation, a hope, or any of a dozen other means of assessing the thought. And, each of the different ways you could assess the thought would produce a different result. So, you produce your own perception (TWIPI) and assessment (TWISB) of "what's happening."

This assessment produces a match or a mismatch with the perception and that produces either a good or bad feeling. Example: you meet a new person and observe him or her. Your TWIPI has some thoughts (messy shirt, dirty slacks). Your Comparator looks for ways to understand it. In this case, you make an assessment that the person is badly dressed (TWISB). When you compare TWIPI to TWISB you have a mismatch. That gives you a bad feeling (discomfort).

That feeling leads to a strategy. For bad feelings: fight, flight, freeze, or negotiate. For good feelings you would affirm, acknowledge, accept, or forgive. For the above example you might choose flight (walk away as soon as possible).

Then, the strategy produces a way of being (a personae), and you respond to the outside world with your unique attitude, gestures, voice tone, facial expression, etc. For the above example you might look a little bothered, and hold your arms across your chest.

## Review and Summary

You now know that you have over thirty different points in your process that combine to produce your self-talk, your thoughts, and assessments. If you change any one of them, everything else will change automatically.

Some of them are easy for you to change, modify, or adapt. Others are virtually impossible. You'll quickly learn — if you haven't already — which are the easiest for you to change, and which are difficult or impossible.

The advantage of having thirty different things to change is that you are sure to find one or two that you'll change easily to get the outcomes you want, and the happiness you choose to have.

After you find the one, two or three that are your favorites, you'll develop automatic responses that you'll use. If you like, you can ignore all the rest.

## The Process Reviewed

First: proceed normally until you have a bad feeling.

Then: using your Sage-part, or your conscious mind, interrupt the bad feeling and use questions and thinking, to ask four questions:

1. What's happening? (Example: I'm creating a bad feeling.)
2. How am I creating the bad feeling? (My perception and assessment don't match.)
3. Is this what I want for my life? (Does this feeling I'm producing fit my life's goals, and my values?)
4. If not: Which of the following Sage choices will I choose?
  - Act — if action helps me get to my desired outcome and my core values. (The action may also be to change my self-talk.)
  - Ask — if asking or negotiating will help me achieve my desired outcome in harmony with my core values.
  - Accept — if acting or asking won't be productive.
  - Forgive — if another person has provoked my distress.

Notice that bad feelings are cut short by immediately moving into question mode.

Notice that bad feelings are always resolved by paying attention to your desired outcomes and core values.

Notice that you — and you alone — make the choices. *You* get to create your own experience of your life, without any other proposed self-talk from the other sources.

Notice that you make every choice in harmony with your core values and the outcomes you desire. So, if you are a confirmed pessimist you won't have to adopt the optimist's distortions to stay positive. You can stay as realistic as you choose.



### The Thirty Points (Refer to the Map)

Let's review the thirty points where you can make changes in your mind, and then recap the change strategies from which you can choose.

#### Four Sources of Inputs to the Mind

Your *senses* (sight, sound, touch, taste, feel) bring you inputs in the present moment. Using these inputs keeps you in the present, and away from imagining the future, or recalling the past, or looping on (re-thinking) thoughts you've already processed.

Your *Constructor* imagines future scenes or even possible past events. It's useful for rehearsing future events so you can foretell and resolve any future difficulties before they come up. More importantly, it helps you gain confidence by imagining outcomes that you desire. It's hurtful if your Constructor imagines future events that you would be helpless to change or unable to handle.

Your *Recollector* brings up events, situations, or memories of the past. It is productive when it recalls good memories, because "confidence is the memory of past successes." And, your happiness depends in part on having lots of good, strong, positive feelings. The Recollector hurts you when it brings up painful memories, unless you are using those memories to use Sage questions and choices to resolve past hurts.

Your *Reprocessor* loops on a thought you've already processed. You use this input for a good purpose when you use it to enlarge a happy feeling. Your happiness depends, in part, on having frequent, strong, good feelings. Looping can expand and extend a good feeling. You may use this input in a hurtful manner when you loop or dwell on a painful or negative thoughts. Your happiness depends on keeping bad feelings short, infrequent, and mild. Looping on bad feelings is a hurtful source of unneeded pain.

As soon as you become aware of a bad feeling, caused by misuse of one of these inputs (senses, Constructor, Recollector, Reprocessor), your conscious mind or your Sage-part can switch immediately into the present, making senses available, and into question mode, asking the Sage questions.

#### The Nine Parts of You

You learned how to bring all of nine, separate and distinct parts of you into harmony, by using the Sage-part to hold parts meetings, and using win-win resolutions to parts' conflicts. You now can have as much inner harmony and peace of mind as you are willing to have.

You learned to use the optimal part for every situation. This keeps you from using the Me-part in communicating with your significant other, when it would be more productive to use your Us-part.

This book taught you about your Us-part, to make it possible to have a special relationship, to the extent that you choose.

#### Four Aspects of Perception

The four different aspects of perception are: Importance, Time, Scope, and Level.

You learned that you'd be happier if you give *less Importance* to thoughts that produce bad feelings. You also learned you'll be happier if you give *more Importance* to thoughts

that give you good feelings. You learned that focusing *Time* increases the power of good feelings, and stretching *Time* takes the sting out of bad feelings.

You learned that a *Scope* of one can focus all the power of bad feelings on you, and that bad feelings are reduced when you choose a larger scope. You learned that a highly focused scope enhances good feelings for you; you diminish the happiness you can get from a positive thought by expanding the scope.

You learned that you could raise the *Level* of a thought, statement, or transaction to avoid fighting and take control of the transaction. You learned that dropping a level further focuses sensations or feelings that make you happier.

The TWIPI (The Way I Perceive It) is so completely modified by the four inputs, the nine parts, and the four aspects of perception that it may bear little or no likeness to the reality of what's happening. We hope you learned not to get 'stuck' on your perception of what's happening, because it may be totally distorted.

### **The Comparator: A Personal Search Engine**

You learned that your Comparator might generally be searching for similarities or differences from your perception. By itself, the Comparator could be the source of much pessimism if it always searches for "what's wrong" with what's happening. You've learned that it is simple to fix this — if it's troublesome — by asking, "What's right about it?" anytime you get a bad feeling

### **Your TWISB (The Way It Should Be)**

You learned that there are many, many different ways you can assess a perception. You've learned that if you use "rules" to assess a perception, you can become overly rigid. If you use "learnings" as the basis for assessment, you might have made a "wrong learning" if your learning wasn't made at the optimal Scope. You've learned the dangers of judging your perceptions based on what you expect, and that low expectations produce many happy surprises, while high expectations produce many disappointments. It's up to you.

You've learned that if one basis for assessment gives you bad feelings that lead to poor outcomes, you can choose another basis. Or, if you want to be totally happy, you could use a generalized "one size fits all" basis, like: "The way it is, is the way it should be."

### **Three Kinds of Feelings**

There are thousands of different words for various feelings; however, you've learned that feelings are generally bad, good, or neutral. You've learned that feelings are the key to your happiness, and it is useful to attend to how many of each you have, how strong they are, and how long they last.

### **Strategies: Fight, Flight, Freeze, Negotiate, Acknowledge, Affirm, Accept Forgive**

You've learned that you have a choice over strategies. You can avoid fighting — even if attacked — if it doesn't suit your desired outcomes or your core values. You've learned that you can even use an affirming strategy on a bad feeling, to avoid fighting and resolve a conflict.

You've learned that until you discovered the Sage Model, you pretty much just grabbed the strategy that you learned while growing up. It was never chosen based on desired outcomes or core values. You've learned you now have more choices.

### Two Basic Personae

You've learned that even though there are dozens of personae, they can be categorized as the "real you," or learned. Some of your personae have been copied from others in hopes of becoming better than your "real" personae would achieve.

You've learned that you'll be happier, and have more loving relationships if you could always use your real personae. You've learned that personae, like sulking, pouting, whining, and being sensuous, may not get you the outcomes you desire, or be in harmony with your core values.

### In Conclusion

Self-talk is the basis of your happiness — with yourself, with your partner, and with your relationship. One huge benefit of learning the Sage Model is that it makes it possible for you to change any of more than thirty different things in your mind to get the outcomes you desire. And, you don't need to become a psychologist to do it.

For the first time, each person can take responsibility for creating his or her own self-talk. You won't need to search for the answers "out there," and try to guess whose pre-packaged self-talk thoughts would be best for you.

The Sage Model will lead you to define what you want for your life, and identify your core values. Then, the Sage questions will guide you to the answers you need to get your desired outcomes in harmony with your core values. So, the next time someone asks you, "What's new?" you'll have an answer for them.

### Congratulations

We appreciate your quest. You're a special person. You're the rare individual who is seeking something very special in a relationship. Most people are content with relationships that give them less satisfaction and pleasure than they could have. You want something more. All that remains for you is to practice what you've learned.

You've chosen an exciting goal. You've chosen to spend your time pursuing a truly magnificent relationship. You now have the tools you need to create that truly magnificent relationship — and we hope you do.

Note: Book Three that follows this book, is a catalog of questions and answers regarding relationships. You can best use the troubleshooting section to troubleshoot specific issues that may be affecting you. Otherwise, you have everything you need to build a truly extraordinary relationship.

