

Sorting Things Out

Conflictive Operating Program	Solution-Based Operating Program
Instinctive	Conscious
Limbic System	Cerebral Cortex
Triggered-Automatic	On Purpose
Reaction	Response
Win/Lose	Win/Win
Conflictive	Harmonious
Emotional	Serene
Negative	Positive
Toxic	Healthy
Ego	Human
Lower Self-Primal	Higher Self

Study the differences between these 2 operating programs. Dunk the T-Bag. Sort them out in your mind. Create a membrane of separation between them. Practice recognizing these characteristics as they come up in your every-day life. Don't worry if they slip past you. It takes time and practice to get the hang of it. Try not to be in a hurry. Life will provide and endless stream of opportunities to practice this skill.