

CAFA'S PROCESS OF CHANGE

Self-Value Experienced As Feeling

Respected, accepted, valued,
"in control of self", connected,
belonging, regarded, empowered
LOVABLE

Problem Occurs

Insult is experienced -
loss happens
A threat of failure

RESULTS

You experience a sudden
drop in Sense of Self -
Value

YOU FEEL

Out of control—Disrespected
Vulnerable—Unappreciated
Humiliated—Embarrassed
Rejected—Devalued
UNLOVABLE

You assign
blame for
the
FEELINGS

There is an
impulse to
protect
yourself

STOP

Poor Choice...

Aggression
Verbal Abuse
Stonewalling
Withdrawal
Damaging
Behavior

*Results in a
Lifestyle of
Resentment*

Loneliness
Bitterness
Hurt
Pain
Confusion
Feeling like a
victim

Up come feelings of

ANGER
RAGE
FEAR

GOOD CHOICE

Grounding Event: To reconnect to **TRUE** self/value
Visualize a flashing **STOP** SIGN

STOP

STOP

STOP

STOP

Say STOP 3 Times / Ask a Question

Take time to identify your feeling (Ex: "I feel disrespected")

Opt to give yourself and other the benefit of the doubt and
review your "Core Values" box (Ex: Someone else's
opinion/belief/behavior does not define me.)

Process the event from a place of self-value and figure out a way
to make it better that fits with your Core Values.

Ex: Sympathize with your hurt. Be curious about their hurt.

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Adapted from the
concepts of
Steven Stosny,
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