



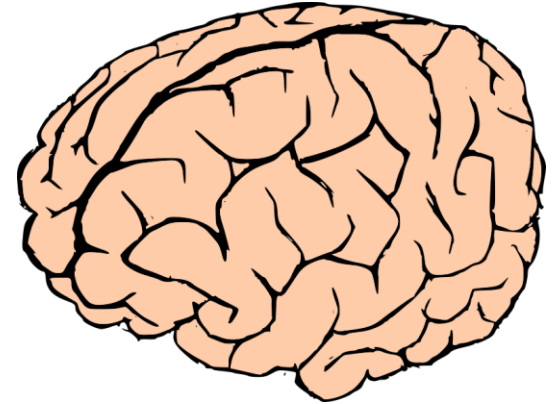
# Taming the Survival Instinct

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Psychologist

# The Survival Oriented Brain

*“Keep breathing and  
having babies”*

– Your Brain



*Happiness, schmappiness –  
I just don't care!”*

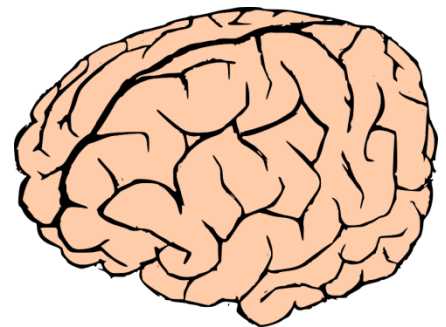
– Your Brain

# The Over Protective Brain Lies

*“I’m doing it to protect you!  
You know that I love you.”*

– Your Brain

Don’t believe everything  
you think



# Taming the Survival Brain

The truth will  
set you free.



# What You Feel Is Valid!

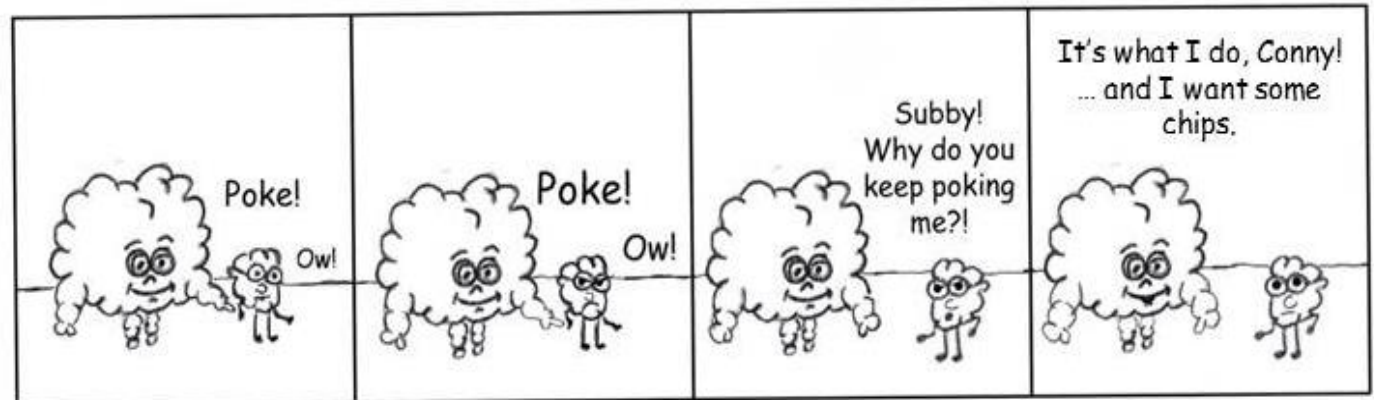
## There is ALWAYS truth in feelings.



# Signposts of the Lying Brain

## *Signpost #1*

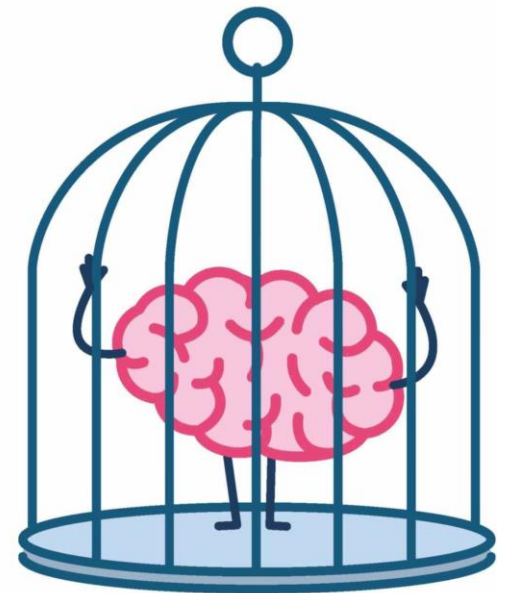
If you feel upset for more than a few minutes, your brain is lying to you.



# Signposts of the Lying Brain

## *Signpost #2*

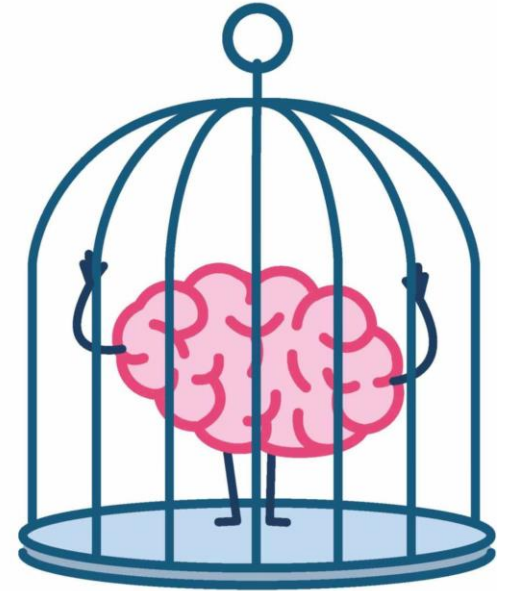
You know you are caught in lies when you have **Thinking Traps** in your thoughts.





# Common Thinking Traps

- ▶ All-or-nothing thinking  
“I only got a B on my exam. That means I’m a failure.”
- ▶ Mind-reading  
“Everyone thinks I’m a terrible parent”
- ▶ Fortune-telling  
“If my son goes away to college, he’ll get into trouble and make a mess of his life.”





# Common Thinking Traps

- ▶ Emotional Reasoning  
“I feel like a loser.”  
(therefore I must be a loser)
- ▶ Labelling  
“That guy is a jerk!”
- ▶ Should Statements  
“I should eat better.”  
“She shouldn’t have cut me off!”  
“The health care system should be better.”



# Releasing the Lies in Anger

- ▶ *“People are so inconsiderate!”*
- ▶ *“That guy cut me off! He’s an idiot!”*
- ▶ *“The health care system sucks!”*
- ▶ *“People shouldn’t have voted for Donald Trump!”*



All anger has a “should”

# Validate, Validate, Validate

Subby won't let go until the truth in the pain is validated.

*“That sounds painful.  
Tell me more.  
I’m here for you.”*



# Honor Your Brain's Good Intentions



How does feeling and thinking this way protect me?

What good values are reflected?

Am I ready to self-protect in other ways?

# Get Rid of Thinking Traps

*People are so inconsiderate!*  
(And they shouldn't be)

Which people? When?

Strategy: **BE SPECIFIC**



# Get Rid of Thinking Traps

*That woman at the grocery store was so inconsiderate!”  
(and she shouldn’t be)*

Strategy: I WOULD PREFER ... BUT ...



“I would prefer it if people were more considerate.”

“... but I’m not queen of the world.”

“... but it’s not against the law to be inconsiderate.”



# Releasing the Lies in Guilt

*If I don't go for dinner with my parents every week then I'm being selfish.*

Strategy: **TALK TO A FRIEND**





# The Signposts of Truth

## *Signpost #1*

You have found the truth when there are no THINKING TRAPS in your thoughts.



## *Signpost #2*

You have found the truth when you are feeling PEACE, JOY, or SADNESS.

# The Path to Outer Peace

- ▶ Subby means well but is a terrible driver
- ▶ Let Conny do the driving and the world will have more peace

