

THREE TYPES OF INTERACTIONS

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“Three Way to Marriage – Three Ways to Divorce

TYPE I. REAL SELFREAL SELF

joy, peace, calm, kind
LOVE

TYPE II. REAL SELFFALSE SELF

R.S. gives favorite love supply
HELPING

TYPE III. FALSE SELF FALSE SELF

- a. symbiotic - *flowers and bees*
~ pleasing and domineering
- b. Anti-symbiotic – *clash*
~ overs (fighting) or
~ unders (silent treatment)
TIME OUT – NOW!

TRY THESE FOUR WAYS to get out of FALSE SELF when alone:

1. *Negative thought detection; positive thought selection – give equal time to Real Self in present.*
2. *Finishing sentences; detects false expectations and dumps garbage.*
3. *Repeating three questions detects false expectations and dumps garbage.*
4. *Inner child work; repairs childhood wounds gets Real Self in charge in past.*

-Taken from How I got this way and what to do about it, pg. 2. and Latter-day Plague pg 1