

I can't stand up for myself.
 Fear of failure as an adult.
 Overly focused on career. No balance.
 I need to prove myself, over-ambition at work above everything else.
 I am not worthy / valid. I don't deserve to heal.
 I don't have any needs/not necessary to consider them.
 I have to do things on my own/take care of everything or they won't get done.
 I am fiercely independent.
 I must be perfect everywhere, all of the time.
 I have overzealous and firm moral standards.
 The world is not a safe place.
 Life is a mere experience of getting things finished.

I just want to make you happy.
 Its my job to help others feel better.
 If others have difficulties, I feel bad.
 Lost my sense of individuality / confidence in my own true beliefs.
 Unduly influenced by someone / something else.
 What / who has penetrated my defenses?
 I've lost my ability to discriminate.
 I've stretched myself too far. Tried to do too much on my own.
 I am a control freak. Want everything to be my way/force world into shape. Overly plan things.
 Its difficult for me to say no. I take on far too much & resent it.
 I don't stand up for myself. I am always apologizing.

I tend to ignore what's going on in my body.
 I don't really feel very much. I'm numb to my bodies needs.
 Not really connected to my body. I'm all in the head.
 Its not ok to feel sexual/aroused. I shouldn't have these feelings.

This is just going to get worse.
 You'll probably be in a wheelchair in the next 10 years.
 There is nothing we can do about it. You'll have to learn to live with it.
 I would have chosen a brain tumor to MS.
 I lost everything I valued because of the MS.
 I am powerless to do anything about it. I just "hope" this medication or therapy works.
 Why? Why did this happen to me?
 Why did I get this horrible predicament? (blame)
 The answer to this is outside of me.
 I didn't feel supported by my family/significant other/Dr. when I was Dx. I felt powerless.

MS RESPONSE TO LIFE

limiting beliefs / unhealthy mental patterns

compromised personal boundaries

self critical judge & jury

numbing emotions

Externally identified

internal conflicts

unbalanced interpersonal relationships / family system

disconnect w/ body and symptoms

social / personal / medical expectations on disease (helpless/hopeless)

I am unworthy / inferior.
 Overly critical of yourself.
 I have very high standards for myself.
 Guilt, shame, blame.
 Constantly putting yourself down.
 It might work for others, but it will never work for me.
 I'm not good enough.

Underlying dislike/hatred for yourself.
 Deny or repress feelings and thoughts. Its not happening to me.
 I pretend everything is ok, when its not.
 Shut down feelings so I don't have to deal with change.
 Overly stressed, depressed, worried / periods of intense stress.
 Low level of tolerance.
 Blocking emotional difficulties.
 Crying = failure + weakness.
 Its not ok to feel/show a lot of emotions, especially the "unacceptable ones"
 I pride myself in maintaining control in any situation.
 I repress my impulses, reactions and responses to life.
 "If I am feeling this way, I must not be ok. Suppress it."
 Constantly underlying anxiety like something is going to happen.
 I bottle up my anger. I am so frustrated!

My worth is determined by what I do for others/out there in the world.
 I am identified with my disease -
 I am a person that has MS/I am a victim of MS.

Enemy to yourself.
 Emotional battle inside you (past shame/guilt eating at you)
 Going in a direction not true to yourself.
 I care so much about others, I forget myself.
 Part of you is ignored or denied.
 Battle between what is acceptable, what is not.
 Battle between own beliefs and feelings and those of someone else.
 I have a very dominant male side. I ignore/don't accept female side.
 Conflict between what others expect of me & what I really desire/is meaningful (eg. subordinated my own dreams to other's expectations)
 Conflict in my roles in life - eg. loves to work/want to be mom & wife.
 Want to get more and more done/want to sit and read, relax.
 Life I've lived is incompatible with my true nature.
 I want help but I back away from help.
 Conflict between Doctor's prognosis and getting better.

I wasn't getting the support I needed.
 Someone else wears away at me, corroding my sense of worth.
 I have let someone else determine what I think/feel.
 I can't feel ok, if you don't feel ok.
 Stressful mother / father / sibling relationship. Feel hopeless.
 I have the desire to please, keep the peace and conform to the desires of my committed relationships.