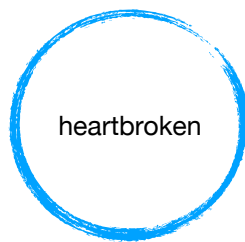


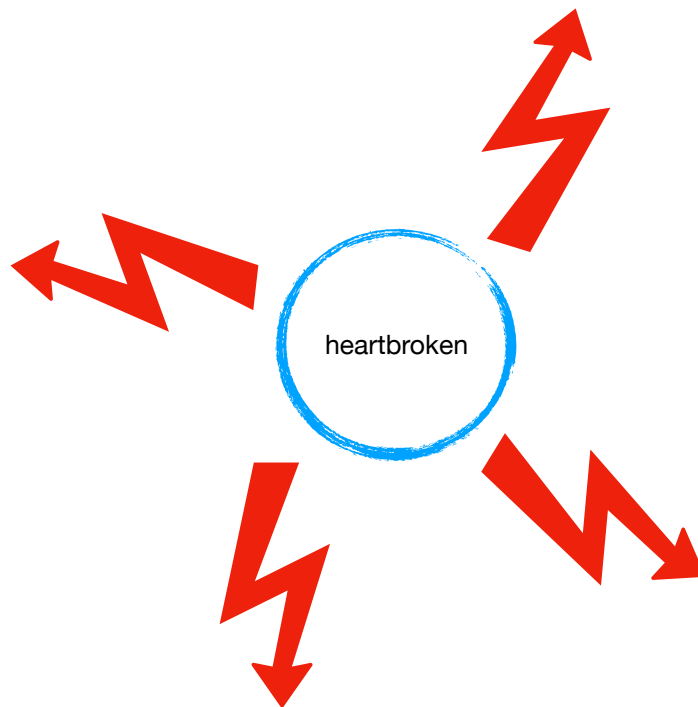
Here are the worry and negative self-judgment circle illustrations that I promised in the audio book. I find it is help to see them and I hope you find it helpful, too.

~ Jodi

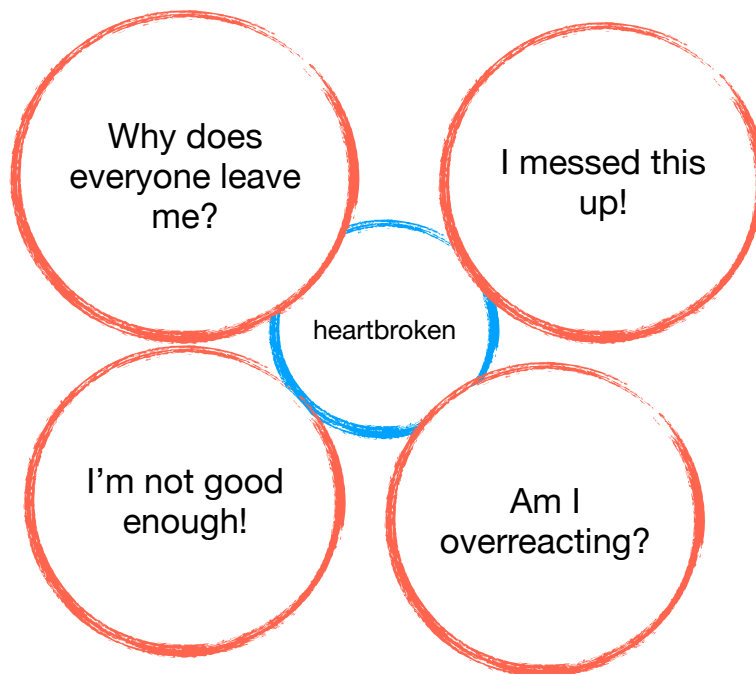


When people experience a breakup, they might feel heartbroken. This circle represents the original feeling. So that we can track what happens, let's pretend there are units that measure emotional pain. Heartbreak is one of the most painful feelings, so let's say that the size of this heartbroken circle represents many, many units of pain.

But...almost immediately . . .



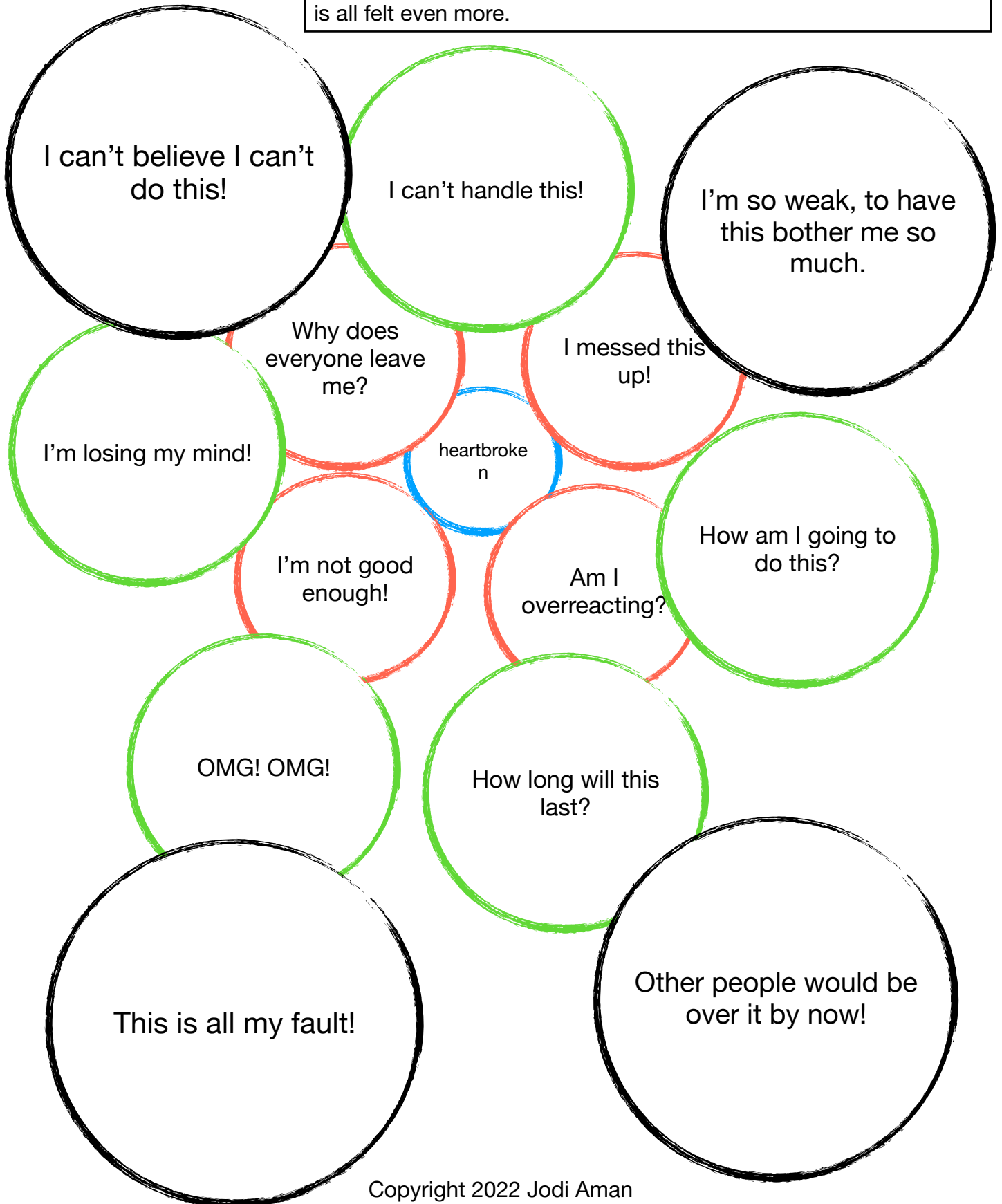
The monkey mind sends stories about what happened. This often starts with negative self-judgments: Am I overreacting? I'm not good enough. I messed this up! Why does everyone leave me? (Usually more!) Each of these thoughts has units of emotional pain represented by larger-sized circles. The stories add some chaos to the pain, so now it is better described as "turmoil."



Nope. It doesn't stop there. The monkey worries, especially since it just concluded that you are useless. Worries might sound like: How am I going to do this? How long is this going to last? I can't handle this! OMG! OMG! I'm losing my mind! (There might be many more.)

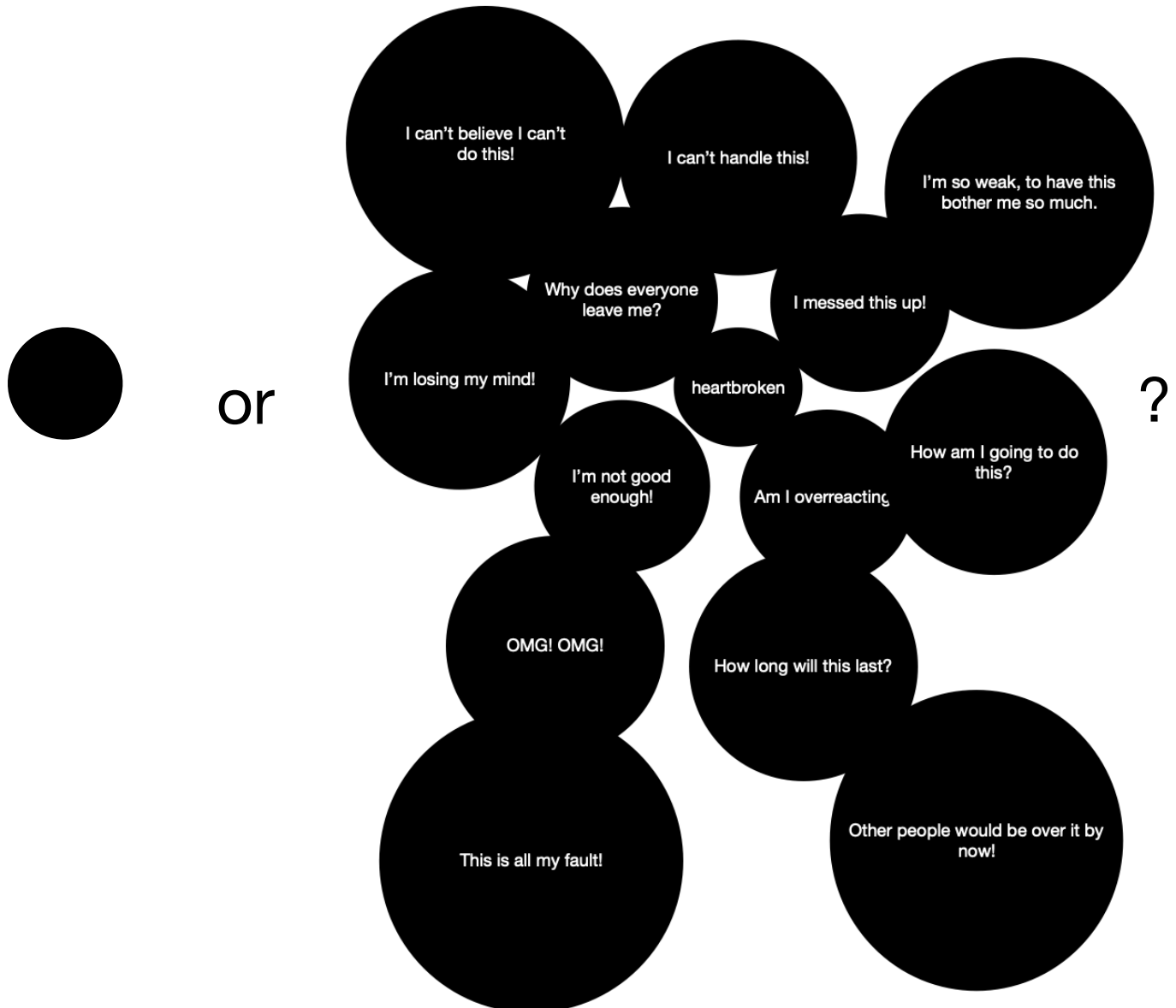


The amount of emotional turmoil is growing. At this size, it is almost unbearable. The original heartbroken circle looks tiny now. You're losing your 🐒, and it's not done. The monkey tosses new negative self-judgments on top of those. These new circles are bigger, and it is all felt even more.



The judgments and worries take you from 0 to 100 within moments.
Look at the size differences of the original emotional hurt and the
resulting massive amounts of emotional turmoil.

What would you rather have?



NOW YOU SEE WHAT THE MONKEY MIND CAN DO.

1. It makes you think that you can't trust yourself to handle anything.
2. Intensifies anxiety and depression.
3. Keeps you stuck in shame and guilt, lengthening the healing process.
4. Has you thinking that the whole emotional turmoil comes from the original hurt—which, I hate to say it, increases your worry and judgment that you are overreacting.
5. Distracts you from attending to and healing the original hurt by having you focus on your deficits.
6. Delays recovery. Healing often occurs naturally over time, but the judgments and worries prevent this.

You are not “crazy” for adding these circles, and you are not going “insane.” You are not weird or strange or different. This is a human reaction to living. And it is not just you. The problem is that many elements of our current Western culture (which we'll touch on in the next section) encourage our inner critic, causing an influx of feelings of powerlessness and worthlessness and feeling out of control, which instigates anxiety, panic, depression, and low self-worth, especially and devastatingly among young people. That means your experience is both common in humans and absolutely understandable in today's world. So, you can stop blaming yourself for your emotional turmoil right now.

(Get rid of that “It's all my fault!” circle!)

Your turn: Label the circle based on a recent experience in your life.

- First, label the original hurt in the small central circle.
- Write down, using exact wording, the negative self-judgments as you thought them.
- Write down the worries that won't stop playing in your head.
- Add the second layer of negative self-judgments on top of them all.
- Add circles if you have more. Notice that you are not only creating more circles, but that the outer circles are also bigger and thus more impactful on your feelings.

