



# Paradigm Transformation

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## Violations of Self

(This is NOT all-inclusive)

### Our Bodies

- Overeating.
- Cheating on our diets.
- Not making time for relaxation.
- Abusing ourselves with cigarettes, alcohol and drugs.
- Criticizing ourselves when we look in the mirror.
- Listening to our self-loathing internal dialogues.

### Our Relationships

- Staying with a physically and/or emotionally abusive person.
- Doing things for others that we don't want to do.
- Depriving ourselves of intimacy when we want it.
- Breaking agreements and commitments with others.
- Withholding our feelings from others.
- Making other people's needs more important than our own.

### Financial Security

- Bouncing checks.
- Lying about our income.
- Not saving money.
- Stealing
- Ignoring our debts