



TRANSCENDENCE ESSENTIALS

Foundation of the T-NOW Method

BY DR. PHILIP AGRIOS



ABOUT **THE AUTHOR**



It was over three decades ago, Dr. Philip Agrios had achieved some level of success... He had built a thriving health center that helped many thousands of patients. BUT he he was struggling and frustrated... Over the next nine years, all HELL broke loose.

It started with a false accusation from an insurance company. This led to a three-year legal battle and included the possible threat of jail time.

Financial difficulty... the LEGAL NIGHTMARE...and his dad dying from brain cancer, caused so much stress that he finally broke -- mentally, physically and spiritually.

He was diagnosed with Thoracic Outlet Syndrome and Carpel Tunnel Syndrome on both sides (losing the ability to use his hands to treat... PLUS... Each morning, climbing out of bed, his feet hurt immensely. It was like walking on broken glass)--- Conventional therapy FAILED HIM. Life disintegrated around him and he began sliding into depression.

Unable to practice, his Clinic was shut down. Spiraling into survival mode... He tumbled from one bad decision to another. Desperate for answers, he dove into fleshing out earlier research into holistic approaches to healing. The more he immersed himself in this, he began experimenting with ways to climb out of this pit of desperation.

However, while those previous events were DEVASTATING, they were NOTHING compared to the destructive iceberg about to rip through what was left of his life.

For the next seven years, he became the primary care taker for his ailing mother... a volatile marriage degenerated into a nasty divorce which led to personal financial Armageddon... the economic downturn in 2008 wiped out what was left in his real estate investments... And then...to cap it off... his daughter attempted suicide and was found ONLY 10 minutes from death. We can keep going with other traumas and challenges, but you get the gist.

No matter what he did, prayer...hypnosis...listening to the personal development mindset "Gurus"... nothing seemed to break the constant cycle of desperation. Frustration, anxiety and self-sabotage that kept returning year after year.

The ONE saving grace? Information continued to magically "show up" ... just at the right time. He discovered the precise predictable cycles that occur naturally everywhere you look. AND self-sabotage was an integral part of it... slowly he learned what he MUST do to break out of his destructive "habit-loops".

And it was 'thanks to' those 30 years of heartache and darkness (years of pain he wouldn't wish on his WORST ENEMY) that he made the jaw dropping discovery that we are all born with a sabotage switch, AND at birth it's in the ON POSITION.

This is why some of us struggle so much with not reaching our goals and dreams...we "soldier on" ...we cope... living with frustration, stress, crippling anxiety, sleepless nights and sometimes even depression.

It's why you've not yet achieved your dreams.

And the best news yet was... self-sabotage has an Antidote!

You are in the right place to take a deep dive into his discovery and use it to obtain even greater success in your personal and business/career.



TRANSCENDNOW
UNLEASH LIMITLESS SUCCESS

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ASSESSMENT

This page is very important to fill out properly because you will use these answers later.

1. Write your top **Professional Goal** for the next 3 months. Be specific and start with I am, and use the words sooner and more.

2. What are you doing that may be stopping this goal?

3. What has question #2 cost you in time, money, relationships, happiness, etc?

4. Write your top **Personal Goal** for the next 3 months. Be specific and start with I am, and use the words sooner and more.

5. What are you doing that may be stopping this goal?

6. What has question #5 cost you in time, money, relationships, happiness, etc?

THREE FUNDAMENTAL REASONS FOR SELF-SABOTAGE

1. LOST SUCCESS

Describe past and/or present situations where you experienced success and then lost it in your professional and personal life.

2. SIDESTEPPING THE ESSENTIALS

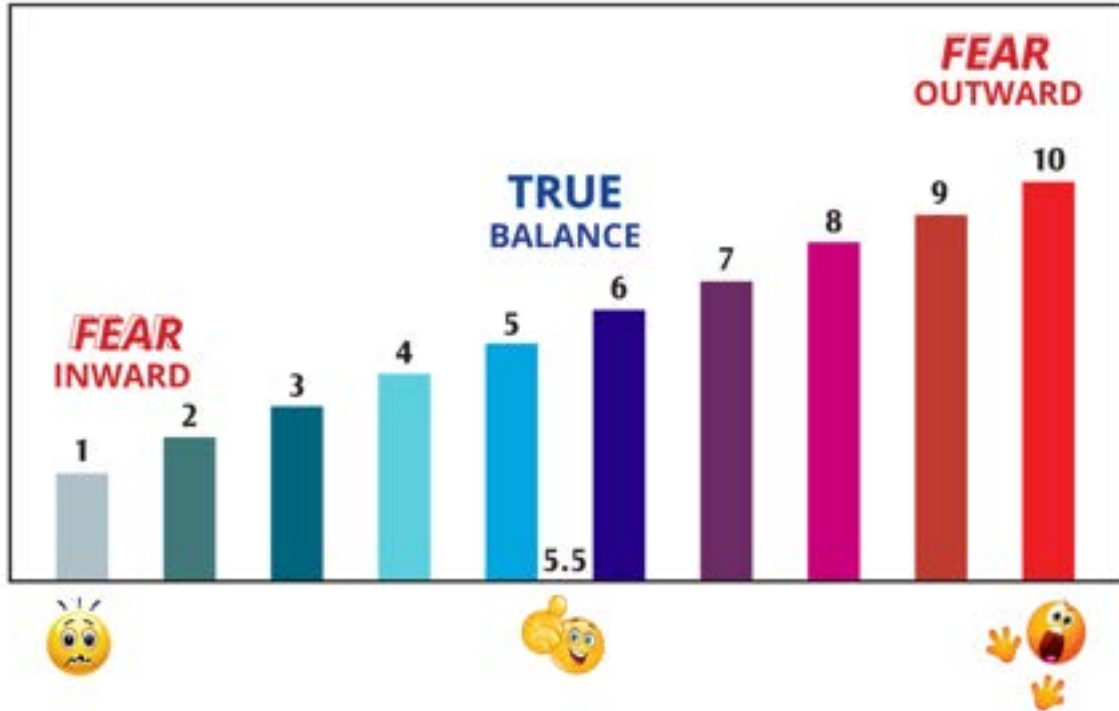
Describe past and/or present situations in which you didn't take the necessary actions to achieve success in your professional and personal life.

3. MORE SUCCESS = MORE PAIN

Describe past and/or present situations where achieving success led to more pain in your professional and personal life.

THE BALANCE SCALE

Inward vs. Outward



Identify two past situations, one professional and the other personal. Then consider the word or words you would use to describe your reaction(s). Rate each word on the Balance Scale (1-10), and observe if your responses were consistently on one side of the scale or if they varied.

1.

2.

Type your word or words _____

YOUR PROTECTIVE SEQUENCE QUIZ

Maybe = 1 Sometimes = 5 Usually = 9

When I am uncomfortable and don't handle or deal with a challenging situation...

1. I do something more fun and easier instead of seeking the knowledge to resolve the situation. **Answer:** _____

2. I have a tough time saying NO to others and find myself doing more than I should, without appreciation. **Answer:** _____

3. I don't express myself enough, so I listen and observe more while keeping to myself. **Answer:** _____

4. I get scattered, easily distracted and don't follow through on what needs to be done. **Answer:** _____

5. I become overly patient with others and then realize I gave too much which could cause me to feel resentful. **Answer:** _____

6. I have a tough time confronting challenging situations because I don't want to feel embarrassed or foolish. **Answer:** _____

7. I start one project, not complete it, start another one, then another and another, causing me to become overwhelmed and more unfocused. **Answer:** _____

8. I allow others to take advantage of my kindness because I'm too giving and don't want to look selfish. **Answer:** _____

9. I have a tough time getting over things and retreat deeper within. **Answer:** _____

Questions 1, 4 and 7 = _____ #1

Questions 2, 5 and 8 = _____ #2

Questions 3, 6 and 9 = _____ #3

YOUR PROTECTIVE SEQUENCE KEY

1 = DIRECTOR

Take Control

2 = SUPPLIER

Inwardly Feel

3 = COMMUNICATOR

Outwardly Express

DOMINANT TRAIT

=

LOWEST SCORE

MEDIATOR TRAIT

=

INBORN SABOTAGING TRAIT

=

HIGHEST SCORE

YOUR PROTECTIVE SEQUENCE

DOMINANT TRAIT

MEDIATOR TRAIT

INBORN SABOTAGING TRAIT

TIE INSTRUCTIONS

Refer to the Section that describes your tie.

SECTION 1: If you have two **HIGH NUMBERS that are tied**, which answer below best describes you. Once you choose, then check the Key on page 13, pick the word next to the number and type it on the **INBORN SABOTAGING TRAIT** line.

If #1 and #2 are tied:

#1 - When I don't have enough knowledge, I freeze or just wing it.

#2 - I am overly patient with people because I focus on their feelings more than my own.

If #1 and #3 are tied:

#1 - When I don't have enough knowledge, I freeze or just wing it.

#3 - I think about things a lot and I tend not to express my opinions until I have thought it through and feel good about answering.

If #2 and #3 are tied:

#2 - I am overly patient with people because I focus on their feelings more than my own.

#3 - I think about things a lot and I tend not to express my opinions until I have thought it through and feel good about answering.

SECTION 2: If you gave two tied **LOW NUMBERS**, then which answer below best describes you. Once you choose, then check the Key on page 13, pick the word next to the number and type it on the **DOMINANT TRAIT** line.

If #1 and #2 are tied:

#1 - I am very organized and prefer structure and can over think situations.

#2 - I focus on how I feel and make sure everyone is feeling good.

If #1 and #3 are tied:

#1 - I am organized and prefer structure and can over think situations.

#3 - I tend to express myself a lot and can become very emotional and action oriented.

If #2 and #3 are tied:

#2 - I focus on how I feel and make sure everyone is feeling good.

#3 - I tend to express myself a lot and can become very emotional and action oriented.

NOTE... If you are still having a hard time figuring out your **Inborn Sabotaging Trait and Mediator Trait** because they both make sense in either position, then ask yourself this question because only one is the true Saboteur.

Only do this for the TWO HIGH NUMBERS which represent your Inborn Sabotaging Trait and Mediator Trait because this week, we are not concerned about the Dominant Trait. In Week 2, you will fully understand its role.

Look for the traits below that you picked and determine your Inborn Sabotaging Trait and Mediator Trait.

Director and Supplier: Do I get scattered and unfocused first and then it causes me to over give? If so, then your Director is your Saboteur. If you over give first and then get scattered, your Saboteur is the Supplier.

Director and Communicator: Do I get scattered and unfocused first and then it causes me to not express myself? If so, then your Director is your Saboteur. If you don't express yourself first and then get scattered, your Saboteur is the Communicator.

Supplier and Communicator: Do I overly give first and then it causes me to not express myself? If so, then your Supplier is your Saboteur. If you don't express yourself first and then you over give, your Saboteur is the Communicator.

If you still are unsure, then bring this question to the Group Call and we will help you. We have never had a person not see the distinction so be confident you will uncover it.

THREE INBORN SABOTAGING TRAITS

DIRECTOR

**SCATTERED & UNFOCUSED
DOESN'T FINISH TASKS
CHAOS**

SUPPLIER

**OVERLY GIVES/OVERLY SUPPLIES
HARD TIME SAYING NO
RATHER HURT THAN OTHERS**

COMMUNICATOR

**UNDER EXPRESSES
HARD TIME CONFRONTING
OVER PROCESSES/CAN'T LET GO**

**THE SABOTEUR IS
YOUR PROTECTOR**



THE DIRECTOR SABOTEUR SUMMARY

You are scattered, unorganized, and hate to follow through on tasks. You have a hard time staying focused on one project and like the chaos in your life that stimulates your brain.

Chaos motivates you and without it, you would not get too much accomplished.

The main reason you do not have the knowledge you need is because you do not like searching for it. You would rather wing it and not take the time to know exactly what to do. You really don't trust yourself to find the correct answers anyway. This is most likely due to past experiences.

For instance, you may be involved in a project and be 99% done. Then all of a sudden you will stop and do something else. It may be because you are bored or uncertain how to finish it. You probably have many uncompleted projects right now.

On the other side of the coin, you can also be very laser focused. You can lose track of time and ignore other tasks or people who are more important. You may work at night or go on social media when you really do not have to instead of spending time with your family.

You may say, "I'll work for only a half hour", and then realize it has been three hours. You may have an intense texting frenzy on your phone instead of turning it off and studying for a test.

You do not like authority and do not like to be told what to do. You do not like responsibility either. However, depending on the situation, you would rather others tell you what to do because you do not have the confidence to start or follow through on the task.

What you have not done consistently up until this point is to have a clear understanding of your vision, whether be short or long-term goals.

Many times you are not even aware of a problem exists. You can be oblivious to others' feelings or accomplishments. You are in your own little world and you do all you can to hide that secret part of you from others. You can be very secretive because you do not want others to tell you it cannot be done or you should not do what you want to do.

Others may not trust you after awhile because you tell them you will do something and then it does not get done on time or depending on the consequence, you will stay up all night to complete it not to hear them complain.

In order to find balance, there is a solution, what Dr. Agrios calls The Antidote in order for you to immediately find harmony between these two extremes. By using this One Sentence Solution, *The Antidote* will allow you to find balance so you can take back control of your life, remain focused on your task until completion and be empowered by your ability to justify your decisions.



THE SUPPLIER SABOTEUR SUMMARY

You place different degrees of value on everything, whether a person, thing or event. You undervalue yourself when you overvalue others and vice versa. You are typically overly sensitive, feel unworthy or undeserving.

You are overly patient and tolerant with people to the point where others treat you like a doormat. You take on too much because you cannot say no. Feeling unworthy causes you to be afraid of rejection.

You do not like selfish people, so you do anything you can not to be portrayed this way. This is why you cannot say no because that would mean you are placing more value on yourself than others. It is better to squash your desires than others.

You allow other to abuse you, whether physically and/or mentally and take advantage of you and your generosity because you cannot stop your own self-neglect and self-abuse. Feeling devalued or not validated motivates you to give more. You do not allow others to help you because that is a selfish act or because of the ridicule you may receive if you do.

On the other hand, you may have been told you are self-absorbed or are a narcissist. This may be because you had enough of the abuse and not being appreciated all that you do. You could have been hurt very badly in the past and therefore you stop overly giving and overly give to yourself.

Even then when you give to yourself, you feel badly, so you find ways to give to others but not as much as you had before. This is your protective mode to hold on to what little you have left-- you gave so much. You may use this by suppressing your feelings, so you can say no because you do not know how to do that without feeling badly. Therefore, you do not rely on your feelings and focus on your other strengths.

Being self-absorbed, overly intolerant and impatient are the other sides of you. You reject others before they reject you. You may feel those people are not worthy of your time or your valuable assets. Your actions or your words may be perceived by others that you are insensitive because of your abruptness of focusing on other things or other people.

Because of your past hurt by giving, you move to the other side.

In order to find balance, there is a solution, what Dr. Agrios calls *The Antidote* for you to immediately find harmony between these two extremes. By using this One Sentence Solution, The Antidote will allow you to give and take in a more harmonious way, allowing you to trust your feelings once again.



THE COMMUNICATOR SABOTEUR SUMMARY

You are distant, quiet and non-confrontational. You're a listener, not a talker. You like to be in the background instead of the limelight. You're not confrontational because you fear you will be humiliated or embarrassed by others or by your actions. You degrade yourself if you make a mistake. This can discourage you from communicating your thoughts and feelings with others.

You hold everything in and you wonder why people do the things they do to you. You over analyze or desensitize yourself to the situation. Since you are not communicating, others have no choice but to either guess, or do to you what they think is best for you or for themselves.

Not confronting it leaves only guesswork which causes you to remain in unfulfilling relationships. You have difficulty disconnecting from certain people, things and past events.

Your spouse may want a divorce, or you are losing money with a particular stock. You know you should get out of both situations but because of your fear of what others may think, you go into the "I'm going to make this work no matter what" mode.

You don't let go easily. It is hard to count your losses and move on. You can obsess about things because of your inability or unwillingness to let go because not knowing if you did all that you have could.

On the other side of the spectrum, you could overly express yourself when you reach your breaking point. It is at this point you no longer care what you will lose because you want to start fresh. You feel everything must go because you are unable to decipher what is beneficial or detrimental to you.

You may connect to other things or people that you think are less likely to cause you harm but because you disconnected too quickly and did not analyze the situation, you could go from the frying pan to the fire.

This could allow you to blame others for your decisions or circumstances. You allow others to demean you because you demean yourself by not respecting yourself. Therefore, you have surrounded yourself with people to reinforce this behavior, causing you to disconnect even more.

In order to find balance, there is a solution, what Dr. Agrios calls *The Antidote* in order for you to immediately find harmony between these two extremes. By using this One Sentence Solution, The Antidote will allow you to let go of what is no longer working for you and connect to the people and things that will allow the growth you seek in your life.



YOUR **THREE BASIC TRAITS**

Dominant Trait or the “Go To” Trait

Less Dominant Trait or the Mediator Trait

Non-Dominant Trait or the Inborn Sabotaging Trait

BALANCED

DOMINANT

MEDIATOR

SABOTEUR

IMBALANCED

DOMINANT

MEDIATOR

SABOTEUR

OR

SABOTEUR

MEDIATOR

DOMINANT

YOUR PROTECTIVE SEQUENCE FORMULA

Phrases to Identify Your Traits

When I encounter a challenging situation, I first _____ ,
and then I _____ ,
so I do not have to _____ .

DOMINANT TRAIT PHRASE
MEDIATOR TRAIT PHRASE
INBORN SABOTAGING TRAIT PHRASE

The **Inborn Sabotaging Trait** creates conflicts, challenges, problems or inefficiencies in your life to make you slow down. Other synonymous terms would be to tinker or shake up.

This trait creates resistance in your life not to punish you but to shake things up in all aspects of your life, so you can evolve and grow or dissolve through fear. It's your choice again. It tries to get your attention in this way to show the imbalance.

The Part that Sabotages or Protects You Is Called

The Director Saboteur – You sabotage yourself by not taking control of your feelings and emotions.

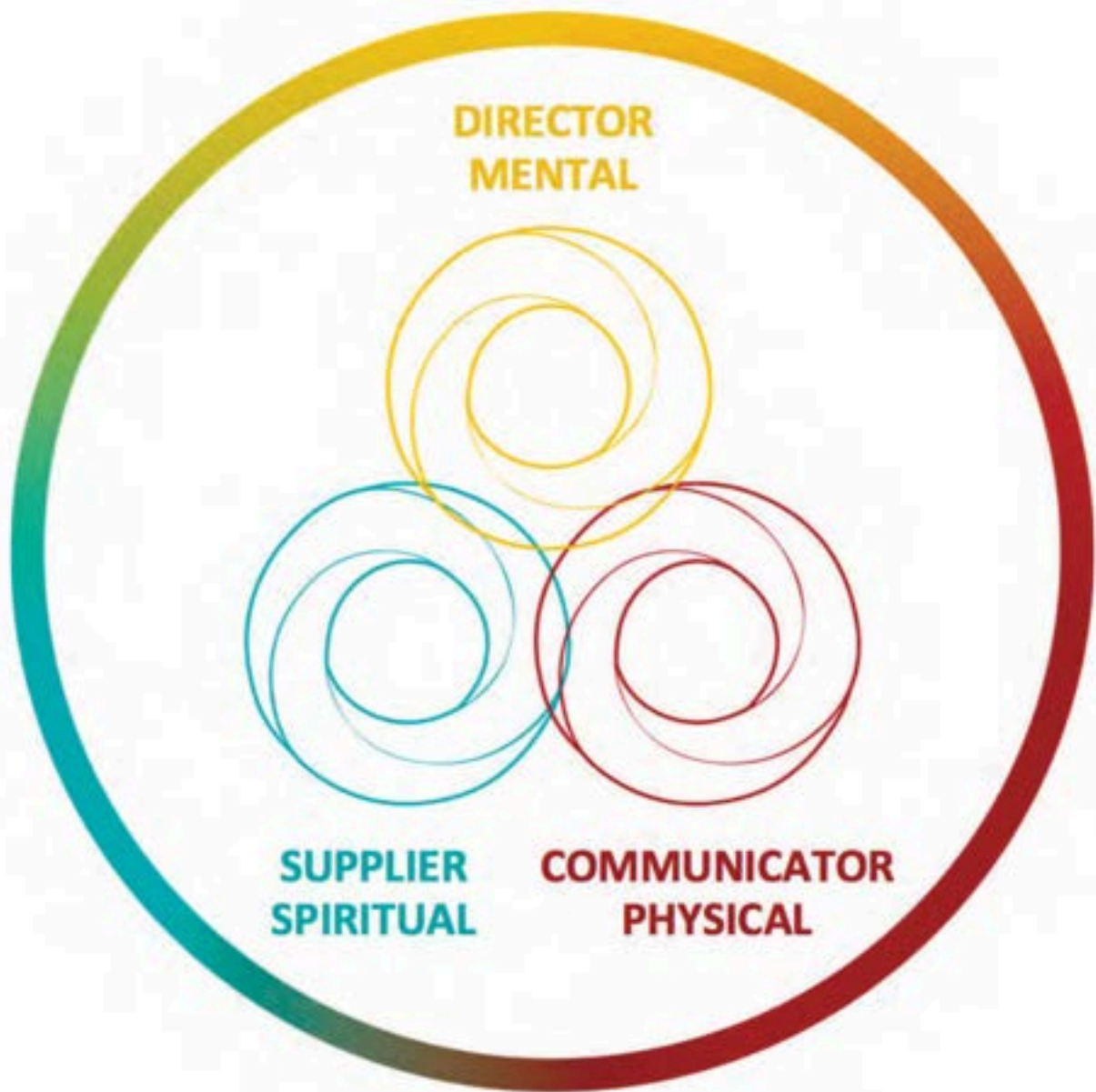
The Supplier Saboteur – You sabotage yourself by not inwardly feeling your thoughts and emotions.

The Communicator Saboteur – You sabotage yourself by not outwardly expressing your thoughts and feelings.

Life's One Law Diagram



Our Traits Follow the Principles Diagram





DIRECTOR CHARACTERISTICS

The **DIRECTOR PRINCIPLE** is interchangeable with my **MENTAL ENTITY** and my **DIRECTOR TRAIT**.

DIRECTOR CHARACTERISTICS

- Commander
- Direction in Life
- Sequencer/Planner
- Organizer/Manager
- Thoughts
- Perception-Belief-Faith-Trust
- Gate Keeper of Our Comfort Zone
- Controls and Influences Our Choice

It is through **AWARENESS & FOLLOW THROUGH** that the Director controls and manages your choice of infinite possibilities.



SUPPLIER CHARACTERISTICS

The **SUPPLIER PRINCIPLE** is interchangeable with my **SPIRITUAL ENTITY** and my **SUPPLIER TRAIT**.

SUPPLIER CHARACTERISTICS

- Supplier of Energy
- Exchange/Transform
- Giver/Rejecter/Releaser
- Taker/Receiver/Attractor
- Fills Voids/Wants/Desires
- Feelings

You supply to others and to yourself **VALUABLE FEELINGS** (which are energy) so everyone's **VOIDS** or desires will be fulfilled.



COMMUNICATOR CHARACTERISTICS

The **COMMUNICATOR PRINCIPLE** is interchangeable with my **PHYSICAL ENTITY** and my **COMMUNICATOR TRAIT**.

COMMUNICATOR CHARACTERISTICS

- Connector/Interactor
- Facilitator/Catalyst
- Transporter/Transmitter
- Expressor of Emotions
- Disconnect/Break
- Analyze/Unfold
- Process

Communication is both **CONNECTION** and **DISCONNECTION** because a physical entity needs to be present for all communication to occur.



SUMMARY OF **LIFE'S ONE LAW**

Life's One Law is made up of the Principles of **Director**, **Supplier**, and **Communicator** Principles.

These three basic principles, by working simultaneously with each other, make and govern everyone and everything in the universe.

QUICK REVIEW

Mental Entity = Director Trait = Thoughts

Spiritual Entity = Supplier Trait = Feelings

Physical Entity = Communicator Trait = Emotions

YOUR ANTIDOTE

Your Antidote for Your Saboteur

DIRECTOR Antidote: Become AWARE & FOLLOW THROUGH with myself & others

SUPPLIER Antidote: VALUE myself & others

COMMUNICATOR Antidote: EXPRESS & CONNECT to myself & others

(The word "others" signifies people, things and events)

INBORN SABOTAGING TRAIT

YOUR ANTIDOTE

KEY

DIRECTOR

Scattered
Unfocused
Disorganized
Indecisive
Unaware

SUPPLIER

Overly Giving
Overly Patient
Self-Denying
Invalidated
Easily Hurt

COMMUNICATOR

Quiet
Detached
Degraded
Defeated
Too Laid back

YOUR NEUTRALIZER FORMULA

Because my Antidote neutralizes my Inborn Sabotaging Imbalanced Traits,

when I am able to _____ ,
INBORN SABOTAGING TRAIT ANTIDOTE

it immediately neutralizes me being _____ ,
PICK YOUR SABOTUER WORD FROM KEY

and _____ .
PICK ANOTHER SABOTUER WORD FROM KEY

YOUR SUMMARY FORMULA

When I _____ , it is
INBORN SABOTAGING TRAIT ANTIDOTE

an impossibility for me to become _____ ,
WORD FROM NEUTRALIZER FORMULA

Therefore, when I _____ ,
INBORN SABOTAGING TRAIT ANTIDOTE

I AM INSPIRED!

IMBALANCED TRAITS

DIRECTOR TRAITS

- Controlled by Others
- Meek or Timid
- Manipulated or Easily Influenced
- Unsure or Vague
- Not Detail Oriented
- Indecisive or Uncertain
- Naïve or Unaware
- Disorganized
- Cautious
- Scattered or Unfocused
- Irresponsible
- Oblivious or Clueless
- Untrusting
- Overly Controlling
- Aggressive or Arrogant
- Manipulative
- Always Right
- Meticulous or Perfectionist
- Overly Decisive
- Suspicious or Distrustful
- Overly Organized
- Impulsive
- Hyper-focused or Fixated
- Overly Responsible
- Overly Attentive
- Overly Trusting

SUPPLIER TRAITS

- An easy mark or Doormat
- Overly Giving
- Overly Patient
- Unworthy or Undeserving
- Overly Generous
- Easily Hurt
- Sacrificing
- Overly sensitive
- Self-denying
- Irrelevant
- Overly Tolerant
- Hurt by Others
- Invalidated
- Self-Centered
- Selfish
- Impatient
- Overly Deserving
- Greedy
- Unfeeling
- Narcissistic
- Insensitive
- Self-absorbed
- Too Valuable
- Intolerant
- Rejecting Towards Others
- Overly Self-Validating

COMMUNICATOR TRAITS

- Detached or Removed
- Unemotional
- Degraded
- Non-Confrontational
- Too laid-back
- Overly humble
- Quiet
- Overly Respectful
- Defeated
- Embarrassed
- Inactive
- Unsupportive
- Humiliated
- Stubborn or Persistent
- Overly emotional
- Belittling
- Overly Confrontational
- Short-Tempered or Mean
- Overly confident
- Overly Talkative
- Disrespectful
- Unable to Let Go
- Overly Confident
- Hyper
- Overly Supportive
- Degrading to Others



YOUR ANTIDOTE SUMMARIES

THE **DIRECTOR** ANTIDOTE SUMMARY

BECOME AWARE AND FOLLOW THROUGH WITH MYSELF AND OTHERS

Being aware pertains to having knowledge and understanding of your current situation. If the “Director” is your Sabotaging Trait, you typically don’t follow through because you are indecisive or not clear on what to do. You are indecisive because you don’t have faith in yourself. This results in you doing nothing or doing anything other than handling it. Director Saboteurs are scattered, unorganized, and hate to follow through on tasks. The main reason you don’t have the knowledge you need is because you don’t like searching for it. You would rather wing it and not take the time to know exactly what to do. You really don’t trust yourself to find the correct answers anyway. This is most likely due to past experiences.

For instance, you may be involved in a project and be 99% done. Then all of a sudden you will stop and do something else. It may be because you are bored or uncertain how to finish it. You probably have many uncompleted projects right now.

Once you become aware of this about yourself and know exactly how to change it by using your Antidote, then and only then will you stay focused, follow through, and complete a project.

Don't start anything new until all your unfinished projects are completed. Start the most difficult one first, find the knowledge to finish it and then complete it. Do not do any other projects until these are all done.

On the other side of the coin, a Director Saboteur can also be so laser focused. You can lose track of time and ignore other tasks or people who are more important. You may work at night or go on social media when you really do not have to instead of spending time with your family. You may say, "I'll work for only a half hour", and then realize it has been three hours. You may have an intense texting frenzy on your phone instead of turning it off and studying for a test.



Whether you are scattered or laser focused, becoming aware of your behavior and having the knowledge and understanding to see how it may be affecting your life or the lives of others is key. Follow through on what you need to do. If you don't have the knowledge or understanding of what to do, go find it. Ask questions, do some research. Use a timer so an alarm goes off to organize yourself.

Some say, "I know what to do because I've heard it a thousand of times from my family or my boss." What you have not done consistently up until this point, is have clear understanding of your particular need to be more aware and follow through. It is only by doing this that a Director Saboteur has better and more positive outcomes with their life.

In some cases, there may be a chemical imbalance in the brain, most likely with serotonin and/or dopamine. Being aware that this may be a problem for you and seeking the knowledge of how to solve it with medication or natural supplements, will allow you to be able to follow through and then effectively use your Antidote.

By incorporating your own specific Antidote into your life, you will feel less overwhelmed and be more in control. Being consistent with this will allow you to be more organized and your life will be manageable. By following through, people will trust you again because they know the job will get done. This is how a Director Saboteur balances out life.





YOUR ANTIDOTE SUMMARIES

THE **SUPPLIER** ANTIDOTE SUMMARY

VALUE YOURSELF AND OTHERS

By valuing yourself and others differently you can fulfill your desires. Supplying means your willingness to give or receive something of value or worth. If your Sabotaging Trait is the “Supplier”, you place different degrees of value on everything, whether a person, thing or event. You undervalue yourself when you overvalue others and vice versa.

Supplier Saboteurs are typically overly sensitive, feel unworthy or undeserving. You are overly patient and tolerant with people to the point where others treat you like a doormat. You take on too much because you cannot say no. Feeling unworthy causes you to be afraid of rejection.

On the other hand, you may have been told you are self-absorbed. This may be because you had enough and automatically go into a protective mode to hold on to what little you have left--you gave so much. Some people use chronic illness as a way to say no or to receive attention. Being self-absorbed, overly intolerant and impatient are the other sides of you. You reject others before they reject you. You may feel those people are not worthy of your company or your valuable assets.

By using your Antidote, valuing yourself and others, you will feel worthy of supplying yourself and others with your desires. You will stop accepting the abuse of others because you will stop your own self-abuse. Once you allow yourself to have self-love, you will no longer be tolerant of their way of treating you. Start saying no to others if you truly do not want to do something, or ask people for help if you need it.

Allowing others to help you or releasing those who devalue you, gives you permission to enjoy better love, better relationships, and a better life.

Nothing happens until you start valuing yourself. You have supplied yourself with certain people in your life because you felt this is what you deserved. Maybe people in your past treated you poorly or they abandoned you and you felt you were not worth them staying. Remember those were their own issues. You took them on as your own.

By valuing yourself a little at a time, every day, this self-abuse will end and you will find your balance. If you are finding that you take more than you give, are hurtful towards others, or are insensitive to others needs, then by valuing them first, and treating them with the respect you want for yourself, you will see a change in their attitude as well as your own. By valuing them, you value yourself immediately and they will reciprocate.

Valuing yourself and others differently self-nourishes causing all of your desires to be more easily supplied to you. This is where the Supplier Saboteur finds balance.





YOUR ANTIDOTE SUMMARIES

THE **COMMUNICATOR** ANTIDOTE SUMMARY

EXPRESS AND CONNECT TO MYSELF AND OTHERS

This antidote allows the Communicator Saboteur to connect to what they desire or disconnect from an irritant. Irritants can be people, things and events or it can be self-talk--your own negative thoughts and feelings. If your Sabotaging Trait is this, communicating differently will allow you to express yourself more effectively. This change starts with a connection or a disconnection.

Communicator Saboteurs are distant, quiet and non-confrontational. You're a listener, not a talker. You like to be in the background instead of the limelight. You're not confrontational because you fear you will be humiliated or embarrassed by others or by your actions. You degrade yourself if you make a mistake. This can discourage you from communicating your thoughts and feelings with others. You hold everything in and you wonder why people do the things they do to you. You over analyze or desensitize yourself to the situation. Since you are not communicating, others have no choice but to either guess, or do to you what they think is best for you or for themselves.

By connecting to encouraging thoughts and feelings instead of degrading ones, you can disconnect from your stubbornness so you can most effectively support yourself in your desires.

Analyzing the situation in a more balanced way will allow you to sit back and consider different options. Practicing using your Antidote in difficult situations will allow you to connect to your answer and bring about more confidence to express yourself. It's like breaking a fortune cookie. To reveal the message inside, you need to confront it and break it open, which results in immediate communication. Without this break, no communication can occur. Not confronting it leaves only guesswork which causes Communicator Saboteurs to remain in unfulfilling relationships.

You have difficulty disconnecting from certain people, things and past events. Your spouse may want a divorce, or you are losing money with a particular stock. You know you should get out of both situations but because of your fear of what others may think, you go into the "I'm going to make this work no matter what" mode. You don't let go easily. You need to count your losses and move on so you can create more gain elsewhere.





On the other side of the spectrum, being a Communicator Saboteur may cause you to overly express yourself when you reach your breaking point. This type of break forces you to finally disconnect from your fears and let it all go. Do not let fear do the break, use your Antidote to break first so you stop attracting the people, things and events in your life that are causing you worry. By disconnecting first, you will not need to get to your breaking point.

In some cases, you may have obsessive compulsive disorder or a lighter form of it. Connecting with a traditional doctor for medication or an alternative one for natural methods can help you to increase chemicals like GABA in your brain so you can let go easily.

Using your Antidote for balance will encourage you to stop degrading yourself which will allow you to feel confident, to admire your accomplishments and honor your thoughts--if you do not, others will not. Respect yourself enough to confront their abuse in a balanced way or seek an authority over them and speak your mind.

Therefore, the Antidote of the Communicator Saboteur is to express and connect to yourself or others, ultimately by being an effective communicator.

THE SIX PATTERNS OF HUMAN BEHAVIOR

Protective Mantra vs. Antidote Mantra

DOMINANT

MEDIATOR

SABOTEUR

DOMINANT

MEDIATOR

SABOTEUR

Communicator - Director - Supplier

Protective Mantra

ACT - THINK - FEEL

Antidote Mantra

FEEL - THINK - ACT

Communicator - Supplier - Director

Protective Mantra

ACT - FEEL - THINK

Antidote Mantra

FEEL - ACT - THINK

Director - Communicator - Supplier

Protective Mantra

THINK - ACT - FEEL

Antidote Mantra

FEEL - ACT - THINK

Director - Supplier - Communicator

Protective Mantra

THINK - FEEL - ACT

Antidote Mantra

ACT - FEEL - THINK

Supplier - Communicator - Director

Protective Mantra

FEEL - ACT - THINK

Antidote Mantra

THINK - ACT - FEEL

Supplier - Director - Communicator

Protective Mantra

FEEL - THINK - ACT

Antidote Mantra

ACT - THINK - FEEL

6 PATTERNS of HUMAN BEHAVIOR SYNONYMOUS WORDS

(Use a Thesaurus to Find Other Synonymous Words)

THINK = Plan, Trust, Faith, Influence, Knowledge, Organize, Aware, Follow Through, Consistent, Accountability, Decisive, Thoughts, Responsible, Disciplined, Take Control, Safe, Manage, Direct, Guide

Also means: Redirect, Rethink

FEEL = Value, Appreciate, Transform, Take, Receive, Attract, Be, Release, Worthy, Deserve, Say No or Not Now, Feel, Supply, Secure, Nourish, Validate, Relevant, Allow

Also means: Patience/Tolerance (Balanced), Supply or Love with Boundaries

ACT = Communicate, Initiate, Motivate, Momentum, Connect, Confront, Respect, Honor, Encourage, Grounded, Supportive, Expressive, Constructive, Catalyst, Process, Stable, Emotional, Pursue

Also means: Not Act, Disconnect, Detach, Friction, Resistance

THAT'S INTERESTING

How can I use “That’s interesting” to enhance my Antidote?

1. What past situation just recently occurred that was challenging which caused me not to _____ myself or the situation?
ACKNOWLEDGE / VALUE / EXPRESS

2. How could I have used “That’s Interesting” at that moment to depersonalize the Situation and enhance my Antidote?

3. Then by using my Antidote, _____
INBORN SABOTAGING TRAIT ANTIDOTE

I would have been less stressed and handle it much differently in this way:



ACHIEVING YOUR GOALS

This exercise focuses on the goals that you filled out earlier. I asked you to pick your top professional and personal goals and to be specific. I trust you started them out with the words **I am**, added a specific **due date** and used the words **sooner and more**.

By the end of this exercise, you will have uncovered the one word which is stopping you from achieving your goals.

ACHIEVE YOUR PROFESSIONAL GOALS

My Professional goal is _____.

I have noticed that when I am not on target with this goal, I am using my _____ Saboteur. During my pursuit of this goal, I have caused

INBORN SABOTAGING TRAIT

myself to either overly or under _____ my thoughts, feelings, or actions.

SUBCONSCIOUS WORD

This is because at the moment, I am currently in a defensive mental and/or emotional state and it is subconsciously more painful to achieve my goal, so I protect myself by using my Saboteur.

For me to achieve this goal, I must use my Antidote, _____.

INBORN SABOTAGING TRAIT ANTIDOTE

By doing so, it will decrease or stop me from being _____

1st INBORN SABOTAGING TRAIT

and _____, so I am inspired to continue my quest and succeed.

2nd INBORN SABOTAGING TRAIT

Please list **5 action steps** that will enhance your Antidote so you can achieve your goal. Start each sentence with words that represent your Antidote.

1. _____

2. _____

3. _____

4. _____

5. _____

ACHIEVE YOUR PERSONAL GOALS

My Personal goal is _____.

I have noticed that when I am not on target with this goal, I am using my _____ Saboteur. During my pursuit of this goal, I have caused

INBORN SABOTAGING TRAIT

myself to either overly or under _____ my thoughts, feelings, or actions.

SUBCONSCIOUS WORD

This is because at the moment, I am currently in a defensive mental and/or emotional state and it is subconsciously more painful to achieve my goal, so I protect myself by using my Saboteur.

For me to achieve this goal, I must use my Antidote, _____.

INBORN SABOTAGING TRAIT ANTIDOTE

By doing so, it will decrease or stop me from being _____

1st INBORN SABOTAGING TRAIT

and _____, so I am inspired to continue my quest and succeed.

2nd INBORN SABOTAGING TRAIT

Please list **5 action steps** that will enhance your Antidote so you can achieve your goal. Start each sentence with words that represent your Antidote.

1. _____

2. _____

3. _____

4. _____

5. _____

HOW YOUR PROTECTIVE SEQUENCE INFLUENCES THE THREE FUNDAMENTAL REASONS FOR SELF-SABOTAGE

Review Page 10, "**The Three Fundamental Reasons for Self-Sabotage**," and describe below how your **Saboteur** influenced each scenario.

Explain how you would have used the Antidote to prevent those results.

1.

2.

Word or Words Used from Page 10

Your Antidote

Your Saboteur

NOTES

NOTES

NOTES

NOTES