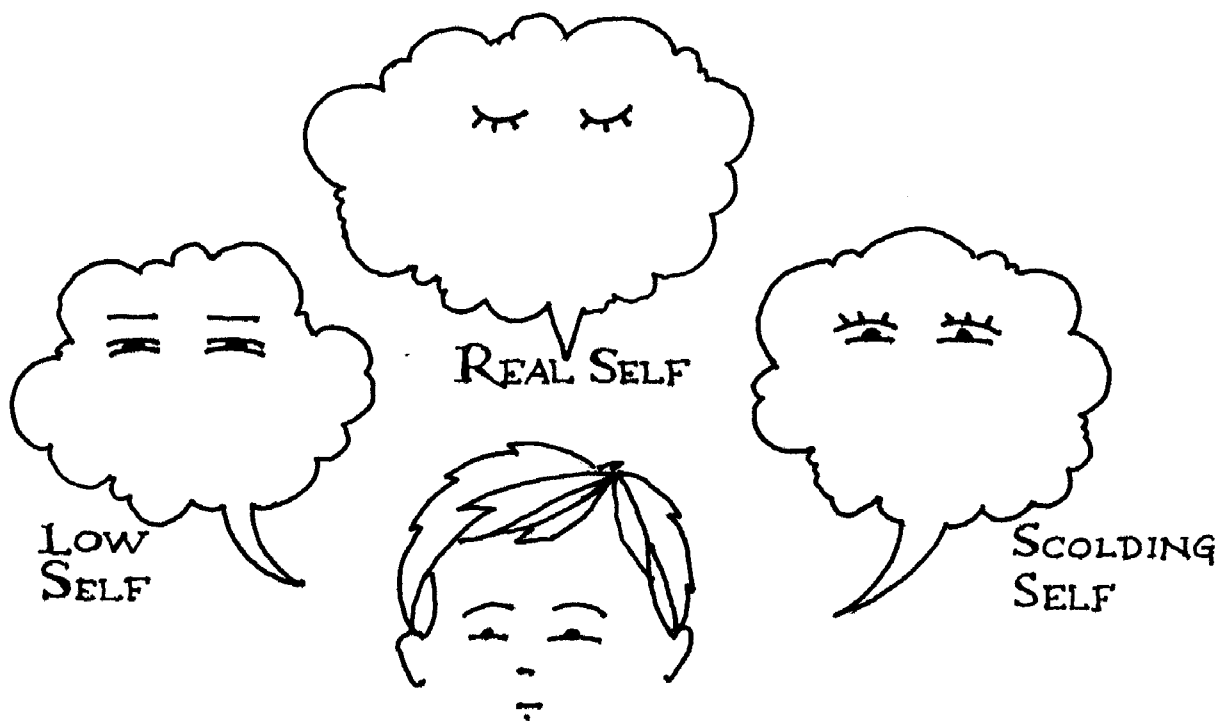


Chapter 36
The Three Selves — Part 3

1. Here is a head with three thought clouds above it. Write in each what the selves are thinking or saying.



Make up what the lower self might say, and how the blaming self corrects it, and include the Real You who is watching.

2. Sit quietly and watch your thoughts. Describe what they are saying. Which ones do you want to polish away? Why? Which do you want to keep? Why?

