

The Six Toxic Vermin Dominoes & Truth

Life Event	Destructive Thought/Belief*	Destructive Unhealthy Emotion	Behavior	Truth
Mistake	You should (not) do that	Guilt God	Self-punishment	I can make my own decisions because I am a responsible adult.
Violation	They are worthless because...	Resentment Reigns	Revenge	No matter what they do, they still have infinite worth.
Feelings	Those feelings you are having are dangerous	Irrational Fear In	Insulation	Even though these feelings are uncomfortable they can make me stronger.
Conflict	You can't stand it	Helplessness His	Escape	I have been standing it all my life.
Loss	You are worthless because...	Depression Delightful	Lifelessness	No matter what I do, I still have infinite worth.
Threat	Something bad will happen and that will be an overwhelming tragedy	Unhealthy Anxiety Universe	Avoidance	Nothing can happen to me which will keep me from making choices.