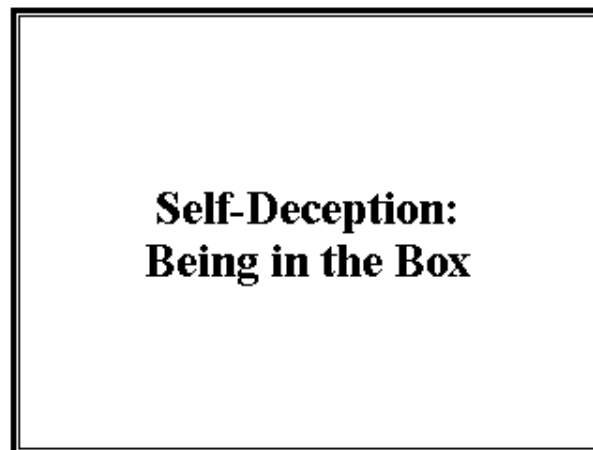
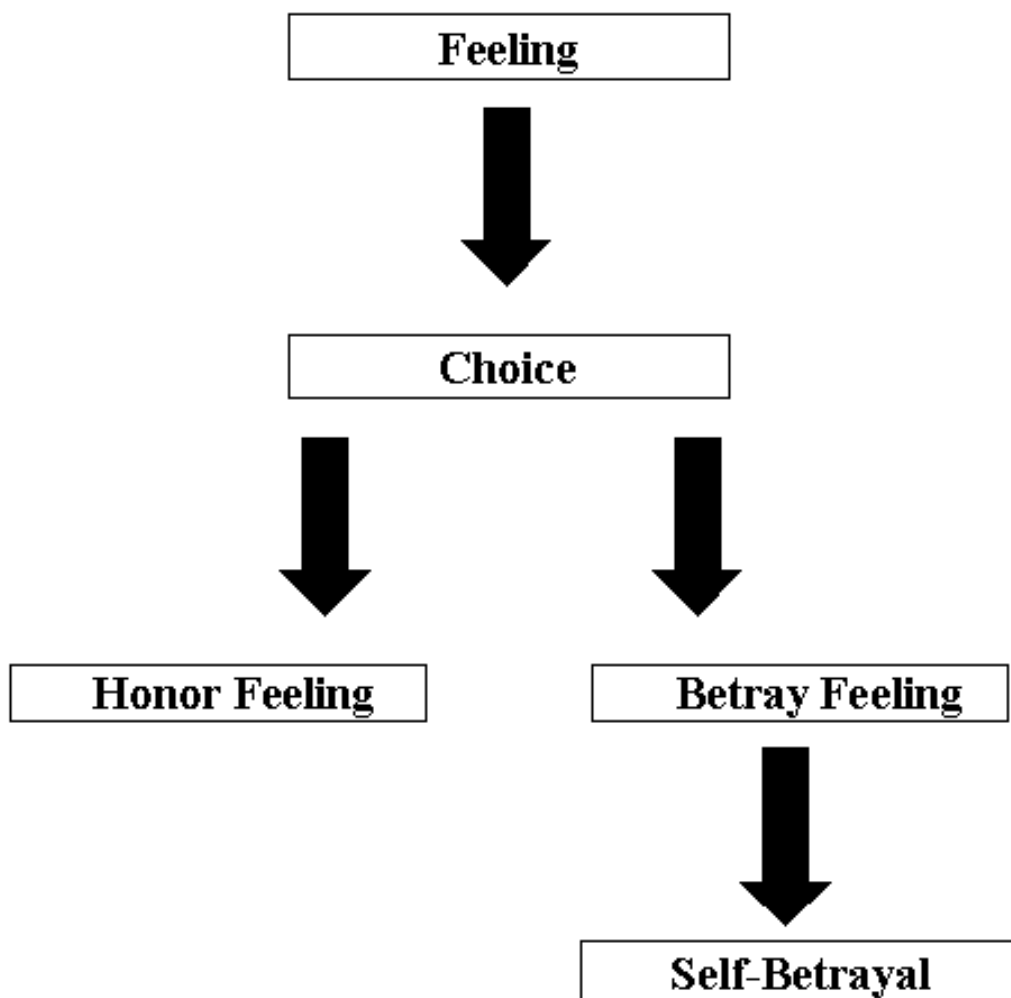


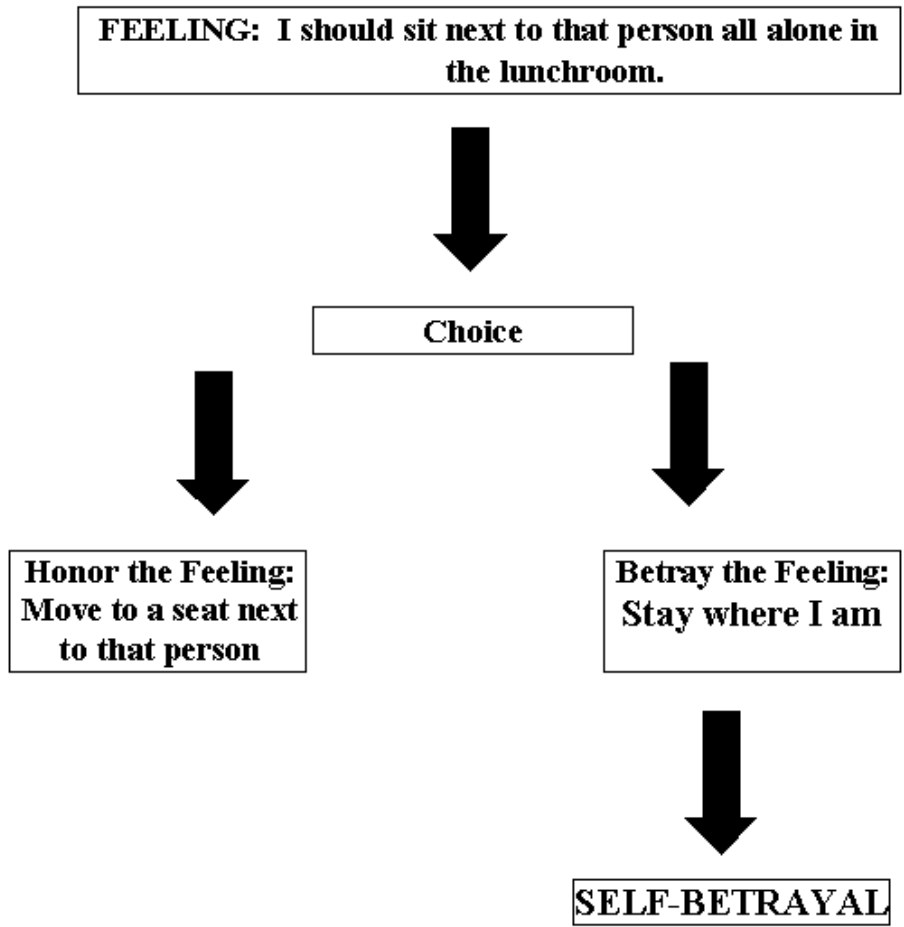
Self-Deception



Self-Betrayal: An act contrary to what I feel I should do for another



Example of Self-Betrayal

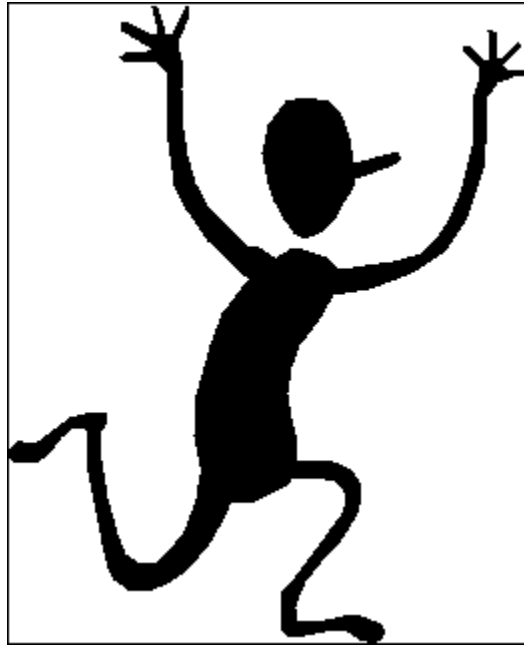


When I betray myself, I begin to see the world in a way that justifies my self-betrayal. I deceive myself, and my view of reality becomes distorted.

How I start to see myself	How I start to see the other person
Too cool to move	Uncool
Loyal to my friends	Antisocial
Worthy of friendship	Unworthy of friendship



When I betray myself, I enter "the box."

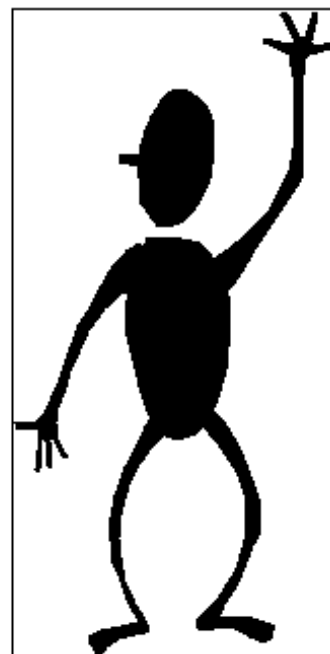


In the box, I deceive myself that others aren't important.

I see people as objects rather than fellow humans.

I actively resist what the humanity of others calls me to do for them.

By being in the box, I provoke others
to be in the box.



In the box, we invite mutual disrespect and, in this way, give each other reasons to stay in the box.

Over time, certain boxes become characteristic of me, and I carry them with me. These are prejudices and self-fulfilling labels.

What does not work inside the box:

1. Trying to change others
2. Doing my best to understand others
3. Communicating with others
4. Implementing new skills or techniques

The way out of the box:

Stop resisting the humanity of others.

See people as people - not as objects.



Living "Out of the Box"

1. Don't try to be perfect. Do try to do better.
2. Don't look for others' boxes. Do look for your own.
3. Don't accuse others of being in the box.
4. Do try to stay out of the box yourself.
5. Don't give up on yourself when you discover you've been in the box. Do keep trying.
6. Don't deny you've been in the box when you have been.
7. Do apologize, and then keep marching forward, trying to be more helpful to others in the future.
8. Don't focus on what others are doing wrong. Do focus on what you can do right to help.
9. Don't worry about whether others are helping you. Do worry whether you are helping others.

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