

LOVE AND GARBAGE

A STROKE IS A UNIT OF RECOGNITION. THAT RECOGNITION MAY BE WARM OR COLD. IT MAY BE CONDITIONAL OR UNCONDITIONAL. IT MAY POSITIVE OR NEGATIVE. IT MAY BE USEFUL OR NOT USEFUL. IT MAY BE FUNCTIONAL OR NON-FUNCTIONAL. IT CAN BE “LOVE” OR “LOVE AND TAKE OUT THE GARBAGE”. MOST OF US GROW UP WITH A DECENT BALANCE OF THESE STROKES. IT IS USEFUL TO LOOK AT WHAT WAS THE BALANCE THAT WE GREW UP WITH. IF IT IS GROSSLY OUT OF BALANCE, DECIDE TO CHANGE THAT NOW. WHAT BALANCE OF “STROKE DIET” DO YOU LIVE ON ? IS IT NOURISHING ?

UN-CONDITIONAL

CONDITIONAL

STROKES FOR BEING

I LOVE YOU
I HATE YOU

YOU ARE OK WHEN YOU
ARE PLEASANT & HAPPY

YOU ARE A GOOD PERSON
YOU ARE A BAD PERSON

YOU ARE NOK WHEN YOU
ARE MAD, MEAN-SPIRITED

STROKES FOR DOING

YOU COOPERATE WELL
YOU CREATE TROUBLE

YOU DO OK WHEN YOU
TAKE OUT THE GARBAGE

YOU DO CHORES WELL
YOU MESS UP CHORES

YOU DON'T DO OK WHEN
YOU DON'T TAKE IT OUT



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.