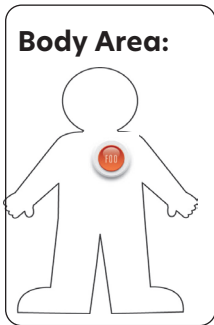


# MY FOO BUTTON MAP EXAMPLE I



## OLD PATTERNS TO CHANGE

## NEW PATTERNS TO PRACTICE

**Core Thought Patterns:**

I'm not good enough.  
Love = perfection.  
Something is wrong with me.

**New Thought Patterns:**

I am perfect because I make mistakes.  
I am a good person just the way I am.

**Core Wounding Events: Age(s):**

Mother told me she had me so that someone would love her. (Her FOO)	3-4
Man molested me.	8
Mother was depressed.	4-12
Mother chose emotionally abusive, drug-abusing men.	5-16
Mother took my individuation personally.	14-16
Mother constantly criticized, judged, blamed, and shamed me.	12-still
Mother only pleased when I did things perfectly or the way she thought they should be done.	12-still

**Core Feeling Patterns:**

Shame, Self-doubt  
Guilt  
Fear of losing acceptance  
Angry

**New Feeling Patterns:**

Confidence  
Safe  
Secure

**Core Behavior Patterns:**

Be perfect.  
Overcorrect and beat myself up when I make mistakes.  
People-please even if it crosses my boundaries.  
Escape with substances and sex.

**New Behavior Patterns:**

Relax  
Self-care  
Forgive myself and be kind to self when I make a mistake.  
Set and maintain healthy boundaries.  
Choose people who are mutually loving.  
Stay sober and deal with life assertively.