

Above and Below the Line: How Our Thinking Governs Our Experience

Above the Line

A positive view on life and
how we see the world
Energetic moods and emotions
Focused on what is important

Positive attitudes and beliefs
Hopeful and optimistic
Power to control my life

Below the Line

A negative view on life and
how we see the world
Depressing moods and emotions
Lose focus on what is important

Negative attitudes and beliefs
Hopeless and pessimistic
Powerless victim of life

1. Living or Visiting
2. Life Looks Different from Above or Below the Line
3. Making Decisions Below the Line → Mess
4. Conditions Do Not Determine Experience: Keep Your Day
5. Invitations: conditions/situations that invite us to go BTL.
6. Indicators: feelings we have or behaviors we manifest when BTL.
7. Submarine: maintaining dignity during our BTL visits.
8. Trampolines: means by which we can think straight and bounce back ATL.
9. Outside/Inside: Bottom 80s wait for outside conditions to improve...then the inside experience gets better.
 Top 20s improve the inside first...then the outside condition gets better.