WHO IS IN CHARGE?

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OPINIONS ABOUT OPINIONS
OPINIONS ABOUT THINKING
OPINIONS ABOUT FEELINGS
THINKING ABOUT OPINIONS
THINKING ABOUT THINKING
THINKING ABOUT FEELINGS
FEELINGS ABOUT OPINIONS
FEELINGS ABOUT THINKING
FEELINGS ABOUT FEELINGS

ADAPTED CHILD

FEELINGS ABOUT OPINIONS
FEELINGS ABOUT THINKING
FEELINGS ABOUT FEELINGS

NATURAL CHILD

THE COMPLIANT CHILD
FEELINGS ABOUT OPINIONS
(I SHOULD, I HAVE TO, I MUST)

THE REBELLIOUS CHILD
FEELINGS ABOUT OPINIONS
(I SHOULDN'T HAVE TO, YOU CAN'T MAKE ME)

R&M SEMINARS

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.