

## LIES:

### **Wounded Child, Critical Inner Parent, False Self (lower powers) tell us Happiness Is:**

Uncommon – Rare – Elusive - Unusual - Special  
An Achievement - Reward - Prize - We Must Earn  
A Possession - Thing - Destination  
Fleeting - Finite - Short Lived  
Luck - Chance – Fortune - Deal with the Devil  
Noisy - Busy - Frantic - Chaotic- Crazy  
Difficult - Dramatic - Unnatural (Irritation Aggravation)  
Outside - Separate - Apart - Disconnected  
Limited - Scarce - Lacking  
Tiring - Draining - Hard Work  
Selfish - Greedy - Lonely - Introverted

## TRUTH:

### **Wonder Child, Loving Inner Parent, True Self, and Higher Power tell us Happiness Is:**

Common - Ordinary – Everyday - Here - Now  
Your Innate - Inherent - Inborn Legacy  
An Attitude - Philosophy - Journey - Mindset  
Infinite – Eternal - All Present  
A Choice - Decision – Gift of Higher Power  
Quiet - Calm - Still - Peaceful - Sanity  
Easy - Serene - Natural - Normal  
Internal - Inseparable - Intimate Essence of Oneness  
Unlimited - Boundless - Abundant  
Creative - Energizing - Empowering – Inspiring  
Your Precious Unconditional Gift to Others

### **Happiness *Takes*:**

Sick & Rigid Independence & Self Sufficiency  
Control - Work - Fight - Labor - Resist - Pay Dues  
Lifelong Search - Hunt - Chase - To Distant Goal  
Pain - Suffering - Sacrifice - Struggle – Striving

Healthy Interdependence - Oneness – Connection  
Surrender - Accept - Yield - Allow - Give In To What You Are  
Journey Without Distance to Center of True Self  
Relaxing and Enjoying Your Essential Nature and Gifts

### **To *Have* Happiness:**

You and Everything Else Must Be Perfect First  
Everyone Else Must Come First (You and God are Last)  
You Must Be SUPER Good - Kind - Giving – Positive

Unconditional Self, Other, and Life Acceptance As Is  
Higher Power First, then Self Care, then Others  
Just Be Yourself, Who You Are, As You Are - REAL

### **The Problem:**

Disconnected from Higher Power  
ID with Wounded Child, Critical Inner Parent, False Self  
ID with Body, Mind, Possessions, Etc. (Life Situation)  
Happiness Therefore Is Always There & Then, If & When

### **The Solution:**

At One (Connected with) Higher Power  
ID with Wonder Child, Loving Inner Parent, True Self  
You're a Spiritual Being Having a Human Experience  
Realize Happiness is Here & Now, Always & Forever

## LIES:

## TRUTH:

**Wounded Child, Critical Inner Parent, False Self (Lower Powers) tell us:**

**Wonder Child, Loving Inner Parent, True Self and Higher Power tell us:**

### *You Are and Life Is:*

Bad - Broken - Flawed - Wrong - Incomplete - Ugly  
Insignificant - Unworthy - Undeserving - Unworthy  
Incompetent - Lame - Ignorant - Lonely  
Weak - Vulnerable - Foolish - Dumb - Stupid  
Unforgiving - Condemning - Judgmental - Hateful  
Unforgiven - Condemned - Hated - Judged  
Isolated - Outside - Separate - Apart - Disconnected - Distant  
Darkness - Wickedness - Evil - Guilty - Shameful  
Evil - Bad - Wrong - Alone - Awful  
Fake - Dishonest - Inauthentic - False - Absent  
Stuck - Victim - Slave - Trapped - Prisoner - Peon - Wimp  
Monster - Criminal - Creep - Villain - Bad Guy  
Confused - Doubtful - Ignorant - Failure - Irritated - Annoyed  
(Or Feel) Sick - Sullen - Sad - Depressed - Dead - Angry - Hateful  
A Bad Dream - Problem - Nightmare - Horror  
(You must) Protect - Defend - Hide - Fear - Shrink  
Be: Afraid - Scared - Unsafe - Frightened - In Danger

Whole - Perfect - Complete - Beautiful - Special  
Great - Important - Valuable - Worthy - Deserving As Is  
Competent - Smart - Capable - Connected  
Strong - Powerful - Wise - Intelligent - Brilliant  
Compassionate - Loving - Forgiving - Grateful  
Forgiven - Redeemed - Loved - Revered - Appreciated  
Internally - Inseparable - Intimate - Essence of Oneness  
Sacred - Blessed - Holy - Divine - Innocent  
Good - Right - Wonderful - Awesome - Fantastic  
Honest - Real - True - Authentic - Present  
Free - King/Queen - Wizard - Warrior - Lion/Lioness  
Warrior - Master - Savior - Super Hero - Good Guy  
Clarity - Faith - Wisdom - Guidance - Inspiration - Peaceful  
Happy - Joyous - Blissful - Wellness - Alive - Alove  
An Amazing - Wonderful - Magnificent Adventure  
(You can be) Open - Vulnerable - Available - Loving  
Trusting - Caring - Safe - Fearless - Invulnerable

### **The Problem:**

Identify with Lower Powers, Ego, Wounded Child,  
Critical Inner Parent, False Self, "Getcha" God  
Over Identify with Pain, Suffering, Body, Mind,  
Possessions, Roles, Problems, Etc. (Life Situation)  
Your Wonder Child, Loving Inner Parent, True Self, and  
Higher Power Is Always There and Then, If and When

### **The Solution:**

Identify with Wonder Child, Loving Inner Parent,  
Authentic/True Self/Soul, Loving Higher Power  
You're a Spiritual Being Having a Human Experience  
Realize Your Inner Wonder Child, Loving Inner  
Parent, Authentic/True Self, and Loving Higher  
Power is Here and Now, Always and Forever  
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