

Worksheet for the Lizard Brain

Lizard Brain Summary

Peter is so in voice, you can almost see him as a lizard when he starts talking! As we progress, however, at times the Thinking Mind seems to take over, or other times it speaks in conjunction with the Lizard Brain. This is expected as it's always some part of the process when I speak to any voice. Plus, Peter is a smart, successful man and it's his habitual go-to voice whenever he starts talking, so I kind of expected it.

As for the rest, I didn't say this directly to Peter but now wish I had; what's obvious is his crisis seems less the divorce and more his unwillingness to trust the Lizard Brain. Another way of putting it is; the conflict or fight seems more between Peter and the Lizard Brain, and between the Controller and the Lizard Brain, than between Peter and his x-wife. His internal world is the bigger problem then, than her or any external circumstance. Which is great news, because while we have no say in how other people live their lives or operate, we do have a say in how we live our lives and how we operate.

I probably didn't directly point this out because this foundation course is more about examining what we're dealing with, rather than resolving what we're dealing with. And what I felt we were dealing with-- was he wasn't ripe for the totality of that insight- that the way he's treating the Lizard Brain is reason for his excessive anxiety. I could tell he wasn't ready because every time I tried to steer him in that direction (which I did multiple times), he tended to fall out of voice immediately and become himself or The Thinking Mind again, so I backed off. As a facilitator, I'm always torn between pointing out what seems obvious to me, versus asking more questions, allowing the guest to just be in the moment versus figuring out their own stuck places.

Questions for the Lizard Brain

Allow me please, to speak to the voice of the Lizard Brain.

Whom am I speaking to?

Are you the Self and is the Self you?

What is your role in this corporation called _____(the Self's Name)?

Are you complicated, or are you simple?

When you look at the world, what do you see?

When the Self looks at the world, what does He/She see?

Do you and the Self get along or are you at odds?

How do you communicate your view of the world to the Self? Through thoughts, or more feelings, emotions and sensations, or any other way?

When you make yourself known, how does the Self feel about you?

What is the Judge's judgement of you?

What does the Thinking Mind think about, when you're speaking?

What is the dynamic between you and Fear?

What is the difference between you and Fear?

Does the Controller try to control you?

If yes, what kinds of methods does the Controller use to control you?

Is the Controller successful?

Why or why not?

Will you be denied?

In what areas of the Self's life, are you two in the most conflict?

How does the Self feel you hold Him/Her back from achieving His/Her goals?

What do you hope to accomplish by holding Him/Her back?

Does the Self ever find you to be irrational, or crazy?

(If no, skip the next 4 questions ahead)

If yes, why is that- why are you acting so crazy?

Is that your nature or has something gone wrong?

What do you need, such that you can calm down and stop acting so crazy?

Is He/She Listening to your request?

What does the Self want in life?

Speak up on your behalf. In what ways can you actually help Him/Her achieve those things? (advanced students: give me at least three ways)

Let's get some more perspective. Where would He/She be in life, without you?

Where would humanity be without you?

Are the Self and Humanity on the right path with you?

If the answer is no, are you suggesting you don't have a right to exist, or is that someone else speaking?

Do you feel appreciated by the Self in this moment at least, for all you have offered Him/Her?

Can we give you a funny nick name, so when you show up you'll be seen in a new light, or will you find that disrespectful?

If yes, what name works for you and the Self?

Is it possible for you and the Self to have a more honest, more considerate relationship?

If yes, how would both you and the Self's life experience change, if that were the case?

What is the next step the Self (i.e. the Judge, Thinking Mind, Controller et al) can take, for the two of you to forge that kind of relationship?

Is there anything else you'd like to say?