

USING THE CENTRIFUGE TO COLLAPSE THE STORY

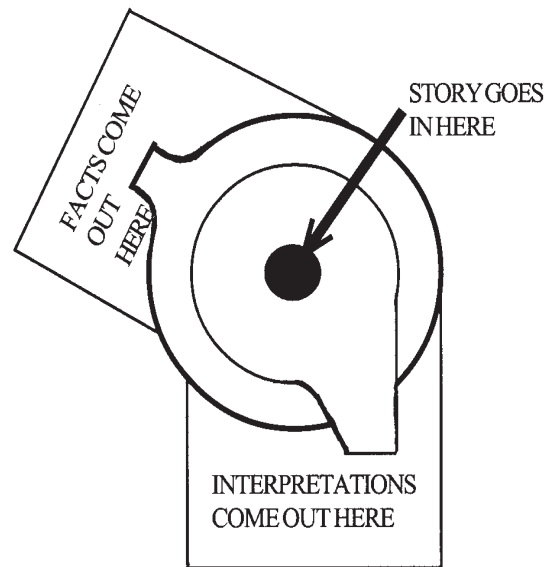
Much of our pain is in our being invested, not so much in the **facts** of what happened, but in what we **made up** about what happened.

Examples: Granddad died — *he abandoned me*. My mother divorced my Dad — *she drove my father away from me*. My husband cheated on me — *I must no longer be sexually attractive*. I was sexually abused — *all men will hurt me*. My father was emotionally unavailable to me — *I'll never be enough*. And so on.

The Centrifuge:

Separate the fact from interpretation in this current story and then indicate, on a scale of 1-100, how attached you are to your interpretations. You measure this by how resistant you are about giving them up. 20 would indicate that you have hardly any resistance to giving them up, 60 would indicate high resistance and 100 would be total resistance.

This has the effect of reducing the amount of energy invested in what actually happened, which collapses a lot of the story.



WHAT ACTUALLY HAPPENED

MY INTERPRETATIONS OF WHAT HAPPENED

% ATTACHMENT

MY INTERPRETATIONS OF WHAT HAPPENED	% ATTACHMENT