

# PROSOPON THERAPY

## PRI Protectors

### **Go With the Flow** - *There's more to this*

"I'm ok"

"I'm fine"

"It's alright"

"They're under a lot of stress"

Placating, denial, caretaking

### **Wishing** - *It won't work*

"If I had \_\_\_\_ I would feel better"

"If \_\_\_\_\_ would change, things would be ok"

Wanting, desiring, hoping, fantasy, obsession, addiction

### **Dread** - *This won't kill me*

"It's pandora's box"

"I can't do it"

"I'm afraid of talking to them"

"I'm afraid to leave"

### **Aggression** - *Its not about them*

"If they would change, it would be OK"

"They confuse me"

"I hate them"

"They're the problem"

Blame, irritation, annoyance, frustration, anger, irritation, heat, flash anger, hatred

### **Self-Aggression** - *It's not true*

"I suck"

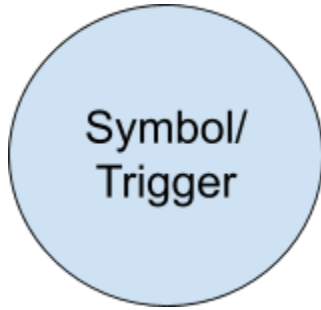
"I got hit because I'm bad"

"I'll never be like they want"

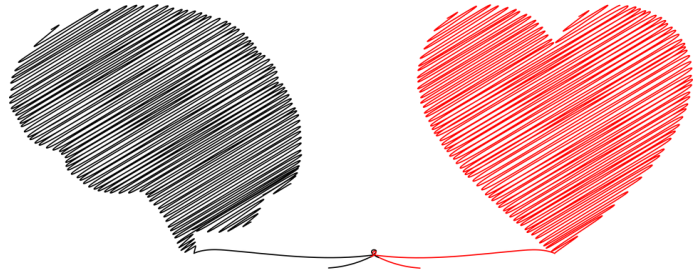
"It's all my fault"

"What's wrong with me"

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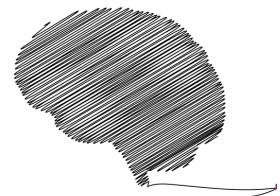
Abandonment  
Rejection  
Neglect



Due to past experiences, the mind/body  
reacts to the symbol, producing sensations.



**Can tolerate sensations?**  
3-10 min of nausea, crying,  
regression, spaciness  
(and reaction to symbol decreases)



**Can't tolerate sensations?**  
Defend with go with the flow,  
wishing, dread, aggression, and  
self-aggression