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**Fun™ Therapy: A Comprehensive Mindbody Approach for  
Behavioral Health**

**STAY IN THE PRESENT: The Power is NOW!  
When the mindbody is calm, attention is to every moment.  
Being awake and in charge is a life of FUN and ageless living.**

- FUN:**
- F FOCUS – pay attention/what you are thinking?  
What messenger is visiting?**
  - U Undo & befriend preferred  
beliefs/committee/visitor...**
  - N Now - what action needs to be taken?**

**When the reactive mind aka “Monkey Mind” or “The Committee”, or  
“The Inner Critic” is ignited, four types of thinking are involved in  
creating a “DEAD” head (conflict, rage, fear, guilt, separation); creating  
suffering and Dis-Ease:**

- DEAD**
- D Denial – emotional hook: blame, anger,  
resentment-refusing to “take responsibility”  
The “all or nothing” and “not me” syndrome.  
Avoiding some truth(s) about the present.**
  - E Expectations -emotional hook: worry, anxiety, panic,  
and fear. Making up stories, fortune-telling: The  
“what if ” syndrome. Also, creating standards that  
don’t exist or labeling: I’m a loser, bad  
mother/father, ugly, etc.**
  - A Analysis-emotional hook: intellectualizing,  
attachment, ignorance. Always thinking  
The “Mr. Know it all” obsession. Looking to  
authorities instead of within.**
  - D Doubt – emotional hook: sadness, regret, guilt,  
negative thinking. “It never/won’t work”.  
The “would’ve, could’ve, should’ve tapes.”**

**MEMBERS OF “THE COMMITTEE”**

**(AKA The BS committee-your protectors)**

<b>WORRIER</b>	<b>ACCUSER</b>
<b>BLAMER</b>	<b>ARGUER</b>
<b>DOUBTER</b>	<b>AWFULIZER</b>
<b>EXPECTATIONS EXPERT</b>	<b>COMPARER</b>
<b>(STANDARD CREATOR)</b>	<b>COMPETITOR</b>
<b>FEARFUL ONE: THE “WHAT IFFER”</b>	<b>WHINER/</b>
<b>JEALOUS ONE</b>	<b>KING BABY</b>
<b>JUDGE</b>	<b>EGO</b>
<b>CODEPENDENT</b>	<b>SKEPTIC</b>
<b>HYPOCHONDRIAC</b>	<b>MIND READER</b>
<b>INVENTORY TAKER</b>	<b>KNOW IT ALL/</b>
<b>FRETTER:</b>	<b>AUTHORITY</b>
<b>WOULD OF/COULD OF</b>	<b>CONTROLLER</b>
<b>PLEASER</b>	<b>THE PEACOCK</b>
<b>REGRETTER</b>	<b>/PRIDE</b>
<b>SENSITIVE</b>	<b>PRIDE/VANITY</b>
<b>WANTING ATTENTION</b>	<b>CARETAKER</b>
<b>SEEKING APPROVAL</b>	<b>WORKAHOLIC</b>
<b>THE ADDICT</b>	<b>CONCLUDER</b>
<b>SHAMER</b>	<b>VICTIM</b>
<b>DRAMA QUEEN</b>	<b>STORYTELLER</b>
<b>IDOL WORSHIPPER</b>	<b>ADDICT</b>
<b>THE INNER TERRORIST</b>	<b>The CEO/Boss</b>
<b>THE INNER CRITIC</b>	<b>THE POW</b>
<b>HELICOPTER PARENT</b>	<b>COVETER</b>
<b>PERFECTIONIST</b>	

These are defense mechanisms/protective parts of you that have been around your whole life. When they visit, meet, greet and thank them for the job they have played in your life. Let them know they may not need to work so hard or visit as often anymore. Habitual patterns may need to altered/shifted to help break free from conditioning.

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**[www.limitlesspotentials.com](http://www.limitlesspotentials.com)**

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**Using Cognitive Behavioral Therapy (CBT), EMDR, Mindfulness Tools (Mental Imagery, breathing, Yoga Nidra, chanting/singing, & meditation), and Movement (yoga, biking, walking), this belief based program provides the skills to stay in balance and can be integrated into any recovery program, one day at a time for whole body health. Fake News + Fake Food + Fake People are not FUN™! To live an authentic FUN™ life it starts with what you thinking, and what you are putting in, on, and around your body! Remember all reactive emotions are REAL BUT NOT TRUE! Undo the story. Practicing this *Shift happens!***

**Five things to know about negative beliefs in addition to the fact that they are real but not true:**

- 1) They multiply: what you practice you strengthen.**
- 2) They keep you from believing in yourself (doubt master).**
- 3) They create obstacles for your success.**
- 4) They do not make you feel happy.**
- 5) You created them, it is a story you can edit & delete.**

### **DEAD THOUGHTS TAKE YOU OUT OF THE PRESENT AND ENGAGES: THE COMMITTEE**

**DEADly thinking put the emotions in charge. The Committee (the chattering monkey thinking mind has arrived in “the hood”) and is searching for anything to avoid and engage in the drama, pain, or disturbance...even for a moment.**

#### **The Path to Calm Strength:**

**Inquire about the chatter---“How could he/she do this to me? (Blame); I’m falling apart (self-improve); I’m not good enough (people pleasing); I deserve better (sticking up for rights, or comparing); When I lose weight I will feel better (self-improve); I have to do it this way (believing The Committee authorities)...all conflict with doing what you want.**

**Taking the first step is being aware of these beliefs-undoing what has become the script since childhood: complaining, demanding, tantrums for control, blaming, pleasing for affect,**

**obeying authorities, feeling guilty, manipulation, lying, and self-improving. All these can be destructive ways of sticking to the story that is exhausting you and that prevents you from being authentic and in charge of your life.**

**Life is stressful and challenging! Substance abuse, and other numbing out behaviors such as food binging and restraining, alcohol abuse, smoking marijuana, gambling, watching porn, shopping, internet surfing, working all the time, shuts up The Committee for a while, but when it wears off. The inner critic or other members emerge again and throws out the bait---guilt, shame, fear, drama, resentment...to see if you will “bite the hook” and continue to engage the habitual dialogue and numbing out behaviors again.**

**There is nothing wrong with pleasure. Every body wants some attention, approval, the feeling of being useful, cared about, or loved, just feeling good! Physical pain, feeling ignored or rejected, feeling unneeded or worthless can't always be avoided. All are grabbing our attention and visiting to give the message that something needs attending to. Emotional, mental, and spiritual pain are misunderstandings---are situations that are a part of life. Being awake and aware, these things don't become so painful, as reactive mind calms down.**

**The first step for all human beings who wish to achieve their Limitless Potential, is to understand that things do happen for a reason. The work is to determine what this is and own your part...this self-study is done without judgment, comparison or the inner critic. Just observe objectively as possible the purpose, motive, or intention of the action, belief, or situation: What is the benefit of the drink, the yelling, eating the whole cake, gambling the rent, being the doormat, proving you were right, controlling others...just observe and notice if at some level the purpose is to gain pleasure, avoid pain, to stop conflict, in spite of the consequences. This continuous self-study is the foundation of true unification and knowing you!**

**Take your MEDS: Meditation, Exercise, Diet, Stress  
And WAIT: Why am I thinking?, What am I thinking?,  
Why am I Talking?**

**What are you WAITing for?**

**Management=YogaFUN™ Life**

**Ask: What do I want?**

**What do I need?**

**Who am I?**

**Where am I?**

**What's going on here?**

**What can I do?**

**Freedom comes from the thoughts and choices you make. You do have the power to make things happen- dare to be different.**

**The unexamined life is a waste of time.**

**Plato**

**Life is a privilege---which can be taken away or end at any time, and without notice. We are in charge of our inner state, and responsible for what we say and do. These cannot be taken away but we often give them away.**

**Challenge yourself! Think like the person you want to be: younger, thinner, spontaneous, wild, free, happy. Enjoy the present, let go of control, recover or retrieve and remember the broken parts of you. Remember yourself and become whole! This is your chance to ask questions, discover, and find answers. Start now by changing your routine, break habits. Life is a response to your actions. Take charge, take responsibility, deprogram, and liberate.**

**Laws of Attraction**

**Beliefs=Experience**

**As you think, so you become. The addict/reactive mind makes the subject or situation the “God” the “authority”. Full attention is on being right, blaming, obtaining, using and/or**

recovering from the reactive state or the substance...which is about control. Codependency is granting authority to others: obey them, please them, self-improve...all to avoid rejection or disapproval (the attachment/addiction). It is a subtle form of power over others to maintain verification that “I” exist. When you dwell on what you don’t want, or on what you don’t have, that is what is attracted. Pay attention to what you are thinking every moment. The mind, God, higher power, the universe, whatever you are believe, always responds to what asked for all the time. It teaches us to be awake. When we challenge beliefs and our stories, we force ourselves to recognize how emotions/thoughts/beliefs affect everything.

**Imagine what you want.**

**Imagination is more important than knowledge. Knowledge is limited while imagination embraces the world.**

**Einstein**

- 1) **Ask for what you want, take charge-give it an image.**
- 2) **What answer do you get? (pay attention)**
- 3) **Be open to receive---beware of “the committee”.**

**WHAT CREATES DIS-EASE? WAIT (What/why am I thinking?)**

**DOES BELIEF=EXPERIENCE**

**OR EXPERIENCE CREATE BELIEF?**

**Thoughts and Feelings are REAL but Not True!**

**WELCOME TO THE WAY TO FREEDOM AND HEALTH WITH THE RX: THE DEAD/C=CCD/FUN PROGRAM**

**Beliefs, Thoughts, and Emotional States of the mind lead directly to illness and dis-ease. Reactive responses and dramatic behavior means the past is present. When we are in dis-ease we are always doing one of the DEAD types of thinking (and emotional hooks) which is what fuels the inner chat room...also known as “the committee”.**

**Fake news + Fake Food + Fake People = Unreal life and is not FUN™. What you think about and what you put in/on/around your body = an UNREAL and not FUN™ life. Choose wisely.**

**Shafer, K. & Greenfield, F. (2000). *Asthma Free in 21 Days: The Breakthrough Mindbody Healing Program*. NY: Harper Collins.**