

Roles Under Stress

Finger mode EM # 14

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Each of us has many roles in our life. At the simplest level, as well as the role of son or daughter we play the role of sibling (brother sister). Our reactions or responses to situations may be completely different depending on what role we are in. The timid child at school is often a boisterous child at home. The diffident man at work becomes the aggressive father at home where he has less competition.

As well, many of us enjoy different roles in work and socially. The medical doctor becomes a Jazz group player two evenings a week and a golfer on Saturdays. The amount of time and energy one role takes/demands may vary and may infringe on other roles in a subtle way that affects our performance in the role. It is hard to be the "sexy wife" when there are three children under four fighting in the bath as dad comes in the door from work. This is further developed in our other paper-*Reactive Self Images*.

Testing

1. Have the person list their various roles in life. They may need help.

mother, daughter, daughter-in-law, sister, wife, lover, teacher, neighbor, church member, professional partner, public speaker, writer, healer, counselor, colleague, chairperson, workmate, artist, health person, athlete, TFH Instructor, Professional Health Provider, inadequate person, etc.

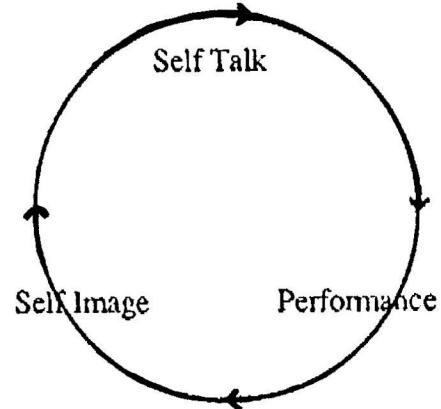
Do not forget that some roles have subroles: eg "mother", nurse, taxi driver, cook, coach, confidant, laundry-maid, cleaner, gardener, manager, accountant, dressmaker, etc.

2. Find the roles under stress by muscle testing.
3. Find the priority stressful self image/role.

4. Find the emotion involved with the stress. Use the 5-element emotions (or if exposed to the Behavioral Barometer, use the Stokes/Whiteside chart in the TFH Journal 1989)

Correction

Discuss the issue while holding ESR points and the occiput.



1. Have awareness of current self-talk
2. Implement new self talk with positive emotion.
3. Visualize performance enhanced because of new self-talk.
4. See the new self image because of enhanced performance.
5. Recheck emotion (and mode).

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