



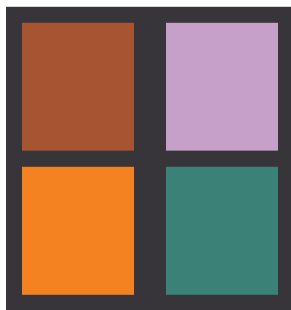
As I grew up, I had a real problem around feeling stupid and embarrassed. So I'm kind of a pro at this.

I didn't know what to do when I was growing up but I do, now.

Rather than use words, I'm going to use a picture. Gaze at it when you're feeling stupid, ashamed or embarrassed. Allow the colors to flow into you for a few minutes.

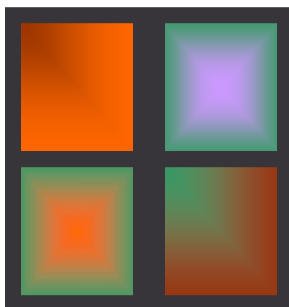
Notice how you feel. Do you feel differently after looking at it for awhile?

PICTURE 1 - LET COLORS FLOW INTO YOU



Take the second picture.

1. Choose a color corner you like.
2. Choose a color corner you could like if the color were lighter, darker, brighter or a little more intense. Or maybe it has more of your favorite color in it than it does now.
3. Now imagine that the word "stupid" is the same as the color you could like if it were a little bit different. Let's say the color is brown.
4. Now imagine that the word "pride" or a word that makes you feel good is the color you like or love. Let's say this color is purple.
5. Imagine you are the color, brown. Try the color on. Feel how it feels. If you need to do so, take out a piece of clothing that color and put it on, feeling how it feels and looking at yourself in the mirror.
6. Imagine different things that are that color and as you imagine them, notice how you feel. If you chose brown, you might think of mud, soil, fences, wood cabinets, and so forth.



7. Do the same thing with your favorite color. Feel how it feels to wear a color you love, and to see things in the color you love.
8. Now imagine that you add your favorite color to the "stupid" color. Notice how you feel. Keep adding more of

your favorite color and see how your feeling changes the more color you add. Find things in the world that have both colors. Notice how you feel when you imagine or look at those things.

Do you feel differently now? Take a snapshot of that feeling. Call it, SILLY.

Whenever you feel stupid, call up SILLY. Say SILLY silently in your head. This is your magic color wand to feeling better: the SILLY WAND.