



THE BIG FOUR

1. The Art of Connecting

It's all your fault anyway.

ANGER accompanies the attachment to and identification with **APPRECIATION** and **HOW ONE IS PERCEIVED**.

ANGER: Our relationship to others.

2. The Art of Being

I am what I am and I am afraid that it is not good enough.

FEAR accompanies the attachment to and identification with **STANDARDS** and **SECURITY**.

FEAR: Our relationship to who we are.

3. The Art of Having

The more I want, the less I have.

DISAPPOINTMENT accompanies the attachment to and identification with **EXPECTATIONS** and **GRATIFICATION**.

DISAPPOINTMENT: Our relationship to what we have.



4. The Art of Doing

Where's the Mona Lisa, I'm double-parked.

DISCOURAGEMENT accompanies the attachment to and identification with **COMPLETION** and **PURPOSE**.

DISCOURAGEMENT: Our relationship to what we do.