

Pain	Costs	Benefits
Tension in body, sickness	Relaxed and healthy body	I get attention and sympathy or comfort
Low self-esteem	Acceptance of self	I get to feel "humble"
Inability to feel close to others	Closeness to others	I get to be right and make others wrong I get to feel superior I get to prove how something is unfair or true
Limited or no love	Emotional acceptance	I get to avoid my feelings
Low or wasted energy	Energy released to enjoy life	I get to appear like I'm trying I get to blame and punish
Distorted perceptions	Seeing things for what they are	I get to avoid taking responsibility for what I do, say or feel.
Inflexibility	Spontaneity	I get to be predictable
Blocked creativity	Creativity	People will know that I am a "good" person, a responsible person, a caring person
Forcing things	Flowing with things, ease	I have an excuse for poor performance I get to dominate
No humor or fun	Fun, seeing the humor	I get to feel "safe" in holding on to the familiar
Conflicts with others	Effective problem solving	I get to play martyr I get to justify myself
Limited perspectives	Broader perspective	I get to play the victim
Limited choices	Openness to possibilities	I get to feel safe in maintaining an emotional distance from others
No change	Change happening by itself	I get to enjoy the fantasy I get to "control" myself
Inability to experience joy	Enjoyment of "what is"	I get to feel an intensity like "I'm alive" I get to judge
No peace	Being at peace, contentment	I get to control and manipulate others to change
Living in the past	Living in the moment	I get people to agree with me