

Core Sentence Stems, in the Three Activation-States

...with optional follow-up 'therefore' sentence stems



Under-Activated:

I can't/shouldn't/mustn't _____
I can't _____ because _____
I'm afraid to/that _____ because _____
It's not safe for me to _____ because if I do/am _____
I'm not capable of _____ because _____
It's hard/difficult for me to _____ because _____
It's bad for me to _____ because if I did _____



Balanced Activation:

It's safe to _____ which helps me to _____
I feel safe _____ which makes it easier to _____
I'm able to _____ which allows me to _____
I'm allowed/free to _____ so I can _____
It's good for me to _____ because then _____
I feel good about _____ and that's why I _____
I can easily _____ which helps me to _____



Over-Activated:

I must _____ because if I don't _____
I have to _____ or else _____
I need to _____ otherwise _____
I really should _____ because if I don't _____
If I don't _____ then _____