

WHEN WE CARE:

We care about our Selves, how we feel about ourSelves—and we want to share our feelings about ourSelves .

Instead of projecting judgments on others as the cause of our feelings, we try to look for the source of our feelings inside ourSelves—from our own experience with ourSelves.

We look upon our behavior—the things we have done and do—as an inner necessity at the moment of doing. As we become aware of inner necessity, we learn to accept our every action and the meaning of our actions in terms of our instinctive needs.

We find the beauty and reliability in our instinctive human responses and look for the same beauty in others.

We try to find our Selves—basic human needs—in others.

We feel compassion and understanding of inner needs for ourSelves and for others, and we are free to modify our behavior according to a clearer understanding of the inner needs of ourSelves and others.

From page 92, “What’s Behind Your Belly Button: A Psychological Perspective of the Intelligence of Human Nature and Gut Instinct” by Martha Char Love and Robert W Sterling