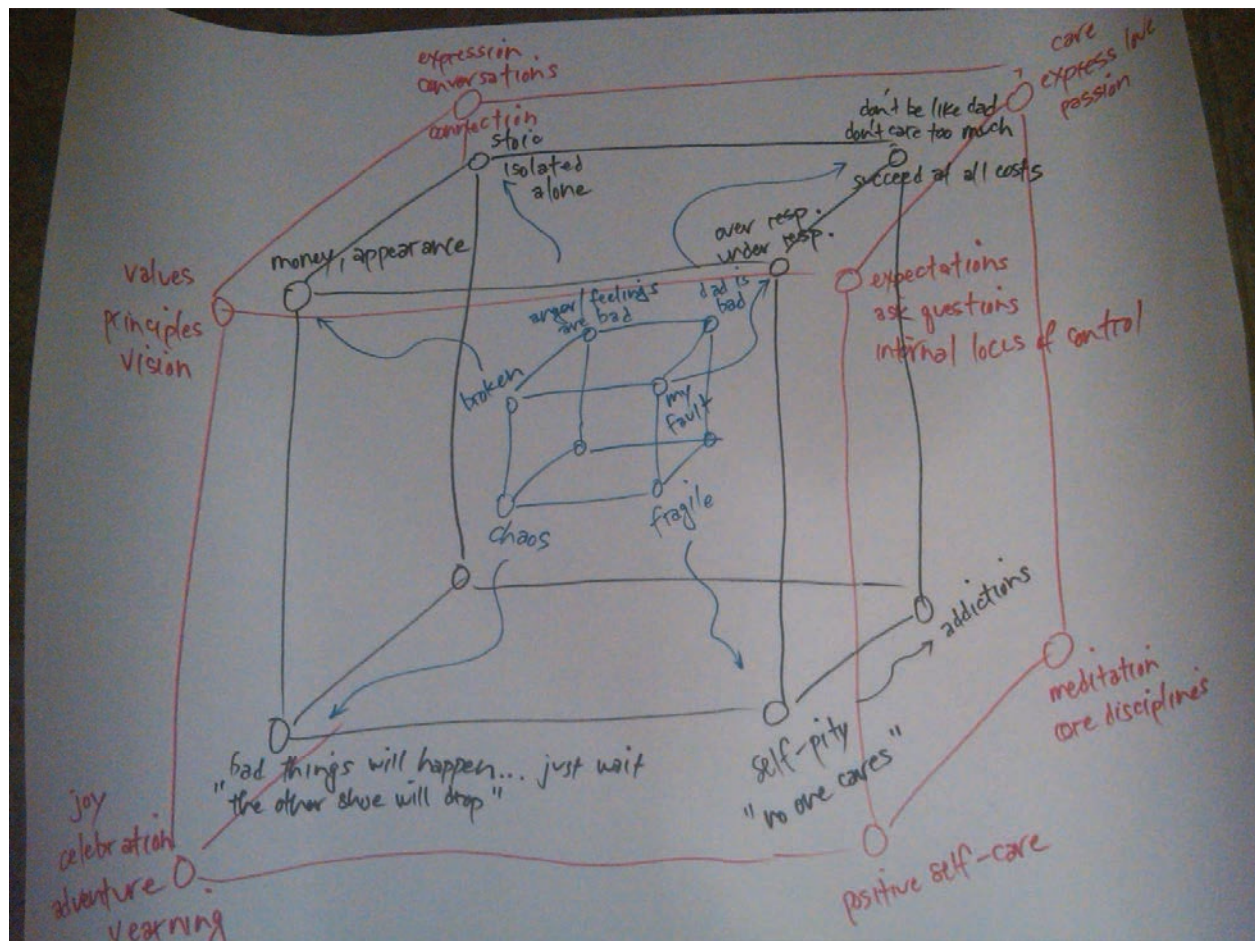


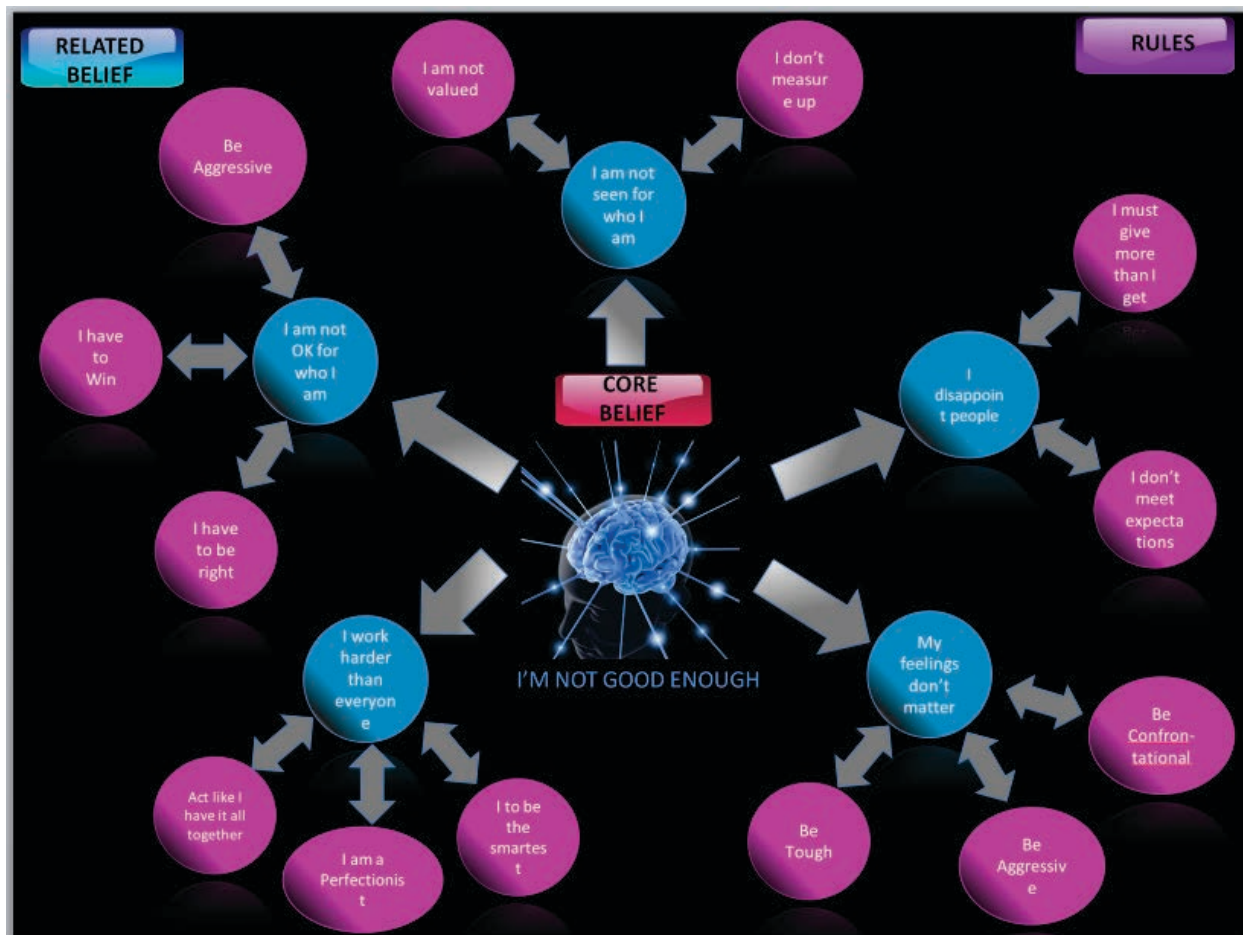
MATRIX MAP SAMPLES

(as referenced in *The Heart of the Fight*, Chapter 8 Rematrix:
Reprogram Your Mind, Transform Your Relationship)

You may find it helpful to get creative and map your matrix. You can make a symbolic representation of your limiting beliefs from the “Reveal” chapter. Some people draw a three-dimensional Tinker Toy-type matrix, others make a scene of nature, and still others create colorful PowerPoints. Now, use that visual representation to conceptualize your current matrix and envision rematrixing. Evolve the image to integrate new beliefs and discoveries from your revealing.

Below you will find several examples of Matrix Maps from a wide range of individuals. You’ll notice the maps are unique as the individuals themselves!





My Matrix of Core Mistaken Beliefs, Rules and Behaviors		MY MISTAKEN BELIEFS															
		I repress hurt and anger until it's impossible to do so	I express anger irresponsibly in passive and aggressive forms once I'm "over the edge"	I adopt the rescuer posture in drama triangles	I understate personal responsibility and look for external / systemic causes	I allow my online activity to approach soft-addiction levels	I avoid discussing troubling situations with my wife and family	I elect to bear the burden of difficult truths in the family	I rarely push back when my "zone" is invaded by my peers	I don't jump for joy when good news might warrant it	I let my urge to bond with new people prevent my being honest with my friends about their world	I like to buy premium brand luxury items and verge on ostentation	I'm the reconciler, the go-between and the calm negotiator in conflicts	I relish being acknowledged for deep insights and wisdom	I don't readily admit to being hurt	I am very uncomfortable with complaint	
RULES I OPERATE WITH	Don't let others see your vulnerabilities	●	●	●												●	
	Avoid displays of emotion because they lead to loss of control																
	Be articulate otherwise people will stop paying attention																
	Be polite and hope others reciprocate							●	●								
	Use social camouflage to appear to belong with all. Become a chameleon										●						
	Try to find what you can agree with in any discourse																
	Avoid calling people out on their BS								●								
	Look for ways of appearing significant																
	Avoid conflict-expanding situations			●				●						●			
	Intervene to "rescue" others from conflict			●									●				
	Buy luxury items to signal that I'm not poor											●					
	Avoid celebrating success; it might tempt Providence									●							
	Always look for the non-personal interpretation of any problem or issue				●			●									
	Retreat to an established safe place when conflict threatens					●											