

Threat Thesaurus & User's Guide

Brendan Lloyd PhD, March 2022. *r.*: 4.0

Your experience of anxiety depression is the issue here. Illness is not the focus. How you feel, and how you got to feel that way, is the issue. You can change how you feel. The Threat Thesaurus is a tool for this purpose.

When we talk about anxiety depression in this context, we are describing a mind-body connection. In other words, there are events in your mind that will create events in your body. The body function is how you *feel*. The mind function is *perception and meaning*.

If you experience anxiety depression than you already have *sustained* elevated levels of adrenaline and cortisol in your body. Also, you already have in your mind an *unresolved* threat or threats. Sustained elevated levels of adrenaline and cortisol are due to the continuing unresolved threat.

Where are these otherwise unresolved threats? They are there in your head-chatter. What are these otherwise unresolved head-chatter threats? They are your perceived meanings. If in your mind you see (perceive) it as threatening, then your body will respond to the perceived threat as an actual threat.

Therefore, a necessary tool is anything that will help you to understand these otherwise unresolved threats. The Threat Thesaurus (TT) is one such tool.

The TT is a tool that acts like a funnel. You need a device that takes the head-chatter (the chorus of chattering monkeys) and reduces the noise down to useful information about the threat. There is a process that starts with confusing/troubling head-chatter and ends with your knowledge of the threat or threats.

Head-Chatter Vs Thinking

Thinking is the solution. Head-chatter is the problem. To change how you feel, you need to be able to tell the difference.

The head-chatter is responsible for your *sustained* elevated levels of adrenaline and cortisol. The head-chatter is whatever it is that you do, in your mind, to keep the threat alive.

The head-chatter can be obvious or subtle. It can be conscious or at first subconscious.¹ It can be like a set of stories that keep looping and repeating. It could be like conversations. Or it could be that you have an audience there in your head. It's not something that you do on purpose; you will simply find yourself doing it, if you notice it at all. It's sneaky.

Regardless of its form and content, the head-chatter is the continuous expression of the unresolved threat. This is why the head-chatter hangs around, or seems to endlessly loop back on itself. The threat remains unresolved regardless of the continuous head-chatter. Consequently, there are the sustained elevated levels of adrenaline and cortisol to contend with.

To address the threat we actually need thinking, not head-chatter. Thinking is not head-chatter. Thinking will help you to resolve threats and head-chatter will stress you.

As in Figure 1, thinking is characterised as a funnel, whereas head-chatter is characterised as a megaphone. With thinking you take the confusion and you come to a conclusion. With head-chatter you take the element of truth and develop theories. We do not need theories here.

The head-chatter alone will not openly reveal the threat to you. The head-chatter will not

address the threat. It might complain about it; but it will not resolve it. The content of the head-chatter could easily be a diversion from your understanding of the threat. You need help. You need tools that help you to think about the head-chatter. The TT is the funnel that takes the confusion to draw a useful conclusion. The object is to name the threat.

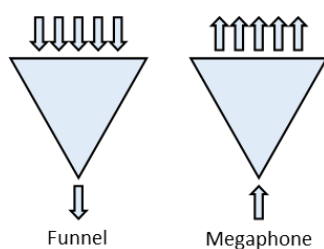


Figure: 1: Funnel Vs Megaphone

Threat labels

To address the threat, you need some way to identify it. You need a handle on it to get hold of it. What you can use is a label. The Threat Thesaurus (TT, Table 1, column one) shows a comprehensive and exclusive list of 11 threat labels.

Comprehensive and exclusive means that the list can stop at 11. In other words, if you keep adding threat-labels to the list, you will create redundancy. The list needs to have all the threats without overlapping meaning.

There should be no confusion between the meanings of labels. Column two in Table 1 clears up the differences. Look at the label Imperfection and glance across to column two, you see what the threat of Imperfection means. Now, although experiencing shame is not perfect, if you look at column two for Shame in Table 1, you will see that it has a whole area of meaning of its own. Shame has very little if anything to do with Imperfection. They are two distinctly different meanings. They are two distinctly different threats. This is a rule that applies to the 11 threat labels in Table 1, column one.

It is safe to assume that if you have a sample of head-chatter, regardless of the content or form, the head-chatter will be an expression of

at least one of the 11 threats in the thesaurus.

It is also possible to observe more than one threat in any one sample of head-chatter. Regardless of the number of threats in your head-chatter at any given time, the TT has the scope to cover the ground without being boundless and endless. We're after a resolution here, not a wild goose chase.

What you will learn, from observing your head-chatter in this way, is that you have a list of threats. You will discover your list of favourites, or your playlist. The list will not be exhaustive or endless. There will be at least a couple or so threats on your favourites list.

You won't find random threats just turning up in your head-chatter. The threats in your head-chatter will be from your playlist. When your head-chatter is triggered, at any point in time, it will be about at least one of your threats.

Once you have established your list of threats you can then rank-order them from most prevalent to least prevalent. Through Mindful observation you will notice that some of your threats might be triggered daily whilst others are triggered occasionally. It all depends upon what is important to you and the availability or prevalence of the triggers; and we have no control over the triggers.

Skill development

We need to capture the head-chatter to learn from it. With practise you will develop this skill. At first it is a difficult task because the head-chatter is such a slippery customer. Also, in real-time the head-chatter is often in the heat of the moment.

To recognise the head-chatter we need to appreciate that the possibilities for content in our head-chatter are boundless. In other words, the subject matter of the head-chatter's content could be about anything. You name any conceivable topic and your head-chatter could be banging away on it; but ultimately, we are not interested in the content. The head-chatter's content is not the primary issue when the intention is to change

how you feel; mainly because the content is all about the un-resolvability of the threat.

The issue is *the expression* of a threat or threats in the head-chatter. This is a thematic expression. Think of it like a text message (SMS) on your phone. The message that you create is the content; then on top of that there is the metadata. When you press send, you transmit both the message and the metadata. When it comes to dealing with the head-chatter, it's the metadata, *so to speak*, that we're interested in. In other words, we need to develop an interest in the thematic expression of the head-chatter's content. But we need to view the content from side-on, *so to speak*, to get there.

Capture the Head-Chatter

To get the side-on view of your head-chatter, you need to capture it in real-time and see it as an object. There is a development phase for this skill. To develop the skill, you need to capture and write down samples of head-chatter. The skill could take a few weeks of practise for a thorough job.

For development of the skill, you need to repeat the process; write down the head-chatter then work out what it represents or expresses. This is like an exercise repetition; like 10 push-ups very day. In this case it's at least one sample of head-chatter every day; write it down and work it out. In the end you will have the skill to do this standing on your feet in the heat of the moment and you won't need to write it down.

How much practise do I need? Personally, I think that you couldn't do too much practise for this skill; just so long as you have a sound understanding of what you're doing and why you're doing it.

In other words, you would be Mindful in your approach to capturing your head-chatter. In this context Mindful means two things. Firstly, you need to be clear about the difference between head-chatter and thinking. Thinking brings on the resolution whereas head-chatter

brings on the adrenaline and cortisol. Secondly, we're talking about a conscious intention with a real-time focus tempered by curiosity and interest (the non-judging mind).

Also, you need to give it as much time as it takes to discover your full list of threats; this will be *your* list of favourites; it will be a short playlist; but it can be like an Easter-egg hunt finding them and naming them.

When it comes to writing down the head-chatter there are four recommended *dos* and *don'ts* to make life easier.

Firstly, develop your skill for noticing and focusing.ⁱⁱ In other words, you notice that you're in the head-chatter, and then bring your focus back to real-time. In other words, you need to step outside of your head-chatter to view it. You can't view it from within; you will not find the useful information from being immersed in the content. The content is the distraction (diversion); this is particularly so if the content is embroiled in a grievance or a desire for example.

Secondly, when you write down the head-chatter you don't need to spend time or effort describing anything. For example, you don't need to spend any time on describing the head-chatter or how you feel.

Just use the required time to write down the head-chatter *verbatim*, or as close to word-for-word as possible.

Thirdly, don't try to write it down whilst it's happening. Some of the most likely times for head-chatter are, whilst driving a car or having a shower or cutting a slice of bread or whilst jogging or whilst preparing your child for bed or walking to the shops and so on.

Also, it's not as if you can just grab a pen and paper and start having head-chatter on demand. It comes and goes as it pleases. It's all to do with the availability of the triggers. We have no control over the comings and goings of the triggering-events.

In any case, even if you could dive for the pen and paper when you first notice some head-

chatter, by the time you have the pen poised, the head-chatter will be gone; the opportunity will have passed.

Fourthly, focus on the task of capturing the head-chatter. Do not try to analyse the head-chatter. Do not rationalise the head-chatter. This is not an exercise of immersing yourself in the head-chatter one way or the other. There is no need to go down the rabbit hole. Just write it down.

For the skill development we need a strategy to remember the head-chatter so that we can write it down at the first opportunity.

The main strategy is to wrap the head-chatter in thinking. In other words, you give the head-chatter structure to make it memorable. The thinking would sound something like this... "What did I just say then [*repeat the head-chatter to yourself*]? So what was I saying before that [*repeat the head-chatter to yourself*]? How did I get to that topic [*search your mind and repeat the head-chatter to yourself*]? What was the trigger? So how does it go again [*repeat the head-chatter in your mind*]." Etc.

For success here we need our *curiosity* and *interest* filters. We are not, for example capturing the head-chatter to keep the adrenaline pumping. We do it to remember the head-chatter. So, we are not capturing it to dive deeper into it. We're doing it so that we can write it down at the first opportunity.

Capturing the head-chatter might be a formidable task for anyone. It might seem too embarrassing. We might *not want to know* about the head-chatter because of its content.

The natural curiosity that we need is the idea that we do need to know and that we want to know. It's like eating raw carrots; you have to chew because your gut needs the fibre. Curiosity shines the light in, to give you a good look; you might need to be curious on purpose. This will require at least some effort; like chewing raw carrots.

In the end, the content is not the focus. It's just

that we need the content, intact, to see what the head-chatter is expressing; this is all about what you see when you look at the head-chatter. This is you developing your thematic side-on view.

Once written down we have it captured. With sufficient practise you will develop the skill of capturing the head-chatter without writing it down. You will be able to capture it in your head, standing on your feet in the heat of the moment.ⁱⁱⁱ

What's it about?

By capturing the head-chatter in writing means that we have an object. Now we look for objectivity. The objectivity is your side-on view. We ask a useful question from out-side the head-chatter.

Q: "What is the head-chatter about?"

A: The head-chatter is about the threat of [... *insert Threat Label* ...].

What we're looking for is a way to identify the threat. We need a label for the threat so that we can complete the answer. We need the answer to achieve a functional resolution of the threat.

Table two

Table 2 also has two columns. Column one is the 11 threat labels and column two contains sample head-chatter.

Column two (Table 2) is not intended to replicate *your* head-chatter. It is a list of examples that could sound like your head-chatter. For one of your threats, out of all the examples in column two, there would be at least some examples that sound like, or somewhat sound like, your head-chatter sample.

You have the head-chatter written down. It can't escape you. It can't change or morph into something else. You can read it again if you don't get it a first. It's something that you'll get the hang of; it's knowledge from peeling back the layers.

Let's go to some examples. For starters, a person could notice the adrenaline as the felt experience of guilt; okay, so what's the threat? Here we use the threats of *imperfection* and *shame* as the likely suspects.

Firstly, go to Table 1 and view column two just to clear up the different meanings.

For *Shame* we see the threats of *exposure, judgment, scrutiny, embarrassment, scandal, disgrace, dishonour, stigma, etc.*

On the other hand, *Imperfection* is about the threats of *chaos, injustice, disappointment, inefficiency, incompetence, disorder, inadequacy, error, etc.*

So, what fits the head-chatter better? Is the head-chatter about imperfection? Or is it about shame?

For a perfectionist the guilt-feeling could easily be mistaken as *shame* with the, *I'm not good enough*, head-chatter. Column two (Table 2) will help to narrow it down.

You could sum up by saying that the threat of *Imperfection* is all about the *rights and wrongs*; whereas the threat of *Shame* is all about *exposure and disgrace*. Again, what fits better? At this point it is likely to be one or the other. In the first instance, the answer would not be set in concrete; revision and refinement will come with further insights.

With another example, why would it be *Abuse* and not *Abandonment*? The head-chatter says, *'She says she's working back late, yeah, I bet she's seeing someone else.'* Both *Abuse* and *Abandonment* have paranoid themes so there could always be that initial confusion.

In Table 1 we see that *Abuse* is all about the threats of *harm, negligence, indifference, victimization, mistreatment, exploitation, maltreatment, etc.* *Abandonment* is about threats of *estrangement, longing, forsaking, neglect, rejection, alienation, desertion, solitude, etc.* In this example we could sum up by asking is the head-chatter about *being attacked* or is it about *being left on your own*? It would be safe to pick one over the other

based on what you know about yourself and with the help of the examples in Table 2. At the very least at the beginning of the skill development you can make a list of your own *likely suspects*. Over time your list of favourites will emerge.

List of favourites

What we're after in the end, from the period of skill development, is our list of favourites. In other words, you will most likely discover that you subscribe to more than one threat. Most likely in total your head-chatter is the expression of a small number of threats. This will be your list of favourites.

Any one sample of head-chatter could be an expression of more than one threat. Most likely though, any one sample will not necessarily contain all your threats at once.

As mentioned before, each of your threats will have a particular sound or voice. For example, if you have *Imperfection* and say *Abandonment* as favourites, they will each sound different; you will not be confused once you understand how each of them sounds in your head-chatter. Do the exercise for yourself; look at the *sounds like* column in Table 2; see how each threat sounds different to the others as an expression in your head-chatter.

You'll see how your mind works. You get to go back stage and see the ropes *as it were*. The same threat or sets of threats will always be there regardless of the content of your head-chatter.

The TT is a tool for naming the threat with the intention of resolving it. The resolution is something that needs to occur then-and-there, on the spot, in the heat of the moment, in real-time. By engaging in the process your adrenaline and cortisol levels will return to baseline quickly enough. You will change the way you feel.

Change the way you feel

Is this your objective? Do you want to change the way you feel? This is doable if you know

what to do and how it works.

Here are three inescapable facts. Firstly, if you feel anxious or depressed then you have sustained elevated levels of adrenaline and cortisol in your body.^{iv} Secondly, the sustained elevated levels are due to at least one unresolved threat. Thirdly, you will change the way you feel by resolving the threat or threats in real-time.

The key is the head-chatter. You need to find a way to positively disengage^v from the head-chatter's grip. You need to do this on the spot when the head-chatter is there in your head. Sometimes this is simply a matter of recognising the head-chatter and then simply directing your attention back to your real-time focus. Sometimes you need a bit more ammunition. Sometimes you need help to escape the head-chatter's seductive grip.

The extra ammunition is to name the threat. You can listen to the head-chatter long enough to get the message, then you can let it go. You do this by naming the threat.

For example, the head-chatter could be a replay of events of something that happened last Sunday morning. You recognise the head-chatter as the same old story. You've heard this story before in many other samples of head-chatter. This time the content is about last Sunday morning. But you know it's your *abandonment* story. You can let it go because for one thing you've heard it before.

These head-chatter threats only exist in real-time in your head-chatter.

What is your real-time focus? Is your attention focused in the present or focused elsewhere in the head-chatter? Your body will respond to your shifts in attentional focus. **If you focus on the threat then your body will produce the adrenaline and cortisol.** If you focus on the present moment instead of the head-chatter, then your emergency chemicals will resolve to base-line. You will change the way you feel.

To find the present moment in real-time look to your left, what do you see? Look straight ahead, what do you see? Take a breath, what do you feel? Then relax your diaphragm to let the breath go. Continue the diaphragmatic breathing. What do you feel? Even that small exercise could change the way you feel, even if it's just noticeable at first. You get better with practise.

Further reading

The Head-Chatter Honey Trap.

<https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/HoneyTrap.pdf>

Let-Go for Health Sake.

<https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/Let-Go-for-Health-Sake.pdf>

The Faux-Pas and Hating Yourself.

<https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/Faux-Pas-and-Hating-Yourself.pdf>

Three-Minute Breathing Meditation.

<https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/02-Meditation-threeminutesbreathing.pdf>

Anxiety as the Felt Experience.

<https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/AnxietyAsTheFeltExperience.pdf>

Appendix A: The Threat Thesaurus

Table 1. Threat thesaurus: 11 head-chatter threats and their meanings

Column one: The threat of...	Column two: Expand to, the threats of...
Imperfection	chaos, injustice, disappointment, inefficiency, incompetence, disorder, inadequacy, error, fallibility, inconsistency, unreliability, deficiency, frailty, instability, blemish, faultiness, mistake, defect, irregularity, shortcoming, impurity, discrepancy, imbalance, anomaly, deviation, limitation, fallacy, weakness, vulnerability, lapse, drawback
Abuse	harm, negligence, indifference, victimization, mistreatment, exploitation, maltreatment, oppression, cruelty, harassment, bullying, subjugation, intimidation, brutality, torment, coercion, persecution, malevolence, aggression, violation, assault, degradation
Catastrophe	disaster, calamity, devastation, tragedy, cataclysm, Armageddon, apocalypse, collapse, ruination, annihilation, downfall, debacle, mishap, misfortune, adversity, failure, fiasco, havoc, crisis, desolation, doom
Abandonment	estrangement, longing, forsaking, neglect, rejection, alienation, desertion, solitude, dismissal, unfaithfulness, betrayal, disownment, loneliness, exclusion, solitude, detachment
Invalidation	negation, nullification, cancellation, obliteration, eradication, annihilation, elimination, voidance, expungement, abrogation, quashing, dismissal, disavowal, repudiation, abatement, rejection, revocation
Shame	exposure, judgment, scrutiny, embarrassment, scandal, disgrace, dishonour, stigma, infamy, smear, scorn, contempt, disrepute, humiliation, gossip, degradation, ignominy
Subjugation	powerlessness, domination, defeat, slavery, oppression, capture, coercion, tyranny, repression
Failure	inadequacy, defeat, disappointment, collapse, downfall, ruin, fiasco, underachievement, letdown, collapse, incompetence
Isolation	loneliness, seclusion, solitude, alienation, detachment, exclusion, withdrawal, estrangement, separation, disconnection, insulation, remoteness, segregation, sequestration, ostracization
Deprivation	missing-out, scarcity, privation, want, destitution, need, deficiency, shortage, poverty, insufficiency, absence, inadequacy, paucity, austerity, hardship, penury, dearth, scarcity, shortages
Self-sacrifice	self-denial, selflessness, sacrifice, abnegation, renunciation, deprivation, surrender, self-immolation, martyrdom, self-effacement, exploitation, self-neglect

Table 2a. Threat thesaurus: head-chatter sounds like...

Column one:	Column two:	
The threat of...	The head-chatter sounds like...	
Imperfection	They seem so perfect - not like me If that person had half a brain... If it's not right then it's not good enough I need to be much smarter - I really do I must get it right at all cost Why can't they just get it right - it's not hard Failing is not an option for me	I'll never be able to live up to my own expectations What is wrong with me Why do they keep doing it that way At least I'm not as bad as them I don't come up to scratch - I'm not good enough Who do they think they are Everything has to be in its place or else there is chaos
Abuse	They're so two-faced - they don't like me They'll always put me down - it's what they do I know they'll blame me for the slightest mistake I never know when they'll lash out at me They convince me that nobody else understands me They're just setting me up to hurt me under their control They've convinced me that I'm worthless without them	They deliberately belittle me - to hurt me They're messing with my mind They've made me believe I deserve the mistreatment Their incompetence is dangerous They're dangerous people - best I keep away They deliberately manipulate my emotions to keep me They're using me for their own benefit
Catastrophe	I could easily be the victim of a random knife attack My health could take a bad turn at any time Too many scary things can go wrong You'll see it will be a disaster I just reckon it has to be cancer I can feel it - something terrible is going to happen It's like everything I do leads to disaster Things go wrong all the time for me	I'm just out of control with the way things are turning out It's a feeling of impending doom It's like I'm cursed and the universe is conspiring against me to bring disaster I can't do it because so many things could go wrong If I catch a plane this will be the one plane that crashes I really don't like flying
Abandonment	Sooner or later they'll all leave me I feel like I'm always the one who cares more in relationships I can't help feeling that when I need them the most they won't be there I can't really be open - they'll let me down They cancelled plans with me I don't deserve love or support He/she is secretly talking about me and planning to end the relationship	I can't get close because the relationship is going nowhere I just don't want to be alone I just know it he/she will dump me Even though they say we're solid - I don't believe it I'm definitely punching above my weight in this relationship If I'm perfect they won't have a reason to dump me I feel like I'm a burden to everyone
Invalidation	They never take me seriously They just dismiss me or brushed me off It's like they don't believe a word I say If it's tough for me they don't care They're making me doubt myself I try to explain my issue and they change the subject They make me feel like my emotions are irrational and unwarranted Why won't they recognise my value	He/she just doesn't care about how I feel about things He/she doesn't even understand what I mean They say they support me but they constantly undermine me I know they'll just shut me down It's exhausting - they just belittle my experiences all the time They treat me like my emotions are a burden He/she is always looking for reasons to undermine my feelings

Table 2b. Threat thesaurus: head-chatter sounds like...

Column one: The threat of...	Column two: The head-chatter sounds like...	
Shame	<p>They must think I'm a complete failure I know they're all talking about my mistakes behind my back I'm such a burden they'd be better off without me I'll just have to wear it I'm not good enough I'm sure they see me as weak and pathetic They judge me - they think less of me Compared to others I just don't come up to scratch If only I could just disappear or be invisible</p>	<p>Those past mistakes are like a stain that can't be removed Why do they complement me what's wrong with them I can't show my true self I can always pretend to be confident I'm an impostor in my own life They'd reject me if they knew the real me They only tolerate me out of politeness</p>
Subjugation	<p>Because of them - I have no control over my life They're always pulling the strings Why don't I speak up ... what's wrong with me I'm the one creeping around on eggshells to keep the peace They just want to control me They always find ways to manipulate me into doing what they want I don't want any confrontation I can't escape his/her influence</p>	<p>I feel suffocated and powerless in this relationship They have control so I have to keep quiet He/she has found my weakness and now I'm powerless They're constantly trying to mould me into who they want me to be I'm constantly seeking their approval He/she has the power to make me doubt myself so easily With him/her around I'll just have to keep a low profile</p>
Failure	<p>I can't seem to do anything right They're probably guessed my shortcoming by now No matter how hard I try I'll never be successful Failure that's all I think about Yes I know I'm afraid of taking risks because I'll fail I'll make it all the way to the top then I'll blow it It's weird feeling like a failure all the time for no good reason</p>	<p>I'm just not good enough to get there in the end I'm sure they're waiting for me to stuff-up When I saw him/her at work I knew I couldn't do that I'm facing disappointment if I chase my dreams I wish I could believe in myself I'm going to be repeating the same mistakes over and over I'll never be able to do what they did it's beyond me</p>
Isolation	<p>Nobody really likes me I'm always the outsider They really don't want me in those groups I could feel lonely in a crowded room Nobody really understands or cares about me I'm always the one left out no matter how hard I try to fit in They don't invite me to gatherings because they think I'm boring I'm sure they're avoiding me</p>	<p>I'm convinced that I'm a burden to everyone No one really knows me I'm always the last one to know things They think that I'm attention-seeking and needy I feel invisible like I don't matter to anyone in this world I know I'm only isolating myself by pushing them away They will just brush me aside if I reach out for help</p>
Deprivation	<p>I always get the short end of the stick They keep those opportunities out of my reach They never think about what I want I still don't get the recognition or rewards I deserve No good asking them for help they don't care How come I miss out while they move forward It's not fair I've never had those opportunities</p>	<p>They have more I have less that's the way it is They're always withholding information from me I've never experienced true connection People don't care about me I struggle while they thrive I don't get that feeling of welcome They treat me as an afterthought</p>
Self-sacrifice	<p>I'm crazy - I always put others before myself They expect me to sacrifice my own needs for theirs No matter how much I give it's never enough they always need more They take me for granted - they only come to me when they need something I'm constantly sacrificing my time and energy for them They guilt-trip me into doing things for them I resent how much I sacrifice for them</p>	<p>I can't say no - they'll label me as selfish My own needs and dreams are pushed aside yet again Even when I'm struggling they still load me up with stuff to do They think that I'm a pushover and easy to manipulate What do I do - be happy - or do the right thing I hope they understand the sacrifices I make for them</p>

Appendix B: The Short Threat Thesaurus

Q: What is the head-chatter about?

A: The head-chatter is about the threat of [... insert threat label ...].

Threat Label	Head-Chatter	Theme Labels
The threat of...	Sounds like...	The threat of...
Imperfection	<ul style="list-style-type: none"> • Can't they get it right? • I should do more. • Why do it that way? 	Chaos, disorder, getting it wrong, missing the details, broken rules, all going wrong, time wasting, disappointment, inefficiency, poor morality, stupidity, incompetence
Abuse	<ul style="list-style-type: none"> • There're out to get me. • They're messing with me. • They do it on purpose. 	Persecution, bullying, ridicule, corruption, attack, exploitation, injustice, damage, trickery, crime, misrepresentation
Catastrophe	<ul style="list-style-type: none"> • It will all go wrong. • A disaster is waiting. • It must be cancer. 	losing control, going mad, getting ill, accidents, calamity, devastation, disaster, emergencies, fiascos, meltdown, tragedy, trouble
Abandonment	<ul style="list-style-type: none"> • I'll be alone. • They'll find someone better. • They don't even think about me. 	Desertion, being left, rejection, being forgotten, being passed-over, not being noticed
Invalidation	<ul style="list-style-type: none"> • I don't matter to them. • I'm invisible to them. • I do have a point of view. 	Annihilation, nullification, cancelation, dismissal
Shame	<ul style="list-style-type: none"> • They'll find out what I'm like. • I will be shunned. • I'll be exposed and humiliated. 	Exposure, contempt, humiliation, embarrassment, scandal, disgrace, dishonour, stigma, infamy, smear, losing face
Subjugation	<ul style="list-style-type: none"> • I'm powerless. • No one does what I want to do. • They just won't listen to me. 	Defeat, slavery, oppression, powerlessness, capture, domination, coercion, tyranny, repression
Failure	<ul style="list-style-type: none"> • I can't do it. • I'll never understand it. • It doesn't matter how hard I try. 	Personal inadequacy, disappointment, bankruptcy, breaking down, collapsing, fading out, defeat, loss, bungling, decay, downfall
Isolation	<ul style="list-style-type: none"> • I'm not connected. • I was dropped here by aliens. • I'm alone amongst these people. 	Separation, segregation, alienation, homelessness, invisibility
Deprivation	<ul style="list-style-type: none"> • I'm always missing out. • It's not fair on me. • They just don't see my needs. 	Limitations, deficiency, constraint, rationing, solitude, indifference
Self-Sacrifice	<ul style="list-style-type: none"> • Do I have to do it all every time? • Can no one else see what needs to be done? • When do I take time off? 	Unfairness, being taken advantage of, being used, not being appreciated, being taken for granted

ⁱ Subconscious means that your mental activity is not noticed. Mental processes become conscious when you turn your focus of attention to the mental activity.

ⁱⁱ Three-Minute Breathing Meditation to practice the Noticing and Focusing: <https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/02-Meditation-threeminutesbreathing.pdf>

ⁱⁱⁱ You will find more details on the subject of capturing the head-chatter in the article titled Anxiety as the felt Experience, <https://byronbaypsychologist.com.au/psychologist-byronbay/mind-skills-articles/AnxietyAsTheFeltExperience.pdf>

^{iv} Providing the anxiety depression is not due to a physical condition, endnote 1.

^v Positive disengagement from the head-chatter is covered in detail in the Head-Chatter Honey Trap article.