

Identifying your states

STATE DESCRIPTION PROCEDURE (SDP-R) PART 1 IDENTIFYING YOUR STATES

The commonly used names and brief descriptions of frequently experienced states are listed below, labeled A to K.

By a 'state' we mean a way of being and feeling which is clearly distinguished from others and which is only present some of the time. Select those states on the list which more or less describe states which you experience and ring the letter. You may prefer to give a different name to some states. If you experience states not described below, you may add their titles and descriptions, labeled L, M etc.

A	OK STATE	A more or less normal state of coping with life and feeling the common range of moods
B	VICTIM, ABUSED STATE	Feeling that other people use and abuse you, do not respect or care for you, threaten you, bully you
C	SOLDIERING ON STATE	Getting on with what has to be done, coping, doing what people expect of you without a lot of pleasure or satisfaction
D	RAGE STATE	Crazy, out of control, dangerous, feeling violent to self and/or others
E	REVENGEFUL STATE	Angry, self righteous, violent envious, wanting to get your own back
F	ZOMBIE STATE	Blanked off from emotion, indifferent to others, 'on automatic', unreal

G	BULLY STATE	Without pity, hurting others, contemptuous of others, hurting yourself
H	HIGH STATE	Speedy, energetic, efficient, happy, over the top
I	CLOUD CUCKOO LAND	Blissfully happy, close to others, safe
J	DISMISSIVE, CONTEMPTUOUS	Feel better than others, special, deserving admiration, intolerant of weakness in others, intolerant of weakness in self
K	POWERFUL CARETAKER	Helpful to others, strong, needed, in charge, resourceful
L		
M		
N		
O		

When you have ringed the letters of the states you recognise, proceed to give a detailed account of each of these by filling in part 2 for each state.