

A.C.A.L.M.E.R.M.E

**L IS FOR LOGICAL  
PERSPECTIVE**

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### **L IS FOR LOGICAL PERSPECTIVE**

When we combine **Awareness** with **Conscious Conversation** and **Acceptance**, we're empowered to look at things with a **Logical Perspective**.

**Logical** means rational. It's reasonable, plausible, sensible - in other words, it's our Conscious Adult Self responding to potential overwhelm with clarity and control.

**Illogical**, on the other hand, means nonsensical. It's unreasonable, contradictory, unfounded. It's the Wounded Inner Child grabbing a coping mechanism and fighting to survive.

**Perspective** is a viewpoint, an angle, a picture, a lens. When we're focussed on remaining calm we see our situation clearly; no smears of shame, no fear-based distortions, just a grounded, common-sense view.

Put **Logical** and **Perspective** together and you get something powerful: a Sensible Viewpoint, a Common-Sense Picture that keeps you steady even in the stormiest situations.

When our Wounded Inner Child paints the picture it tends to be distorted. The canvas is smeared with fear-based memories. The perspective becomes illogical, and our

emotions unravel. We know where this fear comes from, and a **Logical Perspective** does *not* invite it to stay.

When we've experienced emotional disruption and trauma, at first a **Logical Perspective** does *not* come naturally. It takes **conscious practice** to calm the distorted view that trauma and fear have wired into our brains. When our Conscious Mind is aware and our Logical Perspective is soothing and steady, our Wounded Inner Child feels seen, heard, and safe. Calm is restored.

If, instead, we allow our fear response/wounded inner child to lead, it will scream:

- You're about to be shamed again!
- The bad guys are coming!
- Grab a coping mechanism!
- Armour Up!
- Fight or flee!

This is understandable - *completely understandable* - but it will lose us the emotional battle and let the **old wounds win the war**.

Remember the mantra:

*'When I have awareness I have self-control, and I own myself. When I don't have awareness, I don't have self-control, and someone or something else owns me.'*

**Awareness and Logical Perspective go together.** You can't have an illogical perspective when you're awake, aware, and self-controlled. It's like spreading jam on mashed potato. Illogical.

## **CHALLENGE IT TO CHANGE IT JOURNAL PROMPTS**

### LOGICAL PERSPECTIVES

- What Logical Perspective will you practice from now on in circumstances that once overwhelmed you? Tip: In most situations there's always a peaceful exit to be had. Make your Logical Perspective simple, achievable, and easy to recall. Write your Logical Perspective as a simple statement you can remember and repeat when you feel triggered. My Logical Perspective is:
- What have you learned about Logical Perspectives? Why are they important to your emotional freedom?

**Remember: I choose the logical perspective that calms me, not the fear that controls me.**

**Logical Perspective is our fourth step.**