

What's Happening to ME!!?? by Michael J. Lincoln, Ph.D. Index

Healing Section

INTRODUCTION THE UNDERPINNINGS OF THE HEALING PROCESS THE PERSONALITY FORMATION PROCESS **DIGGING OUT** IN THE BEGINNING IT MOVES INTO HIGH GEAR THE RESISTANCE THE NON-HEALERS THE STAGES OF HEALING HITTING THE SKIDS "BOTTOMING OUT" THE THREE BOTTOM OUTS **HEALING PROCESS PHENOMENA** NOW ABOUT THE DETAILS **HEALING STYLES WAY-SMOOTHING** THE OUTCOMES

Change Section

PRECIPITATORS OF CHANGE
THE NATURE OF CHANGE
THE "TRIP OFF"
THE RESISTANCES
THE CHANGE PROCESS
WAY-SMOOTHING
THE PAY OFFS
THE "20 FOOT LEVEL VIEW"
THE STAGES OF CHANGE
WITH A LITTLE HELP FORM OUR FRIEND
"HOME OFFICE" - ASSISTED HEALING PROCESS
THE FOUR HORSEMEN
HEALING THE HORSEMEN
LIMP SAILS