



Name That "Drag-on" & "Cling-on"

...The "Drag-on" & "Cling-on"-detection...

Emotion-finding, Power-creating Game...

Something bad has happened. You are not happy about it. Unravel the problem (and score points) by playing NAME THAT "DRAG-ON". Sometimes feelings seem like fiery "drag-ons" waiting to GET YOU. So you stamp them down.

How can you get the "drag-ons" great power?

Accepting your "drag-ons" is The Way of Power.

INSTRUCTIONS:

1. Fill in as many blanks _____ as you can and score your points.
2. Total up your points at the end of each page (will total automatically if playing online).
3. Print out your worksheet to keep for future reference.

Remember to breathe! Breathing is your Energy System! ENERGY = POWER

START BY PICKING A RECENT REAL-LIFE SITUATION:

A. Who did it? _____

B. What did they do? (Describe situation objectively):

C. **NAME THOSE "DRAG-ONS"!** List any & all the **feelings** you have about this situation or person. Breathe after each feeling to find the next one. Use the actual names of feelings like anger, sadness, fear, etc. (If you experience a judgmental "feeling" like guilt, fault or blame, put it in both C & D since only part of it is a feeling. The judgmental parts are thoughts):

Score 1 point for each feeling. POINTS: _____

D. **NAME THOSE "CLING-ONS"!** List your thoughts, beliefs, or judgments about this situation or person (A): (Really go for it! Say what you think!)

Score 1 point for each thought. POINTS: _____

E. List your punishing thoughts about this situation or person (A):
(Like...what I'd like to do to them ... be explicit!)

Score 1 point for each punishing thought. POINTS: _____

BREATHE!

F. If I'm denying my feelings, I'm denying my power & giving it away. To get my power back, I must accept & express my feelings. **BREATHE for each feeling.** Say: "I feel -----" for each feeling listed in (C) above. When you fully accept your feelings, they can change.

Score 1 point for each feeling, 2 points if done out loud. POINTS: _____

G. Judgments & thoughts ("cling-ons") lock my feelings ("drag-ons") in prison and sentence me to repeat difficult experiences over & over. Break out of the prison! Release all thoughts of guilt, fault & blame. Say "I release the thought that -----" for each thought in both D and E.

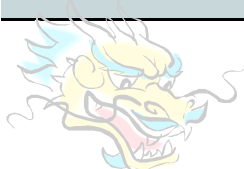
Score 1 point for each thought, 2 points if done out loud. POINTS: _____

H. This event may be linked to earlier events in my life. **Breathe & Remember!** I recall when I was accused of (D). Who might have thought this (D) about me?

Score 5 points. POINTS: _____

I. I recall when (E) was done to me. Who did this (E) to me?

Score 5 points. POINTS: _____



BREATHE!

TOTAL POINTS PAGE 1: _____

0



J. Feelings have truth. The truth is safe to feel. When I deny my feelings, I deny a true part of myself. This hurts & then I blame others or even my own emotions for the hurt. It's really the suppression of these feelings that hurts. When I stop blaming anyone (even myself) and feel my feelings, pain is relieved & I get more powerful. I want to be more powerful.

Score 5 points. POINTS:

K. I structure the realities in my mind and I am the cause of my pain. If I'm in pain, I'm in error. My temporary low energy and negativity will surface and are safe to feel and release. These conditions are temporary if I breathe and release them. I want to feel better.

Score 5 points. POINTS:

L. What did I want to happen in situation (B) instead of what did happen? (use positive upbeat language)

M. I am not upset for the reason I think. Denying my feelings is the main cause of my pain and upset. My error? A mistaken goal. I made (L) more important than my connection to my feelings.

(Re-write L)

Score 5 points. POINTS:

N. Why is this happening to me again? I project my issues onto other people because my denied emotions ("drag-ons") and repressed thoughts ("cling-ons") attract experiences to me like invisible magnets. Letting go of my judgments reduces the chance of more copies of this experience happening. I let go of the thought that I need to be right ...(or wrong).

Score 5 points. POINTS:

O. I pardon you (A) _____ for not meeting my expectations (what I thought you should do).

(A)

Score 10 points. POINTS:

P. I cancel my demand for (L)

Score 10 points. POINTS:

Q. Call your Help-Line. I invite _____ (put your "Creative-Force" word here - like God, Higher Power, Holy Spirit, Inner BEING, etc.) to help me get unstuck, set myself free, bring me new understandings, and

(Ask what you want from this helper.) Score 10 points. POINTS:

R. As I accept my "drag-ons" (feelings), I take back my power that I was giving away. I see that I am responsible for my life, actions & feelings.

YES! Score 5 points. POINTS:

S. I release my "cling-ons" (judgments) of you (A) _____. I see that you are responsible for your life, actions & feelings.

YES! Score 5 points. POINTS:

T. Now I feel...

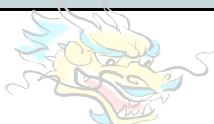
Score 5 points for each new feeling. POINTS:

U. I can see that (describe (B) now) ...

Score 5 points for each new realization. POINTS:

V. And I now decide to (make a new goal for you and (A))....

Score 5 points for each decision. POINTS:



BREATHE!

TOTAL POINTS PAGE 2: 0



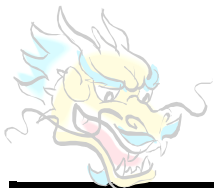
W. I am grateful for this chance to experience and feel a hidden part of myself. YES! Score 10 points. POINTS:

X. Feeling is Healing. I see that when I neglect my feelings, I turn them into angry, fire-breathing "drag-ons". When I set them free, they turn from "drag-ons" into powerful forces ready to help me in my life. As I feel, I heal! Because I am learning from my feelings instead of ignoring them, I can now create what I want in my life. I choose to accept more & more responsibility for my feelings and actions. I pardon myself for not accepting these parts of myself before. Score 10 points. POINTS:

Y. I use this experience with you (A) _____ as an opportunity to heal and bring me peace, power, freedom and new understandings.

Score 10 points. POINTS:

Z. HOORAY! I MADE IT TO THE END!!! Score 10 points for finishing the game or lose 50 points for not finishing it! POINTS:



BREATHE!

TOTAL POINTS PAGE 3:

The "drag-on's" fire became power in my heart!

POINTS PAGE 1:

POINTS PAGE 2:

POINTS PAGE 3:

TOTAL POINTS ALL PAGES:

Discover your "Drag-on Detection" IQ (check your scores here)

0 (won't play)	road kill
1 - 40	a slug
41 - 80	a pretty rock
81 - 120	a gnat
121 - 140	an intelligent lizard
141 - 160	a wise walrus
161 - 180	a soaring eagle
181 - 200	White Lightening!
Over 200	Greased White Lightening!

This process works. The secret is to express your feelings & release your thoughts and judgments.

Find & make friends of your "drag-ons & cling-ons". Remember who you are!

The original NAME THAT DRAGON game was designed by Daniel & JJ Lyman. Adapted from the "Reality Management Worksheets" by dr. michael ryce.

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