

# How Full Is Your Cup?

## Lots of Things Can Cause Low Cup:

Being Left  
Experiencing Trauma  
Being Bullied  
Being the wrong shape/size/color  
Losing someone  
Getting Lost

## When I'm High Cup I: Level When I Communicate

Speak my own truth  
Feel okay, even when I feel temporarily low cup

## When I'm Low Cup I Communicate as:

Blamer/Victim  
Placater  
Distracter  
Computer

I have an overall cup level, and I have a daily cup level.  
When my overall cup is full I can handle a temporary low cup time.

My cup is a little low today. I can speak easily about my own cup.

## When I'm high cup:

I know I can only fill my cup from within

I want others to feel high cup too

My energy comes from within

## We look for things OUTSIDE to fill it:

Drugs  
Sex  
Food  
Lovers  
Other People!  
Work  
Achieving  
Internet  
Shopping  
Children