

# PROTECTOMETER

You will have pain when your brain concludes that there is more credible evidence of **danger** related to your body than there is credible evidence of **safety** related to your body.



## DIMS

### DANGER IN ME

Credible evidence of danger

Things you do

Things you think and believe

People in your life

## SIMS

### SAFETY IN ME

Credible evidence of safety

Things you do

Things you think and believe

People in your life

Things you hear, see,  
smell, taste, touch

Things you say

Places you go

Things happening in your body

Things you hear, see,  
smell, taste, touch

Things you say

Places you go

Things happening in your body

