

Backseat Driver Passenger Manifest Template

It can be hard to find *your* way through your journey with breast implants and explant when treating your breast-related thoughts and feelings like commands you must obey. Chapter 8 of *Busting Free* likens this to driving with a car full of dominating backseat drivers. It can be hard to think straight and make decisions when your backseat drivers are warning you that bad things will happen if you defy the Breast Rulebook.

As discussed in Chapter 8 of *Busting Free*, creating a passenger manifest offers a way to name your breast-related thoughts, beliefs, and feelings, so that you notice when your Breast Rulebook thinking is calling the shots and see that you have a choice in whether you follow your thoughts.

To create your passenger manifest:

1. Put a name to each of your backseat drivers. As discussed in Chapter 8 of *Busting Free*, their name can represent the rule they constantly remind you about, a memory, a judgment, or a feared future. You'll want to create names for your most powerful breast rulebook-based beliefs, judgments, and fears. Then list them in the leftmost column.
2. In the center column, briefly describe the feelings that come over you when each passenger warns you to honor their rule.
3. In the rightmost column, describe how you usually respond when this type of breast-related thinking and feeling is with you.

Backseat Driver	How I feel when they remind me of their rule	How their words impact what I do
Ms. Breasts Make Women Sexy	Sadness, longing, regret	Be less playful with my partner
Mr. There's a Right Way for Breasts to Appear	Shame, regret, longing, anger, urge to fix	Avoid intimacy and stop doing things that require a bathing suit
Miss Breasts <i>Matter</i>	Scared, devalued	Compensate with weight loss, Botox, body sculpting

Completing your passenger manifest (using the following fillable table) creates a tool to help you stop automatically following your old, socially conditioned breast-related thinking. To use it, watch for moments when you're feeling or doing the things on your manifest. Use them as alerts you that you're struggling with a breast-related "rule." Create space between yourself and that rule by using any of the techniques in Chapter 8 of *Busting Free*. Once you've stepped back from your unhelpful thinking, use your BRITE compass to guide how you want to treat yourself while those thoughts and feelings are with you and to do what matters to *you*.

Backseat Driver	How I feel when they remind me of their rule	How their words impact what I do