



## Embrace Life with Hope:

Making Life Meaning views *healthy hope* involves expecting with confidence and cherishing a desire with

anticipation. Healthy hope, trust, faith, and confidence include the desire accompanied by expectation of or belief in fulfillment. When you experience despair, which the loss of all hope and confidence, you can fall prey to depression, addiction, and aggressive actions. When you feel desperate, which is having a loss of hope and surrender to despair, you also may give into depression, addiction, and violent actions.



Viktor Frankl 1905 - 1997  
Meaningfulness

1. Choose your own attitude
2. Identify meaningful values and goals
3. Find meaning in every moment faced
4. Recognize when you undermine your own happiness
5. Take a distance and laugh at yourself
6. Shift your focus of attention when stressed
7. Make a difference in the world: engage in voluntary activities

Loss of Hope	Depression	Addiction	Aggression
Despair	Feeling depressed involves feeling desperate and having a strong feeling of despair. Despair is the loss of all hope and confidence.	An addiction is when a person attempts to numb himself/herself to deal with despair. A person suffering from an addiction seeks a thrill with substance or behavior.	Aggression is when a person feels despair and tries to control others by violence. The word aggressive implies a disposition to dominate often in disregard of others' rights or determined and energetic pursuit of one's ends.
Violence	Depression may involve violence to oneself in terms of self-defeating behaviors or self-destructive actions.	Addiction worsens any violent act that is present. For example, a person may become violent when drunk.	Aggression involves hostile, dangerous, or destructive behavior or outlook, primarily when caused by frustration.
Desperation	Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.	People suffering from addiction may steal from loved ones and friends because they see their life as being desperate.	People suffering from hostility and excessive anger will get along with others when they are no angry, but look out when they become angry.



**II. Life Demands that You Be Confident in How You Approach Life:** Life demands that you face life with confidence and, you learn new task as you mature. You want to develop confidence in yourself and instill confidence in others. Confidence means knowing that you will likely be successful and that people will like you. It involves not being afraid to make mistakes or to try something new.



- (1) Life demands that you try new behaviors that will improve your life: I can do this
- (2) Life demands that you think for yourself -
- (3) Life demands that you don't have to give up when you make a mistake
- (4) Life demands that you recognized that you are not 100% bad person for making a mistake

Definitions: Embrace Life with Hope: Index 9 through 12 (Confidence)

Flipped Values		Opposite of Survival Model and Higher Value
Higher Value: Increases Resiliency	Survival Mode: Lower Values	
<b>Example of Love:</b> You value love. You want to care about another person or a cause that is bigger than yourself.	<b>Example of Hate:</b> You devalue another person and you hate that person.	<b>Indifference:</b> You neither love or hate another person; vs. extreme indifferences can lead to catastrophic consequences, such as the Holocaust
Index 9: Self-Reassurance: <i>You value in believing in yourself, and you want to believe that you can do this!</i> (Index 9)	Self-Doubt: <i>I devalue my worth when I fail or when I am unable to achieve a particular goal.</i> (Index 9)	<b>Unenthusiastic</b> <i>You value being unenthusiastic and unsympathetic about certain issues,</i>
Index 10 Self-Reliant – Independent Thinking: <i>You value your ability to think independently.</i>	Seeking Approval <i>I value another person’s opinion too much, and I devalue your opinion and ideas. (Index 10)</i>	<b>Contemplating:</b> <i>You value thinking about something before you make a decision, and you want to be modest but you are not passive.</i>
Index 11 Sensible Risk Taking: <i>You value trying positive and constructive ways to improve your life or the life of another. (Index 11)</i>	Self-Perfection Attitude: <i>I value being perfect. I want to do things perfectly, so I can feel good about myself. (Index 11)</i>	<b>Self-Distancing –</b> <i>You value being objective about your behavior. You want the capacity to look at yourself from the “outside, objectively.</i>
Index 12 Unconditional Self-Acceptance: You value accepting yourself unconditionally. You want to appreciate and accept another person’s uniqueness. (Index 12)	Self-Downing <i>I devalue myself. I want to put myself down because I believe this devaluing myself will motivate me to do better in the future.</i> (Index 12)	Unconnected: You don’t have to be always connected with others, ideas, etc.

Adapted from the work of Mike Bernard

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## The ABC Model in discovering meaningfulness.



### A: Adversity - In this serious of worksheets, you will...

1. Verbalize your adversities:
2. State the conditions, or instances of continued difficulty or adverse fortune;
3. Discuss misfortune, difficulty in the past, difficulty occurring now, or
4. Anticipated struggle in the future without re-traumatizing yourself.



### B: Basic Attitudes - In this serious of worksheets, you will...

1. Identify your basic attitudes: a mental position with regard to a fact and a feeling or emotion toward that fact.
2. Allocate the appropriate degree of responsible for your current situation, your feelings and behavior;
3. Differentiate your beliefs, desires, personal demands and extreme evaluation.
4. Identify possible flip of values, such as responsiveness to self-centeredness, etc.



### C: Consequences of Basic Attitudes - In this serious of worksheets, you will...

- Determine the consequences of the adversity accurately.
  - Report tension, feelings depressed and anxiety with short episodes of excessive anger, hurt, depressed, (unhealthy-rigid feelings), etc.
  - Recognize your self-defeating behaviors, non-productive ways and see how survival mode of thinking impacts your thinking.
- Verbalize any distorted thinking and misperceptions you may have about the adversity.



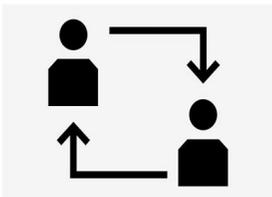
### D: Discover New Ways of Thinking, Feeling, and Behaving - In this serious of worksheets, you will...

- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, etc. that are more helpful and which will provide you with the means strengthen wanted emotions and your sense of resiliency.



### E: Exercise & Practice New Attitudes – In this serious of worksheets, you will...

- Exercise and practice new attitudes and effective means of addressing adversity;
- Address the adversity and stresses in your life (A),
- Talk about related emotional, behavioral, and cognitive consequences (C);
- Practice desiring without demanding;
- Learn and practice in using non-extreme evaluations;
- Match the five demands of life and how your Higher Values impact on your new vision that will increases your sense of genuine trust and sincere show of respect.



### F: Follow Up: In this serious of worksheets, you will...

- Talk about how your practice (E) went in the past week.
  - Complete self-help assignments.
  - Discuss if the assigned self-help assignment improved your social situation and emotional life.
  - Practice calming yourself down in stressful situation and
  - Call upon your higher values of responsible, self-reassurance, taking sensible risks, reasonableness, etc. and
- Discover these higher values have a greater influence over your life than self-centeredness, self-doubt, self-perfection, and intolerance to stress.



### G: Goal Directed Behavior: In this serious of worksheets, you will...

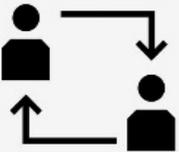
- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience your higher values and
- Discover meaningfulness of the moment.

When I doubt myself, I believe I can't do what I need to do;

**Cheat Sheet: #1 Confidence Index #9**

	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>(C) Consequences of Adversity</b></p> 	<p><b>Feelings:</b></p> <ul style="list-style-type: none"> <li>{ } low in spirits, sad, especially affected by psychological conditional self-acceptance</li> <li>{ } hopelessness, life is meaningless, bored, life is empty,</li> <li>{ } Despair is the loss of all hope and confidence.</li> <li>{ } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.</li> </ul>	<p><b>Behaving:</b></p> <ul style="list-style-type: none"> <li>{ } I withdraw from rewarding experiences and interests.</li> <li>{ } I withdrawing into myself.</li> <li>{ } I am unable to help myself, so I don't do anything (Ps: helplessness).</li> <li>{ } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)</li> <li>{ } I attempt to terminate feeling depressed in self-defeating and self-destructive ways</li> </ul>	<p><b>Thinking:</b></p> <ul style="list-style-type: none"> <li>{ } I only see the negative aspects of the loss or failure</li> <li>{ } I think about other losses and failures that I have experienced.</li> <li>{ } I think I am unable to help myself (Ps: helplessness)</li> <li>{ } I only see pain and darkness in the future (D2: hopelessness)</li> </ul>
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with instill confidence in each other</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>. 7 (B): Basic Attitude – Self-Doubt:</b></p> <ul style="list-style-type: none"> <li>o When I doubt myself, I believe I can't do what I need to do;</li> <li>o When I fail, I think I am not good at anything;</li> <li>o I think, "nothing ever works out for me," (index #9)</li> </ul>		<p><b>10.(D) Discover a New Way Thinking Self-Reassurance:</b></p> <ul style="list-style-type: none"> <li>{ } You can do this! (Your Name) you truly believe that you are more likely to be successful than you are to fail.</li> <li>{ } If you work hard, you can be successful at relationships, school, and at work.</li> <li>{ } You will give yourself credit when you are successful, and if you fail, you can remember of the things you are good at (list specific skills you are good at). (index #9)</li> </ul>
	<p><b>8 (D) Discovering Meaningfulness in</b></p> <ul style="list-style-type: none"> <li>• How is being intolerant meaningful?</li> <li>• Doubting yourself helps you to focus on what is really important to you, and what you need to do to meet life's demands.</li> </ul>		<p><b>. 11 (D) Discovering Meaningfulness:</b></p> <ul style="list-style-type: none"> <li>{ } You can appreciate your confidence without becoming overly confident or conceited,</li> <li>{ } You are irreplaceable because you have confidence in yourself.</li> <li>{ } You do not worry about demonstrating your confident to others, and you can recognize each moment is unrepeatable because of the skills others have helped you to develop.</li> </ul>
	<p><b>9 (C) Restriction of Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } When I doubt myself, I may be afraid of trying something new or doing a new skill that is difficult.</li> </ul>		<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>

When I doubt myself, I believe I can't do what I need to do;

Worksheet: #1 Confidence index 9					
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>				
<p><b>(D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b></p> <ul style="list-style-type: none"> <li>{ } Confident <i>You want to believe that you can do this!</i></li> <li>{ } Faith in the future,</li> <li>{ } Hopeful</li> <li>{ } Realistic Optimism</li> <li>{ } Encouraged</li> <li>{ } Reassured</li> </ul>	<p><b>5 Behaving: What would you rather do?</b></p> <ul style="list-style-type: none"> <li>{ } Valuing and believing in yourself when things get tough.</li> <li>{ } You can use your resiliency training to restore your confidence.</li> <li>{ } You know when you are unsuccessful, you can remember the things you are good at</li> </ul>	<p><b>6 Thinking: How would you rather think?</b></p> <ul style="list-style-type: none"> <li>{ } You know that I genuinely believe that you are more likely to be successful than you are to fail.</li> <li>{ } You know that you can help yourself credit when you are successful.</li> </ul>		
<p><b>B) Basic Attitude about Stress/Trauma/Pain/ that interferes with conditional self-acceptance and a lack of confidence</b></p>			<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>		
 <p><b>7 (B): Basic Attitude – Self-Doubt:</b></p> <ul style="list-style-type: none"> <li>o When I doubt myself, I believe I can't do what I need to do;</li> <li>o When I fail, I think I am not good at anything;</li> <li>o I think, "nothing ever works out for me,"</li> </ul>	<p><b>10.(D) Discover a New Way Thinking</b></p> 				
 <p><b>8 (D) Discovering Meaningfulness in</b></p>	<p><b>. 11 (D) Discovering Meaningfulness:</b></p> 				
 <p><b>9 (C) Restriction of Uniqueness:</b></p>			<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>		
 <p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>					
 <p><b>15 (E) Exercise: List three ways you can be more X?</b></p>					
 <p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>					
	<p><b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b></p>				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

**Cheat Sheet: #2 Seeking Approval versus Confidence Index 10**



**1. (A) Adversity:**

**2. Stresses:**

**(C) Consequences of Adversity**



**Feeling:**

{ } depressed low in spirits, sad, especially affected by psychological conditional self-acceptance  
 { } hopelessness, life is meaningless, bored, life is empty,  
 { } Despair is the loss of all hope and confidence.  
 { } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.

**Behaving:**

{ } I withdraw from rewarding experiences and interests.  
 { } I withdraw into myself.  
 { } I think I am unable to help myself, so I don't do anything  
 { } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)  
 { } I attempt to terminate feeling depressed in self-defeating and self-destructive ways  
 { } I have to do every perfect to be happy.

**Thinking:**

{ } I only see the negative aspects of the loss or failure  
 { } I think about other losses and failures that I have experienced.  
 { } I think I am unable to help myself.  
 { } I only see pain and darkness in the future.  
*{ } I have to do things perfectly, so I can feel good about myself.*  
 { } I believe it is horrible when I am imperfect.

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with conditional self-acceptance and a lack of confidence**



**7 (B): Basic Attitude –**

o *I need people's approval to feel good about myself:*  
 o **Seeking Approval** involves believing I have to have people's approval and love to be happy, successful, or to feel good about myself,

- o I think it is horrible if people reject me;
- o I can't stand it when I get rejected or disagree with me. (index #10)

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**



**10.(D) Discover a New Way Thinking**

o **Self-Reliant:** You appreciate that you can think for yourself. (Your Name) you know that it is important to speak up even if others think you are being silly or acting stupid.

- o *You want people to like you, and you want to get along with others, but you don't have to upset yourself when people disapprove of you, reject you, or criticize you.*
- o You don't like to get rejected, but it is not awful when people reject you or criticize you (index #10).



**8 (D) Discovering Meaningfulness: How is being intolerant is meaningful?**

o Getting along with others opens the doors to new perceptions, which helps me to discover the meaningfulness of each moment.

- o You appreciate that people have different opinions from your own, and
- o You can acknowledge that their opinions are important and significant to them.

**11 (D) Discovering Meaningfulness: Self-Reliant and Logotherapy:**



You know you are irreplaceable but you know you will need to get along with others and appreciate their love and support.

You can recognize each moment is unrepeatable, so be grateful for the love and support you receive now and the support you will receive in the future.



**9 (C) Restriction of Uniqueness:**

{ } When you seek excessive approval from others or you get upset when people disapprove of your actions.  
 { } You may conform to their wishes more than discovering what is meaningful to you,

{ } Do something creative and do something you always wanted to do.

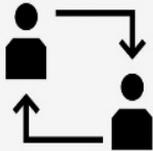


**12. (D) Discover Constructive Ways to Expand Your Uniqueness:**

You can grasp the nature, worth, quality, and significance of your uniqueness without being overly dependent on others or being overly self-sufficient.

Seeking Approval versus Confidence: Cheat Sheet

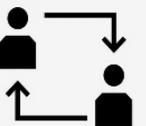
**Worksheet #2: Seeking Approval versus Confidence – index 10**

	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>													
<p><b>(D) Discover New Ways of</b></p>	<p><b>4 Feelings: How would you rather feel?</b>  <i>{} esteemed, proud, pleased</i>  <i>{} delighted, enchanted,</i>  <i>{} You value trying positive and constructive ways to improve your life or the life of another.</i></p>	<p><b>5 Behaving. What would you rather do?</b>  <i>{} You know you can learn new behaviors and skills.</i>  <i>{} You know you can learn new ways of thinking.</i></p>	<p><b>6 Thinking: How would you rather think?</b>  <i>{} You can try something new even though you might not be able to do it immediately.</i></p>											
<p><b>B) Basic Attitude about Stress/Trauma/Pain/ that interferes with conditional self-acceptance and a lack of confidence</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>												
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Taking Sensible Risks is a greater value than seeking perfection for myself (index #11)

<b>Cheat Sheet: #3 Taking Sensible Risks is a greater value than seeking perfection for myself (index #11)</b>			
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
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 <p><b>8 (D) Discovering Meaningfulness in How can self-perfection be meaningful?</b></p> <p><input type="checkbox"/> Perfection actually means to complete, to make whole.</p> <p><input type="checkbox"/> Wanting to doing something better takes effort and time, so perfection is your appreciation of something that is bigger than yourself, such as art, music, science, etc.</p>	 <p><b>. 11 (D) Discovering Meaningfulness: Why is Taking Sensible Risk Taking Meaningful:</b></p> <p>{ } Being perfect and feeling complete are two different things.</p> <p>{ } Being complete involves having all necessary parts, elements, or steps, you are being highly proficient, a task is fully carried out, you were thorough</p> <p>{ } You can find meaningfulness in your sense of completeness, wholeness (free of defect or impairment; intact, physically sound and healthy, free of disease, being mentally or emotionally sound).</p>		
 <p><b>9 (C) Restriction of Uniqueness:</b></p> <ul style="list-style-type: none"> <li>You sense of success will be based on what other people think.</li> <li>So, you will restrict your uniqueness by conforming to another person's standards.</li> </ul>	 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <p>{ } You can appreciate your uniqueness without hurting others or hurting yourself,</p> <p>{ } You can expand your irreplaceability by taking practical risks that are workable.</p> <p>{ } You can restrict your uniqueness by not getting yourself into legal, social, or economic trouble.</p> <p>{ } You can recognize a moment is unrepeatable without having those moments repeated.</p>		

I have to do everything perfectly to good about myself.

Worksheet: #3 (index 11)															
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>														
<p>(D) Discover New Ways of</p> 	<p>4 Feelings: How would you rather feel?</p> <p>{ } You know you can learn new ways of feeling. { } Risk-taking is about caring and showing concern for our opportunities and expanding our possibilities in a confident &amp; ethical manner</p>	<p>5 Behaving: What would you rather do?</p> <p>{ } You value trying positive and constructive ways to improve your life or the life of another. { } You know you can learn new behaviors and skills. { } You can try something new even though you might not be able to do it immediately. { } Taking sensible risks will not get you or others into trouble.</p>	<p>6 Thinking: How would you rather think?</p> <p>{ } You know you can learn new ways of thinking.</p>												
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 <p>16 (G) Goal: What goal did you expect to reach by doing this exercise?</p>															
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**Cheat Sheet: #4 Self-Downing Thinking Index 12**



**1. (A) Adversity:**

**2. Stresses:**

**(C) Consequences of Adversity**



**4 Feelings:**

- { } depressed low in spirits, sad, especially affected by psychological conditional self-acceptance
- { } hopelessness, life is meaningless, bored, life is empty,
- { } Despair is the loss of all hope and confidence.
- { } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.

**5 Behaving:**

- { } I withdraw from rewarding experiences and interests.
- { } I withdraw into myself.
- { } I think I am unable to help myself, so I don't do anything (Ps: helplessness).
- { } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)
- { } I attempt to terminate feeling depressed in self-defeating and self-destructive ways

**6 Thinking:**

- { } I only see the negative aspects of the loss or failure
- { } I think about other losses and failures that I have experienced.
- { } I think I am unable to help myself (Ps: helplessness)
- { } I only see pain and darkness in the future (D2: hopelessness)

**(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with instilling confidence in each other**

**(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person**



- 7 (B): Basic Attitude – Self-Downing Thinking** is when I believe that I am a total failure or useless
- o When I make a mistake or people reject me or disapprove of me.
  - o I think that I have to perform in a particular way, or else I'm a 100% worthless (#12 index).

**10.(D) Discover a New Way Thinking**



- o **Unconditional Self-Acceptance** is recognizing that you can accept yourself for acting badly or not living up to your higher values,
- o When you accept yourself unconditionally, you are *not* letting yourself off the hook or excusing your actions.
- o Rather, you are accepting full responsibility for your behavior, but without depreciating yourself for making mistakes or
- o Failing to achieve your personal goals (#12 index).



- 8. (D) How is self-downing meaningful?**
- { } Recognizing my failures can help me make a plan to improve or alter my behavior.



- . 11 (D) Discovering Meaningfulness in unconditional self-acceptance:**
- o You can accept yourself unconditionally when you are responsible or irresponsible.
  - o You recognized that "Response-ability" is the ability to respond to the meaning potentials offered by life.
  - o Your challenge is to take on concrete tasks and to accomplish human achievements.
  - o The tasks must be self-chose.
  - o You know that without responsibility, freedom brings not meaning but meaningless chaos.



- 9 (C) Restriction of Uniqueness:**
- o I can't appreciate my uniqueness without holding it over others or feeling superior to others,
  - o I feel that I am replaceable because I believe anybody can do what I do and
  - o I want to repeat past pleasant moments, so I want to live in the past



- 12. (D) Discover Constructive Ways to Expand Your Uniqueness:**
- o You can appreciate your uniqueness without holding it over others;
  - o You know that you are irreplaceable without worrying about being replaced, and
  - o You recognize each moment is unrepeatable while knowing those moments don't *have to* be repeated.

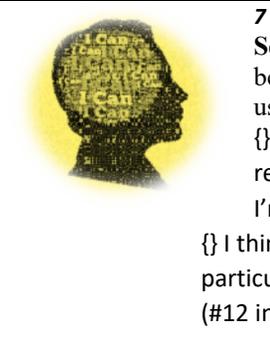
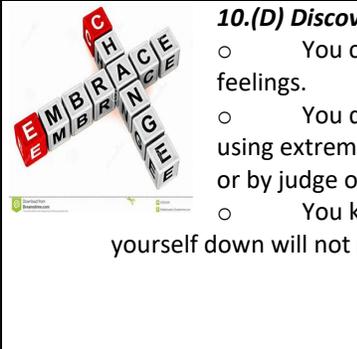
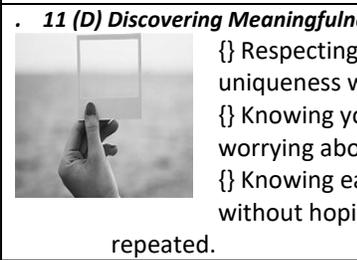
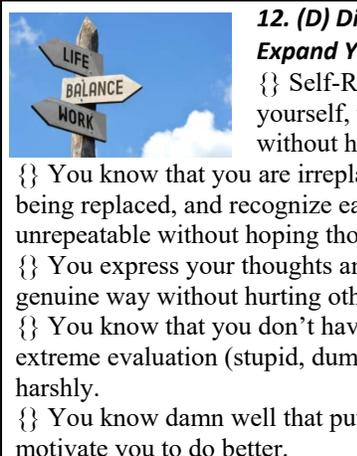
Value: Unconditional Self-Acceptance is a greater than self-downing (index #12)

**Worksheet: #4 Self-Downing-Conditional Self-Acceptance index 12**

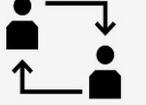
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>				
<p><b>(D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b>  <i>{ confidence, self-assurance          { having faith in yourself          { feeling your power and relying on your skills and practice,          { having a "Can Do Attitude."</i></p>	<p><b>5 Behaving: What would you rather do?</b>  <i>{ You want to appreciate and accept another person's uniqueness.          { You want to encourage people to discover their own sense of meaningfulness.          { You confidently and realistically try new behaviors and activities.</i></p>	<p><b>6 Thinking: How would you rather think?</b>  <i>{ You want to encourage people to discover their own sense of meaningfulness.          { You know you can recognize that when you accept yourself for acting badly or not living up to your higher values.          { You know that you are not letting yourself off the hook or excusing your actions.</i></p>		
<p><b>B) Basic Attitude about Stress/Trauma/Pain/ that interferes with conditional self-acceptance and a lack of confidence</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>			
	<p><b>7 (B): Basic Attitude – Self-Downing Thinking</b> is when I believe that I am a total failure or useless</p> <p>a. When I make a mistake or people reject me or disapprove of me.</p> <p>b. I think that I have to perform in a particular way, or else I'm a 100% worthless (#12 index).</p>		<p><b>10.(D) Discover a New Way Thinking</b></p>		
	<p><b>8 (D) Discovering Meaningfulness in</b>          {}</p>		<p><b>. 11 (D) Discovering Meaningfulness:</b>          {}</p>		
	<p><b>9 (C) Restriction of Uniqueness:</b></p>		<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>		
	<p><b>13 (F) Follow Up:</b> What was the purpose of this exercise?</p> <p><b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p><b>15 (E) Exercise:</b> List three ways you can be more confident?</p>				
	<p><b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>				
	<p><b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>				
<p><b>0</b></p>		<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>Not Helpful</b></p>		<p><b>A Little Helpful</b></p>	<p><b>Somewhat Helpful</b></p>	<p><b>Helpful</b></p>	<p><b>Very Helpful</b></p>

Self-Downing, Conditional Self-Acceptance – I Can't Do It Attitude

Cheat Sheet #5 Index 12

	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>(C) Consequences of Adversity</b></p> 	<p><b>Feelings:</b></p> <ul style="list-style-type: none"> <li>{ } depressed low in spirits, sad, especially affected by psychological conditional self-acceptance</li> <li>{ } hopelessness, life is meaningless, bored, life is empty,</li> <li>{ } Despair is the loss of all hope and confidence.</li> <li>{ } Desperation is having a loss of hope and surrender to despair. It involves a state of hopelessness leading to rashness.</li> </ul>	<p><b>Behaving:</b></p> <ul style="list-style-type: none"> <li>{ } I withdraw from rewarding experiences and interests.</li> <li>{ } I withdraw into myself.</li> <li>{ } I think I am unable to help myself, so I don't do anything (Ps: helplessness).</li> <li>{ } I create an environment consistent with feeling (If I'm miserable, then everyone else will be miserable.)</li> <li>{ } I attempt to terminate feeling depressed in self-defeating and self-destructive ways</li> </ul>	<p><b>Thinking:</b></p> <ul style="list-style-type: none"> <li>{ } I only see the negative aspects of the loss or failure</li> <li>{ } I think about other losses and failures that I have experienced.</li> <li>{ } I think I am unable to help myself (Ps: helplessness)</li> <li>{ } I only see pain and darkness in the future (D2: hopelessness)</li> </ul>
<p><b>B) Basic Attitude about Stress/Trauma/Pain/ that interferes with conditional self-acceptance and a lack of confidence</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>7 (B): Basic Attitude – Attitude – Self-Downing Attitude</b> is when I believe that I am a total failure or useless for failing.</p> <ul style="list-style-type: none"> <li>{ } When I make a mistake or people reject me or disapprove of me, I think I'm worthless.</li> <li>{ } I think that I have to perform in a particular way, or else I'm a 100% worthless (#12 index).</li> </ul>		<p><b>10.(D) Discover a New Way Thinking</b></p> <ul style="list-style-type: none"> <li>o You can express your thoughts and feelings.</li> <li>o You don't have to judge yourself by using extreme evaluation (stupid, dump, etc.) or by judge others harshly.</li> <li>o You know damn well that putting yourself down will not motivate you to do better.</li> </ul>
	<p><b>8 (D) Discovering Meaningfulness in</b></p> <ul style="list-style-type: none"> <li>o Recognizing our failures can help us make a plan to improve or alter our behavior.</li> <li>o It's those moments of perfection that makes life wonderful.)</li> </ul>		<p><b>11 (D) Discovering Meaningfulness:</b></p> <ul style="list-style-type: none"> <li>{ } Respecting yourself, appreciating your uniqueness without holding it over others.</li> <li>{ } Knowing you are irreplaceable without worrying about being replaced, and</li> <li>{ } Knowing each moment is unrepeatable without hoping those moments have to be repeated.</li> </ul>
	<p><b>9 (C) Restriction of Uniqueness:</b></p> <p>When I see myself as a "total failure," most likely I will not new activities because I will fail, which will only prove what a worthless person I am.</p>		<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } Self-Respect - When you respect yourself, you appreciate your uniqueness without holding it over others.</li> <li>{ } You know that you are irreplaceable without worrying about being replaced, and recognize each moment as being unrepeatable without hoping those moments have to be repeated.</li> <li>{ } You express your thoughts and feelings in a sincere and genuine way without hurting others in your statements.</li> <li>{ } You know that you don't have to judge yourself by using extreme evaluation (stupid, dump, etc.) or by judge others harshly.</li> <li>{ } You know damn well that putting yourself down will not motivate you to do better.</li> </ul>

**Worksheet #5: I'm a failure, I'm a loser, I'm stupid, I'm useless, I'm inadequate**

	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>														
<p><b>(D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b>                  {} confidence                  {} a feeling of your power and a reliance on your circumstances – "I can do it attitude."                  {} Rather, you accept full responsibility for your behavior, but without depreciating yourself for making mistakes and failing to achieve your personal goals.</p>	<p><b>5 Behaving: What would you rather do?</b>                  {} You want to appreciate and accept another person's uniqueness.                  {} You want to encourage people to discover their own sense of meaningfulness.                  {} You confidently and realistically try new behaviors and activities.                  {} You express your thoughts, feelings, and concern in a giving and receiving format.</p>	<p><b>6 Thinking: How would you rather think?</b>                  {} You value accepting yourself unconditionally.                  {} You know you can recognize that when you accept yourself for acting badly or not living up to your higher values.                  {} You know that you are not letting yourself off the hook or excusing your actions.</p>												
<p><b>B) Basic Attitude about Stress/Trauma/Pain/ that interferes with conditional self-acceptance and a lack of confidence</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>													
 <p><b>3. (B): Basic Attitude – Self-Downing Attitude</b> is when I believe that I am a total failure or useless                  c. When I make a mistake or people reject me or disapprove of me.                  d. I think that I have to perform in a particular way, or else I'm a 100% worthless (#12 index).</p>	<p><b>10.(D) Discover a New Way Thinking</b></p> 														
 <p><b>8 (D) Discovering Meaningfulness in</b>                  {}</p>	 <p><b>. 11 (D) Discovering Meaningfulness:</b>                  {}</p>														
 <p><b>8 (C) Restriction of Uniqueness:</b></p>	 <p><b>12 (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>														
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