

# Discovering Meaningfulness



## Discovering Meaningfulness in Every Moment

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March 2023



## Preface:

Viktor Frankl (1959) believes that life has meaning under all circumstances. Still, to discover it in every situation, you must use the gifts of reasoning and determination given to you by your parents. There is a quote by Paul Welter (2010) that states: "Unless you are in denial, you are gifted with the power to reason things out.". He further states that when you become unreasonable, you want to regain this ability by asking yourself questions (page 25). Welter invites you to engage your thinking brain – your prefrontal cortex. Psychologists have known for centuries that thinking, using metaphors, and reasoning about something is not enough. There needs to be a call to action to value humility without giving in or giving up. It is a call to action to meet life's demands, expand your uniqueness, and discover meaning under all circumstances. The Psychology of Self-Respect examines how not to use abstract meaning in life. Instead, you want a specific vocation or mission to fulfill a concrete assignment that demands fulfillment. Your unique style of using reason to fulfill your responsibilities is one of the great gifts that life affords you, and it is one of the most valuable skills you possess. Frankl encourages us to show concern and care about our opportunities and possibilities and find healthy ways to respect ourselves and others.

As each situation in life represents a challenge to you and presents a problem for you to solve, the meaning of life may be reversed. Ultimately, you should not ask what the meaning of life is; instead, you must recognize that you are asked. Frankl believes life questions you, and you can only answer to life by *answering for your* life, and you can respond to life by being *responsible*. Therefore, dealing with situations that bring about value conflicts, you are responsible for the very essence of your existence. To meet these challenges, the psychology of self-respect differentiates reason from responsibility.

When you do things by intention or design, your sense of intentionality, you impact your emotional life of you and others. When you make a choice, you want to understand the reasons for that choice, your responsibilities, and the consequences and repercussions. When you think about cause-and-effect reasoning, you want to recognize that there are multiple reasons and causes, even for simplistic behaviors. With increasing your rational thinking, you want to avoid simplistic explanations, such as "I can't do this because I'm stupid." You want to avoid underestimating why you made a mistake, such as "my lack of effort" has nothing to do with my failings.' You also want to be more accurate with why you were successful. Concerning the issue of responsibilities, you want to be task specific. You know precisely what is expected of you and want to define the boundaries between authority figures and co-workers. You want to recognize a situation's complexity and understand the other person's thoughts, feelings, and concerns, and you don't want to underestimate the consequences of being irresponsible.

There are three healthy methods of overcoming loneliness.

I: Three Principles of Healthy Self-Respect

II: Emotional Self-Respect

III: Emotional Respect for Others

Practice and familiarize yourself with these methods and you will develop resiliency skills, stronger interpersonal relationships, and be an assets to your community.

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Introduction:

**Expanding Your Uniqueness?** Expanding your uniqueness is not a need, but it is something you do.

A friend told me he read a passage in a book where the author stated that each rose is unique. He found this statement fascinating because we may see all roses being the same; each petal has the same pattern, texture, intensity of color, etc. The arrangement of petals is exclusive to that one flower. We can also say this about ourselves. We all know we are unique, and the probability of finding someone who thinks, feels, and acts just like us is very unlikely. I accept that I am the only one that combines my thoughts, talents, and wants in a very particular way. I know I have personality traits common to a group of people, but how I use those traits is unique. For example, I am an extrovert, so I am sociable, assertive, active, easily express positive emotions, and act impulsively. But what happens when I combine my artistic talents with my motivational interests in the theater? Do I act like every other actor because of my personality, abilities, method, style, and interests? Given the diversity and variety of actors, uniqueness would be evident even if the actor played a particular role. For instance, Marlon Brando's portrayal of a Shakespearean character would be very different from Laurence Olivier's depiction.

As a result, how do we create our sense of uniqueness based on our wide range of personality traits, cognitive abilities, aptitudes, interests, desires, abilities, and other attributes? Or do those attributes do it for us? Although every rose is different, how is the human species distinct from other species? The human race is unique not only because we are unique but also because we can expand or limit our uniqueness in healthy and harmful ways. Frankl's logotherapy, meaning-based therapy, emphasizes meaningfulness. He contends that humans are different from other living creatures. Compared to all the other species on this planet, we are the only ones who can laugh, dance to music, feel anxious about the future, and look for meaning in life like none other. By recognizing ourselves as unique in our own right, we can feel a sense of pride in who we are. We know we are unique from other humans, but we are the only species that can expand or restrict our uniqueness.

I can't talk about expanding our uniqueness without mentioning Frankl's idea of the "defiant power of the human spirit," which is your ability to discover meaning in the face of tragedy (Frankl, 1959, 2006, pp. 146-147). The defiant power of the human spirit is conscience resistance against biological, psychological, or sociological limitations. You can stand against your fate; this defiant spirit helps you overcome your sense of meaningfulness and emptiness (Frankl, 1969, p. 83). The defiant power of the human soul enables you to defy your unhappy fate, which includes an unhappy childhood, negative influences in your upbringing, poor health, racial discrimination, or poverty. The most compelling example of the defiant power of the human spirit is the life of jazz bassist Ron Carter. In the 1950s and 60s, he faced discrimination, bigotry, and people dismissed his talent and uniqueness because he was black. He forged on and is one of the world's most profound jazz bassists.

There are healthy ways to expand and restrict our uniqueness, which helps us discover the meaning of the moment. But the study of self-respect psychology has shown me that unhealthy expansion or restriction can lead to anxiety, depression, toxic anger, marital conflicts, and other forms of emotional disturbance. How do we measure or conceptualize our uniqueness if we can expand or restrict our sense of uniqueness? The concept of your uniqueness is difficult to define and explain, but you know when someone dismisses your individuality. For example, I can't explain physical pain to you, but if I punch you in the arm, you wouldn't explain pain to me. You know what pain is. Suppose someone dismisses your uniqueness. For example, if an attractive female dismisses my uniqueness – does the word beautiful imply that all attractive females think and act the same? She says to me, "You're a jerk." She has put me in an exclusive "jerk-ism" category, which means you treat all females and males equally. We are bad, stupid, useless, a failure when we are "jerk-ism," but are we always annoyingly stupid, so most people dislike us? I hypothesize that if we are busy defending our non-jerk status, we will miss the moment's meaning and believe we cannot expand our uniqueness.

**The Psychology of Self-Respect:** Expanding Your Uniqueness without Inflating Your Ego

The psychology of self-respect applies Viktor Frankl's motivation theory who contends that freedom of will, will to meaning, and meaning of life pulls you toward experiencing meaningfulness. This will to freedom assumes that you have the freedom to experience meaning and you are free to do something with your life. Frankl believes that since you have guilt, responsibilities, etc., you have freedom of will. He also asserts that without freedom of will, you would have no obligations, no shame, and no evaluation of human behavior. Without freedom of will, life would be meaningless, so with



freedom of will, you decide who you will become, and you are aware that you have the capacity for free choice. With your sense of choice, you realize that you have the freedom to fulfill meaningfulness in your life because you are free to do something, you are free under all circumstances, and you are free to choose your attitude toward life's conditions. You derived your healthy sense of self-respect from your sense of emotional responsibility and your freedom of will. You are.

- (1) free under all circumstances, even when others impose restrictions on you,
- (2) free to choose your attitude toward the situation you cannot change,
- (3) free to determine the degree of your responsibility in a situation, which states you can determine the allocation of responsibilities,
- (4) free to evaluate a situation as being positive, neutral, or negative.

Your will to meaning is the second area you can invest your healthy sense of self-respect. Your "will" is your desire to have an impact on your choices and the actions you take. You have the will to experience meaningfulness and the determination to tolerate frustration and experience happiness. Frankl sees the will to meaning as wanting to: (1) experience meaningfulness, (2) learn to cope with the inherent frustrations of life, and (3) understand your health is dependent on the extent to which you can find meaning. The will to meaning reflects your attitudes of wanting: (1) to transcend yourself and go beyond yourself (spiritually), (2) to realize your values, (3) to experience meaningfulness, and (4) to experience your meaningful thoughts, feelings, and wants freely and responsibly. When you do purposeful acts that are important, you have a greater chance of finding meaningfulness. When you invest in your will to meaning: (1) you can overcome your conditions, (2) you take responsibility for changing your attitudes, and (3) you evaluate the degree of your responsibility in a situation.

Frankl's third dimension of meaningfulness is your investigation of the "meaning of life" – what life means to you. For Frankl (1963), "The meaning of your existence is not invented by yourself, but rather detected" (p.157). It is an "Aha" experience, a moment of awareness and awakening akin to enlightenment. How do you answer the existential question: "Is life as a whole meaningful or meaningless"? On the one hand, Frankl avoids giving an abstract answer to such general existential questions; on the other hand, he affirms the potential for meaningfulness for every human being in all situations.

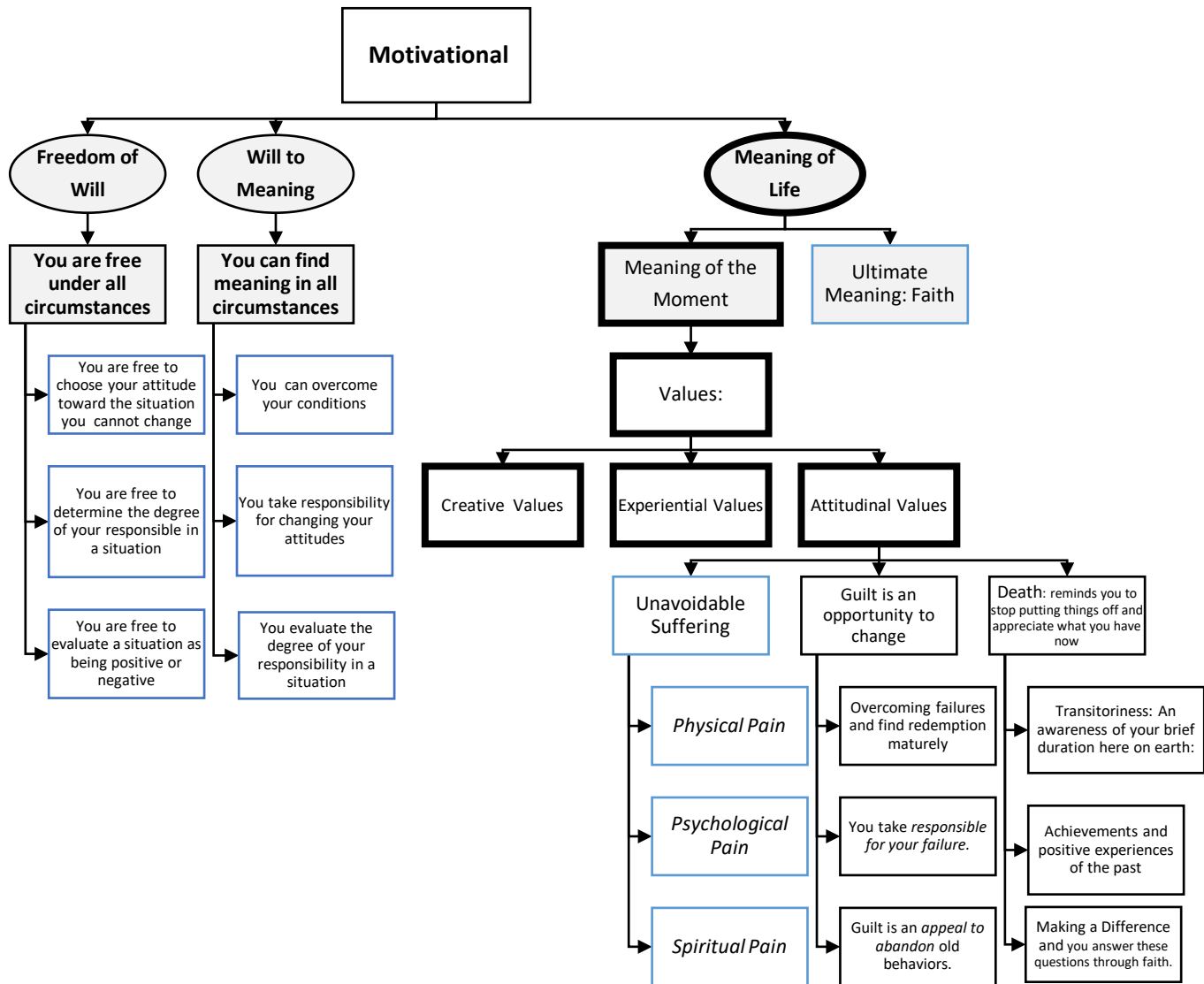
Frankl believes life always has value and worth and you can discover meaningfulness under all circumstances. You can find meaning through actions and experiences and in attitudes. Your attitude helps you deal with unavoidable situations and suffering. These situations are meaningless in themselves, but with a broad perspective, you can discover the meaningfulness of each moment. Frankl sees the ultimate meaning represents (1) an existing order that develops, (2) you take part in this order, and (3) you respond to this order to the best of your abilities. Frankl also believes that you can discover an awareness of the meaningful potentials that life offers you from moment to moment. You are responsible for responding to life's meaningfulness and demands to the best of your ability.

To connect with and contribute to something or someone beyond yourself, you want to respect others and yourself in functional and constructive ways. To respect others and yourself, Frankl believes you move fluidly between the boundary between *freedom* and *fate*. Freedom gives you many opportunities to actualize values, and healthy respect gives you the freedom to expand the uniqueness of your meaningfulness. Still, you may need to restrict your uniqueness. To make respect meaningful rather than a form of manipulation, you want to see your action as significant and worthwhile versus inconsequential and pointless. You want your sense of respect and uniqueness as substantial and valuable, and you also want your sense of purpose-driven by reasons and not excuses. Another aspect of meaningfulness is that your life is a part of a bigger story (Emily (Esfahani Smith,2022). Frankl, *The Will to Meaning, op. cit.*, 105-106.

The following chart organizes Frankl's ways to discover meaningfulness using your creative, experiential, and attitudinal values. These three values help you deal with failures, find redemption maturely, and deal with death by helping you appreciate what you have now and comprehend the transitory nature of your life. Your creative values help you find meaning through what you give to the world through your creations. This is by working or doing a deed that helps yourself and others. Creative values involve creativity rather than imitation. Experiential values find meaning through encounters and experiences. Nature and culture offer goodness, truth, and beauty. Your attitudinal values are when you cannot change the situation or refuse to compromise. They help you stand up for a situation, especially an unchangeable fate. Through these values, you find meaning in every circumstance.

Suppose you are overwhelmed by your emotions and feel stuck in your rigid thinking. In that case, these values can help you cope with unavoidable suffering, such as physical, psychological, and spiritual pain. Spirituality integrates your emotional limbic system, prefrontal cortex, executive functioning, and body movement (cerebellum).

These values involve feelings of guilt that are meaningful because of your opportunity to change. These values help you overcome failures and find redemption maturely. Expressing these values allows you to take responsibility for your losses. Guilt appeals to abandoning old behaviors. These three values also help you deal with death. Death reminds you to stop putting things off and appreciate what you have now. It allows you to comprehend and explain the transitory nature of your life and gives you a sense of your brief existence here on Earth. Seeing our achievements and positive experiences from the past as accomplishments and not as a sense of worth helps us deal with death.





To clarify attitudinal values, we want to examine creative, experiential, and attitudinal values.

Ann V Graber (2004) Frankl believes that if meaning in life exists, it must be an unconditional meaning that neither suffering nor dying can diminish. In psychotherapy, this unconditional meaning in life leads to psychological health. What is important is the specific meaning at any particular moment in your life. Meaning is contained within the concrete experiences of daily life. In addition, each person has a unique purpose of fulfillment in life that demands to be accomplished. Each person is unique and cannot be replaced by another. There will not be a second chance to complete the particular assignment for which the individual is responsible. The task is specific and unique as the opportunity to accomplish each life situation presents a challenge. A case in life presents a challenge for you to meet and a problem for you to solve. The meaning of life is constantly changing, but it never ceases to exist. The realization of meaning involves becoming aware of the possibility that exists in each situation. (Frankl, 1959 Man Search for Meaning, page 169)

<b>The Meaning of the Moment</b> is seeing the value in your life, which opens the door to discovering meaningfulness.			
	<b>Creative Values</b>	<b>Experiential Values</b>	<b>Attitudinal Values</b>
<b>1. Definition</b>	<i>Definition:</i> Creative is having the quality of something created rather than imitated.	<i>Definition:</i> The word experiential relates to, deriving something from your experiences, which experience is practical knowledge, skill, or practice derived from direct observation or participation in events or in a particular activity.	<i>Definition:</i> When we <i>value</i> something, we hold that “something as being relatively important to us, and that person, object, or activity is intrinsically desirable to us. The word “ <i>attitudinal</i> ” is an adjective that indicates an expression of a personal attitude and feeling of a cognitive position toward a fact, event, or a state of mind.
<b>2. Helpful-Healthy Values</b>	<b>Creative Values</b> help you to achieve tasks.	<b>Experiential Values</b> help you to experience, love and beauty, nature, and culture.	<b>Attitudinal Values</b> help you to face unchangeable suffering.
<b>3. Goal of Value</b>	You want to make a difference in the world with the gifts that life has given you.	It is paying attention to the joys of life, accepting the pains and stresses of life.	It is discovering new ways of thinking, believing, feeling, and wanting when life presents itself with unwelcomed change.
<b>4. Healthy Giving &amp; Receiving</b>	It is giving of yourself or dedicating your life to something larger than yourself.	Receiving what life has to offer.	You can take a defiant attitude toward suffering and trauma.
<b>5. A in the Meaning of the Moment</b>	<b>Awareness:</b> Developing awareness involves developing awareness or realizing that your creative work is meaningful and consistent with your proven cultural values.	<b>Appreciation:</b> Appreciating moments of perfection and happiness that reflect a meaningful life.	<b>Acceptance:</b> Developing Unconditional Acceptance - You will never like pain and suffering, but you can accept what you cannot change, and develop attitudes that will help you tolerate such suffering

<b>Values: Strength Awareness Matrix (SAM) Strength Awareness Matrix (SAM)</b>			
<b>Values</b>	<b>Creativity</b>	<b>Experience</b>	<b>Attitude</b>
<b>Reciprocity:</b>	<b>What you give:</b> What you have to offer	<b>What you receive:</b> How you accept and appreciate what you were given.	You recognize you grow within by participating in the <b>giving and receiving process</b>
<b>Responsibility</b>	How did you maintain your responsibilities at work, home, school, etc. and how did you express your uniqueness in your work, the deeds you performed, and goals you achieved?	Relationships with others, nature, activities that are deeply meaningful.	(A) Attitude toward adversity (B) Attitude toward blows of fate (C) Attitude toward unwelcomed consequences
<b>Noetic (Spiritual) Reciprocity</b>	Giving Unconditionally	Receiving what is given to you unconditionally with an open-heart	Self-transcending: your capacity to “reach out beyond yourself, toward meanings to fulfill, people to love, causes to serve;” technique of dereflection.

Exercise ##: Creativity, Experiential,

1. <b>You Value Creativity:</b> What have you offer to others, your community, your school, your church, your profession?
a. <b>You Value Creativity:</b> How did you maintain your responsibilities at work, home, school, etc.?
b. <b>You Value Creativity:</b> What goals have you set for yourself and what goals have you achieved?
c. <b>You Value Creativity:</b> What do you do for someone else or your community unconditionally?
2. <b>What Experience have you Valued?</b> What have recently received?
a. <b>What Experience have you valued?</b> How have you accepted and appreciated what was given to you by others, your community, your school, your church, your profession?
b. <b>What Experience have you valued?</b> How have you tolerated, accepted, and appreciated your relationships with others, with nature, and with activities that have deeply your meaningfulness for the moment?
c. <b>What Experience have you valued?</b> What was given to you, and you received it unconditionally and with an open heart?
3 <b>Attitude:</b> What activities did you participate in? Where do you contribute to the giving and receiving process?
a. <b>Attitude:</b> What was your attitude toward an adversity you recently faced?
b. <b>Attitude:</b> How can you be resilient when you deal with the blows of fate?
c. <b>Attitude:</b> How can you find meaningfulness in times of unwelcomed consequences?
d. <b>Attitude-Self-transcending:</b> What capacities to you have to “reach out beyond yourself, toward meanings to fulfill, people to love, causes to serve?

<b>Creative value</b> by which you find meaning through what you give to the world through your creations, that is, by creating a work or doing a deed (Frankl, 1969, pp. 69-70). Something your created rather than imitated	
<b>Awareness:</b> Developing <b>awareness</b> involves realizing that your creative work is meaningful and consistent with your proven cultural values.	
	What are you good at?
	What skills do you need to complete that task?

	You want to make a difference in the world with the gifts that life has given you. <input type="checkbox"/> Yes, <input type="checkbox"/> No If Yes, How?
	Where in your life do you want to make a difference in the world?
	What gifts, talents, aptitudes have life given you?
	What creative gift gifts have I offered to others through my talents, my work, deeds done, goals achieved that held meaning for me?
	What creative gift have you offered to others through your talents your work deeds done, achieve that held meaning for you?

**Experiential value** are the ways in which you find meaning through what you take from the world in terms of encounters and experiences. You experience goodness, truth, and beauty in nature and in your culture. You experience meaning by encountering another human being in a loving way (Frankl, 1969, pp. 69-70).

**Appreciation:** Appreciating moments of perfection and happiness that reflect a meaningful life.

	What do you pay attention to that brings joy in your life, while still accepting the pains and stresses of life?
	What have you received from life through experience?
	What experiences have you received from encouraging others in relationships of all kinds, from nature, culture or religion that were deeply meaningful?
	What experiences have come to you without our having to do anything, such as love of animals, nature etc. A sunrise or sunset, scenery that inspires awe needs only to be enjoyed. It does not demand anything of us-it is a gift

# THANKFUL

<b>THANKFULNESS</b>	<b>GRATEFUL</b>	<b>APPRECIATIVE</b>
<b>Value Recognition</b> <ul style="list-style-type: none"><li>• Recognition of benefits received.</li><li>• Grasps the significance of those benefits.</li><li>• Sense of well-being increases.</li></ul>	<b>Heartfelt Recognition</b> <ul style="list-style-type: none"><li>• Recognition of the sources of benefit.</li><li>• Affirms goodness and sincere show of approval.</li><li>• Readiness to show appreciation and there is an increase in feelings of contentment.</li></ul>	<b>Recognition of Effort and Skill of the Other Person</b> <ul style="list-style-type: none"><li>• Genuine show of approval.</li><li>• Expresses and shows appreciation.</li><li>• Expresses and shows admiration of a thing of excellence.</li></ul>

What is the difference between “thankfulness” and “gratitude?”

What is the difference between “gratitude and “appreciation?”

Why it is important to know the difference between thankfulness, gratitude, and appreciation?

he will to meaning is an investment into my values, so I can discover meaningfulness.

Values		Life's Demands	
1	<b>Creative values</b> help you to find meaning through what you give to the world through your creations, that is, by creating a work or doing a deed.	<b>Getting Along With Others:</b> Work well with others and cooperate without losing your sense of independent thinking. You play by the rules and are productive and original while working in a team. For example, develop a creative group exercise, do a fun activity at work,	
2	<b>Experiential values</b> you find meaning through what you take from the world in terms of loving encounters with other human beings and experiences, that is, by experiencing goodness, truth, and beauty		
3	<b>Attitudinal value</b> helps you find meaning through the stand you take toward a situation, especially an unchangeable fate, that is, the choice of an attitude that allows you to rise above the unchangeable	<b>Survival Mode – Limbic System.</b>	<b>Attitudinal Value</b>
		<b>Self-Centered:</b> concerned solely with my desires, needs, or interests.	<b>Responsive:</b> respond appropriately, sympathetically, sensitive to another's feelings.
		<b>Selfishness:</b> concentrating on my advantage, pleasure, or well-being without regard for others	<b>Reliable:</b> be dependable, to have confidence based on experience
		<b>Impulsivity:</b> not thinking of consequences before acting, prone to act on impulse, desire,	<b>Reflective:</b> marked by reflection. thoughtful, deliberative, think of five consequences
		<b>Intolerant:</b> cannot endure, unwilling to grant equal freedom of expression, unwilling share.	<b>Reasonable-Tolerant:</b> having forbearance or endurance for ideas and desires different from my own.
		<b>Pointless to Plan:</b> If it is not fun or exciting, I don't have to do it. Waste of time to make plans.	<b>Receptive:</b> Be open to make new plans when previous plans failed, open and responsive to ideas, impressions, or suggestions
		<b>Pointless to Set Goals:</b> Not seeing the meaningfulness in everything, it is futile to set goals.	<b>Realistic Self-Control:</b> Self-Control concerned with the facts and rejection of the impractical and visionary.
		<b>Pointless to Try:</b> Luck past mistakes control my current behavior. It is okay to giving when I feel the slightest frustration.	<b>Resolve:</b> To deal with stress and frustration successfully, the act of analyzing a complex notion into simpler ones. the act of answering. Solving. the act of determining
		<b>Pointless to be Concerned:</b> I only do things that are easy and fun, can't stand frustration	<b>Responsibleness:</b> the unique way you manage my responsibilities, able to answer for one's conduct and obligations, trustworthy: can choose for myself between right and wrong
		<b>Self-Doubt:</b> I can't do it, when I fail, I think I'm no good, worthless, and I'll never be good at anything.	<b>Self-Reassurance</b> to restore to confidence, to assure anew
<b>Seeking Approval:</b> I must have people's love and support to be happy. It is horrible when people disapprove of me.	<b>Self-Reliance:</b> I can think for myself. It is important to try new activities. I want to speak up even if other think I'm wrong or stupid.		
<b>Seeking Perfection:</b> I must be successful in everything I do. Perfection results in happiness. It is horrible when I fail.	<b>Sensible Risk Taking:</b> I want to try new activities and behaviors. I want to try some new even though I might succeed, doing behaviors that do not get me into legal, social, or financial difficulties.		

4		<b>Self-Downing:</b> I think I'm a "total" failure, and people will always reject me when I fail. I believe I am a "total" failure for failing.	<b>Self-Acceptance:</b> I want to express my thoughts, feelings, and wants without worrying if people will judge me harshly. Putting myself down will not motivate me to do better.
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**Getting Along with Others:** Work well with others and cooperate without losing your sense of independent thinking. You play by the rules and are productive and original while working in a team. For example, develop a creative group exercise, do a fun activity at work,

**Confidence:** consciousness of your skills, talents, and resources. You have self-assurance that what you are making or doing will work and meet your goals and aspirations. For example, develop a new plan to instill trust and confidence in each other.

**Organization:** Setting goals and plans, knowing where materials are. Your creative plan works that have purpose, structure, and function. For example, develop a system or alter plans to increase profits or productivity.

**Persistence:** Giving your best effort 100% of the time. You are determined to make your project durable, useful, and efficient. Creating something new takes challenging work.  
For example, find new ways to increase your effort and work efficiently.

**Resilience:** Staying calm in stressful situations. Creating something new can be frustrating, time-consuming, and disappointing. For example, develop further disputation for an irrational belief.

**Getting Along With Others:** Work well with others and cooperate without losing your sense of independent thinking. Getting along involves developing trust, repairing broken promises, renegotiating new agreements, problem-solving that uses drama to get your way, and being honest without hurting each other. For example, develop new rules and methods so your organizational structure.

**Confidence:** To be conscious of your skills, talents, and resources. Instilling confidence in each other involves sensible risk-taking, unconditional self-acceptance, and being independent-minded while accepting support from each other. Showing appreciation for nature and those who went before us.

**Organization:** Setting goals and plans, knowing where the material is. Having individual goals and plans and having common goals and objectives. Distributing resources fairly and honestly. For example, develop and learn new work habits and new social skills.

**Persistence:** Giving your best effort 100% of the time. Giving your best effort to help the other person reach his or her goals. For example, learn to tolerate frustration tolerance when others disagree with you.


**Resilience:** Staying calm in stressful situations. Staying calm when the other person is frustrated, annoyed, anxious, or exhausted. For example, learn and practice relaxation skills using mindfulness and biofeedback.

<b>Item One: Creative Values</b> are values you find meaning through what you give to the world through your creations, that is, by creating a work or doing a deed (Frankl, 1969, pp. 69-70).
Caring: What creative acts do you do that shows you caring about others, so you are responsive, reliable, reflective, and demonstrates reasonableness and frustration tolerance.
Showing Concern: What creative values express your planning, goal setting, showing resolve, and being responsible.
Instilling Confidence: What creative values demonstrates self-reassurance, self-reliance, sensible risk taking, and self-acceptance.



<p><b>Item Two: Experiential Values</b> are values you find meaning through what you take from the world in terms of encounters and experiences. You want to by experience goodness, truth, and beauty, by experiencing nature and culture, or by encountering another human being in a loving way (Frankl, 1969, pp. 69-70).</p>
<p>Caring: In dealing with others how do you show your care, so you are responsive, reliable, reflective, and demonstrates reasonableness and frustration tolerance.</p>
<p>Showing Concern: In working with others what values express that shows what you are concerned about involving planning, setting goals, showing resolve, and being responsible.</p>
<p>Instilling Confidence: What do you say and do that reflects your self-reassurance, self-reliance, sensible risk taking, and self-acceptance.</p>

<p><b>Item Three: Attitudinal Values:</b> Attitudes you can change when you can't change the situation. When irreversible suffering happens, you want to transcend them and search for a meaning in them.</p>
<p>Caring: In with unwanted change dealing with others how do you show your care, so you are responsive, reliable, reflective, and demonstrates reasonableness and frustration tolerance.</p>
<p>Showing Concern: In working with others what values do you express your concerns in planning, setting goals, showing resolve, and being responsible.</p>
<p>Instilling Confidence: What do you say and do that reflects your self-reassurance, self-reliance, sensible risk taking, and self-acceptance.</p>

<p><b>Will to Meaning: Rating Form:</b></p> <p>Please complete the following Rating Form after each session with your therapist. Thank You.</p>	
<p>Topic:</p>	<p>Date:</p>
	<p><b>#1: (F) Follow Up:</b> What was the purpose of this exercise?</p>



**#2 (F)** Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E)** Exercise & Practice: List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G)** Goal: What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.

**Emotional Self-Respect:** Freedom of will and will to meaning involves self-respect. Emotional self-respect is caring and showing concern for your opportunities and possibilities confidently, morally, and ethically. Opportunities are a favorable juncture of circumstances, and possibilities are making something possible that may exist or occur given the proper conditions you will. Self-realization is fulfilling your possibilities of character or personality. The idea of self-realization differs from self-actualization is fully realizing your potential. The potential exists, and you can develop your talents and natural abilities. Frankl sees the meaning of life does not mean self-realization but rising above yourself. This suggests surpassing yourself, such that self-realization cannot be a goal in and of itself, an outcome of taking responsibility and of choice. "Rising above oneself" means devotion to people, values, and deeds beyond your personal needs. You must be part of somebody or something aside from yourself to be significant and humane (Frankl, 1969, 1982).

**Values:** Frankl (1967) believes values guide your search for meaning and simplify decision-making. Traditional values are examples of the accumulation of meaningful experiences of many individuals over a lengthy period. However, these values are threatened by modernization. Despite losing traditional values, individuals still find meaning in concrete situations. Frankl (1967) states, "Even if all universal values disappeared, life would remain meaningful since the unique meanings remain untouched by the loss of traditions." (Frankl, V. E. (1967). *Psychotherapy and existentialism: Selected papers on logotherapy*. New York: Washington Square Press/Pocket Books. (p.64).

Without a healthy sense of respect and not caring about your opportunities to expand your uniqueness, you believe you don't have a sense of choice or direction, and you believe you cannot correct your thinking and behavior. You don't put time and energy into your will to meaning because you need to understand the purpose of your life, choose a goal that is uniquely yours, and see similarities between others' intentions. If you believe that how you execute your purpose is like everyone else's purpose, you will dismiss your sense of uniqueness.

Attitudes: grouped by caring attitudes, showing concern attitudes, and attitudes that instill confidence in each other. \

**Emotional Self-Respect:** A spirit of emotional self-respect consists of caring and showing concern for one's opportunities and possibilities in a confident, moral, and ethical manner.

Three Principles of Healthy Self-Respect:

- (i) Appreciating your uniqueness without holding it over others.
- (ii) Acknowledging you are irreplaceable without worrying about being replaced.
- (iii) Allowing and knowing each moment to be unrepeatable without hoping those moments are repeated.

II; Emotional Self-Respect is caring and showing concern for your opportunities and possibilities confidently, morally, and ethically.

III: Emotional Respect for Others is caring and showing concern for another's opportunities and possibilities confidently, morally, and ethically.

## Three Principles of Healthy Self-Respect:

### **Principle One has Three elements:**

- (i) Appreciating your uniqueness without holding it over others.
- (ii) Acknowledging you are irreplaceable without worrying about being replaced.
- (iii) Allowing and knowing each moment to be unrepeatable with hoping to repeat those moments.

### **Principle Two; Emotional Self-Respect:**

A spirit of emotional self-respect consists of caring and showing concern for your opportunities and possibilities in a confident, moral, and ethical manner.

### **Principle Three: Emotionally Respecting Others:**

The third aspect of Emotional Respect is respecting others. An essential part of respecting others is caring for them and showing concern for their opportunities and possibilities in a confident, moral, and ethical manner.

When discovering healthy ways to expand our uniqueness, we need to see self-respect as one appreciating our uniqueness without holding it over others, acknowledging we are irreplaceable without worrying about being replaced and allowing and knowing each moment is unrepeatable without hoping you repeat those moments. These principles lead us to conclude that emotional self-respect is caring and showing concern for our opportunities and possibilities confidently, morally, and ethically.




You want to care about and show concern about what opportunities you have available to you. An opportunity is believing that you have a good chance for advancement, improvement, and expanding your uniqueness. You think you have a favorable juncture of circumstances, i.e., I can learn something new.

The word choice means you have the opportunity or privilege to choose freely. You can only have an opportunity with a choice; if you don't have a chance, you don't have too many choices. The word option implies a power to choose expressly granted or guaranteed, and selection suggests a range of choices.

Alternative implies a need to choose one and reject another possibility. Preference suggests a choice guided by my judgment or predilections. I have a good chance for advancement or progress when I have an opportunity. There is a favorable juncture of circumstances, i.e., I can learn something new.

The word choice means you have the opportunity or privilege to choose freely. You can only have an opportunity with a choice; if you don't have a chance, you don't have too many choices. The word option implies a power to choose expressly granted or guaranteed, and selection suggests a range of choices. Alternative implies a need to choose one and reject another possibility, and preference suggests a choice guided by my judgment or predilections.

## Three Principles of Healthy Expansion of Your Uniqueness

	<p><b>Principle One:</b> Healthy Self-Respect includes:</p> <ol style="list-style-type: none"><li>(1) Appreciating your uniqueness without holding it over others.</li><li>(2) Acknowledging you are irreplaceable without worrying about being replaced.</li><li>(3) Allowing and knowing each moment to be unrepeatable without hoping those moments are repeated.</li></ol>
	<p><b>Principle Two:</b> Emotional Self-Respect is caring and showing concern for your opportunities and possibilities confidently, morally, and ethically.</p>
	<p><b>Principle Three:</b> Emotional Respect for Others is caring and showing concern for another's opportunities and possibilities confidently, morally, and ethically.</p>

The first element of healthy self-respect, appreciating your uniqueness without holding it over others, includes grasping the nature, worth, quality, and significance of your or another person's actions. This constitutes valuing and rating things as important to you, which you cherish and cultivates with care, affection, and nurturance. This implies special love and caring behaviors for someone or something to support with respect.

Write about how this element of self-respect is meaningful and important to you.

Healthy self-respect involves the ability to recognize that you and others are irreplaceable, without having to worry about being replaceable, which is a significant aspect of healthy self-respect. To feel irreplaceable, you develop resilience skills, so you don't worry or feel agitated. People may want to replace you in your role in a family or corporation, but your uniqueness cannot be replicated or duplicated. In addition, you are also aware that anyone cannot replace you, no matter how much they hate or disapprove of you.

Write about how this element of self-respect is meaningful and significant to you.

The third facet of healthy self-respect is knowing each moment is unrepeatable, and you don't have to hope or want those moments to be repeated. You realize that making the past appear again is futile and changing the past is an empty promise. Making precise predictions about the future is time wasted, but setting realistic and productive goals for the future is an effective way to learn from your mistakes. This mindful self-respect engenders a healthy sense of the here and now.

Write about how this element of self-respect is meaningful and relevant to you.



**Will To Meaning:**

(F) Follow Up and Evaluation of Session

Date:



#1: (F) Follow Up: What was the purpose of this exercise?




#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



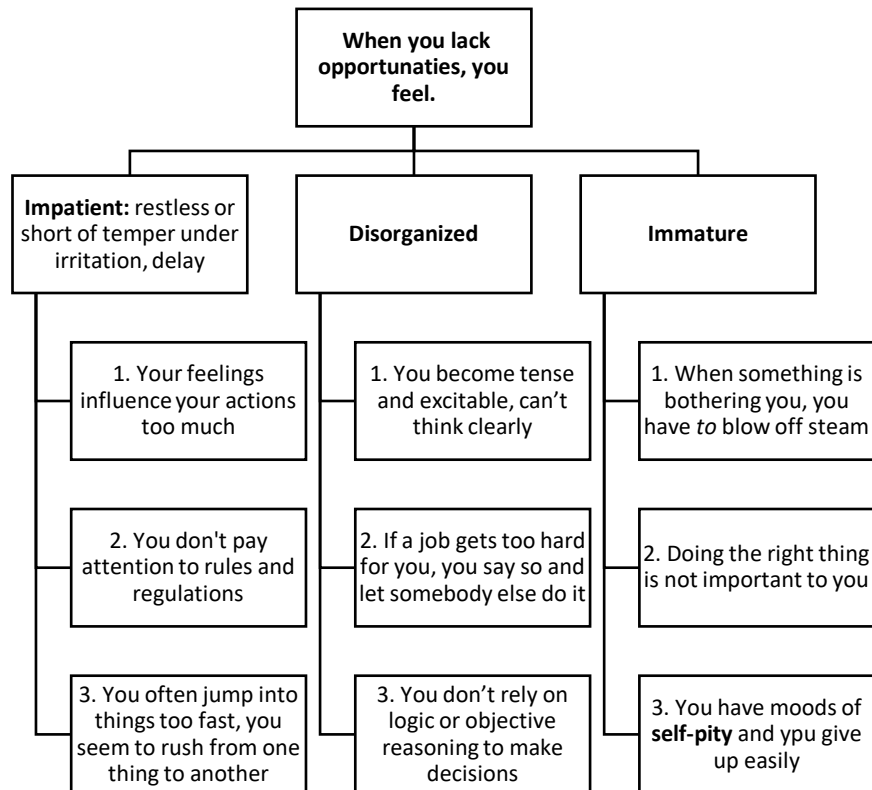
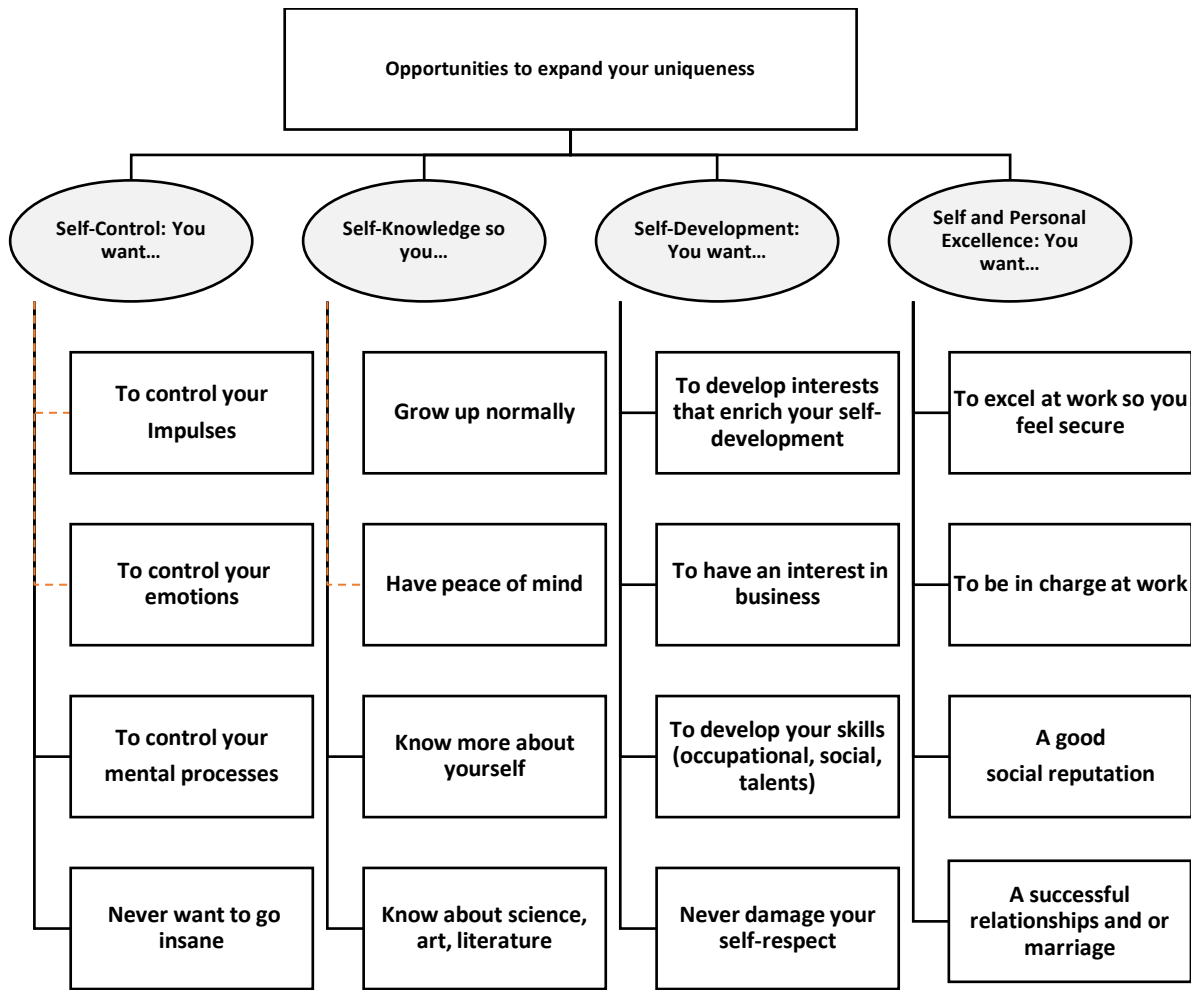
#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



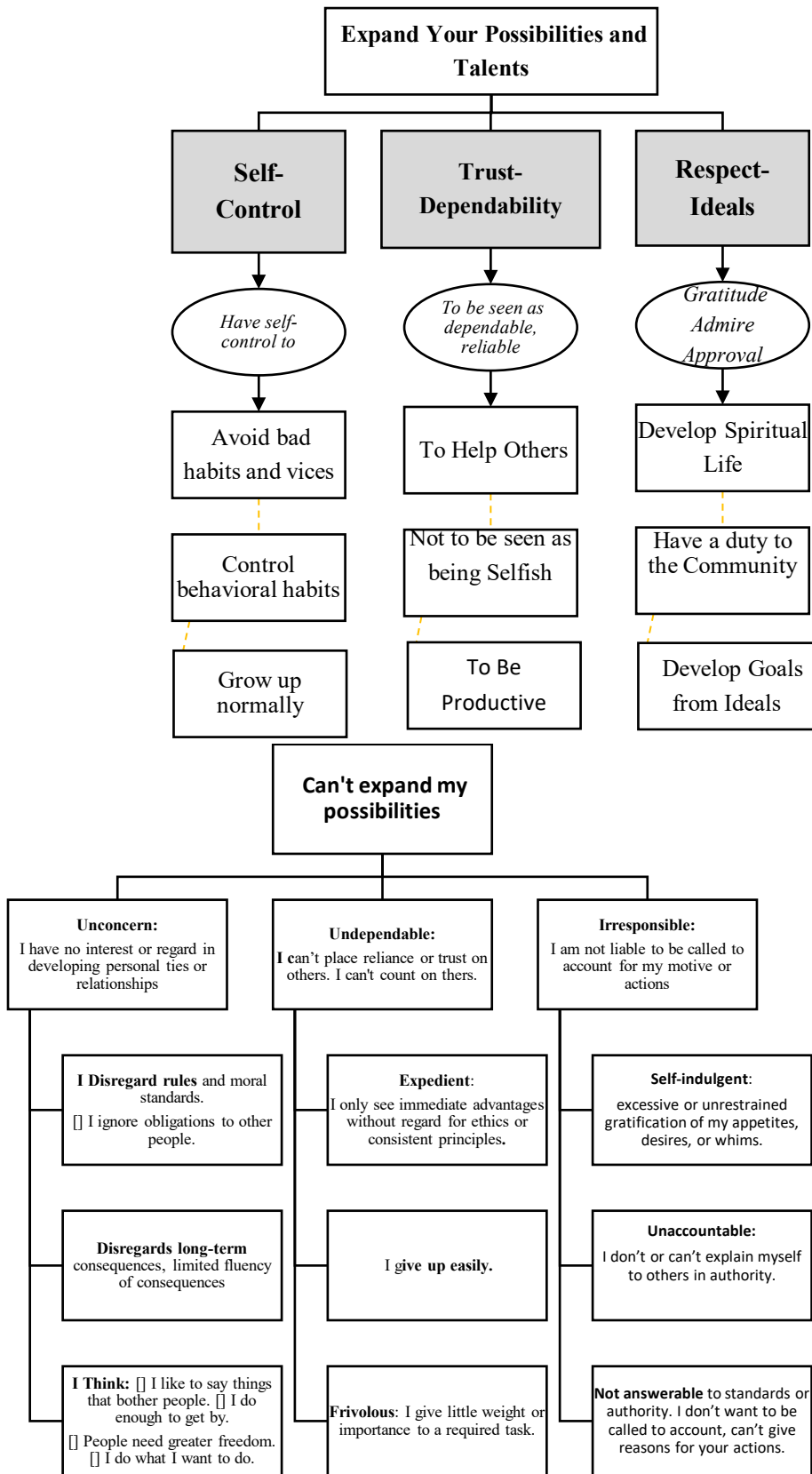
#4: (G) Goal: What goal did you expect to reach by doing this exercise?

#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:



When unwanted stress, lack of resources or skills, trauma, or someone dismissing your uniqueness, we experience



## Care-Concern-Confidence

##	Caring Attitudinal Value	Showing Concern Attitudinal Values	Instilling Confidence Attitudinal Values
1	<b>Caring Values:</b> I want to be seen as a responsible person when I am dealing with uncertainty. I can cope with apprehension (fear, anxieties); I want to address my responsibilities first to better deal with uncertainty and anxiety before I do things, I am interested in.	<b>Showing Concern Values:</b> I am interested in dealing with uncertainty and coping with apprehension (fear, anxieties); I want to focus on what I am interested in; I have a high degree of motivation that will help me learn and endure the frustrations.	<b>Instilling Confidence Values:</b> Having a healthy sense of certainty and trust and faith in myself, others, and my attitudinal values higher values will help me know I am more likely to succeed than fail. I am not afraid of making mistakes and know using extreme negative evaluation (I stupid) will not correct my behavior or expand my uniqueness. As I become more independent and confident, I take on new responsibilities.
2	<b>Responsiveness Attitudes:</b> You care about and value responding to others and want to listen to and be sensitive (#1).	<b>Receptiveness Attitudes:</b> You value being receptive to innovative ideas and perspectives. (Index 5).	<b>Self-Reassurance Attitudes:</b> You value believing in yourself and want to think you can do this! (9)
3	<b>Reliability Attitudes</b> You care about and value being dependable, and you want people to take you seriously (Index 2).	<b>Realistic Self-Control Attitudes:</b> You value being in control of yourself. You want to be careful socially (#6).	<b>Self-Reliance Attitudes: - Independent Thinking:</b> You value your ability to think independently (Index 10).
4	<b>Reflective Behavior:</b> You care about and value thinking before you act (Index 3).	<b>Resolve Attitudes:</b> You want to give your best effort. You want to show resolve in times of stress and frustration (index 7)	<b>Sensible Risk-Taking Attitudes:</b> You value constructive ways to improve your life (Index 11).
5	<b>Reasonableness Tolerance Attitudes:</b> You care about, and value is reasonable, practical, and tolerant (Index 4).	<b>Responsibleness Attitudes:</b> You value being a responsible person. You want to work tough (Index 8).	<b>Self-Acceptance Attitudes:</b> You value accepting yourself unconditionally. You want to appreciate and accept another person's uniqueness. (Index 12).




Don't have caring

Why do survival values transform into attitudinal values?

	Survival Value	Lack of Concern Survival Mode	Lack of Confidence Survival Mode
	<b>Self-Centeredness Beliefs:</b> I devalue being concerned about others. (Index 1).	<b>Pointless to Plan - Non-Receptive Beliefs:</b> I do not value making plans or setting goals. (Index #5).	<b>Self-Doubt:</b> When I win or lose determines my worth. When I fail or when I cannot achieve a goal. (Index 9).
	<b>Selfishness Beliefs:</b> I devalue what others want and value only what I want to do. (Index 2).	<b>Pointless to Set Goals Beliefs: Pointless to have adequate self-control:</b> I devalue tasks others assign to me (#6)	<b>Seeking Approval Beliefs:</b> I value another person's opinion too much and devalue my views and ideas (#10).
	<b>Impulsive Behavior:</b> I devalue always having to think before I act. (Index #3).	<b>Pointless to Try: Giving Up Behavior:</b> I devalue trying. I want to give up when tasks become too frustrating or tedious (Index 7). Giving my best effort is a waste of time, and completing tasks half-heartedly has no impact on the things I like to do.	<b>Self-Perfection Beliefs:</b> I value perfection., so I can feel good about myself. (Index 11).
	<b>Unreasonableness-Intolerance Beliefs</b> related to Intolerance: I don't value tolerating other people's beliefs or ideas (#4)	<b>Pointless to be Concerned Beliefs - Lack of Effort:</b> I don't value being responsible, and you are working hard in the face of frustration and in times of stress (# 8). Being irresponsible in the here and now has no effect on my future.	<b>Self-Downing Beliefs:</b> I devalue myself. I want to put myself down because this devaluing will motivate me to do well (Index 12).

Adapted from the work of Dr. Michael Barnard

## Healthy Self-Respect

<b>Healthy Self-Respect involves...</b>		
<i>Uniqueness is experiencing the meanings and values of life personally and in your own way.</i>		
	<p><b>Appreciating your uniqueness without holding it over others.</b></p>	<ul style="list-style-type: none"> <li>• Developing appreciation of your uniqueness. This includes grasping the nature, worth, quality, and significance of your or another person's actions.</li> <li>• Valuing and rating things as having intrinsic worth, relative worth, utility, and importance to you.</li> <li>• Cherishing involves cultivating with care, affection, and nurturance. This implies a special love and you care for someone or something that you support with respect and admiration.</li> </ul>
	<p><b>Acknowledging you are irreplaceable without worrying about being replaced.</b></p>	<ul style="list-style-type: none"> <li>• Developing resiliency skills and not worrying or being afflicted with agitation.</li> <li>• Realizing that others may want to displace you, but...</li> <li>• Recognizing that others cannot replace you because they disapprove of you.</li> </ul>
	<p><b>Allowing and knowing each moment to be unrepeatable without hoping those moments are repeated.</b></p>	<ul style="list-style-type: none"> <li>• Making the past appear again is futile.</li> <li>• Changing the past is an empty promise, but you can learn from your mistakes.</li> <li>• Perfectly predicting the future is time lost, but you can set healthy goals for the future.</li> </ul>

Principle: Appreciating my uniqueness without lauding it over others.

I want to accept my uniqueness and not attempt to elevate it above others to appreciate it.

What actions have you taken that had value and worth to another person?

How is your uniqueness significant, important, meaningful, substantial, and considerable to you?

How do you expand your uniqueness and appreciate another person's uniqueness? Give specific examples.

**Valuing and rating things as having intrinsic worth, relative worth, utility, and importance to you.**

Name three activities that have the intrinsic worth to you. Intrinsic values are those that are inherently rewarding, such as creativity, social justice, and connection with nature. In psychology, extrinsic values refer to those values centered around external approvals and rewards; for example, wealth, social standing, self-image, and the security of one's identity

List three activities that have relative worth for you. It has value and worth to you but not to other people.

Name three activities that have utility for you. The activity has fitness for some purpose or worth to some end, and it is helpful and valuable to you and others.

Write down three people or activities that have importance to you and give reasons for your selection.

List three people or activities that you cherish. Cherishing involves cultivating with care, affection, and nurturance. This implies a special love for someone or something that you support with respect and admiration.



**(F) Follow Up and Evaluation of Session**

Date:



#1: (F) Follow Up: What was the purpose of this exercise?




#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?

#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:

Acknowledging you are irreplaceable without worrying about being replaced.

- Developing resiliency skills and not worrying or being afflicted with agitation.
- Realizing that others may want to displace you, but...
- Recognizing that others cannot replace you because they disapprove of you.

SSSS

Allowing and knowing each moment to be unrepeatable without hoping those moments are repeated.

- Making the past appear again is futile.
- Changing the past is an empty promise, but you can learn from your mistakes.
- Perfectly predicting the future is time lost, but you can set healthy goals for the future.

Self-Respect involves:

1. Appreciating your uniqueness without holding it over others.

How do we appreciate our uniqueness? We know that we have the quality of standing alone and without a peer, but we know that our uniqueness is a singularity and significance. Unfortunately, others may see our uniqueness as strange and unusual. To appreciate our uniqueness takes courage and confidence. We don't want to be commonplaceness, ordinary, routineness, monotony, sameness, or tediousness. We recognize sometimes we need to be ordinary and tolerate dullness. For example, learning scales and modes are not especially fun, but to become proficient in piano, we must do our scales. When we appreciate, welcome, and realize our uniqueness, and have three components of appreciation thankfulness, gratitude, and then appreciation of our uniqueness. When we are genuinely thankful, we recognize of benefits received. This implies that our uniqueness is a gift, and we grasp the significance of those gifts. I contend that this thankfulness increases our sense of well-being. The second element of appreciation is feeling grateful. This is heartfelt recognition of the sources of our gifts and benefits.

We don't pick our IQ; it is part of our humanness that we have various degrees of intelligence and talents. Feeling gratitude involves affirming the goodness of our gifts, and we want to show the sincere approval of others for their support and encouragement. In appreciating our uniqueness, we don't want to develop feelings of contentment because we can design and expand our talents and gifts. Since these gifts were given to us to grow, we don't want to show off or hold these gifts over others and think we are better than others. Appreciation involves recognizing your effort and skills and being thankful for another person's effort and skills. We show admiration and approval, and we express and show respect and esteem for a thing of excellence. Yes, appreciating is a two-way street.

# THANKFUL

Healthy THANKFULNESS	Healthy GRATEFUL	Healthy APPRECIATIVE
<p data-bbox="256 1612 418 1642"><b>Value Recognition</b></p> <ul data-bbox="159 1642 488 1745" style="list-style-type: none"> <li>• Recognition of benefits received.</li> <li>• Grasps the significance of those benefits.</li> <li>• Sense of well-being increases.</li> </ul>	<p data-bbox="716 1612 906 1642"><b>Heartfelt Recognition</b></p> <ul data-bbox="634 1642 1008 1793" style="list-style-type: none"> <li>• Recognition of the sources of benefit.</li> <li>• Affirms goodness and sincere show of approval.</li> <li>• Readiness to show appreciation and there is an increase in feelings of contentment.</li> </ul>	<p data-bbox="1068 1612 1511 1642"><b>Recognition of Effort and Skill of the Other Person</b></p> <ul data-bbox="1105 1642 1479 1745" style="list-style-type: none"> <li>• Genuine show of approval.</li> <li>• Expresses and shows appreciation.</li> <li>• Expresses and shows admiration of a thing of excellence.</li> </ul>

# Gratitude

<p>Sincere Approval: favorable opinion of; to take a favorable view; encouraging; one's actions appear promising I have the courage to inspire others. Encourage: to inspire with courage and hope; to hearten; increase confidence; to help. Favorable: expressing approval; implies that the persons involved are approving or helpful in the circumstances are advantageous. Promising: to give ground for expectation be imminent (ready to take place)</p>	<p>Genuine Appreciation value, prize, treasure, cherish mean to hold in high estimation. Appreciate often connotes sufficient understanding to enjoy or admire a thing's excellence. Cherish implies a special love and care for something. Gratitude: {content}; appreciating the benefits received; expressing gratitude; affording pleasure or contentment; pleasing because of comfort received or discomfort alleviated Thankful: {glad}; conscious/aware of benefit received; expressive of thanks; well pleased Pleasing: {gratified}; to afford or give pleasure or satisfaction; to give pleasure to another.</p>	<p>Authentic Admiration (think, believe) Esteemed: to set a high value on, regard highly and prize accordingly. Valued: to rate or scale in usefulness, importance, or general worth, evaluate. Prized: Admiration: an object of esteem; to set a high value on something or someone. Admired – esteemed: to set a high value on, regard highly and prize accordingly. Valued: to rate or scale in usefulness, importance, or general worth; evaluate; estimate or assign worth. Value implies rating a thing highly for its intrinsic worth. Prize implies taking a deep pride in something one possesses. Treasure emphasizes jealously safeguarding something considered precious. Prized: to estimate the value; to value highly; to rate; to esteem; regard highly and prize accordingly</p>
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## 2. Acknowledging you are irreplaceable without worrying about being replaced by another

Divorce is so painful that we believe we are being replaced. The roles we play can be replaced, such as the role of a spouse, supervisor, etc., but the unique way we performed that role, the style we used to play the role, and the elegance we showed or didn't show is an expression of our uniqueness and self-respect. It is not being replaced that drives us crazy; it is the anxiety and our worries about being replaced that leads to feelings of depression.

When we believe we are replaceable, we reject love and support from others because we feel useless and worthless. We stop caring about others, and we think downhearted and dejected. We also find it hard to relax and stop ruminating about why we were replaced. This depression and anxiety lead to feeling clumsy, shaky, and tense, and we believe we can't manage our responsibilities. We feel discouraged, act non-assertively, and are easily upset, feel on edge, and irritable. Yes, believing we are replaceable is a confidence killer.

## 3. Knowing each moment to be unrepeatable without hoping for them to be repeated.

We love to reminisce about the positive experiences we had in the past, but what makes those moments meaningful is that we cannot relive those events. Healthy hope is a wonderful thing, but toxic hope is when we want to re-experience the past. Healthy hope is learning from the past, and we cherish a desire with anticipation. Toxic hope is that we don't learn from our mistakes, and we want to do it all over again. Healthy hope involves feeling optimism, and we anticipate something positive will happen. Healthy hope and courage usually go hand and hand. Hope can expand our uniqueness by setting goals and making plans that will be successful. Toxic hope can restrict my individuality because we are

overconfident, and our dreams will be easily reached. Toxic hope can quickly flip to feelings of hopelessness. We feel hopeless, desperate, pathetic, and miserable and have no expectation of good or success. We have a sense of despair, are not susceptible to remedy or cure, and are not capable of redemption or improvement. Hopelessness is meaningful because life tells us we must set new goals and revise our plans.

### 3 A's exercise

Item One: Give three reasons why appreciating your uniqueness is better having power, prestige, and being with a perfect person give you confidence.
1.
2
3

Item Two: Give three reasons why acknowledging you are irreplaceable without worrying about being replaced is better than poor problem-solving creates toxic attention seeking and drama.
1.
2
3

Item Three: Give three reasons why Allowing and knowing each moment to be unrepeatable without hoping for them to be repeated is better than promoting hurtful conflicts, toxic feelings, distortions extreme global evaluations of yourself, others, and the world.
1.
2
3

F) Follow Up and Evaluation of Session

Date:



#1: (F) Follow Up: What was the purpose of this exercise?




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Comments:



# Healthy Emotional Responsibility: Self-Respect

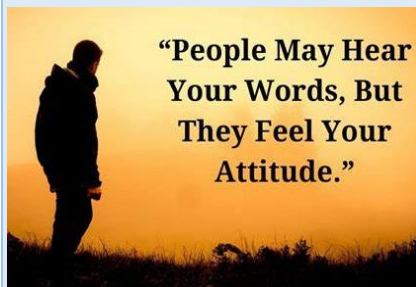
*Experiencing your uniqueness involves being accountable before your own conscience.*



## Attitudinal Values:

When I can't change the situation, I'll change my attitude.

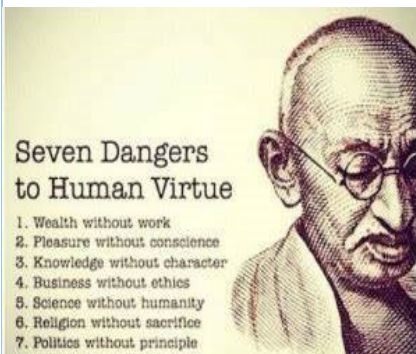
- **Responsiveness:** I want to be fair and just.  I want to be sensitive to the feelings and thoughts of another, so I have to focus on the other person rather than myself.
- **Reliable:**  I want to be dependable, so people place reliance on and trust me.  I want to maintain the rules and keep my promises and agreements.  I will show healthy remorse and regret when I break my promises and agreements.
- **Reflective:**  I want to think of the positive and negative consequences before I act.  I want to think about how my thoughts influence my emotions.
- **Reasonable:**  I want to be tolerant of others.
- **Resolve:** The harder I try, the greater my success will be.
- **Responsible:** I will be accountable and answerable for my actions and complete tasks even if they are not fun or easy.
- **Reassurance:** I believe that I am more likely to be successful than to fail. I can remember times I have been successful.



## Believing in Yourself

Thought, evaluations, and judgments that prompt short-term goals.

- **Short-Term Goals:**  I will restrict my uniqueness in constructive and healthy ways to meet my short-term goals.  I want to maintain a good reputation over an extended time.  I want to excel and do better at school/work/relationships.  I want to excel in my line of work and know more so that I can be in charge and others will see me as a responsible person.  I am responsible for my feelings.
- **Healthy Expression of Feelings:**  I will feel negative, but I *don't have* to make those adverse events a disaster.  I can control my impulses and maintain a healthy sense of appreciation and respect.  I will not allow other people's toxic feelings, such as apathy, to control me, and I will not be non-assertive and judge others as worthless individuals.
- **Healthy Self-Control:**  I want to control my impulses and urges better.  I want to know more about myself and how other people see me.  I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability).  I want to express my feelings in a genuine way that does not hurt the other person's feelings.



## Conscience:

Being responsible, emotionally disciplined, and conscientious involves giving up immediate gratification to reach my long-term goals.

- **Long-Term Goals:**  To reach my long-term goals, I want to control the unruly emotions that get me in trouble, and I have several ways to correct my toxic habits.  I want to control my vices, such as drinking, drugging, gambling, etc.
- **Social Injunctions:**  I don't want to be seen as "selfish," judgmental, or self-righteous.  I don't want to be dishonest.  I don't have to be defensive  I will stop using these manipulative beliefs and start being responsible.  I don't want to be disrespectful to people in authority.  I don't want to be overly altruistic all the time and hiding my true feelings will not help me get rid of my unhealthy habits.  I will maintain my emotional boundaries.
- **Maintain Ethical & Moral Standards:**  I want to be concerned and careful when dealing with topics that are important to others.  I will acknowledge my feelings of anger and hostility, and I can understand how I create them and will work at giving them up.  I want to maintain my self-control, so I can reach the health goals that I have chosen.  I want to avoid sinful behaviors and temptations.



Emotional Responsibility:

**Attitudinal Values:** When I can't change the situation, I'll change my attitude.

**Self-Centeredness to Responsiveness:** I want to be fair and just.  I want to be sensitive to the feelings and thoughts of another, so I have to focus on the other person rather than myself.

**Selfishness to Reliable:**  I want to be dependable, so people place reliance on and trust me.  I want to maintain the rules and keep my promises and agreements.  I will show healthy remorse and regret when I break my promises and agreements.

**Impulsiveness to Reflective:**  I want to think of the positive and negative consequences before I act.  I want to think about how my thoughts influence my emotions.

**Unreasonable and Intolerant to Reasonable and Frustration Tolerance:**  I want to be tolerant of others.

Resolve: The harder I try, the greater my success will be.

Responsible: I will be accountable and answerable for my actions and complete tasks even if they are not fun or easy.

Reassurance: I believe that I am more likely to be successful than to fail. I can remember times I have been successful.

Believing in Yourself: Thought, evaluations, and judgments that prompt short-term goals.

**Short Term Goals:**  I will restrict my uniqueness in constructive and healthy ways to meet my short-term goals.  I want to maintain a good reputation over an extended time.  I want to excel and do better at school/work/relationships.  I want to excel in my line of work and know more so that I can be in charge and others will see me as a responsible person.  I am responsible for my feelings.

**Healthy Expression of Feelings:**  I will feel negative, but I *don't have* to make those adverse events a disaster.  I can control my impulses and maintain a healthy sense of appreciation and respect.  I will not allow other people's toxic feelings, such as apathy, to control me, and I will not be non-assertive and judge others as worthless individuals.

Healthy Self-Control:  I want to control my impulses and urges better.  I want to know more about myself and how other people see me.  I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability).  I want to express my feelings in a genuine way that does not hurt the other person's feelings.

**Conscience:** Being responsible, emotionally disciplined, and conscientious involves giving up immediate gratification to reach my long-term goals.

**Long-Term Goals:**  To reach my long-term goals, I want to control the unruly emotions that get me in trouble, and I have several ways to correct my toxic habits.  I want to control my vices, such as drinking, drugging, gambling, etc.

**Social Injunctions:**  I don't want to be seen as "selfish," judgmental, or self-righteous.  I don't want to be dishonest.  I don't have to be defensive  I will stop using these manipulative beliefs and start being responsible.  I don't want to be disrespectful to people in authority.

I don't want to be overly altruistic all the time and hiding my true feelings will not help me get rid of my unhealthy habits.  I will maintain my emotional boundaries.

**Maintain Ethical & Moral Standards:**  I want to be concerned and careful when dealing with topics that are important to others.  I will acknowledge my feelings of anger and hostility, and I can understand how I create them and will work at giving them up.  I want to maintain my self-control, so I can reach the health goals that I have chosen.  I want to avoid sinful behaviors and temptations

## Lack of Self-Respect: Unhealthy Dismissal of Your Restriction

*Uniqueness is experiencing the meanings and values of life personally.*



I don't feel appreciated, and others dismiss my uniqueness.

- I base my worth on my performance, effectiveness, and efficiency.
- I evaluate my intrinsic worth based on what others say or don't say. I feel my goals are unimportant.



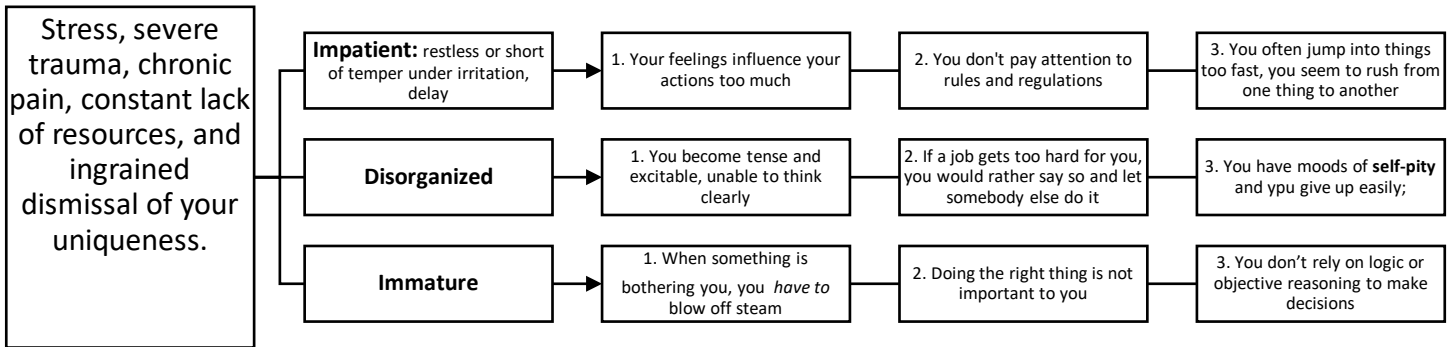
I am replaceable and feel anxious about being replaced.

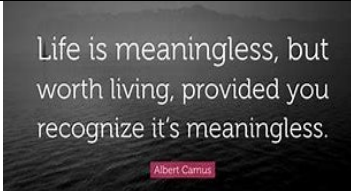


- I reject love and support from others because I feel useless and worthless, don't care about others, and feel downhearted and dejected. It is hard for me to relax. I would rather be by myself (D7).
- I feel clumsy, shaky, tense. I can't manage my responsibilities. I feel discouraged, and I act non-assertively. I am easily upset, feel on edge, irritable. I lack self-confidence. **Anxious Depression (D4):**
- I know others want to replace me.



I want to repeat pleasurable moments in the past.

- I know others can replace me because they disapprove of me.
- Repeating the past when I was happy will make me feel happy again.
- I wish I could go back and change the past.
- I keep repeating the same mistakes over again.
- I have to predict others' behaviors to feel secure and happy.
- I feel rejected. People bore me. I have too many regrets, and I have failed too much. I feel incomplete. I often feel guilty. **Rejected & Guilt Depression (D6)**



	Survival Mode:	Attitudinal Values:	Opposite
			
1	<b>Toxic Restriction of My Uniqueness:</b> <input type="checkbox"/> <b>Automatic Thoughts:</b> <input type="checkbox"/> What I do is pointless and devoid of meaning. <input type="checkbox"/> Thoughts from the Limbic System that lead to Procrastination. <input type="checkbox"/> <b>Beliefs about Myself:</b> <input type="checkbox"/> Self-Image and Social Beliefs <input type="checkbox"/> <b>Unreliable:</b> People <b>can't count</b> on me, and I <b>can't depend</b> on others. I believe it is okay for others to see me as unpredictable. ( <b>changeable</b> )	<b>Healthy Restriction of Your Uniqueness:</b> <input type="checkbox"/> <b>Attitudinal Values:</b> When I can't change the situation, I'll change my attitude. <input type="checkbox"/> <b>Believing in Yourself:</b> Thought, evaluations, and judgments that prompt short-term goals. <input type="checkbox"/> <b>Conscience:</b> Being responsible, emotionally disciplined, and conscientious involves giving up immediate gratification to reach my long-term goals.	<b>Redistributing</b> to alter the distribution of resources reallocate of responsibilities to spread resources and responsibility to other areas

#1 What are some of the possible reasons why healthy restriction attitudes are **more effective than** using toxic restriction of your uniqueness?

#i.

#ii.

#2. In what situations do you need to use healthy restriction attitudes?

#3 In what situations do you need to redistribute resources and responsibilities?

#4 How is unhealthy restriction of my uniqueness meaningful?	How is healthy restriction of your uniqueness meaningful?

#5 Cost Benefit Analysis

Cost of unhealthy restriction of my uniqueness	Benefit of healthy restriction of your uniqueness
Benefit of unhealthy restriction of my uniqueness	Cost of healthy restriction of your uniqueness
How does unhealthy restriction of your uniqueness ward off anxiety?	

How does unhealthy restriction of your uniqueness protect your self-esteem?	
Unhealthy restriction of your uniqueness trains people to...	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

1	<p><b>Toxic Restriction of My Uniqueness:</b></p> <p><input type="checkbox"/> <b>Automatic Thoughts:</b> <input type="checkbox"/> What I do is pointless and devoid of meaning. <input type="checkbox"/> Thoughts from the Limbic System that lead to Procrastination.</p> <p><input type="checkbox"/> <b>Beliefs about Myself:</b> <input type="checkbox"/> Self-Image and Social Beliefs</p> <p><input type="checkbox"/> <b>Unreliable:</b> People <b>can't count</b> on me, and I <b>can't depend</b> on others. I believe it is okay for others to see me as unpredictable. <b>(changeable)</b></p>	<p><b>Healthy Restriction of Your Uniqueness:</b></p> <p><input type="checkbox"/> <b>Attitudinal Values:</b> When I can't change the situation, I'll change my attitude.</p> <p><input type="checkbox"/> <b>Believing in Yourself:</b> Thought, evaluations, and judgments that prompt short-term goals.</p> <p><input type="checkbox"/> <b>Conscience:</b> Being responsible, emotionally disciplined, and conscientious involves giving up immediate gratification to reach my long-term goals.</p>	<p><b>Redistributing Resources and Responsibilities:</b></p>
	<p><input type="checkbox"/> <b>Pointless Plan:</b> <input type="checkbox"/> I restrict my uniqueness in unhealthy ways because I believe if it is not fun or exciting, <input type="checkbox"/> I don't have to do it. <input type="checkbox"/> I don't have to plan my time and don't care what others want. <input type="checkbox"/> This limits my ability to express my genuine concerns.</p> <p><input type="checkbox"/> <b>Pointless to Set Goals:</b> <input type="checkbox"/> I restrict my uniqueness because I believe activities have no value. <input type="checkbox"/> I can't manage or control my life, and I can't manage distractions. <input type="checkbox"/> This idea restricts my ability to instill confidence in myself and others.</p> <p><input type="checkbox"/> <b>Pointless to be Concerned:</b> <input type="checkbox"/> I believe I can't be bothered to do tasks I don't like to do. <input type="checkbox"/> I only do easy or fun things. <input type="checkbox"/> I think life has to be exciting and enjoyable.</p> <p><input type="checkbox"/> <b>Seeking Approval:</b> <input type="checkbox"/> I have to have people's love and Approval to be happy, so if people disapprove of me, I won't do an essential task. <input type="checkbox"/> I believe I can't do anything right, and nothing ever works for me. <input type="checkbox"/> This form of thinking limits my ability to instill confidence in myself and others.</p> <p><input type="checkbox"/> <b>Seeking Perfection:</b> <input type="checkbox"/> I don't try new activities because I believe I must be successful in everything I do. <input type="checkbox"/> I think that being perfect leads to happiness. <input type="checkbox"/> This form of thinking limits my ability to instill confidence in myself and others.</p> <p><input type="checkbox"/> <b>Physical Image Beliefs:</b> <input type="checkbox"/> I restrict my uniqueness because I believe I'm ugly, so why try? <input type="checkbox"/> I'm too thin...too fat... weak, so it is okay to give up because I messed up. <input type="checkbox"/> I don't care what I look like, and I don't care about my physical health – It takes too much work and effort. <input type="checkbox"/> My parents screwed me up, so I'm stuck, or I was born weird, so I'll die that way.</p> <p><input type="checkbox"/> <b>Emotional Well-being:</b> <input type="checkbox"/> I restrict my uniqueness because I think I can't control my impulses. <input type="checkbox"/> I don't want more insight into my emotional life and apathy, and I don't care what people think about me. <input type="checkbox"/> I don't care about my</p>	<p><input type="checkbox"/> <b>Responsiveness:</b> I want to be fair and just. <input type="checkbox"/> I want to be sensitive to the feelings and thoughts of another, so I have to focus on the other person rather than myself.</p> <p><input type="checkbox"/> <b>Reliable:</b> <input type="checkbox"/> I want to be dependable, so people place reliance on and trust me. <input type="checkbox"/> I want to maintain the rules and keep my promises and agreements. <input type="checkbox"/> I will show healthy remorse and regret when I break my promises and agreements.</p> <p><input type="checkbox"/> <b>Reflective:</b> <input type="checkbox"/> I want to consider the positive and negative consequences before acting. <input type="checkbox"/> I want to think about how my thoughts influence my emotions.</p> <p><input type="checkbox"/> <b>Reasonable:</b> <input type="checkbox"/> I want to be tolerant of others.</p> <p><input type="checkbox"/> <b>Resolve:</b> The harder I try, the greater my success will be.</p> <p><input type="checkbox"/> <b>Responsible:</b> I will be accountable and answerable for my actions and complete tasks even if they are not fun or easy.</p> <p><input type="checkbox"/> <b>Reassurance:</b> I am more likely to be successful than to fail. I can remember times I have been successful.</p> <p><input type="checkbox"/> <b>Short-Term Goals:</b> <input type="checkbox"/> I will restrict my uniqueness in constructive and healthy ways to meet my short-term goals. <input type="checkbox"/> I want to maintain a good reputation over an extended time. <input type="checkbox"/> I want to excel and do better at school/work/relationships. <input type="checkbox"/> I want to excel in my line of work and know more so that I can be in charge and others will see me as a responsible person. <input type="checkbox"/> I am responsible for my feelings.</p> <p><input type="checkbox"/> <b>Healthy Expression of Feelings:</b> <input type="checkbox"/> I will feel negative, but I <i>don't have</i> to make those adverse events a disaster. <input type="checkbox"/> I can control my impulses and maintain a healthy appreciation and respect. <input type="checkbox"/> I will not allow other people's toxic feelings, such as apathy, to control me, and I will not be non-assertive and judge others as worthless individuals.</p>	



<p>emotional life; I feel like I'm going crazy, but who cares?</p> <p>] <b>Social Self Beliefs:</b> <input type="checkbox"/> I feel others control me, and there's nothing I can do. <input type="checkbox"/> I believe I'm stupid and incompetent, so why try? <input type="checkbox"/> I don't care what the important people in my life think.</p> <p><input type="checkbox"/> <b>Feeling Lazy:</b> <input type="checkbox"/> People see me as lazy and disinclined to work or solve problems. <input type="checkbox"/> I am unable to act promptly when action is called for.</p> <p><input type="checkbox"/> <b>Social Behavior:</b> <input type="checkbox"/> I restrict my uniqueness by disregarding rules and obligations.</p> <p><input type="checkbox"/> People see me as undependable, unpredictable, unreliable, and untrustworthy.</p> <p><input type="checkbox"/> <b>Social Perceptions:</b> <input type="checkbox"/> Essential people see me as fickle, lacking steadfastness, unstable, and I am given erratic changeableness. <input type="checkbox"/> They see me as lacking in seriousness and marked by unbecoming levity. It is okay to be self-indulgent with unrestrained gratification of your appetites, desires, and whims.</p>	<p><input type="checkbox"/> <b>Healthy Self-Control:</b> <input type="checkbox"/> I want to control my impulses and urges better. <input type="checkbox"/> I want to know more about myself and how others see me. <input type="checkbox"/> I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability). <input type="checkbox"/> I want to express my feelings genuinely, so that does not hurt the other person's feelings.</p> <p><input type="checkbox"/> <b>Long-Term Goals:</b> <input type="checkbox"/> To reach my long-term goals, I want to control the unruly emotions that get me in trouble, and I have several ways to correct my toxic habits. <input type="checkbox"/> I want to control my vices, such as drinking, drugging, gambling, etc.</p> <p><input type="checkbox"/> <b>Social Injunctions:</b> <input type="checkbox"/> I don't want to be seen as "selfish," judgmental, or self-righteous. <input type="checkbox"/> I don't want to be dishonest. <input type="checkbox"/> I don't have to be defensive <input type="checkbox"/> I will stop using these manipulative beliefs and start being responsible. <input type="checkbox"/> I don't want to be disrespectful to people in authority. <input type="checkbox"/> I don't want to be overly altruistic all the time, and hiding my true feelings will not help me eliminate my unhealthy habits. <input type="checkbox"/> I will maintain my emotional boundaries.</p> <p><input type="checkbox"/> <b>Maintain Ethical &amp; Moral Standards:</b> <input type="checkbox"/> I want to be concerned and careful when dealing with topics that are important to others. <input type="checkbox"/> I will acknowledge my anger and hostility, understand how I create them, and work at giving them up. <input type="checkbox"/> I want to maintain my self-control, so I can reach the health goals that I have chosen. <input type="checkbox"/> I want to avoid sinful behaviors and temptations.</p>	
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<b>Menu of Solutions &amp; Effective Strategies</b>			
(i)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Funtional Values</b>
1	<b>Toxic Guilt:</b>	Healthy Recorse	Healthy Guilt
2	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>
3	<b>Cost of Being Passive:</b>	<b>Cost of Being Modest:</b>	<b>Cost of Being Obedient:</b>
4	<b>Benefit of Being Passive:</b>	<b>Benefit of Being Modest:</b>	<b>Benefit of Being Obedient:</b>
5	<b>Toxic Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>
6	<b>Toxic Restrictions of Your Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>

**Will To Meaning:**

(F) Follow Up and Evaluation of Session

Date:



#1: (F) Follow Up: What was the purpose of this exercise?



#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?




#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:



# Toxic Self-Respect

## Toxic Self-Respect

	Survival Mode: <b>Toxic Self-Respect</b>	<b>Attitudinal Values</b> Healthy Self-Respect	Opposite
<b>Respect</b>			
<b>1</b>	<p><b>Toxic Self-Respect Beliefs:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Power</b>, prestige, and being with a perfect person give you confidence.</li> <li><input type="checkbox"/> <b>Poor Problem-Solving</b> creates toxic attention seeking and drama.</li> <li><input type="checkbox"/> <b>Promotes</b> hurtful conflicts, toxic feelings emerge, cognitive distortions emerge, and extreme global evaluations of yourself, others, and the world.</li> </ul>	<p><b>Healthy Self-Respect Attitudes</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Appreciating</b> your uniqueness without holding it over others.</li> <li><input type="checkbox"/> <b>Acknowledging</b> you are irreplaceable without worrying about being replaced.</li> <li><input type="checkbox"/> <b>Allowing</b> and knowing each moment to be unrepeatable without hoping those moments are repeated.</li> </ul>	<p><b>Disdain Attitudes:</b></p> <p>I disdain child abuse, pollution, etc. but it can be meaningful because my values and standards are not met.</p> <p>Unhealthy Feeling disdain-contempt for someone or something regarded as unworthy or inferior can restrict my uniqueness,</p>

#1 What are some of the possible reasons why healthy self-respect attitudes are **more effective than** using toxic self-respect beliefs?

#i.

#ii.

#2. In what situations do you need to use healthy self-respect attitudes?

#3 In what situations do you need to show disdain?

#4 How is toxic self-respect Meaningful?	How is healthy self-respect meaningful?

### #5 Cost Benefit Analysis

<i>Cost of toxic self-respect</i>	Benefit of healthy self-respect
Benefit of toxic self-respect	Cost of healthy self-respect
Expand uniqueness in unhealthy ways	Expand uniqueness in healthy ways
Restricts uniqueness in unhealthy ways	Restricts uniqueness in healthy ways
How does toxic self-respect ward off anxiety?	
How does toxic self-respect protect your self-esteem?	

	<b>Survival Mode:</b>	<b>Attitudinal Values:</b> Higher Value	Opposite of Impulsive and Reflective
	<p><b>Toxic Self-Respect:</b> <input type="checkbox"/> Self-Worth is based on performance, effort, and effectiveness.</p> <p><input type="checkbox"/> I demand everyone to admire me. I am always giving advice and acting important, and I am always trying to be successful.</p> <p><input type="checkbox"/> I have to influence and control others. I see myself as a competitive person. I'm independent-minded, unconventional, and rebellious, and I demand admiration.</p> <p><input type="checkbox"/> I mix up self-esteem with status and confidence with worth. I am self-assured, confident, cheerful, and reliant, but I can be impenitent, unremorseful, and expedient. <input type="checkbox"/> I take immediate advantage without regard for ethics or consistent principle. I am insensitive to approval or disapproval</p>	<p><b>Healthy Self-Respect:</b> <input type="checkbox"/> Developing appreciation of your uniqueness. This includes grasping the nature, worth, quality, and significance of your or another person's actions. <input type="checkbox"/> Valuing and rating things as having intrinsic worth, relative worth, utility, and importance to you.</p> <p><input type="checkbox"/> Cherishing involves cultivating with care, affection, and nurturance. This implies a special love and cares for someone or something to support with respect and admiration.</p>	<p><b>Disdain:</b> Unhealthy Feeling disdain-contempt for someone or something regarded as unworthy, or inferior can restrict my uniqueness.</p>

How does toxic self-respect ward off anxiety?	
How does toxic self-respect protect my self-esteem?	
How am I training people by using toxic self-respect?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

2	<b>Discovering Meaningfulness:</b> Toxic self-respect is meaningful because it gives me the confidence to make the community a better place and may give others good advice and teach worthwhile skills.	<b>Discovering Meaningfulness:</b> Healthy self-respect is meaningful because it reflects your passion for your other attitudinal values and your purpose.	<b>Discovering Meaningfulness in</b> I disdain child abuse, pollution, etc. but it can be meaningful because my values and standards are not met.
3	<b>Cost of Toxic Self-Respect:</b> People may disagree with your advice and become resentful or ignore you.	<b>Cost of Healthy Self-Respect:</b> People may see you as always "acting important." They may confuse self-respect with overconfidence.	<b>Cost of Disdain:</b> Contempt can beget anger and malice.
4	<b>Benefit of Toxic Self-Respect:</b> People will respect you, and you'll have a greater chance of succeeding.	<b>Benefit of Healthy Self-Respect:</b> When you maintain healthy self-respect, you deal with set back and minor delays.	<b>Benefit of Disdain:</b> You stand up for injustices and protect marginal groups and vulnerable animals, children, and people.
5	<b>Toxic Restriction of Uniqueness:</b> People may resent my ideas or refuse to cooperate.	<b>Discover Healthy Restriction of Your Uniqueness:</b> <input type="checkbox"/> I appreciate other people's ideas, so I will maintain self-respect while others take the lead.	<b>Restricting Your uniqueness:</b> People may reject your ideas because you show disdain, contempt, derision, and disparagement.
6	<b>Toxic Expansion of My Uniqueness:</b> My leadership skills will get me what I want, but others may have different ideas.	<b>Healthy Expansion of Your Uniqueness:</b> Self-respect will enhance my confidence, so I'll learn new skills and try new activities.	<b>Healthy Expansion of Your Uniqueness:</b> You stand up for your values without hurting others.
	<b>Toxic Dialectic</b>	Healthy Dialectic	Healthy Dialectic

Three elements of healthy self-respect are (1) you appreciate your uniqueness without holding it over others, (2) you acknowledge you are irreplaceable without worrying about being replaced, and (3) you recognize that each moment is unrepeatable without hoping for them to be repeated. When you believe that you must have proper respect for yourself that is derived from others and regard your standing in the group by having (1) power over others, (2) poor problem-solving skills, and (3) conflicts and cognitive distortions, you are experiencing toxic self-respect.

The first element of toxic self-respect involves seeking power and prestige and believing you must be with a perfect person to give you confidence. You base your worth on how you perform, the effort you think you have to put into the situation every time, and how effective you need to be. This leads to demanding that significant people in your life must admire you. This is seen as you always giving advice, acting important, and trying to be successful. You think you have to influence and control others because you see yourself as competitive. You are independent-minded, unconventional, and rebellious. You mix up self-esteem with status and confidence with worth. You think it is essential that you appear self-assured, confident, and cheerful. You see yourself as reliant but can be impenitent, unremorseful, and expedient. You take immediate advantages without regard for ethics or consistent principle. You are insensitive to approval or disapproval because you focus on seeking power and prestige. (Factor O+)

The second aspect of toxic self-respect is dealing with feelings of emptiness and seeking drama instead of problems solving problems. Poor problem-solving is using praise and punishment to motivate others. Praise and punishment focus on the past is *other*-directed, and the recognition and punishment are imposed on you. The purpose of praise and punishment is to decrease or increase behavior; this motivation reduces the other person's sense of agency. The second way of motivating others is by using positive and negative consequences.

This form of motivation focuses on the present and is goal-directed. With positive and negative consequences, you want to be productive and develop a sense of belonging. You believe you fit in if you avoid adverse effects and receive positive consequences. In this form of motivation, you care about physical & objective reality. The third form of inspiration recognizes personal costs in your behavior. You focus on the future, and your actions or lack of actions only bother you. You are self-directed, and it is your personal and subjective reality.

**Will To Meaning:**

(F) Follow Up and Evaluation of Session

Date:



#1: (F) Follow Up: What was the purpose of this exercise?



#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?

#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:

## Toxic Self-Respect: Unhealthy Expansion of Your Uniqueness



**Power, prestige, and being with a perfect person give you confidence.**

- Self-Worth is based on performance, effort, and effectiveness.
- I demand everyone to admire me. I am always giving advice and acting important, and I am always trying to be successful.
- [ ] I have to influence and control others. I see myself as a competitive person. I'm independent-minded, unconventional, and rebellious, and I demand admiration.
- I mix up self-esteem with status and confidence with worth. I am self-assured, confident, cheerful, and reliant, but I can be impenitent, unremorseful, and expedient.
- [ ] I take immediate advantage without regard for ethics or consistent principle. I am insensitive to approval or disapproval.



**Poor Problem-Solving creates toxic attention seeking and drama.**

- [ ] I only focus on Praise & Punishment. *Past*, Other-Directed, imposed on me. The purpose is to decrease or increase behavior.
- I am not concerned about negative consequences:
- *Present*: Goal Directed-social belonging. I don't care about physical & objective reality.
- I don't see Personal Costs: *Future*: Self-Directed; it only bothers me, personal & subjective reality.



**Promotes hurtful conflicts, toxic feelings emerge, cognitive distortions emerge, and extreme global evaluations of yourself, others, and the world.**

- Incorrect: Corrections cannot be made. There are no means to set things right; I cannot take action to remove an error and change it.
- Inconclusive Conclusions: No definite results; debate never ends. No logical proof is found to put an end to the question.
- Inaccurate statements: I ignore false statements: Error is due to carelessness, statements are not conforming to the truth, and I cannot get accurate results.
- Toxic Emotions: anger, depression, anxiety, toxic concern, jealousy, envy, toxic shame, guilt, toxic regret, etc., increase.
- Toxic Thinking: negative mind reading, toxic comparing, competing, criticizing, malice, etc., increase.

Why will power, prestige, and being with a perfect person destroy your confidence in the long run? .

What are the problems of basing your self-worth on performance, effort, and effectiveness?

Why will demanding everyone's admiration lead to trouble?

Why will always giving advice and acting important create conflicts?

Believing you always have to be successful results in what negative self-defeating feelings? .

Why will think you have to influence and control others lead to trouble? .

Seeing yourself as a competitive person.

Being independent-minded is too important.

Being unconventional, and rebellious, and demanding admiration results in mixed messages.

What happens when you mix up self-esteem with status and confidence with worth.

Why will being overly self-assured and confident lead to being unremorseful and expedient.

When have you found being insensitive to approval or disapproval.

**Promotes** hurtful conflicts, toxic feelings emerge, cognitive distortions emerge, and extreme global evaluations of yourself, others, and the world. Incorrect: Corrections cannot be made. There are no means to set things right; I cannot take action to remove an error and change it.

Inconclusive Conclusions: No definite results; debate never ends. No logical proof is found to put an end to the question.

Inaccurate statements: I ignore false statements: Error is due to carelessness, statements are not conforming to the truth, and I cannot get accurate results.

Toxic Emotions: anger, depression, anxiety, toxic concern, jealousy, envy, toxic shame, guilt, toxic regret, etc., increase.



Poor Problem-Solving creates toxic attention seeking and drama.

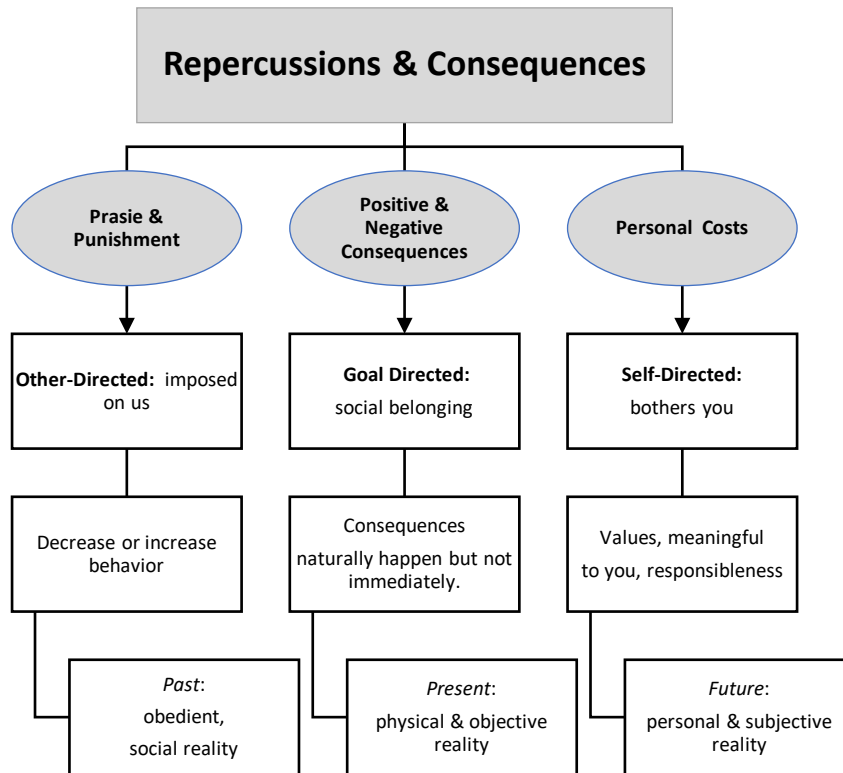
	Praise & Punishment	Positive & Negative Consequences	Personal Cost
1	Punishment is designed to decrease a behavior and usually has short-term effects. It is traditionally based on moral judgment.	You believe that applying logical consequences helps the other person.	You want to help yourself. You have a healthy combination of “rational self-interest” and social interests.
2	Reward: You want change, cure, or correct that person.	Logical Consequences focus on choices and goals, and it has little to no relationship to moral judgment.	Costs hurt you in the long run. Costs are based on your values, choices, and chosen moral code.
3	Reward involves power and authority over another person; imposed on you; usually control issues.	You experience the unpleasantness of your actions, but the result is arranged by someone in charge, such as a parent, boss, etc.	Personal costs are not punishments but could be natural or logical consequences. In personal costs, your actions only bother you. For instance, your conflicts could lead to feelings of loneliness, which only bother you.
4	<b>Past:</b> focuses on history. When you focus on the past, you punish the person for "what you did."	<b>Present:</b> Focuses on present behavior and actions, usually something you “did.” Concerned about what will happen now.	<b>Future:</b> Personal Costs focus on your future behavior. They focus on long-term goals as well as your short-term goals.
5	<b>Others directed;</b> (“They made me.”) Based on the idea that other people are controlling you.	<b>Goal Directed:</b> Logical consequences teach another to be self-directed. What goals will you accomplish?	<b>Self-directed;</b> based on self-control. Based on realistic and rational goals, you have chosen constructive goals.
6	<b>Punishment</b> encompasses demanding obedience. It implies the other person is incapable of taking on responsibilities.	Applying consequences demonstrates you believe the other person can control his or her feelings, behaviors, and actions.	You can control your physical reactions (calm yourself down), you now your thinking is related to your emotional responses, and know you have the social skills to maintain a healthy sense of respect.
7	<b>Praise &amp; Reward:</b> You disregard your physical world and health, your emotional and psychological life. Person rewarding disregard the other person's health, etc.	Logical consequences are based on safety principles.	You are thinking about your sense of physical self, emotional self, and social self. You see that the cost of that behavior or that way of thinking may harm your physical and emotional health.
8	<b>Praise &amp; Reward:</b> Extrinsic Motivation: Something is taken away from you, or something is not given to you. You take something away to change another person's behavior.	Logical Consequence: People impose a consequence on you. You need to connect the consequence logically to their behavior.	A cost is a penalty you pay, and you personally lose something, and you will lose something personally in the long run and weaken your self-sentiment.
9	<b>Punishment</b> involves threats and retaliation. You think threatening or getting back at another person will change his/her choices and decisions.	Consequences maintain order and stability. Logical consequences express the reality of social other. Focus on an immediate result.	You want to see the full range of consequences. You will personally lose something in the long run or will weaken your self-sentiment.
10	<b>Punishment</b> tells people that you lack confidence in them, they cannot be trusted, and you have little concern for them.	The purpose of following through on consequences is that it increases responsible behavior. Getting along with others is a two-way street.	When you use personal cost to control your behavior, you show self-confidence, self-control, and collaborative certainty, and you are reflective about concern for yourself, others, and the community.
11	<b>Punishment:</b> You assume people can't think for themselves. When you punish someone, you are training that person to mistrust you.	If you don't understand the entire situation, know the personal costs or every aspect of the social reality is that people will impose consequences on you.	Personal Costs help you to focus on what you can learn from the situation. You can learn from your past mistakes, so don't deny your past mistakes. Personal Costs emphasize independent thinking and rational thoughts.
12	<b>Punishment</b> includes demanding obedience, and implies the other person is incapable of taking on responsibilities	Knowing the consequences implies you need to know the rules and keep the promises you make. You are willing to repair broken promises and accept others trying to repair broken promises.	You take responsibility for what happens to you and what does not happen to you. You use unconditional self-acceptance when dealing with personal costs.
13	<b>Punishment:</b> You tell people that they can't be reliable, receptive, realistic, rational, responsive, or reasonable.	Logically, you connect consequences to social reality. You state your preferences in a friendly-calm manner...	Costs are the natural consequences of your social reality, but costs are personal and private. No one may know the individual costs you will pay.
14	<b>Punishment</b> disregards your values, and emotional life.	Logical consequences are annoying/distasteful but not harmful	Personal Costs impact your physical world, emotional (psychological) world, and social world.
15	<b>Punishment:</b> When you punish people you assume that person is not reliable, receptive, realistic, logical, responsive, or reasonable.	A “Natural Consequence” is a natural occurrence that follows the laws of physics and is observed in your social reality.	You presuppose you are reliable, receptive, realistic, rational, responsive, and reasonable.
16	You assume people can't think for themselves. When you punish someone, you	Teaches you to be more reliable, receptive, realistic, responsive, and rational through	You see several costs of being unreliable, untrustworthy, stubborn, unrealistic, illogical,

are training that person to mistrust you. You believe the other person has limited self-control.

logical reasoning and experiencing the logical consequences. You are rating deeds, not the doer. (Social Consequences)

irrational, and unresponsive, irresponsible. (Interpersonal)

## Worksheet: Praise and Punishment – Positive and Negative Consequences – Personal Cost



With toxic self-respect, you don't see the consequences of your actions.

#1: List three reasons why knowing consequences is important.

#2. Why is important to know the diverse types of consequences?

#3. How are other-directed consequences different from goal-directed consequences?

#4 How are personal cost is similar to goal directed consequences?



#1 I only focus on Praise & Punishment. *Past*, Other-Directed, imposed on me. The purpose is to decrease or increase behavior. When will praise or punishment fail?

#2 What are the problems with not being concerned about negative consequences:

#3 *Present*: Goal Directed-social belonging. What are the problems of not caring about physical and objective reality?

#4 What difficulties will emerge if I don't see personal and I'm not self-directed. What's wrong with only focusing on what bothers me.

#5 How are praise and punishment different from positive and negative consequences?

#6 What is the downside of reward, praise, and punishment?

#7 Why do praise and punishment focus on the past, and positive and negative consequences concentrate on the here and now?

#8 What is the negative-toxic feeling associated with personal costs?

**Will To Meaning:**

(F) Follow Up and Evaluation of Session

Date:



#1: (F) Follow Up: What was the purpose of this exercise?




#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?

#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:

## Toxic Expansion of My Wonderfulness:



I'm a wonderful person because of the positive things you say about me.

- Self-Worth is based on performance, effort, and effectiveness.
- Demands loved one must admire me. Your self-esteem increases when you say wonderful things about me.
- Because people say positive things about me, so I exaggerate my sense of self-importance. I
- If you say I'm clever, good looking, smart or the slightest compliment, I'm wonderful today and forever. I mix up self-respect with self-esteem status and confidence with worth.
- But if you give me a critical or negative comment, I'll feel down or angry.



My worth increases when things go well for me, but when things go badly – I feel down or anger.

- I focus Praise & Punishment: *Past, Other-Directed*, which is imposed on me.
- I am only concerned about Positive Consequences, and I ignore, don't care, or disregard Negative Consequences.
- You don't see Personal Costs or the future and long-term consequences.
- I rely too much on things going my way to feel happy or confident.



You rely on your past laurels rather than setting new goals.

- When someone say something nice about you, says thanks and move on.
- Your effectiveness, performance, and efficiency always vary. Therefore, when you do well remember it and learn from it, but don't base your worth on your actions.
- I only do things that are fun or easy.
- I only do things that are valuable to me.
- I only do things that are exciting.
- To be successful, I have to be perfect in everything I do.
- I have to have people's love and approval to be happy and successful.

#1 I'm a wonderful person because of the positive things people say about me. What is the short coming to this thinking?

#2 Three reasons why using esteem to increase your uniqueness will not work?

#3 My worth increases when things go well for me, but when things go badly – I feel down or angry.

--

#4 Why are praise and reward short-lived?

#5 You rely on your past laurels rather than setting new goals.

#6 You are wonderful because of the positive things you say about me. Why is this statement false?

#7 Self-Worth is based on performance, effort, and effectiveness. Why does thinking lead to depression?

#8 Demands loved one must admire you. How will this create more conflict and emotional hurt?

#9 My self-esteem increases when you say wonderful things about me. Why will this fail in the long run?

#10 Because people say positive things about me, so you exaggerate your sense of self-importance. If you say I'm clever, good-looking, bright, or give the slightest compliment, I'm wonderful today and forever. You mix up self-respect with self-esteem status and confidence with worth. What are three problems with his type of thinking?

#11 Your worth increases when things go well, but when things go badly, you feel down or angry. Why will this emotional reason fail?

#12 You focus on Praise & Punishment: <i>Past</i> , Other-Directed, which is imposed on me. Why will this lead anger?

#13 You are only concerned about Positive Consequences, and you ignore, don't care, or disregard Negative Consequences. What happens when you think this way?

**You rely on your past laurels rather than setting new goals.**

#1 When someone says something nice about you, say thanks and move on. Why is this a better strategy?

#2 Your effectiveness, performance, and efficiency always vary. Therefore, when you do well, remember and learn from it, but don't base your worth on my actions.

What happens when think: I only do things that are fun or easy. I only do things that are valuable to me. I only do exciting things.

What is meaningful with the following thinking? To succeed, you must be perfect in everything you do, and you must have people's love and approval to be happy and prosperous.

**F) Follow Up and Evaluation of Session**

Date:



#1: (F) Follow Up: What was the purpose of this exercise?




#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?

	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:

*Emotional Self-Respect is caring about and showing concern for your opportunities and possibilities confidently, morally, and ethically.* In Frankl's concept of the defiant power of the human spirit, we are led to the conclusion that to stand up for our emotional self-respect, we must also show concern and care both for our future opportunities and potentials and our present opportunities.

Having emotional self-respect means caring for and showing concern for your opportunities and possibilities, which is developing our attitudinal values.

Frankl sees three ways to discovering meaningfulness: creative values (XYZ), experiential values (ABC), and attitudinal values (DEF).

We will focus on attitudinal values of caring, showing concern, and confidence.

Having emotional self-respect means caring for and showing concern for your opportunities and possibilities, which is developing our attitudinal values.

Paradoxically, our attitudinal values are derived from our survival values. The first grouping of attitudinal values involves caring behavior.

Second Method: Emotional self-respect is caring and showing concern for your opportunities and possibilities confidently, morally, and ethically.

**Emotional Self-Respect:** Care, Concern, and Confidence

*Caring Attitudinal Values (Attitudinal Values are learned)*

*When you actualize your caring values, others see you as a responsible person who can cope with uncertainty, which includes managing apprehension, fear, and anxiety, and they see you as a person who is accountable and responsible. Being responsible is knowing that family life and work situations include structure that involves roles, rules, and routines. For example, each family plays the role of parent in which rules are carried out with consequences, and the family routine provides security and emotional protection what wards off anxiety and safeguards each member's self-esteem.*

Caring entails investing in a fair-mindedness attitude and being responsive to others. When you are responsive to the concerns and values of others, you are fair and honest with others. Caring also includes goal-directed behaviors and reflects a desire to be reliable and trustworthy. It would be difficult to reach your goals if others are unable and could not be trustworthy. Being responsible also includes being consistent, responsive, and dependable. In being dependable, you want to know what is important and significant to you, and you see the importance of rules. This understanding of rules enable you to be accountable to others, such as a boss, etc. so you can complete tasks promptly.

Caring reflects the attitude of being reflective and thinking before you act. Being reflective and not impulsive is wanting to:

- be a thoughtful person.
- see the consequences of your actions and anticipate adverse effects.
- take deliberate actions.
- develop your ability to delay gratification so you can reach your long-term goals. Being reflective also is knowing that each choice involves reasons, responsibilities, and repercussions.

*Showing Concern Attitudinal Values:*

Showing concern is the attitude of dealing with uncertainty and coping with apprehension, so you can focus on your interests and values. You have a high degree of motivation that will help you learn and endure the frustrations.

When you show concern, you are responsible in which you take responsible for your emotional life because no one can control your thinking. You have a high degree of motivation that will help you learn and endure frustrations.

Wanting to address your responsibilities first, so you can better deal with uncertainty and anxiety before you do things you are interested in and reach your goals.

When you show concern in healthy ways, you are fair-minded, and you have a desire to strengthen the attitude of receptiveness. Receptiveness is being open to innovative ideas, listen to others, and see the importance and significance of setting goals and making plans. This includes having a desire to restrict your uniqueness so you can understand others. This process includes being organized and open-minded, and amenable to logical arguments or innovative ideas.

The showing concern involves goal-directed behaviors, which helps you to regulate your behavior. Your goals and plans are to be as realistic and fair as possible that utilizes fair-mindedness.

The attitude of Realism Self-Regulation (Realistic):

Self-Regulation is seeing see others and the world from a accurate perspective. You set accurate goals and make workable plans. Showing concern entails independent thinking, and this value reflects the attitude of resoluteness. Resolve is knowing you have an excellent chance of succeeding when you give your best effort. Giving your best effort and being persistent is the key in reaching your goals. In the process, you accept that consequences happen to everyone and delaying gratification will be helpful.

*Instilling Confidence Attitudinal Values:*

Having a healthy sense of certainty and trust, and faith in myself, others, and my attitudinal values higher values will help me know you are more likely to succeed than fail.

You are not afraid of making mistakes and know using extremely negative evaluations (you stupid) will not correct my behavior or expand my uniqueness. As you become more independent and confident, you take on new responsibilities, and instill confidence in yourself and others. You are responsible for having faith in yourself, others, and your attitudinal values. As you become confident and do things independently, people will assign new responsibilities to you. Instilling confidence involves fair-mindedness in which you want to take sensible risks. You want to be understood by others, and you know you don't have to be perfect to reach your goals. You are willing to do new things and learn new skills, which may be difficult. Instilling entails goal-directed behavior. This is seen in the attitude of self-reassurance that includes:

- thinking, "You can do this" when working on your goals,
- Knowing you can be successful in doing challenging activities, and
- Recalling good things you have done.

To restore confidence, you want to expand your abilities and talents, and you know don't have to be perfect to be successful or happy. You can believe in yourself, even when you act imperfectly. Instilling confidence and developing independent thinking includes wanting to:

- think for yourself and try new activities,
- to see how thinking for yourself is important and significant,
- know it is not awful if you fail or make a mistake,
- know you have value and when you actualize your higher values.

Instilling confidence also includes being productive. You want to

- correct misinformation, misperceptions, and mistaken beliefs,
- do things on your own to express your imagination and uniqueness, but you can accept help from others.

##	Caring Attitudinal Value	Showing Concern Attitudinal Values	Instilling Confidence Attitudinal Values
1	<b>Caring Values:</b> I want to be seen as a responsible person when I am dealing with uncertainty. I can cope with apprehension (fear, anxieties); I want to address my responsibilities first to better deal with uncertainty and anxiety before I do things, I am interested in.	<b>Showing Concern Values:</b> I am interested in dealing with uncertainty and coping with apprehension (fear, anxieties); I want to focus on what I am interested in; I have a high degree of motivation that will help me learn and endure the frustrations.	<b>Instilling Confidence Values:</b> Having a healthy sense of certainty and trust and faith in myself, others, and my attitudinal values higher values will help me know I am more likely to succeed than fail. I am not afraid of making mistakes and know using extreme negative evaluation (I stupid) will not correct my behavior or expand my uniqueness. As I become more independent and confident, I take on new responsibilities.



2	<b>Responsiveness Attitudes:</b> You care about and value responding to others and want to listen to and be sensitive (#1).	<b>Receptiveness Attitudes:</b> You value being receptive to innovative ideas and perspectives. (Index 5).	<b>Self-Reassurance Attitudes:</b> You value believing in yourself and want to think you can do this! (9)
3	<b>Reliability Attitudes</b> You care about and value being dependable, and you want people to take you seriously (Index 2).	<b>Realistic Self-Control Attitudes:</b> You value being in control of yourself. You want to be careful socially (#6).	<b>Self-Reliance Attitudes: - Independent Thinking:</b> You value your ability to think independently (Index 10).
4	<b>Reflective Behavior:</b> You care about and value thinking before you act (Index 3).	<b>Resolve Attitudes:</b> You want to give your best effort. You want to show resolve in times of stress and frustration (index 7)	<b>Sensible Risk-Taking Attitudes:</b> You value constructive ways to improve your life (Index 11).
5	<b>Reasonableness Tolerance Attitudes:</b> You care about, and value is reasonable, practical, and tolerant (Index 4).	<b>Responsibleness Attitudes:</b> You value being a responsible person. You want to work tough (Index 8).	<b>Self-Acceptance Attitudes:</b> You value accepting yourself unconditionally. You want to appreciate and accept another person's uniqueness. (Index 12).

Why do survival values transform into attitudinal values?

	<b>Survival Value</b>	<b>Lack of Concern Survival Mode</b>	<b>Lack of Confidence Survival Mode</b>
	<b>Self-Centeredness Beliefs:</b> I devalue being concerned about others. (Index 1).	<b>Pointless to Plan - Non-Receptive Beliefs:</b> I do not value making plans or setting goals. (Index #5).	<b>Self-Doubt:</b> When I win or lose determines my worth. When I fail or when I cannot achieve a goal. (Index 9).
	<b>Selfishness Beliefs:</b> I devalue what others want and value only what I want to do. (Index 2).	<b>Pointless to Set Goals Beliefs: Pointless to have adequate self-control:</b> I devalue tasks others assign to me (#6)	<b>Seeking Approval Beliefs:</b> I value another person's opinion too much and devalue my views and ideas (#10).
	<b>Impulsive Behavior:</b> I devalue always having to think before I act. (Index #3).	<b>Pointless to Try: Giving Up Behavior:</b> I devalue trying. I want to give up when tasks become too frustrating or tedious (Index 7). Giving my best effort is a waste of time, and completing tasks half-heartedly has no impact on the things I like to do.	<b>Self-Perfection Beliefs:</b> I value perfection., so I can feel good about myself. (Index 11).
	<b>Unreasonableness-Intolerance Beliefs</b> related to Intolerance: I don't value tolerating other people's beliefs or ideas (#4)	<b>Pointless to be Concerned Beliefs - Lack of Effort:</b> I don't value being responsible, and you are working hard in the face of frustration and in times of stress (# 8). Being irresponsible in the here and now has no effect on my future.	<b>Self-Downing Beliefs:</b> I devalue myself. I want to put myself down because this devaluing will motivate me to do well (Index 12).

Adapted from the work of Dr. Michael Barnard

<b>Lack of Confidence Survival Mode</b>	
<b>Self-Doubt:</b> When I win or lose determines my worth. When I fail or when I cannot achieve a goal. (Index 9).	Can't take on a cave bear by ourselves
<b>Seeking Approval Beliefs:</b> I value another person's opinion too much and devalue my views and ideas (#10).	<b>Need the group to survival. Outside the group you'll be dead.</b>
<b>Self-Perfection Beliefs:</b> I value perfection., so I can feel good about myself. (Index 11).	Arrow, hut, fire, etc. all have to be built perfectly and completely.
<b>Self-Downing Beliefs:</b> I devalue myself. I want to put myself down because this devaluing will motivate me to do well (Index 12).	<b>Can't take on difficult tasks by themselves.</b>



## Life's Demands:

According to Frankl, it is within your everyday experiences that you find life's meaning. He believes that you have a special purpose of fulfillment in life and that you are unique and cannot be replaced by another. Frankl believes you will not have a second chance to fulfil the special assignment for which you are responsible in life. The task is specific and unique, as is the opportunity to accomplish the task. Frankl termed this the "demand quality of life." It is life that asks questions of you, and you answer by freely choosing how to respond to life.

Frankl writes,

"For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment. One should not search for an abstract meaning of life. Everyone has his own specific vocation or mission in life to carry out a concrete assignment which demands fulfillment. Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as is his specific opportunity to implement it. Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life. to life he can only respond by being responsible" Frankl, V. E. (2006). *Man's Search for Meaning*, p. 108/109).

According to Frankl, people have an innate desire to find meaning in their lives, which is proof that there is meaning to life (Frankl, 1988, p. 95; Graber, 2004, p. 65). He emphasizes the importance of finding your life's true purpose through your activities in the world and by interacting with other people (Graber, 2004, p. 64). As Frankl sees it, there is a essential difference between being driven to achieve something and striving to achieve a goal or purpose in life. The first, he called "just" 'behaving,' the latter "to act as a human being." You may be pushed by drives but are drawn forward by the pursuit of meaning (Frankl, 1988, p. 43).

Frankl claims that the meaning of life is constantly changing, but it never ceases to exist as long as you are alive. This is because life has meaning in all circumstances, even the most challenging ones.

Life places demands on you; these demands don't come from your parents, teachers, coaches, ministers, etc., but life presents with getting along with others, having confidence in yourself and others, setting goals, making plans, and giving your best effort in everything you do. If you see something as a problem, you have the resources to solve it, or with the help of others, you will find those resources. There is a concept in logotherapy that takes it a step further: If you can perceive something in the world (be it a problem, something beautiful, a treat, a gift, etc. ), you can act accordingly (e.g., solve it, enjoy it, use it, etc.) but also the responsibility to do so.

Life does not owe us happiness - it only offers us meaningfulness.

As we live, we can be patient until meaning manifests itself.

Life teaches us to endure the unavoidable strife that comes our way.

Our lives give us the courage to make every event meaningful.

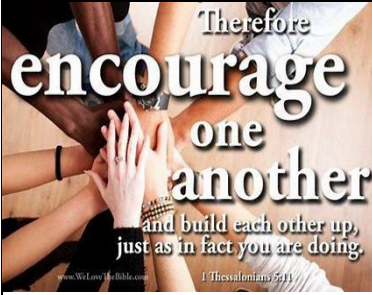
We find the right answers to our challenges by living life to the fullest.

(Art McKenna, 2008)

**Meeting the Five Demands of Life Constructively**



**One: Life Demands that You Get Along with Others** - You can work well with others and cooperate without losing your sense of independent thinking. You can collaborate with people in authority. It also involves resolving disagreements peacefully, following the rules and positively contributing to your school, home, and community. It includes protecting the rights of others and looking after the environment. *Life demands that you...* (1) learn to accept people who are different than you. (2) think before you act. (3) play by the rules (the only way to make an activity fair is by having rules), (4) be as *fair* as possible, and you are *helpful* to others.



**Two: Life Demands that You Be Confident in How You Approach Life** - Life demands that you face life confidently and learn new tasks as you mature. You want to develop confidence in yourself and instill confidence in others. Confidence means knowing that you will be successful, and that people will like you. It involves not being afraid to make mistakes or to try something new. *Life demands that you...* (1) try new behaviors to improve your life, (2) think for yourself. (3) You don't have to give up when you make a mistake. (4) recognize that you are not a 100% terrible person for making a mistake.



**Three: Organization is a Life Demand** - Life demands that you set goals to do your best, listen carefully to instructions, and plan your time, so you are not rushed. It also involves having all your supplies ready and keeping on so you complete your assignment on time. *Life demands that you...* (1) set goals that will help you to be more successful, (2) plan your time, which will improve your performance, (3) plan enough time to get everything done, and (4) give your best effort to help you achieve your goals.



**Four: Life Demands that You Work Tough and Be Persistent** - Life demand that you need to be persistent even in the face of adversity. Being persistent means trying hard to do your best and not giving up when something feels too difficult or tedious. Goals need to be realistic, and plans need to be flexible. *Life demands that you...* (1) realize that the harder you try, the more successful you will be, (2) do things that are *not* easy or fun, (3) practice, so the more you practice, the better you'll get, and (4) become a capable person and likable person.



**Five: Life Demands that you be Resilient, which is the ability to recover from the misfortunes and challenges of life** - Life demands that you are flexible in times of stress. This means you know how to stay calm in stressful situations, and you can stop yourself from getting extremely angry, down, or worried when something "bad" happens. It also means you can calm down and feel better when you get extremely upset. *Life demands that you...* (1) stay calm when facing complex events, (2) you tell people what you think, feel, and want, (3) you tell people when you are happy or sad, and (4) tell people what you don't like when you are not getting your way.

## Five Demands of Life

Frankl believes that life has meaning under all circumstances and that meaning in life is unconditional. (Frankl, *Man's Search for Meaning*, 114). It is not your task to invent meaning but to discover the already present meaning. (Frankl, *Man's Search for Meaning*, 62). He also believes that *you* do not ask what the meaning of life is, but life asks something of you. Therefore, expanding your uniqueness is based on the idea that you should not search for an abstract meaning in life. Instead, you want a specific vocation or mission to conduct a concrete assignment that demands fulfillment. Therefore, others cannot replace you, nor can you repeat moments in your life. Consequently, your task is as unique as your specific implementation opportunity. (Frankl, *Man's Search for Meaning*, 1959, pages 108-109).

The ethical boundaries that your search for meaningfulness needs to be specific and debated. You want a particular vocation or mission which life demands you fulfill. Meeting life demands requires universal ethical boundaries. There will always be a flip of values (love > hate, kindness > unkindness, etc. that's how the limbic system works. You will need ethical boundaries in times of stress, conflict, and war, i.e., combat rules of engagement versus terrorists killing themselves and innocent people so their life is meaningful. (Viktor E. Frankl, *Psychotherapy and Existentialism* (New York: Clarion, 1967), 40-41;). You also know that all five demands have to be met. You can't meet one; everything else in their life will work out.

When you recognize and confront life's demands responsibly, you have a higher chance of shifting from survival mode to your higher values and developing your resiliency skills. For example, when you are under stress, you may feel that being self-centered and intolerant of others is the right thing to do, but another part of you sees selfishness, impulsiveness, etc., as wrong. This sense of knowing it is wrong is your conscience, which comprises higher values, such as love, understanding, responsiveness, and tolerance. I recognize that stress and life's demands are social and biological entities. Therefore, you are constantly meeting their physiological needs through social networks of various social institutions, such as schools, churches, and economic institutions. These institutions do not ever meet the needs of the individual, and they sometimes work against the development of various group members within a given culture.

The following exercise aims to widen your understanding of life's demands. Without recognizing Life's Demands and blaming, the chance of discovering meaningfulness becomes limited. Write a narrative explaining these life demands and why you must face life's demands. Remember, there is no right or wrong answer, but I want you to address all five of these demands because you need to meet all five.

## Life's Demand Worksheet

Objective: Clarify Will to Meaning. Completes worksheet on the five demands of life.

**I: Life Demands:** Why is the function of Getting Along with Others? Why does life demand that you get along others? Getting along with others means that you can work well with others and people in authority. It means resolving disagreements peacefully, following the rules and making positive contributions to your school, your home, and the community. This includes protecting the rights of others and looking after the environment.

**Getting along with others is important because...**

**II: Life Demands:** List several reasons why life demands that you face stress with confidently. You develop confidence by learning and practicing new task as you mature. Confidence conveys that you know that you will be successful, and that people will like you. It involves not being afraid to make mistakes or to try something new.

**Your list:**

**III: Life Demands:** Explain how life demands that you set a goal and do your best to reach those goals. Life demands that you listen carefully to instructions, tolerate structure and rules, and plan your time so you don't rush. It also involves having all your supplies ready and keeping on so you complete your assignment on time.

**Why are the above statements true?**

**IV: Life Demands:** Life demand that you need to be persistent even in the face of adversity? Being persistent means trying hard to do your best and not giving up when something feels like it is too difficult or boring.

Why do the above statements reflect reality?

**V: Life Demands:** Why is being resilient very important? Life demand that you be resilient in times of stress? Being resilient means that you know how to stay calm in stressful situations, and you can stop yourself from getting extremely angry, down, or worried when something "bad" happens. It also means that you can calm down and feel better when you get extremely upset.

**List reasons why resiliency is important?**



Adapted from the work of Michele Bernard

**F) Follow Up and Evaluation of Session**

Date:



#1: (F) Follow Up: What was the purpose of this exercise?




#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?

#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:

<b>Rank from 1 to 5</b>	<b>1 = most important demand you need to work on</b> <b>2 = second most important demand you need to work on</b> <b>3 = third most important demand you need to work on</b> <b>And so, on (can't repeat a ranking – can't have 1, 2, 2, 3, 4</b>
<b># Ranking</b>	<b>Life Demands:</b> Why is the function of Getting Along with Others? Why does life demand that you get along others? Getting along with others means that you can work well with others and people in authority. It means resolving disagreements peacefully.
<b># Ranking</b>	<b>Life Demands:</b> List several reasons why life demands that you face stress with confidently. You develop confidence by learning and practicing new task as you mature. Confidence conveys that you know that you will be successful.
<b># Ranking</b>	<b>Life Demands:</b> Explain how life demands that you set a goal and do your best to reach those goals. Life demands that you listen carefully to instructions, tolerate structure and rules, and plan your time so you don't rush. It also involves having all your supplies ready and keeping on so you complete your assignment on time.
<b># Ranking</b>	<b>Life Demands:</b> Life demand that you need to be persistent even in the face of adversity? Being persistent means trying hard to do your best and not giving up when something feels like it is too difficult or boring.
<b># Ranking</b>	<b>Life Demands:</b> Why is being resilient very important? Life demand that you be resilient in times of stress? Being resilient means that you know how to stay calm in stressful situations, and you can stop yourself from getting extremely angry, down, or worried when something "bad" happens. It also means that you can calm down and feel better when you get extremely upset.



What are the four behaviors associated with caring?

What situation have you found yourself being thoughtful of the rights and feelings of others; be gentle, generous, kind, friendly, amiable, affable, and free from harshness, sternness, or violence.

When is the last time, you received willingly and gave gladly, to concede another person's view is true or valid. To endure another person's uniqueness without protest.

□ To be dependable, trustworthy, faithful, and steady. Trust is seeing another as being reliant. You trust each other. Keep your promises and repair your broken ones, keep your agreements, and re-negotiate new ones when they don't work.

□ Develop confidence in each other each day. Inspire with courage, humility, and spirit, and have hope in each other's dreams. Hearten each other by lifting dispiritedness with fresh courage and zeal each day.

## Constructive Caring for Each Other

**C**

### BEING CONSIDERATE



- C: Being Considerate - Being thoughtful of the rights and feelings of others; be gentle, generous, kind, friendly, amiable, affable, and free from harshness, sternness, or violence.

**A**

### ACCEPTING



- A: Accepting - To receive willingly and give gladly, to concede another person's view is true or valid. To endure another person's uniqueness without protest.

**R**

### BEING RELIABLE



- R: Being Reliable - To be dependable, trustworthy, faithful, and steady. Trust is seeing another as being reliant. You trust each other. Keep your promises and repair your broken ones, keep your agreements, and re-negotiate new ones when they don't work.

**E**

### ENCOURAGING EACH OTHER



- E: Encouraging Each Other - Develop confidence in each other each day. Inspire with courage, humility, and spirit, and have hope in each other's dreams. Hearten each other by lifting dispiritedness with fresh courage and zeal each day.



C: Why is being considerate important? What is the benefit of being considerate? Being thoughtful of the rights and feelings of others; being gentle, generous, kind, friendly, amiable, affable, and free from harshness, sternness, or violence.

A: Please explain why accepting is a fundamental reason for caring, and why it is a fundamental reason for caring. - To receive willingly and give gladly, to concede another person's view is true or valid. To endure another person's uniqueness without protest.

R: In your opinion, is being reliable an essential element of a caring relationship? - To be dependable, trustworthy, faithful, and steady. Trust is seeing someone dependent on you. You trust each other. Maintain your promises and repair broken ones. Whenever agreements fail, re-negotiate the agreement. Give reasons for your answers.

E: Developing confidence in each other on a daily basis shows caring because encouraging each other shows care for each other. Inspire with courage, humility, and spirit, and have hope in each other's dreams. Bring fresh courage and zeal each day to lift each other's spirits.

**Will To Meaning:**

(F) Follow Up and Evaluation of Session

Date:



#1: (F) Follow Up: What was the purpose of this exercise?



#2: (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?



#3: (E) Exercise: List three ways you can be more responsible, reflective, and resilient in the adversity you are facing?



#4: (G) Goal: What goal did you expect to reach by doing this exercise?

#5: 	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Comments:



1  
Not Helpful

2  
A Little Helpful

3  
Somewhat Helpful

4  
Helpful

5  
Very Helpful

Comments:

### Creative, Experiential, and Attitudinal Values

3. **You Value Creativity:** What have you offer to others, your community, your school, your church, your profession?

d. **You Value Creativity:** How did you maintain your responsibilities at work, home, school, etc.?

e. **You Value Creativity:** What goals have you set for yourself and what goals have you achieved?

f. **You Value Creativity:** What do you do for someone else or your community unconditionally?

4. **What Experience have you Valued?** What have recently received?

d. **What Experience have you valued?** How have you accepted and appreciated what was given to you by others, your community, your school, your church, your profession?

e. **What Experience have you valued?** How have you tolerated, accepted, and appreciated your relationships with others, with nature, and with activities that have deeply your meaningfulness for the moment?

f. **What Experience have you valued?** What was given to you, and you received it unconditionally and with an open heart?

3 **Attitude:** What activities did you participate in? Where do you contribute to the giving and receiving process?

e. **Attitude:** What was your attitude toward an adversity you recently faced?

f. **Attitude:** How can you be resilient when you deal with the blows of fate?

g. **Attitude:** How can you find meaningfulness in times of unwelcomed consequences?

h. **Attitude-Self-transcending:** What capacities to you have to “reach out beyond yourself, toward meanings to fulfill, people to love, causes to serve?”

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

**Comments:**

## Creative Values

<p><b>Creative value</b> by which you find meaning through what you give to the world through your creations, that is, by creating a work or doing a deed (Frankl, 1969, pp. 69-70). Something your created rather than imitated</p>	
<p><b>Awareness:</b> Developing <b>awareness</b> involves realizing that your creative work is meaningful and consistent with your proven cultural values.</p>	
	<p>What are you good at?</p>
	<p>What skills do you need to complete that task?</p>
	<p>You want to make a difference in the world with the gifts that life has given you. <input type="checkbox"/> Yes, <input type="checkbox"/> No If Yes, How?</p>
	<p>Where in your life do you want to make a difference in the world?</p>
	<p>What gifts, talents, aptitudes have life given you?</p>
	<p>What creative gift gifts have I offered to others through my talents, my work, deeds done, goals achieved that held meaning for me?</p>
	<p>What creative gift have you offered to others through your talents your work deeds done, achieve that held meaning for you?</p>

Adapted from Christian Reese 2018 Book Attachment

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



1 Not Helpful	2 A Little Helpful	3 Somewhat Helpful	4 Helpful	5 Very Helpful
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Comments:

## Healthy Experiential Values

**Healthy Experiential Value** are the ways in which you find meaning through what you take from the world in terms of encounters and experiences. You experience goodness, truth, and beauty in nature and in your culture. You experience meaning by encountering another human being in a loving way (Frankl, 1969, pp. 69-70).

**Appreciation:** Appreciating moments of perfection and happiness that reflect a meaningful life.

	What do you pay attention to that brings joy in your life, while still accepting the pains and stresses of life?
	What have you received from life through experience?
	What experiences have you received from encouraging others in relationships of all kinds, from nature, culture or religion that were deeply meaningful?
	What experiences have come to you without our having to do anything, such as love of animals, nature etc. A sunrise or sunset, scenery that inspires awe needs only to be enjoyed. It does not demand anything of us-it is a gift



**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

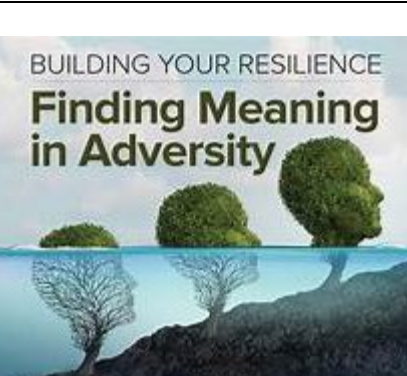
Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful




Comments:

## 12 attitudinal Values vs. Survival Values

Indices 1 through 4: **Caring Values:** Valuing caring involves facing uncertainty, and you value others, seeing you as a responsible individual. When you genuinely care about yourself and others, you can cope with apprehension, fear, and anxiety and solve problems and stress more effectively. You want to take care of your responsibilities first, experience your purpose, and the moment's meaning is revealed.

### Responsiveness Caring (Index #1)

The following charts consists of three ideas. The far-left column represents the survival mode of the limbic system (emotional brain). The middle column symbolizes attitudinal values, which is the function of the prefrontal section of the brain. The far-right column represents the opposite of the two brain functions. For example, the opposite of loving someone is not hating that person, but the opposite of love and hate is indifference. Therefore, the opposite of self-centeredness is not being responsive, but being objective is the opposite of self-centeredness and responsiveness is being objective.

	Survival Value:	Attitudinal Values:	Opposite of Self-Centeredness and Responsiveness
<b>Index #1</b>			
<b>1</b>	<b>Toxic Self-Centeredness Values:</b> {} I can't be concerned about others because my needs are more important than other people's needs. {} I only value my opinion over another person's thoughts, feelings, and wants. {} I alone must be concerned about myself. {} I must be independent of outside forces or influences. {} I must always be self-sufficient (Index 1).	<b>Healthy Responsiveness Attitudinal Values:</b> {} I can care about responding to others, listening to others, and being sensitive to their concerns. {} I want to be sensitive to another person's feelings and welfare. {} I know caring about someone or something bigger than myself is important. {} I know when to be sensitive to others while being honest and respectful to others without being submissive or passive. (Index# 1)	<b>Objective Attitudes:</b> You value being objective. {} You want to be free from prejudice or excessive self-interest. {} You derive your opinion from sense perception or experience with actual objects, conditions, or phenomena.

#1 What are some of the possible reasons why responsiveness more effective than self-centeredness beliefs?

#i.

#ii.

#2. In what situations do you need to be responsive?




#3 In what situations do you need to be objective and critical?

#4 How Reactive Self-Centeredness meaningful?	How is Responsiveness meaningful?
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### #5 Cost Benefit Analysis

Cost of Self-Centeredness (Column A Row 3)	Benefit of Responsiveness (Column B Row 3)
Benefit of Self-Centeredness (Column A Row 4)	Cost of Responsiveness
How does self-centeredness ward off anxiety?	
How does self-centeredness protect your self-esteem?	
What does self-centeredness train people to treat you?	
Self-Centeredness trains people to...	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

## Menu of Solutions & Effective Strategies

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Self-Centeredness and Responsiveness
<b>Index #1</b>			
<p><b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree:</p> <p><b>Healthy Responsiveness over Self-Centeredness</b></p>			
1	<p><b>Toxic Self-Centeredness Values:</b> {} I can't be concerned about others because my needs are more important than other people's needs. {} I only value my opinion over another person's thoughts, feelings, and wants. {} I alone must be concerned about myself. {} I must be independent of outside forces or influences. {} I must always be self-sufficient (Index 1).</p>	<p><b>Healthy Responsiveness Attitudinal Values:</b> {} I can care about responding to others, listening to others, and being sensitive to their concerns. {} I want to be sensitive to another person's feelings and welfare. {} I know caring about someone or something bigger than myself is important. {} I know when to be sensitive to others while being honest and respectful to others without being submissive or passive. (Index# 1)</p>	<p><b>Objective Attitudes:</b> You value being objective. {} You want to be free from prejudice or excessive self-interest. {} You derive your opinion from sense perception or experience with actual objects, conditions, or phenomena.</p>
2	<p><b>Discovering Meaningfulness Self-Centeredness.</b> {} In times of stress or trauma, I need to focus on how I am feeling and what I am thinking. {} Stressful situations may demand maintaining boundaries, and {} I need to think about myself and my immediate needs.</p>	<p><b>Discovering Meaningfulness:</b> {} You can discover Meaningfulness without thinking that you are more important than others. {} When you discover Meaningfulness, you know you are irreplaceable. You also acknowledge another person's promising ideas or effort cannot replace or overshadow your contributions. {} You can recognize each moment is meaningful and unrepeatable without disrespecting another person's attempt to help you.</p>	<p><b>Extreme:</b> {} Extreme objectivity is when a person becomes aloof, overly critical, distrustful, rigid, and prone to sulk.</p> <p>{} <b>Extreme aloofness</b> can strengthen, your tendencies to be shy, restrained, preferring your decisions, and {} You can be cold and taciturn (introverted).</p>
3	<p><b>Cost of Self-Centeredness:</b> {} People get mad at me quickly when I don't play by the rules. {} I don't believe that social irresponsibility will help me get along with others.</p>	<p><b>Cost of Being Responsive:</b> {} People may not take you seriously {} People may see you are being overly sensitive and weak. {} Feelings can bring about vulnerabilities in another person that they are not ready to express or experience.</p>	<p><b>Cost of Being Objective:</b> I may disregard the subjective aspects of another person's feelings.</p>
4	<p><b>Benefit of Self-Centeredness:</b> {} I am looking out for myself, and I believe I'll be safer when I am self-centered. {} If nobody really cares about me or don't care what people think of me, I will be able to look out for myself. {} I believe I must love myself before I can love another person.</p>	<p><b>Benefit of being Responsive:</b> {} You will get along with people better. {} Less negative toxic feelings of anger. {} You are resilient in stressful situations.</p>	<p><b>Benefit of Being Objective:</b> I can reach my goals when I am objective. Objectives tell me I'm on the right track.</p>
5	<p><b>Toxic Expansion of My Uniqueness:</b> {} I compare myself to others, and I'm too busy thinking about myself. {} I expand my uniqueness by comparing myself to others, and I conclude, "I'm better than them." My interactions with others will be limited because I want to impress other people, resulting in them not trusting me. (<b>interpersonal b</b>)</p>	<p><b>Discover Healthy Expansion of Your Uniqueness:</b> {} When you develop a healthy sense of self-respect and take care of yourself, you can build confidence in yourself and others. Able to take care of yourself</p>	<p><b>Healthy Expansion</b> When I set objective, I learn new skills, and I figure out what works and what doesn't work.</p>
6	<p><b>Toxic Restrictions of Your Uniqueness:</b> {} With all competitions, there are rules of fairness and laws that regulate fair play in business. Competition takes effort and direction, and it is the effort of two or more parties acting independently to secure the company of a third party by offering the most favorable terms. Competitiveness is active demand by two or more organisms for some environmental resource in short supply. Depending on the resources, I may have to restrict my uniqueness. (see <b>interpersonal (c)</b> extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),</p>	<p><b>Discover Healthy Restrictions of Uniqueness:</b> {} You can discover meaningfulness without thinking that you are more important than others. {} When you discover meaningfulness, you know you are irreplaceable. You see another person's innovative ideas or effort cannot replace or overshadow your contributions. {} You can recognize each moment is meaningful and unrepeatable without disrespecting another person's attempt to help you. <b>Able to take care of yourself (c)</b> businesslike, <i>indifferent</i> - neutrality of attitude from lack of inclination, preference, or prejudice</p>	<p><b>Healthy Restriction</b> Objective reality keeps me grounded and I know what to do in certain situations.</p>
7	<p><b>Toxic Dialectic:</b> [] They desire my anger-wrath – versus - my self-respect is more important than their consequences. [] I have valid reasons – versus - my feelings don't need justification. [] Feeling prompt</p>	<p><b>Healthy Dialectics:</b> [] You accept your uniqueness, and you know that you are an ordinary person. [] You want to be responsive, kind, and empathic while being firm, fair, and focused when problem-solving. [] You can unconditionally accept</p>	<p><b>Dialectic</b></p>

immediate feelings – versus - my behavior is separate from my feelings.	yourself, others, and the world and place conditions on yourself, others, and the world.
---	--

Self-Centeredness and Anger (**Index 1**) You have to be only concerned about yourself. You don't have to be concerned about others. You have to be independent of outside force or influence. You have to be self-sufficient. You are concerned solely with your own desires, needs, or interests. People should always treat you fairly, considerately. They must treat you the way that I demand them to treat you. When they don't, You can't stand it and You have the right to retaliate.

**Cost of being Self-Centered:**

- People get mad at you easily when you don't play by the rules. Social irresponsibility leads to behaving in way that does not help everyone to get along.

**Benefit of being Self-Centered:**

- You are looking at for yourself and you might be safer when you are self-centered.
- If nobody really cares about you or you don't care what people think of you, then you will be able to look out for yourself. You believe you have to love yourself before you can love another person.

**Defensiveness: Self-Centered**

**(D) Defensiveness:** When dealing with a painful conflict, I have to refuse to admit the truth or reality. I tell others, "I accept my negative feelings, but I'm not irrational." When I deny my self-defeating thinking, I avoid telling myself, "Yes, I feel worthless and depressed, but I don't know why" Yes, I feel empty and sad, but I don't know why" and stop asking me about my feelings and thoughts.

**Acting Out:** *I can't get angry at them because they are no concern to me.*

When I experience a conflict, I *have to* do unpleasant things to express my feeling, but that topic still bothers me. I can't stand to talk about my negative emotions, and I do unpleasant things to express my negative feelings. I use extreme behaviors to express my thoughts and feelings because I believe I can't express myself assertively. I don't feel safe talking about specific topics because those topics still bother me. I am active, but I am passive about my anxiety. I think I am exercising my power but feel helpless and vulnerable. My desires get set on "automatic pilot," and I do not know why I do what I do.

**(C) Compartmentalizing:** *I have nothing to do with how my loved ones feel.*

When faced with a demanding situation, I *have to* separate my world into isolated compartments or categories. I have two ideas, attitudes, or behaviors that conflict with each other, but I don't see the contradiction in my thoughts or the inconsistencies in my beliefs, behaviors, etc. For instance, people say I am not being hypocritical, but I don't see it when I act insincere. I believe in the Golden Rule (love others as you love yourself), but I also think in "Looking out for number one."

**(C) Compensating:** *I'll feel better by focusing on myself.*

When I make a mistake, I *must* correct my personal and subjective defects by doing something else vigorously. When I justify my self-defeating actions to feel better than other people do, I *have to* use using compensation. I feel inferior, so I have to be perfect. I cover up my feeling of inferiority by acting superior to others. This sense of superiority is a smoke screen to hide my flaws. [] When overcompensating, I have to do well in one area to set up a smoke screen to escape another (perceived) danger zone. I must compensate by daydreaming, participating in sports, seeking sympathy, or even lying. [] For instance, I can be angry and release my tension by going bowling. I substitute a simple performance for the strenuous effort required to directly resolve my "callous-aggressive feelings. For instance, throwing the ball at the pins is considered a substitution for a socially approved rather than throwing stones at my neighbor. "I am not doing well at work, but I am failing in my marriage/job/school), so I will focus all my attention on hobbies/friends/TV, etc.

**(D) Denying:** *Denying the other's needs will help me.*

**(D) Denial (Denying) Defensiveness:** Denial is a refusal to admit the truth or reality. When people criticize me, I *have to* declare these feelings and opinions are wrong, or I refuse to accept or acknowledge others' thoughts and feelings. I *have to* refuse to think about something by convincing myself it didn't happen or will not occur. I *have to* present myself to others as being defective because I have flawed cognitive skills. I have a horrible memory. I tell myself, "This situation is not so bad." I *have to* refuse to acknowledge what has happened, what is going on, or what might happen.

**(D) Displacing:** *I don't feel good about myself, so I'll show no concern for others.*

**(D) Displacing: (Venting Myth):** I have to compromise too much by changing the subject that is more acceptable or less threatening, so I don't feel so bad. I don't express an emotion I have for a particular person, but I will tell others my feeling. *I hit or break things* rather than hit people. When I use displacement, my emotional expression is not congruent with my thoughts, and I shift to another initially less intense idea linked to the first one in content. I am redirecting my thoughts and feelings from one person or object to another person or things. I take it out upon another person or thing, thereby not solving the original problem. Displacing anger is very common. I compromise too much by changing the subject that is more acceptable or less threatening. I believe that if I think about something else or attack a weaker person, I won't feel so bad. When I am mad at another person, I am afraid that person will hurt me or threaten my self-esteem, so I take my anger out on someone or something less threatening.

**(I) Intellectualizing:** *Their concerns are no concern for me – so why bother.*

**(I) Intellectualizing,** I *have to* talk my way out of things by giving a great explanation. I have to overthink simple statements, and I frequently use rigid thinking resulting in unreasonableness. Detrimentally, "intellectualization" separates my feelings from my thoughts. I intellectualize when I feel anxious and uncomfortable. I'm in my own world. I feel anxious, or I keep thinking about the reason I do things.

**(R) Rationalizing:** *Their concern won't help me!*

**R) Rationalizing:** I *have to* protect my self-esteem. I have to make excuses, such as "I didn't want it anyway." I am attempting to make the implausible plausible. I provide myself with a reason for the commission of an act I consider blameworthy. I think I am protecting my self-esteem. When I rationalize, I am scheming to get the admiration, or I am saving my reputation. I rationalize when I feel worried, down, angry and uncomfortable.

**(R) Regressing:** *I only have to think of myself.*



**(R) Regression – Regressing:** I must act childishly in times of stress. I feel childlike or act childish, so people won't expect much from me, and I'll have a handy excuse when I fail. I don't develop but move backward to a previous state of maturity.

**(S) Suppression:** I don't have to think about them.

**(S) Suppressing:** I have to be seen as being inadequate. I deliberately forget to do particular things or exclude that thought from my consciousness. I don't like what I feel or think, so I use my "willpower" to forget something. With the suppression, I believe I have some control over what I am thinking and feeling. With the repression, I think I don't have control over my life. When I use suppression, I tell myself that I can't do anything about my situation, so I might as well forget my responsibilities. I consciously say that I will "just forget" this adverse event, this thought, those behaviors, or feelings.

**(U) Undoing:** If I focus on myself – I'll feel better about my past misdeeds.

**(U) Undoing** I have to do irrelevant behaviors to undo my bad feelings from the past. I don't show remorse to the person I have wronged, so I try to make it up in other ways, such as giving to charities and doing good deeds for people who have similar characteristics to the people I wronged. In this form of magical thinking and superstitious thinking, I believe that if I act a certain way, my feelings of guilt and/or shame will magically disappear. When I am not aware that I am showing remorse or making amends for doing something wrong to another person, I am trying to undo the damage magically. I believe my hostile feelings are dangerous, or my hurt feelings will become overwhelming. I think I must be in control and fix the world's wrongs (absolute authority). I deal with rejection or negative emotions by over-extending my responsibilities.

### Beliefs Using Lies and Liabilities (BULL):

<b>(S) Self-Centered Excuse:</b> I have to think only about myself. I have to feel apathetic. Since others have mistreated me, I don't care about anything else. I have to do things my way. I can do anything I want because people have been mistreated.	
10	<input type="checkbox"/> <i>Socratic Questioning - Realistic Thinking:</i> I don't like it when people make mistakes, but I don't have to become indifferent when I don't get my way. My choice to care or not to care is not based on what others do or don't do. My decision to choose, care, etc., is based on how I view the situation and not on others' behavior. Those behaviors can influence me, but those behaviors have no magical control over me.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Is it logical to believe that if some people have treated me poorly, I don't have to care about anything else? Logically, I am responsible for my thoughts, feelings, and behavior because no one can control my thoughts. I am not responsible for others' behavior because I cannot control their thoughts. My responsibilities are not identical to others' responsibilities. Realistically, my responsibilities often exclude and contradict others' responsibilities. For instance, if I am a salesperson and want to sell a customer more than he or she needs. It is the customer's responsibility not to buy objects outside his or her budget, and it is my responsibility to make a profit. My obligations to my company and ethical and moral standards may contradict each other.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Will feeling apathetic assist me in reaching my goals and actualizing my talents and potential? Showing that I don't care has long-range negative consequences. Believing this idea will increase the probability of experiencing toxic conflicts with others.

**(S) Shouling (positive) - Directed at Myself:** I have to do what I want, and it is okay to overindulge just this once. I had a distressing day, and I want a drink/eat something extra now! Since I've worked so hard, I deserve a drink – something extra to eat.

<b>(S) Shouling (positive) - Directed at Myself:</b> I have to do what I want, and it is okay to overindulge just this once. I had a distressing day, and I want a drink/eat something extra now! Since I've worked so hard, I deserve a drink – something extra to eat.	
10	<input type="checkbox"/> <i>Socratic Questioning - Realistic Thinking:</i> I want people to feel a certain way but only have to feel how they feel. Is my belief realistic when I demand that people should act and feel in specific ways? When I think people have to treat me positively or in any way, I am unrealistic. I falsely believe that I have some "dire need" for the world and others to treat me in a particular way. Falsely I think that my demandingness will motivate people to cooperate with me. Yes, they will begrudgingly do what I say, but they might look for ways to sabotage my reasonable efforts.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Does it follow that because others treat me poorly, they are worthless, undeserving individuals? No! If I think that they are useless, I may well make myself inept because I am overfocusing on them and not working on my goals. Their dastardly deeds do not make them a worthless and undeserving group of people unless I think they do. It is thoroughly illogical to jump to conclude that certain poor behaviors of theirs make them helpless.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Will people help me reach my potential if I go around demanding they should act in specific ways? I don't think so! Demanding others will actually hurt my ability to express my talents and skills. Being demanding of others will increase toxic negative feelings, such as excessive anger, rage, hurt, and/or jealousy. Albert Ellis, Ph.D. believes that using this unhelpful belief will increase destructive behaviors, such as homicidal behavior, vindictiveness, toxic love addictions, physical fights, self-pity, riots, feuds, war, and genocide.

**(U) Unresponsive Behaviors (Index #1):** I don't have to be responsive to others. I can ignore people talking to me because I believe they are unimportant, and I think the consequences don't apply to me. I don't have to express myself or address another person's concerns. I believe I am controlling the situation by disregarding suggestions or appeals.

<b>(U) Unresponsive Behaviors (Index #1):</b> I don't have to be responsive to others. I can ignore people talking to me because I believe they are unimportant, and I think the consequences don't apply to me. I don't have to express myself or address another person's concerns. I believe I am controlling the situation by disregarding suggestions or appeals.	
10	<input type="checkbox"/> <i>Socratic Questioning - Realistic Thinking:</i> I don't want the consequence to affect my life, but they do. Is it true that consequences don't apply to me? It is false because everything I do and doesn't do has consequences. Avoiding people's concerns sometimes works in preventing stress. The evidence shows that addressing people's concerns and being assertive has a greater chance of working to my benefit than trying to control them.
11	<input type="checkbox"/> <i>Aristotelian Questioning:</i> Logically, can I control people by disregarding their concerns? This conclusion is illogical, inaccurate, and false. My most significant chance of influencing people is caring about them and not trying to control them. I can influence people better by listening to them and responding to their concerns and hopes. Believing that I can influence people by ignoring them is illogical and unrealistic. Semantically there is a difference between control and concern. I can show my concern without controlling others or controlling the situation.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Is ignoring helpful, and does it serve my own healthy self-interests? This unhelpful belief will increase the chances of anger-rage, depression, and/or anxiety from others. It will lead to toxic conflicts with others, and it will not help me solve problems with others. I want a sense of self-realization and self-fulfillment while maintaining my ethical sense of responsibility. I want to know myself; I don't damage my sense of appreciation and respect. I want to act more assertively when it is appropriate.

**Investing in Your Freedom of Will: Correcting Misperceptions & Distortions**

1	<b>Situation:</b> I obsess about how uncomfortable I feel. <b>U) Unresponsive Behaviors</b> (Index #1): I don't have to be responsive to others. I can ignore people talking to me because I believe they are unimportant, and I think the consequences don't apply to me. I don't have to express myself or address another person's concerns. I believe I am controlling the situation by disregarding suggestions or appeals.	
2	<b>Identify Cognitive distortion</b>	
3	<b>How is X (cognitive distortion) meaningful?</b>	
4	<b>What are the Cognitive and Behavioral Consequences of ..?</b>	
5	<b>Which of the following related to your situation?</b> <input type="checkbox"/> I have to act a particular way to be loved, admired, and appreciated by others, or totally worthless. <input type="checkbox"/> Others have to treat me in a particular way, or else you are worthless, useless, etc. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.	
6	<b>List related extreme evaluations, dichotomous thinking, or conditional thinking to this situation</b>	<b>(E) Exercise</b> List activities you enjoy doing .
7	<b>Review realistic thinking, reasonableness, and rational thinking – which one makes the most sense to you</b>	<b>(E) Exercise</b> List five ways something is difficult is different from something that is impossible.
8	<b>Self-Responsibility – what do you want to do with this information?</b>	<b>(E) Exercise</b> Show me how your worth has nothing to do with your (1) performance, (2) effort, and (3) you confidence.
9	<b>What thinking will increase healthy ways of restricting your uniqueness</b>	<b>(E) Exercise</b>
10	<b>What thinking will increase healthy ways to expand your uniqueness</b>	<b>(E) Exercise</b>

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful




**4**  
Helpful

**5**  
Very Helpful

**Comments:**



## Being Reliable and Trustworthy – Caring vs. Selfish. (Index #2)

	Survival Value	Attitudinal Values:	Opposite of Selfishness and Reliability
Index #2			
1	<p><b>Toxic Selfishness Values:</b> {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, such as adhering to a routine, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do. {} I exclusively care about myself (Index #2).</p>	<p><b>Healthy Reliability Attitudinal Values:</b> I can care about and value being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I want people to take me seriously. {} I know that people see me as dependable. {} I know people can count on me, and I want to count on others. {} I want to help people and accept people helping you. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index #2) (Healthy Restriction of my uniqueness)</p>	<p><b>Carefree Attitudes:</b> {} You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, and happy-go-lucky in certain situations. {} When you want to be carefree, you are neither overly concerned nor worried about a situation. {} You are not mean or judgmental of others. {} You are free from care, and presently, you have no worries or troubles. {} You are free from anxiety or responsibility.</p>

#1 What are some of the possible reasons why being reliable is more effective than selfish beliefs?

#i.

#ii.

#2. In what situations do you need to be reliable and get things done on time?

#3 In what situations do you need to be carefree?

#4 How Reactive Selfness Meaningful? (Column A Row 2)	How is Reliable Meaningful? (Column B Row 2)

### #5 Cost Benefit Analysis

Cost of Selfishness (Column A Row 3)	Benefit of Reliable (Column B Row 3)
Benefit of Selfishness (Column A Row 4)	Cost of Reliable (Column B Row 4)
How does selfishness wards of anxiety?	
How does selfishness protect your self-esteem?	
How are you training people to treat you when you are selfishness?	
Toxic of expansion your uniqueness.	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness.	healthy restriction of uniqueness. (Column B Row 6)

## Menu of Solutions & Effective Strategies

Mode: Survival		Attitudinal Values: Higher Value	Opposite of Selfishness and Reliability
<b>Index #2</b>			
<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree: <b>Healthy Reliability over Selfishness</b>			
1	<p><b>Toxic Selfishness Values:</b> {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, such as adhering to a routine, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do. {} I exclusively care about myself (Index #2).</p>	<p><b>Healthy Reliability Attitudinal Values:</b> I can care about and value being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I want people to take me seriously. {} I know that people see me as dependable. {} I know people can count on me, and I want to count on others. {} I want to help people and accept people helping you. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index #2) (Healthy Restriction of my uniqueness)</p>	<p><b>Carefree Attitudes:</b> {} You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, and happy-go-lucky in certain situations. {} When you want to be carefree, you are neither overly concerned nor worried about a situation. {} You are not mean or judgmental of others. {} You are free from care, and presently, you have no worries or troubles. {} You are free from anxiety or responsibility.</p>
2	<p><b>Discovering Meaningfulness in Selfishness</b> {} There are times when I need to think about my needs, fears, and concerns. {} Getting my way is important because it will help me to reach my long-term goals. {} I can discover meaningfulness and allow others to have different interests and needs than me.</p>	<p><b>Discovering Meaningfulness:</b> {} You can discover meaningfulness and enjoy your individuality while being dependable on others. {} You can learn new skills and be a responsible person. {} You can follow the rules without losing your sense of remarkability. {} You will not lose sight of irreplaceability if other people rely on you to complete tasks on time. {} You can recognize each moment is unrepeatable without other people being excessively concerned about you.</p>	<p><b>(D) Discovering Meaningfulness:</b> Being carefree may allow you to deepen your experiential values, which could lead to being creative and developing new ways of thinking and feeling.</p>
3	<p><b>Cost of Selfishness:</b> {} I will have less chance of getting along with people when I disregard their concerns and the rules. {} People will see me as less trustworthy. {} They might see me as dishonest (not keeping your promises, not keeping your agreements, not being reliable, and seeing me as someone who does not tell the truth). {} Being intolerant of limits will increase my feelings of anger, which may lead to fighting with others verbally and physically.</p>	<p><b>Cost of Being Reliable:</b> not getting what you want, putting another person's goals ahead of yours.</p>	<p><b>Cost of Carefree Attitude:</b> people may see you as being irresponsible,</p>
4	<p><b>The Benefit of Selfishness:</b> {} I will get gratified, and people will see you as a rebel. I want others to see me as a person; they can't push me around or tell me what to do. {} I will get more of what I want in the short run. {} I have a sense of immediate gratification. {} People will see me as being independent and strong. {} I can make others look stupid, so you can feel better about me.</p>	<p><b>The Benefit of Being Reliable:</b> {} When people trust you, they have confidence in you to do the right thing. {} They can count on you to get things done on time, and you will do your best on challenging tasks. {} If people trust, there is a good chance people will give you more responsibilities, so you can expand your uniqueness.</p>	<p><b>Benefit of Being Carefree:</b> having no worries or troubles</p>
5	<p><b>Toxic Restriction of Your Uniqueness:</b> {} I expand my uniqueness by being competitive with loved ones. {} I reject others, and I withhold love and attention. {} I think that all selfish people are the same. {} They are only concerned about themselves; they seek their own advantage, pleasure, or well-being without regard for others. (Categorical Reasoning)</p>	<p><b>Healthy Restriction Uniqueness in Being Reliable:</b> {} Your expression of love can be uniquely your own invention while still being reasonable, relational, and rational. {} You can discover Meaningfulness when you realize you're irreplaceable. {} Being logical and sensible doesn't make you a conformist but helps you to know when to expand or restrict your uniqueness. {} You can understand that each moment is unrepeatable, even if you use your critical thinking skills.</p>	<p><b>(D) Healthy Restriction Uniqueness:</b> {} You may feel careful, but you want to address another person's concerns.</p>
6	<p><b>Toxic Expansion of Uniqueness:</b> {} When I am overly competitive and exploit others to win, people will not trust me. {} If I see myself as indifferent, calculating, and selfish, others may not trust me. {} This lack of trust may have me looking over my shoulder and other people constantly questioning me. {} Others may feel inferior, and they may feel unwilling to point out my mistakes or address my concern. <b>see (c) competitiveness Welton's Stage 2</b></p>	<p><b>Healthy Expansion of Your Uniqueness and Being Reliable:</b> {} You can stay out of trouble, and {} You can be successful by knowing when to expand your uniqueness and knowing how to restrict your originality. {} When people trust you, you can do more activities and have more opportunities to develop your potential and {} Expand your uniqueness. {} You know when not to expand your uniqueness (constructively restricting your individuality, healthy competition. <b>(Able to care for yourself).</b></p>	<p><b>(D) Healthy Expansion of Your Uniqueness:</b> {} When you are free from care and having no worries or troubles, you may want to learn new skill or take a sensible risk to expand you sense of uniqueness you're your divergent thinking .</p>
	<b>Toxic Dialectics:</b>	<b>Healthy Dialectics:</b>	

## #2 “Selfishness” and Anger (Being Intolerant of Limits)

- You can do anything you want – when you want to do it!
- You have to get your way because you should be able to do anything you want.
- You can’t stand having to follow rules.
- You are concerned excessively or exclusively with yourself.
- You are always seeking or concentrating on your own advantage, pleasure, or well-being without regard for others.

### Cost of Selfishness:

- You will have less of a chance of getting along with people when I disregard their concerns and the rules.
- People will see you as less trustworthy.
- They might see you as being dishonest (not keeping your promises, not keeping your agreements, not being reliable, and seeing you as someone who does not tell the truth).
- Being intolerant of limits will increase your feelings of anger, which may lead to fighting with others verbally and physically.

### Benefits of Selfishness:

- You will get gratified, and people will see you as a rebel who can’t be pushed around or be told what to do.
- You will get more of what you want in the short run.
- You have a sense of immediate gratification.
- People will see you as being strong.
- You can make others look stupid, so you can feel better about yourself.
- **Defensiveness**
- **(A) Acting Out:** I am exercising my power over others, but they won’t let me do anything.
- **(C) Compensating:** I am better than others because I am strong and do what I want.
- **(D) Denying:** People are always giving in - I don’t see myself giving in to them.
- **(D) Displacing:** I can do what I want at home - I can’t do anything at school/work.
- **(E) Externalizing:** I’m pissed because they won’t let me do what I want.
- **(P) Projecting:** They can’t control themselves because they are irresponsible.
- **(R) Regressing:** I shouldn’t have to pay now. It was better when I was a kid – it was great.
- **(R) Repressing:** I need to remember the rules and agreements I made with others.
- **(S) Splitting:** I can get my way by bringing those two people mad at each other.
- **(T) Transferring:** You’re pissing me off because you’re acting like my father.

### Looking for another person’s uniqueness: can you trust another person’s uniqueness?

U) <b>Unreliable Thinking (Index #2):</b> I don’t have to keep my promises and agreements, and I think it is OK to be undependable. I believe that I don’t have to keep my promises or agreements because another person has mistreated me.	
10	<input type="checkbox"/> <i>Socratic Questioning - Realistic Thinking:</i> Is my thinking realistic when I think it is acceptable to be undependable? There is no information I can collect that proves or disproves people’s will because I am unreliable. Examining my social world, I can readily see that there are negative consequences to being unpredictable, and all the rationalizations in the world will not change this fact. It is false because when people misbehave, they will eventually pay the consequences, and if I misbehave, I will pay the consequences.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Is it logical to believe that I don’t have to keep my responsible because people have mistreated me? Does it logically follow that I can do destructive behaviors because one person’s behavior is terrible? People choose to misbehave toward me, and I have no absolute control over their choices and terrible decisions. There is no logical connection between what they want and what I want. It would be terrific for everyone to agree with me, but there are no evidence people “must” agree with me or work toward my best interest.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Is unreliable thinking helpful? No! Their behavior is not identical to my behavior, and my behavior and goals may contradict and exclude their behavior. The way I am making a judgment does not appear to be helpful, and it will be of no assistance to me in reaching my goals. I will have a challenging time actualizing my talents and potential. This inference will increase the chances of anger-rage, depression, and/or anxiety. It will probably lead to toxic conflicts with others, and it will not help me make rational decisions or help me solve problems systematically.

(D) **Distrustful:** I don’t have to try, and/or I don’t have to care about anything because I don’t trust anyone. I shouldn’t trust or have confidence in others because they will take advantage of me. I don’t expect much from others because they cannot be trusted.

10	<input type="checkbox"/> <i>Socratic Questioning - Realistic Thinking:</i> Does it make sense that if I choose to trust someone, that person will automatically take advantage of me? Let us say that if I decided to distrust this person, they would automatically not take advantage of me. Even if I was vigilant in watching them, would my watchful eye change their desire to steal from me? There is no connection between my desire for them not to steal and their desire to steal. Being mindful, cautious, and careful are logically different from “always being distrustful”
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	because being careful excludes being distrustful. For instance, I can be honest and reliable while being careful with some people, and others will be mistrustful. I don't have to give up being attentive if I choose to give up being overly mistrustful.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic</i> : Is this form of thinking helpful; will it assist me in reaching my goals and actualizing my talents and potential? I know distrusting others makes matters worse. I am unfair and demanding of others that they must be honest 100% of the time. I know distrusting others creates conflicts in my life.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking</i> : Doubting is an ineffective and inefficient way of dealing with problems. I waste my time and energy in my half-baked attempts to control people. When I over-focus on others, it only narrows my focus and limits my range of interests and enjoyments. It shows others I lack the necessary skills to deal with difficult people. It shows others I can be easily manipulated, and I lack self-direction. Distrusting others will not improve my life in the future. When I question people, it demonstrates that I lack the courage and discipline to control myself in times of stress.

(S) **Superstitious Thinking** (Factor L): My decisions are swayed by superstition when I face uncertainties.

I base my decisions on a practice resulting from ignorance, fear of the unknown, or trust in magic. I have an unrealistic concept of causation. I see "superstitious thinking" involving fear of something. I think, "Who cares what kind of ideas I have or don't have – my thinking doesn't impact me anyway – so I can think anyway I want! When I am forced to confront my fears and failures, I quickly rationalize it is a "run of bad luck," and I believe I couldn't have done anything in this situation. "Bad" things only happen to be bad people. Good things happen to good people because they are good.

10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking</i> : I want to make decisions more manageable and sounder, but no evidence dictates that I will always make correct decisions. Am I being realistic when I entrust my future and attain my goals? I am not realistic because my efforts have no impact on the luck of supposititious thinking. Forces and variables that I think are beyond my control actually control me, and there is no empirical evidence for such a force.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic</i> : Am I being logical that I have to fall prey to supposititious thinking? I think superstitious beliefs will help me, but this form of thinking is not helpful realistically. I have an unclear concept of causation. I fear an object because I believe it brings me "bad luck." I think I can avoid disaster through perfection. I want to be perfect in how I perform specific tasks is true, but I have to be perfect to achieve my goals is false. My statement is invalid because I am using one true premise, but the second premise is wrong. Magical thinking often leads to more negative, unhealthy feelings and cognitive distortions.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking</i> : I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability). I want a stable sense of appreciation and respect. I know I am responsible for my thoughts, feelings, and behaviors, and I am not responsible for others' thoughts, feelings, and behavior.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful




**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

Comments:

## Being Reflective – Caring vs. Being Impulsive (Index #3)

	Survival Value	Attitudinal Values:	Opposite of Impulsive and Reflective
<b>Index #3</b>			
<b>1</b>	<p><b>Toxic Impulsive Behavior:</b> {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is okay to be impulsive, thoughtless, careless, and imprudent. {} I believe that consequences only apply to other people. {} I don't reflect on the full range of implications. {} I don't think about how someone else will feel after I have chosen to act in a certain way. {} I am reacting and not responding. {} I believe my thinking has little to do with my emotional intensity. {} I don't think about the consequence of different courses of action. {} I believe it is okay to disregard the long-term effect of the response I take today. {} I hate doing the arduous task, and I only want to take the "easy way out." (Index 3)</p>	<p><b>Healthy Reflective Attitudinal Values:</b> I can think before I act (Index 3). {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about your future than the immediate one. {} I know I can think before I act. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with essential people. (Index 3)</p>	<p><b>Spontaneous Attitudes:</b> {} You are aware of external constraints and can be spontaneous if socially appropriate. {} You see yourself as being free from worry or excessive concerns of the day. {} Spontaneous implies a lack of prompting and connotes naturalness. {} Spontaneous is proceeding from natural feeling or native tendency without external constraint.</p>

#1 What are some of the possible reasons why reflective attitudes are **more effective than** using impulsive behaviors?

#i.

#ii.

#2. In what situations do you need to use reflective thinking?

#3 In what situations do you need to be spontaneous?




#4 How is Reactive Impulsiveness Meaningful? (Column A Row 2)	How is Reflective Meaningful? (Column B Row 2)

### #5 Cost Benefit Analysis

Cost of Impulsiveness (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of Impulsiveness (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does <b>impulsiveness</b> wards of anxiety?	
#7 How does <b>impulsiveness</b> protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)



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	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Impulsive and Reflective
<b>Index #3</b>			

<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree: <b>Healthy Reflection over Impulsiveness</b>			
<b>1</b>	<p><b>Toxic Impulsive Behavior:</b> {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is okay to be impulsive, thoughtless, careless, and imprudent. {} I believe that consequences only apply to other people. {} I don't reflect on the full range of implications. {} I don't think about how someone else will feel after I have chosen to act in a certain way. {} I am reacting and not responding. {} I believe my thinking has little to do with my emotional intensity. {} I don't think about the consequence of different courses of action. {} I believe it is okay to disregard the long-term effect of the response I take today. {} I hate doing the arduous task, and I only want to take the "easy way out." (Index 3)</p>	<p><b>Healthy Reflective Attitudinal Values:</b> I can think before I act (Index 3). {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about your future than the immediate one. {} I know I can think before I act. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with essential people. (Index 3) (Healthy Expansion of my uniqueness)</p>	<p><b>Spontaneous Attitudes:</b> {} You are aware of external constraints and can be spontaneous if socially appropriate. {} You see yourself as being free from worry or excessive concerns of the day. {} Spontaneous implies a lack of prompting and connotes naturalness. {} Spontaneous is proceeding from natural feeling or native tendency without external constraint.</p>
<b>2</b>	<p><b>Discovering Meaningfulness:</b> Impulsiveness suggests anxiety and others are not addressing a strong need or concern. Impulsiveness may warn you to slow down, and rushing around trying to fix everything may cause more problems.</p>	<p><b>Discovering Meaningfulness In Being Reflective:</b> {} You can discover meaningfulness without being overly spontaneous. {} You will not diminish your ability to discover meaningfulness if you think about the consequences before you act. {} Planning and setting goals do not take anything away from your ability to discover meaningfulness. {} Remember, there is meaningfulness in each moment, and you don't have to anticipate that moment. {} You can think before you act – it only takes a few seconds to think about what might happen. {} You can think about the full range of consequences without becoming anxious or acting sneakily.</p>	<p><b>(D) Discovering Meaningfulness</b> in being spontaneous and surprising yourself, which is an aspect of being unique. {} Spontaneity can be a part of being creative. {} You may have an idea for a painting, or a novel derived from intuition or inspiration. {} Over thinking consequences can inhibit your creative process.</p>
<b>3</b>	<p><b>Cost of Being Impulsive:</b> {} This survival mode increases the intensity of my anger and interferes with my ability to get along with others. {} I feel like I have less control over my life. {} I feel pushed around and controlled by my emotional reactions. {} I get into more trouble because I am impulsive, and people will react negatively to my rash and reckless behavior. {} I will be stuck and won't be able to move forward with my life. {} People may get tired of my impulsive behaviors and carelessness. {} When I don't think before I act, my feelings of hopelessness and helplessness may increase. {} When I act without thinking, I am not thinking about diverse ways to manage interpersonal conflicts.</p>	<p><b>Cost of Being Reflective:</b> {} You get along with people better. {} You are less likely to get angry at essential people in your life. {} Your concentration improves, and you pay attention while others are talking. {} You are more resilient.</p>	<p><b>Cost of a Spontaneous Attitude:</b> Other may see you as being impulsive or lacking forethought.</p>
<b>4</b>	<p><b>Benefit of Being Impulsive:</b> {} Thinking about a way to do something differently is too hard, the familiar is natural, and I won't have to change. {} I can hide my faults and ignore my role in the problem. {} I won't have to be honest with myself or others. {} I can insist that I have the "Right" to have any feeling I want. {} I can do anything I want – when I feel like doing it. {} I am more comfortable when I ignore the consequences. {} I won't have to be responsible. {} I will feel free to say and do whatever I want. {} I don't have to think about the things I wouldn't say I like thinking about in my life.</p>	<p><b>Benefit of Being Reflective:</b> When you think before you act, you are more careful in your social responses, thereby expanding your uniqueness. You increase the chances of making fewer errors.</p>	<p><b>Benefit of a Spontaneous Attitude:</b> proceeding from natural feeling or native tendency without external constraint</p>
<b>5</b>	<p><b>Toxic Restriction of Uniqueness:</b> {} I may see myself as being unique by disregarding consequences. Consequences don't apply to me. {} Therefore, ignoring the consequences leads to blaming others for my actions. {} When people see me as being punitive and sarcastic, they may resist me passively. (See (d) cruel, unkind, impatient)</p>	<p><b>Discover Healthy Restriction of Your Uniqueness:</b> {} You can be strict if necessary. {} You can be firm to protect your sense of uniqueness, and you can be just to protect another person's sense of individuality. <b>Can be strict, if necessary, firm but just (d)</b></p>	<p><b>Spontaneous Attitudes and Restricting Your uniqueness:</b> Your intuition may be incorrect or off target.</p>



6	<b>Toxic Expansion of My Uniqueness:</b> {} I believe that being spontaneous, impulsive, insensitive, and not caring about my responsibilities will help me advance my own ends. {} I think being impulsive and impatient with others will help me, but my actions will provoke others to fear me, and they may learn to resent me. {} Others may see my impulsiveness as being unthoughtful and unkind, which does not help me expand my uniqueness. <b>(See Interpersonal (unkind-impatient d))</b>	<b>Healthy Expansion of Your Uniqueness:</b> {} When you are thoughtful and deliberative, you have a greater chance of expanding your uniqueness. {} Being <i>thoughtful</i> involves using careful, reasoned thinking before doing something, which increases the probability of increasing your individuality. {} Thoughtful is also giving heedful anticipation of the needs and wants of others. {} Being <i>deliberative</i> is thinking about and discussing issues and making decisions carefully.	<b>Spontaneous Attitudes Expansion:</b> Open up new areas of creativity.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	

Adapted from the work of Mike Bernard and David Burns

**Defensiveness**






- (A) **Acting Out:** I don't have to consider the consequences. They'll never find out.
- (C) **Compartmentalizing:** I want to control my behavior, but my thoughts are another thing.
- (D) **Denying:** Nothing will happen.
- (D) **Displacing:** I don't really want to think about the consequences.
- (I) **Identifying:** This is just how I feel – my mother felt that way, so it is okay for me to feel this way.
- (P) **Projecting:** I wouldn't feel so angry if they stopped bothering me.
- (R) **Regressing:** I feel like a little kid - but they still piss me off.

**BULL**


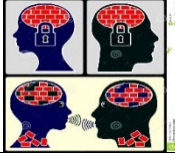

	(R) <b>Reflective</b> (overly Reflective) (excessive self-reflection) (Blaming): I <i>have to</i> blame myself, and I have to take things out on myself. I justify my outward expression of my toxic negative emotions by telling myself, "I shouldn't be feeling this way." Since I don't like feeling this way, I will "reflect" and take my feelings on myself. I think this reflects my entire personhood. I underplay my inappropriate anger, depression, anxiety, etc., because I believe the toxic negative emotions are "doing it" to me. I think if I don't let it out, it will then turn inward and devour myself.
10	<input type="checkbox"/> <b>Socratic Questioning - Realistic Thinking:</b> Is it realistic to blame me? I can blame myself, but is it valid and rational to compulsively think about my mistakes and punish myself? Realistically, punishing anyone will not change anything other than feeling bad. I have punished myself in the past, and my life has worsened.
11	<input type="checkbox"/> <b>Aristotelian Questioning - Logic:</b> Is my belief logical when I believe that if these negative feelings get the best of me, those feelings will devour me? I don't like negative emotions, but how I choose to respond to those negative feelings is my decision. In this situation, I may be awfulizing about having negative feelings I don't want. The idea that I don't want these feelings is not extreme, but awful zing about them is extreme. Logically, I don't want to convert a healthy, rational, non-extreme thought into an extreme idea.
12	<input type="checkbox"/> <b>Pragmatic-Rational Thinking:</b> I think being over-reflective will not help me, even though I have thought it would help me. When I over-focus on my feelings, I end up being self-absorbed. When I become overly self-absorbed, I usually become defensive. I will get into more trouble with the critical people in my life, and I will not reach my potential and expand my abilities. I don't want those negative feelings, but awful zing about them won't help me.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:		Date:			
	#1: (F) Follow Up: What was the purpose of this exercise?				
	#2 (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?				
	#3 (E) Exercise & Practice: List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.				
	#4 (G) Goal: What goal did you expect to reach by doing this exercise?				
#5. Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.					
	1 Not Helpful	2 A Little Helpful	3 Somewhat Helpful	4 Helpful	5 Very Helpful

## Being Reasonable – Caring and Tolerant (Index #4)

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Tolerance and Intolerance
<b>Index #4</b>			
1	<p><b>Toxic Unreasonableness-Intolerance Belief:</b></p> <p>{ } People should always treat me fairly. { } I can't stand it when people don't act reasonably. { } They are worthless for mistreating me. { } It is okay to be unwilling to endure people different from me. { } I am reluctant to grant equal freedom of expression, especially in political, personal, sexual preferences, and religious matters. { } I am unwilling to give or share social, political, or professional rights with people different from me (Index#4).</p>	<p><b>Healthy Reasonableness-Being Tolerant Attitudinal Values:</b> I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. { } I want to be tolerant of individual and cultural differences. { } I can have flexible beliefs when dealing with another person. { } I can tolerate frustration because this frustration will not last forever, and { } I can learn something new about myself when dealing with stress. { } I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4) (Healthy Expansion)</p>	<p><b>Attitudes Related to Feeling Uncertain</b> { } It is appropriate to say, "I just don't know," when you don't know the answer. You can think { } I am unsure of the solution, so I will stay calm and see what the future may bring. { } Feeling uncertain is not having specific knowledge or having unreasonable expectations. { } In mild forms of accepting uncertainty, the phrase "ignorance is bliss" comes to mind.</p>

#1 What are some of the possible reasons why reason and tolerance is more effective than unreasonable and intolerant beliefs?

#i.

#ii.

#2. In what situations do you need to use reasonable and tolerant attitudes?




#3 In what situations do you need to use uncertainty?

#4 How is reactive Intolerance Meaningful?	How is open Reasonable ness Meaningful?

### #5 Cost Benefit Analysis

Cost of Impulsiveness (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of Impulsiveness (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does <b>impulsiveness</b> wards of anxiety?	
#7 How does <b>impulsiveness</b> protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

## Menu of Solutions & Effective Strategies

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Tolerance and Intolerance
<b>Index #4</b>			
<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree: <b>Reasonable Tolerance over Unreasonableness Intolerance</b>			
1	<p><b>Toxic Unreasonableness-Intolerance Belief:</b></p> <p>{ People should always treat me fairly. } { I can't stand it when people don't act reasonably. } { They are worthless for mistreating me. } { It is okay to be unwilling to endure people different from me. } { I am reluctant to grant equal freedom of expression, especially in political, personal, sexual preferences, and religious matters. } { I am unwilling to give or share social, political, or professional rights with people different from me (Index#4).</p>	<p><b>Healthy Reasonableness-Being Tolerant Attitudinal Values:</b> I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. { I want to be tolerant of individual and cultural differences. } { I can have flexible beliefs when dealing with another person. } { I can tolerate frustration because this frustration will not last forever, and } { I can learn something new about myself when dealing with stress. } { I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4) (Healthy Expansion)</p>	<p><b>Attitudes Related to Feeling Uncertain</b> { It is appropriate to say, "I just don't know," when you don't know the answer. You can think { I am unsure of the solution, so I will stay calm and see what the future may bring. } { Feeling uncertain is not having specific knowledge or having unreasonable expectations. } { In mild forms of accepting uncertainty, the phrase "ignorance is bliss" comes to mind.</p>
2	<p><b>#4 Discovering Meaningfulness:</b> { Fairness is essential in expanding my opportunities and possibilities. } { We all need a fair chance to develop our skills and compete with our sense of uniqueness. } { My inability to tolerate frustration may signal that I need to find a new way or a better way of dealing with my frustrations. } { Intolerance in an individual situation is essential. For example, I am <i>intolerant</i> of other abusing children or children staying in one of the world's wealthiest countries.</p>	<p><b>#4 (D) Discovering Meaningfulness:</b> { Your expression of love can be uniquely your own invention, while still being reasonable, relational, and rational. } { You can discover meaningfulness when you realize that your style and creativity is irreplaceable. } { Being logical and sensible doesn't make you a conformist but helps you to know when to expand or restrict your uniqueness. } { You can understand that each moment is unrepeatable, even if you use your critical thinking skills.</p>	<p><b>(D) Discovering Meaningfulness:</b> { Uncertainty gives you time to think about something important. } { This time to think allows meaningfulness to emerge from the background to the foreground.</p>
3	<p><b>#5 (C) The Cost of Unreasonableness and intolerance:</b></p> <p>{ This survival mode decreases my ability to get along with others, making it difficult to bounce back from stress and be resilient. } { This survival mode increases my feelings of anger, misbehaving, not paying attention, and disturbing others. } { I may feel lonely and won't experience real intimacy. } { Another person may fantasize about getting revenge. } { I trap myself by my anger, and I will enmesh myself in more conflicts.</p> <p>C) The Benefit of Being Intolerant to Others: <input type="checkbox"/> I show people I am an individual, and I don't have to care about everyone. <input type="checkbox"/> When I get angry, people will respect me more. <input type="checkbox"/> People won't bother me or make mistakes ever again if I get angry at them or put them down. <input type="checkbox"/> I can justify your selfish behavior, and I can tell myself that the other person deserves it. <input type="checkbox"/> I will feel powerful and in control. <input type="checkbox"/> I will show them that they will not push me around, or people can't take advantage of me. <input type="checkbox"/> I can say nasty things behind the person's back. <input type="checkbox"/> I can gossip about what a "loser" the other person is and get sympathy from other people. <input type="checkbox"/> I can convince myself that the other person is a jerk because he is hopeless and not worth the effort. <input type="checkbox"/> I don't have to think about what I should say and what I shouldn't know – I will say anything!</p>	<p><b>#5 (D) The Cost of tolerance:</b> { You may lower your standards and compromise your values to be tolerant.</p> <p>(</p>	<p><b>(C) Extreme:</b> { In the extreme form of uncertainty, I can become overly worried, apprehensive, and being too sensitive to another person's approval or disapproval. } { In a severe way of doubt, I can feel lonely, fussy, and overcome by mood. o (Factor O++ Disapproval Tension, page 89) } { I value not knowing everything. } { Most people don't like a know-it-all. } { I can't be an expert in everything. } { I know it is okay, not knowing</p>
4	<p><b>#5 (C) The Benefit of Being Intolerant of Others:</b> <input type="checkbox"/> I show people I am an individual, and I don't have to care about everyone. <input type="checkbox"/> When I get angry, people will respect me more. <input type="checkbox"/> People won't bother me or make mistakes ever again if I get angry at them or put them down. <input type="checkbox"/> I can justify your selfish behavior, and I can tell myself that the other person deserves it. <input type="checkbox"/> I will feel powerful and in control. <input type="checkbox"/> I will show them that they will not push me around, or people can't take advantage of me. <input type="checkbox"/> I can say nasty things behind the person's back. <input type="checkbox"/> I can gossip about what a "loser" the other person is and get sympathy from other people. <input type="checkbox"/> I can convince myself that the other</p>	<p><b>#5 (D) The Benefit of Being Tolerant:</b></p> <p>{ When you are reasonable and tolerant of others, you have a greater chance of solving a problem in a unique and creative way. } { You don't have to give up your standards to accept people unconditionally, and } { You can expand your uniqueness by being responsible and wanting others to be responsible.</p> <p><b>(D) The Benefit of Being Tolerant:</b></p>	<p><b>Benefit in Feeling Uncertain:</b> Can give you a sense of adventure.</p>

	person is a jerk because he is hopeless and not worth the effort. □ I don't have to think about what I should say and what I shouldn't know – I will say anything!	{ } When you are reasonable and tolerant of others, you have a greater chance of solving a problem in a unique and creative way. { } You don't have to give up your standards to accept people unconditionally, and { } You can expand your uniqueness by being responsible and wanting others to be responsible.	
5	<b>Toxic Restriction of Uniqueness:</b> { } When you are intolerant of individual differences, you may use negative and extreme evaluations to judge that person. { } For example, you may think, "He is lazy" therefore, all lazy people are alike, or she is stupid (all so-called stupid people all act the same). { } Problems arise when you make the same mistake as that person has made and { } You then put yourself down and place yourself into the harmful category of people. { } Anger begets anger, which restricts my uniqueness.	<b>(D): Discover Healthy Restriction of Uniqueness:</b> { } When you are tolerant, you find out more about the person, thereby expanding your uniqueness.	<b>(D) Healthy Restriction Uniqueness:</b> { } Uncertainty gives you time to think about what you want and if you action are consistent with your higher values.
6	<b>(C) Toxic Expands Uniqueness:</b> { } Intolerance and putting labels on people, restrict their uniqueness and limits my ability to expand my uniqueness. { } I restrict my uniqueness by provoking fear in others. { } I restrict my uniqueness by creating social distance and feeling self-righteous and by being disapproving of others. { } I may think that being aggressive and unfriendly is standing up for myself and shows my independence. <b>(See Interpersonal sarcastic, self-seeking(d))</b>	<b>(D) Healthy Expansion of Your Uniqueness:</b> { } When you are reasonable and tolerant of others { } You can expand your uniqueness by being responsible and wanting others to be responsible. { } You have a greater chance of being creative. <b>Can be strict, if necessary, firm but just</b>	<b>(D) Healthy Expansion of Your Uniqueness:</b> { } Uncertainty reinforce the idea that you are a person who thinks before you act, and you are a person who knows what you want out of life.

<b>#4 Survival Mode: Intolerance - Being Intolerant of Others:</b> People should always treat me fairly. You can't stand it when people don't act fairly. They are worthless and totally bad because they act so unfairly.	
<b>Cost of Being Intolerant to Others:</b>	
<ul style="list-style-type: none"> <li>• This survival mode decreases your ability to get along with others and it makes it difficult to bounce back from stress and be resilient.</li> <li>• This survival mode increases your feelings of anger, misbehaving, not paying attention, and disturbing others.</li> <li>• You may feel lonely and won't experience real intimacy.</li> <li>• Another person may fantasize about getting revenge.</li> <li>• You will get trapped by your anger and you will be enmeshed in the conflict.</li> </ul>	
<b>Benefit of Being Intolerant to Others:</b>	
<ul style="list-style-type: none"> <li>• You show people you are an individual and you don't have to care about everyone.</li> <li>• When you get angry, people will respect you more.</li> <li>• People won't bother you or make mistakes ever again if you get angry at them or put them down.</li> <li>• You can justify your mean behavior, and you can tell yourself that the other person deserves it.</li> <li>• You will feel powerful and in control.</li> <li>• You will show them that you can't be pushed around, or people can't take advantage of you.</li> <li>• You can say nasty thing behind the person's back.</li> <li>• You can gossip about what a "loser" the other person is and get sympathy from other people.</li> <li>• You can convince yourself that the other person is a jerk because he is hopeless and not worth the effort.</li> <li>• You don't have to think about what you should say and what you shouldn't say – you will say anything!</li> </ul>	

**Defensiveness**

**(A) Acting Out:** People have constantly mistreated me; they're all worthless.

**(C) Compensating:** It is easier to get mad at them than solve my conflicts with them.

**(D) Displacing:** I'm afraid of being fired, so I'll take it out on everyone else.

**(E) Externalizing:** People fairness is the only way I can get ahead in this horrible world.

**(P) Projecting:** I don't know why people are pointing out how I am being unfair.

**(T) Transferring:** Everyone mistreats me.

**(U) Undoing:** If I get mad at them, they'll stop being unfair to me.

<b>(U) Unreasonable Thinking – Intolerant (Index #4):</b> I don't have to think about the reasonableness of my thinking. My thinking doesn't have to be reasonable. I don't have to think before I act. My thought is illogical, irrational, unreasonable, and arbitrary. If I act aggressively. I think it is okay for me to be hostile. I feel confident, "If they mistreat me, I can mistreat them – I'm only being honest." I can suspend my rational judgment and attack the person's feelings and behaviors to get what I tell myself I "absolutely need this."	
10	<b>[ ] Socratic Questioning -Realistic Thinking:</b> I don't like to think before acting, but the alternative is too costly. I don't have to think before acting because the consequences don't apply to me. Reality has taught me that there are consequences to everything I do, positive consequences and negative consequences. No evidence can be found that shows people must not do things I don't like. There is no information I can collect that proves or disproves those consequences don't apply to me. I can't convince people they are bad and must not break my "code of conduct" because consequences shouldn't apply to me.
11	<b>[ ] Aristotelian Questioning - Logic:</b> If someone does me wrong, I only have to think about seeking revenge, but do two wrongs make a right? I think I am being honest and straightforward by being harsh with someone who has done me wrong, but I am being cruel by seeking revenge. Seeking revenge is different from "correcting people." Revenge and teaching are not identical and seeking revenge may exclude and contradict learning their lesson.
12	<b>[ ] Pragmatic-Rational Thinking:</b> Will "not thinking before acting" help me? When I don't think before I act, I might steal more, make more mistakes, have more conflicts with others, etc. I believe that not having goals and plans is an excellent idea, and I think setting goals and carrying out plans are pointless and will lead to a lack of confidence, not being persistent, and not being resilient.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

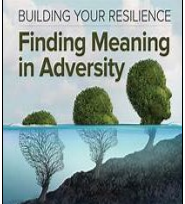
Date:



**#1 (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful


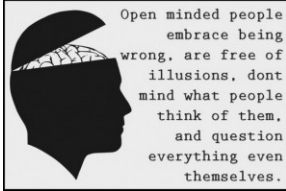

**5**  
Very Helpful

**Comments:**



# Being Receptive > Non-Receptive – Index #5

**Showing Concern Values:** I can deal with uncertainty and cope with apprehension (fear, anxiety); I can focus on what I am interested in; I can learn to deal with and endure frustrations.

	Survival Mode: <b>Pointless to Plan</b> 	<b>Attitudinal Values: Higher Value</b> 	Opposite of Being Receptive and Non-Receptive 
<b>Index # 5</b>			
<b>1</b>	<b>Toxic Non-Receptive Value (closed-mindedness):</b> {} I'm not concerned about making plans or setting goals {} I'm not concerned about listening to others and formulating goals and plans with another person. {} I devalue innovative ideas. {} I don't value being open-minded. {} I don't have to be receptive to arguments or ideas. {} I don't have to be open to innovative ideas; and {} I don't want to be open to suggestions or {} I don't want others to see me as an open-minded person. {} I feel having an "I Don't Feel Like It" Attitude is okay. {} I only do what is fun. {} I don't have to do an activity if it is not fun or boring. {} It is pointless to plan my time. {} Planning has nothing to do with being successful {} I don't have to think about how long it will take to do my work.. {} I only do things when I feel like doing them. (Index #5)	<b>Healthy Receptive Attitudinal Values: (open-mindedness):</b> I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions. {} I can plan enough time to get things done. {} I can learn to make sure that I know what the other person wants before I start working on the assignment or task. (Index 5) Being open-minded can expand my uniqueness because I can learn from new experiences. Index #5	<b>Feeling Uncertain is an Attitudinal Value:</b> Healthy Uncertainty: {} You value not knowing everything. {} You can't be an expert in everything. {} You know it is okay not knowing. {} It is appropriate to say, "I just don't know," when I really don't know the answer. {} You are unsure of the solution, so you will stay calm and see what the future may or may not bring. {} Feeling uncertain is not having specific knowledge or having unreasonable expectations. {} In mild forms of accepting uncertainty, you think of the phrase "ignorance is bliss."

#1. What are some of the possible reasons why receptive attitudes are **more effective than** closed minded and non-receptive beliefs?

#i

#ii.

#2. In what situations do you need to use open-mindedness?

#3 In what situations do you need to use healthy uncertainty?

#4 How is reactive-closed mindedness meaningful?	How is open-mindedness meaningful?


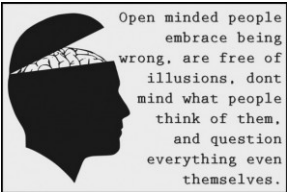

## #5 Cost Benefit Analysis

Cost of non-receptiveness (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of non-receptiveness (Column A Row 4)	Cost of Being Reflective (Column B Row 4)

#6 How does non-receptiveness wards of anxiety?
#7 How does non-receptiveness protect my self-esteem?
#8 How will others respond to when you act impulsively?

Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

### Menu of Solutions & Effective Strategies

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Being Receptive and Non-Receptive
<b>Index #5</b>	<b>Pointless to Plan</b> 		

**Attitudinal value** A meaningful life is a life in which these values are actualized to the greatest possible degree:

**Being Receptive** (open and responsive to ideas, impressions, or suggestions,) *over* **unreceptive**, closed-minded, it is pointless to plan.

<b>1</b>	<p><b>Toxic Non-Receptive Value (closed-mindedness):</b> {} I'm not concerned about making plans or setting goals {} I'm not concerned about listening to others and formulating goals and plans with another person. {} I devalue innovative ideas. {} I don't value being open-minded. {} I don't have to be receptive to arguments or ideas. {} I don't have to be open to innovative ideas: and {} I don't want to be open to suggestions or {} I don't want others to see me as an open-minded person. {} I feel having an "I Don't Feel Like It" Attitude is okay. {} I only do what is fun. {} I don't have to do an activity if it is not fun or boring. {} It is pointless to plan my time. {} Planning has nothing to do with being successful {} I don't have to think about how long it will take to do my work.. {} I only do things when I feel like doing them. (Index #5)</p>	<p><b>Healthy Receptive Attitudinal Values: (open-mindedness):</b> I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions. {} I can plan enough time to get things done. {} I can learn to make sure that I know what the other person wants before I start working on the assignment or task. (Index 5) Being open-minded can expand my uniqueness because I can learn from new experiences. Index #5</p>	<p><b>Feeling Uncertain is an Attitudinal Value:</b> Healthy Uncertainty: {} You value not knowing everything. {} You can't be an expert in everything. {} You know it is okay not knowing. {} It is appropriate to say, "I just don't know," when I really don't know the answer. {} You are unsure of the solution, so you will stay calm and see what the future may or may not bring. {} Feeling uncertain is not having specific knowledge or having unreasonable expectations. {} In mild forms of accepting uncertainty, you think of the phrase "ignorance is bliss."</p>
	<p><b>#4 Discovering Meaningfulness:</b> {} If I complain a lot and feel bitter, people will reject me, and I will not have the opportunity to discover meaningfulness and my uniqueness when people disallow my concerns. Certain moments in your life can appear: {} <b>Boring:</b> incapacity to take interest. {} <b>Apathy</b> is the inability to take the initiative, and {} <b>Despair</b> is the incapacity to find meaning in suffering. {} These signs are a wake-up call that you want to address. {} You want to be willing to change things on the fly.</p>	<p><b>#4 Discovering Meaningfulness:</b> {} Frankl believes that meaningfulness is something that does not just bump into you one day – Meaningfulness will not come knocking on your day. {} To discover meaningfulness, you want to be open to innovative ideas and new perspectives, and {} You want to be receptive to another person's wants, feelings, and thoughts. {} You are open to receiving and giving in meeting life's demands.</p>	<p><b>(D) Discovering Meaningfulness:</b> {} You don't want to know everything. Feeling uncertain about issues will help you think about taking sensible risks and being inquisitive about the world and your life.</p>
	<p><b>#5 Cost of Non-Receptiveness:</b> {} When I plan my time poorly, my environment is disorganized, and I avoid my responsibility, my brain will go into survival mode. {} When I avoid it, people give me fewer responsibilities, which could lead to less financial reward and independence. {} I think, "Nothing will change because everything I try is pointless." {} I guess, "I won't learn or grow; I will be less effective; {} I will discuss less social, and I will be less creative. {} I will see the world using biased and rigid ideas, and I will lose the capacity for flexible thinking. {} I will play the role of victim, and people will give me fewer responsibilities. {} I will be stuck and won't be able to move forward with my life. {} I will be powerless to resolve conflicts and reach my goals. {} The chances of success will decrease because I am not using my time and energy wisely.</p>	<p><b>#5 Cost of Healthy Receptiveness:</b> {} Being open-minded to a new idea does not mean you can give up your critical thinking. {} You don't have to be open to stupid ideas.</p>	<p><b>Cost of Uncertain:</b> You are unsure of yourself, and you intolerant of uncertain, which limits sensible risk taking.</p>
	<p><b>#5 The benefit of Not Planning:</b> {} Planning never works, so why do it! I don't have to take responsibility for my faults or failures. {} My life will be more comfortable, and I will never be disappointed. {} I can be passive-aggressive and get back at people. {} I can justify taking advantage of others. {} I can blame others and get them to do activities I don't want to do. {} If I don't plan, it will prove people can't boss me around. {} It is okay to feel I'll do it when I "FEEL"</p>	<p><b>#5 Benefit of Being Receptive:</b> {} When you are open-minded, you are receptive to arguments or ideas. {} You get along with people better. {} You get things done in a timely fashion. {} You have more confidence in completing a task because you know what the other person needs.</p>	<p><b>Benefit of Uncertain:</b> Greater sense of adventure.</p>



	like it. {} I don't have to get everything done. {} I can be passive and make others angry!		
	<b>Toxic Restriction of Uniqueness:</b> {} I don't trust people, so I don't learn new skills or try new activities. {} When I am bored, apathetic, or I am experiencing Despair. {} I know others attempt to restrict my uniqueness because I am not learning new things. I am unwilling to try new activities, which some people may not like me doing. {} When I complain and act bitter, other people may want to punish me and restrict my actions. (See (g) distrusts everyone	<b>Discover Healthy Restriction of Uniqueness:</b> {} You can acknowledge your uniqueness without having to be right all the time. {} You are unique and irreplaceable even if someone else has a new idea or suggests a better than yours. {} You know that each moment is unrepeatable even if you have planned that moment.	<b>(D) Healthy Restriction Uniqueness:</b> {} Feeling uncertain slows you down, and it gives you time to think about if you higher values that you may be flipping.
	<b>Toxic Expansion of My Uniqueness:</b> {} I restrict my uniqueness by provoking others to reject me by acting superior to them. This trains others to ignore me, even condemn me. {} I think I always have to complain and express grief, pain, or discontent all the time.	<b>Healthy Expansion of Your Uniqueness:</b> {} I can express my concerns and complain if necessary. {} I can tolerate following orders. Appreciative	<b>(D) Healthy Expansion of Your Uniqueness:</b> {} As you have time to think, you can discover meaningfulness in this challenging situation, and you may come up with some innovative ideas.
	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

Adapted from the work of Mike Bernard and David Burns.

#5 Survival Mode: "No Plans" (Planning is Pointless) –

- If it is not fun or it is boring, you don't have to do it. It is pointless to plan your time. You don't have to think about how long it will take to do your work. Planning has nothing to do with being successful.

Cost of Not Planning:

- When you plan your time poorly, your environment is disorganized and you avoid your responsibility, your brain will go into survival mode.
- When you avoid, people give you fewer responsibilities, which could lead to less financial reward and independence.
- You think, "Nothing will change because everything I try is pointless."
- You think, "I won't learn or grow; You will be less effective.
- You will be less social, and you will be less creative.
- You will see the world using biased and rigid ideas, and you will lose the capacity for flexible thinking.
- You will play the role of victim and people will give you fewer responsibilities.
- You will be stuck and won't be able to move forward with your life.
- You will be powerless to resolve conflicts and reach your goals.
- The chances of being successful will decrease because you are not using your time and energy wisely.

Benefit of Not Planning:

- Planning never works, so why do it!
- You don't have to take responsibility for your faults or failures.
- Your life will be easier and You will never be disappointed.
- You can be passive-aggressive and get back at people.
- You can justify taking advantage of others.
- You can blame others and get them to do activities you don't want to do.
- If you don't plan, it will prove people can't boss I around – you will do it when you "FEEL" like doing it.
- You don't have to get everything done – you can be passive and really piss them off!

Defensiveness

(C) **Compartmentalizing:** I like these things, so I'll do them. I don't, so I won't do them.

(C) **Compensating:** I don't do pointless activities because I am good at other things.

(C) **Counter Transference:** I don't have to help because it is pointless.

(D) **Denying:** It is pointless to plan because nothing will happen.

(D) **Displacing:** It is pointless to plan because you pissed me off.

(E) **Externalizing:** I can only have fun when people are entertaining me and making it fun.

(I) **Intellectualizing:** I'm not doing what I promised because I'm not having fun- they're boring.

(P) **Projecting:** I'm bored, so they're making me bored. If I can't see the point, then it's pointless.

(R) **Rationalizing:** I don't keep my promises because they are boring and it is pointless.

(R) **Regressing:** I'm bored, so entertain me – NOW!

(S) **Suppression:** If this is pointless and I'm bored, then I should just forget it.

**BULL**

(U) **Unreceptive Thinking:** If others misbehave, I don't have to listen. When I rate people, I have to use a single-static-globally rating. "I judge them as stupid" for acting stupidly. I ignore others, and I can be completely uncooperative. I believe, "You can't order me around!" I think others can't tell me what to do. I don't want to listen because I hate innovative ideas, or it does not fit into my way of understanding the world.

10  *Socratic Questioning - Realistic Thinking:* {} I believe if I am uncooperative, people won't boss me around. It is false because sometimes I have observed that people I didn't like or respected have given me sound advice that supported my personal goals. {} A person's knowledge or timely advice is not directly related to their behavior or lapses of judgment.

11  *Aristotelian Questioning - Logic:* Is it logical to believe that I don't have to take advice from people I think are "bad? {} It is illogical because it does not follow that their valued advice on particular issues is unfortunate. {} They have poorly acted on other topics. {} Their helpful advice is not identical and may exclude and contradict their destructive behaviors. {} I don't trust this person, but their advice on a specific matter may help me.

12  *Pragmatic-Rational Thinking:* Will ignoring others help me? Usually, when people are uncooperative, they work against my goals and refuse to help me. Or they help me halfheartedly, especially when they have a history of being uncooperative. I can ask myself four questions: (1) Will this unreceptive thinking help me or hurt me; (2) will this thinking help me express my concerns clearly and assertively; (3) will this help me live an enjoyable life with others; and (4) will this thinking help me develop my potential and help me self-actualize?

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful


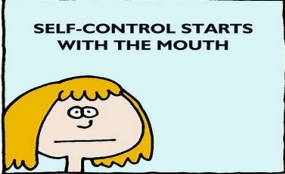

**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

Comments:

## Setting Goals (Index #6)

	Survival Mode:	Attitudinal Values: Higher Value:	The opposite of not setting goals or self-control is Concerned with Maintaining Your Self-Concept
Index #6			
1	<b>Toxic Belief: It is Pointless to Set Goals Values:</b> {} I am stubborn, and {} I'm not concerned about setting goals. . {} I'm not concerned about tasks others assign me. {} I believe it is pointless to set goals because my goals never come true. {} I have no control over my emotions and behavior. {} I don't have to give "My Best Attitude. {} I don't think managing my time and resources is essential. {} I believe I have no control over my life because life is meaningless. {} I can't concentrate when people are making noise. (Index 6) toxic restriction of your uniqueness.	<b>Healthy Realistic Self-Control: Attitudinal Values:</b> I can control myself and be careful socially {} Without self-control, other people will try to control me. {} I can control my emotions. {} I can be concerned about being socially precise. {} I can be concerned about the facts and reality. {} I can focus on things that will help me, and {} I know to avoid actions that will harm my social reputation and (Index 6) (Healthy restriction of my uniqueness)	<b>Self-Concept: How You See Yourself Attitudes:</b> {} You value maintaining your sense of self. {} You want to appreciate individuality and expand your understanding of uniqueness. {} You recognize your self-concept is your mental image of yourself. {} It is an idea you construct from your beliefs about yourself and how you want to respond to others. {} An <b>extreme form</b> of self-control is being compulsive, which is an irresistible persistent impulse to perform an act.

#1 What are some of the possible reasons why Realistic Self-Control Attitudes is more effective than Not Setting Goals Beliefs?

#i.

#ii.

#2. In what situations do you need to use reasonable and tolerant attitudes?

#3 In what situations do you having difficulty maintaining self-concept?




#4 How is not setting goals belief meaningful?	How is Realistic Self-Control and Setting Goals meaningful?

### #5 Cost Benefit Analysis

Cost of not setting goals (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of not setting goals (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does not setting goals wards of anxiety?	
#7 How does not setting goals protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

**#Note: Boredom** is the incapacity to take interest. I don't see the value and meaning in things people make me do. {} It is pointless to set goals because I tell myself, "This activity is stupid." When faced with a boring task, I tell myself, "I'll do this later" (procrastinating). {} I *can't* manage distractions, frustration, or uncomfortable situations, so I decide not to do the task. {} I think it is okay to give up in the face of any degree of frustration. {} I believe it is okay to do it later, when others expect me to complete a specific task in an agreed time frame. I can't manage my time. I can't manage distractions – I can't concentrate.

## Menu of Solutions & Effective Strategies

	Survival Mode:	Attitudinal Values: Higher Value:	The opposite of not setting goals or self-control is Concerned with Maintaining Your Self-Concept
<b>Index #6</b>			
<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree: <b>Practicing Healthy Self-Control and Setting Realistic Goals over Pointless to Set Goals</b>			
1	<p><b>Pointless to Set Goals Values :</b> {} I am stubborn and, {} I devalue setting goals. {} I devalue tasks others assign me. {} I believe it is pointless to set goals because my goals never come true. {} I have no control over my emotions and behavior. {} I don't have to give "My Best Attitude. {} I don't think it is essential to manage my time and resources. {} I believe that I have no control over my life because life is meaningless. {} I can't concentrate when people are making noise. (Index 6) <b>Boredom</b> is the incapacity to take interest. I don't see the value and meaning in things people make me do. It is pointless to set goals because I tell myself, "This activity is stupid." When faced with a boring task, I tell myself, "I'll do this later" (procrastinating). {} I can't manage distractions, frustration, or uncomfortable situations, so I decide not to do the task. {} I think it is okay to give up in the face of any degree of frustration. {} I believe it is okay to do it later, when others expect me to complete a specific task in an agreed time frame. I can't manage my time. I can't manage distractions – I can't concentrate. (Index #6)</p>	<p><b>Healthy Realistic Self-Control: Attitudinal Values:</b> I can control myself and be careful socially {} Without self-control, other people will try to control me. {} I can control my emotions. {} I can be concerned about being socially precise. {} I can be concerned about the facts and reality. {} I can focus on things that will help me, and {} I know to avoid actions that will harm my social reputation and (Index 6) (Healthy restriction of my uniqueness)</p>	<p><b>Self-Concept: How You See Yourself Attitudes:</b> {} You value maintaining your sense of self. {} You want to appreciate individuality and expand your understanding of uniqueness. {} You recognize your self-concept is your mental image of yourself. {} It is an idea you construct from your beliefs about yourself and how you want to respond to others. {} {} An <b>extreme form</b> of self-control is being compulsive, which is an irresistible persistent impulse to perform an act.</p>
	<p><b>Toxic Belief: It is Pointless to Set Goals Belief:</b> {} I am stubborn, and {} I'm not concerned about setting goals. . {} I'm not concerned about tasks others assign me. {} I believe it is pointless to set goals because my goals never come true. {} I have no control over my emotions and behavior. {} I don't have to give "My Best Attitude. {} I don't think managing my time and resources is essential. {} I believe I have no control over my life because life is meaningless. {} I can't concentrate when people are making noise. (Index 6) toxic restriction of your uniqueness.</p>		
2	<p><b>#4 (D) Discovering Meaningfulness:</b> {} Sometimes it is a promising idea to put things off when I don't have the necessary skills, resources, or time to complete a task to the fullest of my abilities.</p>	<p><b>#4 (D) Discovering Meaningfulness:</b> {} You are exercising your creative values and your experiential values, which will help you do discover the meaningfulness of the moment.</p>	<p><b>(D) Discovering Meaningfulness:</b> {} You sense of self can function as a guiding force, or it can maintain your rigid and obsessional behavior. Therefore, monitoring your sense of self will help you discover meaningfulness in the moment.</p>
3	<p><b>#5 (C) The Cost of Having No Goals:</b> {} When I don't have any goals, I am less organized, and I am less resilient. {} I have more difficulty facing challenges. {} I can't seem to calm myself down when I'm upset. {} I feel like I don't have any talents, and my ability to develop mutual respect diminishes. {} I have more problems paying attention, and I disturb people who are working around me. {} I often feel lazy and put important tasks off.</p>	<p><b>#5 (D) The Cost of have Realistic Self-Control:</b> {} Too much self-control may lead to {} obsessional thoughts and compulsive behaviors, {} a rigid outlook on life, and you may start demanding that people must not show their emotions and talk about their concerns. (Q3++)</p>	<p><b>Cost of a Self-Concept:</b> I may hold onto my self-concept that no longer fits my needs.</p>
	<p><b>#5 (C) The Benefit of having No Goals:</b> {} Setting my goals "really low" will make my life easier. {} I believe that I don't have to achieve much and {} I will have the excuse if I don't reach my goals. {} If I never have any goals, then I can never fail! {} I can feel sorry for myself because I don't have any purpose in my life. {} I can be a martyr. {} I don't have to give 100% effort. I can hide from my faults and ignore my role in the problem. {} I won't have to be honest with myself. {} I can comfort myself by eating, drinking, or drugging. {} I won't have to be responsible. {} I will feel free to say and do whatever I want.</p>	<p><b>#5 (D) The Benefit of having Realistic Self-Control:</b> Realistic self-control helps you to {} Get along with others and puts a check on excessive anger. {} Develop your sense of healthy confidence. {} Reach your short-term and long-term goals. {} Be persistent when you feel like giving up, and {} Develop your resiliency skills.</p>	<p><b>Benefit of a Self-Concept:</b> if you have a healthy and realistic sense of self, you will attempt new activities and behaviors.</p>
5	<p><b>(C) Toxic Restriction of Uniqueness:</b> {} I am distrustful of others, so I am unwilling to take sensible risks. {} I train people to reject me, so my interactions with others are</p>	<p><b>(D): Discover Healthy Restriction of Uniqueness:</b> {} You can doubt others.</p>	<p><b>(D) Healthy Restriction Uniqueness:</b> {} Your self-concept includes our knowledge of how you behave, your capabilities, and our</p>

	<p><b>limited.</b> {} If I don't do my best, then I cannot expand my uniqueness because I'll be doing tasks in a half-ass manner, which may suggest that I am thinking the tasks lacks significance, adequacy, or completeness, intelligence, character, or effectiveness. <b>(See (f) rebellious-resentful)</b></p>	<p>{} You keep your promises and your repair your broken promises. {} You keep your agreements and renegotiate new ones. <b>Able to doubt others, Can complain if necessary</b></p>	<p>individual characteristics. Your self-concept continues to form and change over time as you learn more about yourself.</p>
6	<p><b>(C) Toxic Expansion of My Uniqueness:</b> {} You distrust everyone or only trust a few people that you are familiar with in your life. {} I provoke people to reject me, so I have a good reason to mistrust them. {} I am not authentic around others. {} I feel resentful towards others because people have hurt me emotionally. {} I am defensive, suspicious, and dissatisfied with my life. {} I think I have to be cynical, passive, resistant, and bitter. {} I hate positive feelings. {} I'll loss my individuality if I trust another person. {} I feel rejection. {} Skepticism increases my sense of freedom. {} Bitter rebellion behavior pulls for punitive rejection, which breaking rules provokes punishment. {} A distrustful approach provokes others to ignore you.</p>	<p><b>(D) Healthy Expansion of Your Uniqueness:</b> {} You can appreciate your uniqueness while being aware of the facts and consequences of your behavior. {} You can still be irreplaceable even if reality doesn't go your way. {} You can recognize that each moment is unrepeatable without demanding that other people always act in the way you expect them to act. <b>Able to doubt others, Can complain if necessary</b></p>	<p><b>(D) Healthy Expansion of Your Uniqueness:</b> Self-concept is your personal knowledge of who you are, encompassing all your thoughts and feelings about yourself physically, personally, and socially.</p> <p>Adapted from the work of Mike Bernard and David Burns.</p>

**Cost of having No Goals:**

- When you don't have any goals, you are less organized and You are less resilient.
- You have more difficulty facing challenges.
- You can't seem to calm yourself down when I'm upset.
- you feel like you don't have any talents and
- Your ability to develop mutual respect become diminished.
- You have more problems paying attention and you disturb people who are working around you.
- You often feel lazy and put off important tasks.

**Benefits of having No Goals:**

- Setting your goals "really low" will make your life easier. You believe that You don't have to achieve much and
- You will have the excuse if You don't reach your goals; "You don't have any goals."
- You can feel sorry for yourself because You don't have any purpose in your life.
- You can be a martyr.
- You don't have to give 100% effort.
- You can hide from your faults and ignore your role in the problem.
- You won't have to be honest with yourself.
- You can comfort yourself by eating, drinking, and/or drugging.
- You won't have to be responsible.
- You will feel free to say and do whatever You want.

**Defensiveness**

**(C) Compartmentalizing:** I want to get what I want, but I don't have to set any goals.

**(D) Denying:** I'm reaching all my goals.

**(D) Displacing:** Goals are pointless because people won't let me do what I want anyway.

**(E) Externalizing:** You prevent me from reaching my goals, so why try.

**(I) Intellectualizing:** Only fools or insecure people have goals – but I can see why they do that.

**(R) Rationalizing:** I don't need to set goals because I'm too busy, I'll waste my time, and it takes too long.

**(R) Repressing:** I feel if I have goals – I never reach them. (Repressing helplessness/ hopelessness)

**(R) Regressing:** Goals are for people who don't know what they are doing – A waste of my time!

**(S) Suppressing:** I can't think about goals at this point.

**(S) Splitting:** My goals are the same as Joe's but different from Pete's, so I'll...

**(U) Undoing:** My goals have failed in the past, so I'll make better goals now and feel better.

**(U) Unrealistic Conclusion (Index #1):** When something goes wrong, I have to conclude that I'll never be happy. Whatever the situation, my conclusions are unrealistic. If I can't find a fantastic job, I'll be poor for my entire life, so I have to give up easily or put minimal effort into what I am doing. I believe that failing at this task means "I will always fail, so why to try." I am making an excuse to give up, which negates others and me. I think that I can give up if I convince myself I am a failure and will continue to be a failure.

10  *Socratic Questioning -Realistic Thinking:* Always, never, etc., are unrealistic worlds because the world and others are not static. The world is in a constant state of change, and people are also dynamic and growing. It is false because failing or doing anything cannot make 100% failure or me a 100% success. I could be happy in love but be poor as a church mouse.

11  *Aristotelian Questioning - Logic:* Is this conclusion logical? Is it rational to believe, "I don't want to fail, so I must not fail? It is illogical to derive an extreme position from a non-extreme position. When I sometimes fail, I don't have to make extreme statements, but I can focus on



	that I prefer not to fail. A preference (non-extreme attitude) is not identical to a demand (extreme and absolute; If I failed, it would be horrible! However, if I have failed in the past, I don't have to try now!). Many times demand can exclude and contradict a preference. For instance, I have to have a new car, but I can afford it. Therefore, I prefer financial stability over taking on more debt. It does not logically follow if I have failed in the past, I will always fail because no one can perfectly predict the future. I can guess about the future, but no one can make an absolute prediction about my future.
12	<input type="checkbox"/> Pragmatic-Rational Thinking: Do unrealistic conclusions help me? No! As long as I am distorting reality and being defensive, I will not get what I want, get into more trouble with the critical people in my life, and not reach my potential and expand my abilities. To experience meaningfulness in my life, I want to realize what I can change, what I can do with opportunities that come my way, and what attitude I will take toward things I can't change.
<b>U) Unrealistic Thinking (Poor Problem Solving – Index #1):</b> I have to be in my own little world. My thinking is unrealistic because I worry about things I have no control over. I believe that things should never change, people should always do what I wish, and things should work perfectly because I want them to work out. I fear that I will hurt myself when I know I'm not going to hurt myself. I do things that are not age-appropriate or not appropriate for my social situation, and then I worry about it. I apply the same rigid rules that are unrealistic. I disregard the situation because I rationalize that "if it worked in one situation, it would work in all situations."	
10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking:</i> Will unrealistic thinking assist me in reaching my goals and actualizing my talents and potential? To make my goals real, I want to think realistically. Unrealistic thinking will increase the chances of anger-rage, depression, and/or anxiety. It will lead to toxic conflicts with others, and it will not help me make rational decisions or help me solve problems systematically. Unrealistic thinking is illogical, idealistic, and not helpful. I want to know myself; I don't damage my sense of appreciation and respect. I want to act more assertively. I want a sense of self-realization and self-fulfillment while maintaining my ethical sense of responsibility.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Is it logical to believe that a failing strategy will work someday? I am all for hope, but it does not follow that a faulty premise will someday be a valid premise, and something <i>cannot</i> be accurate and false at the same time.
12	<input type="checkbox"/> Pragmatic-Rational Thinking: In the long run, being stubborn will win out – but even if I'm stubborn, it won't matter. I justify my stubborn behavior by hoping it will work someday, even though I know it is improbable. I think, "what I want is not that important." If I keep trying the same old method, it will prove I'm right. However, if I change, it will show I'm wrong. To be happy, people must reward me.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

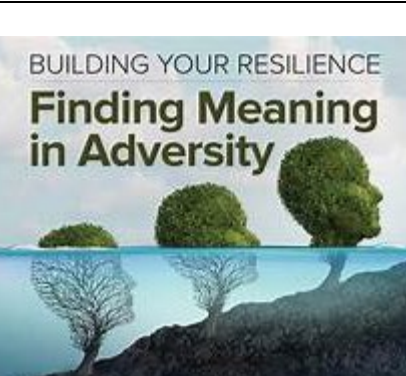
Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful




**4**  
Helpful

**5**  
Very Helpful

Comments:



# Giving Your Best Effort Showing Concern vs. Giving Up (Index 7)

	<b>Survival Mode:</b>	<b>Attitudinal Values: Higher Value</b>	<b>Opposite of Giving Up and Resolve</b>
<b>Index #7</b>		 "You can adapt, or you can go into a cave and give up."	
<b>1</b>	<b>Pointless to Try Belief: Giving Up Behavior</b> { } I'm not concerned about my effort or trying. { } I think it is okay to give up when tasks become too frustrating or tedious. { } I believe in luck or how the past controls my present life. { } I'm not concerned, so I can blame my addictions or ADHD, which controls my behavior. { } I believe in the "I Feel Like Giving Up Attitude." { } When things don't go my way, I think trying is pointless. (Index 7)	<b>(D) Resolve Attitudinal Values:</b> { } I can give my best effort. { } I can show resolve in times of stress and frustration. { } I know that effort leads to getting it right rather than luck. { } I can give my best effort to develop my talents and skills. { } I know that effort is the active use of energy to produce favorable and healthy results. { } I know the harder you try, the more I will succeed. (Index #7)	<b>Unconcerned Attitudes:</b> { } You do not value every issue that presents itself to you. { } You know it is okay that you don't have to be a part of everything or be interested in everything. { } You are not feeling anxious or upset. { } You don't worry about things that don't concern you. { } You know that you cannot care about every issue presented to you.

## #1. What are some of the possible reasons why Resolute Attitudes is more effective than Giving Up Beliefs?

#i.

#ii.

## #3. In what situations do you need to use resolute attitudes?




## #4 In what situations you can't be interested in everything? What issues do you have no interest in?

#4 How is giving up meaningful?	How is being resolute meaningful?

## #5 Cost Benefit Analysis

Cost of (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of pointless to try goals (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does pointless to try wards of anxiety?	
#7 How does pointless to try protecting my self-esteem?	
#8 How will others respond to when you think it is pointless to try?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)

## Menu of Solutions & Effective Strategies

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Giving Up and Resolve
<b>Index #7</b>		 <p style="text-align: center;">"You can adapt, or you can go into a cave and give up."</p>	
<p><b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree:  <b>Resolution</b> (to reach a firm decision about your life) <i>over Giving up</i> and believing it is pointless to try</p>			
1	<p><b>Pointless to Try Belief: Giving Up Behavior</b>                  {} I'm not concerned about my effort or trying. {} I think it is okay to give up when tasks become too frustrating or tedious. {} I believe in luck or how the past controls my present life. {} I'm not concerned, so I can blame my addictions or ADHD, which controls my behavior. {} I believe in the "I Feel Like Giving Up Attitude." {} When things don't go my way, I think trying is pointless. (Index 7)</p>	<p><b>(D) Resolve Attitudinal Values:</b> {} I can give my best effort. {} I can show resolve in times of stress and frustration. {} I know that effort leads to getting it right rather than luck. {} I can give my best effort to develop my talents and skills. {} I know that effort is the active use of energy to produce favorable and healthy results. {} I know the harder you try, the more I will succeed. (Index #7)</p>	<p><b>Unconcerned Attitudes:</b> {} You do not value every issue that presents itself to you. {} You know it is okay that you don't have to be a part of everything or be interested in everything. {} You are not feeling anxious or upset. {} You don't worry about things that don't concern you. {} You know that you cannot care about every issue presented to you.</p>
2	<p><b>#4 (C) Discovering Meaningfulness:</b> {} In certain moments, we sometimes need to retreat and catch our breath.</p>	<p><b>#4 (D) Discovering Meaningfulness:</b> {} Happiness and success are wonderful but short-lived. {} Giving your best effort will lead to doing things right and carefully. This allows you to see the meaningfulness of the moment.</p>	<p><b>(D) Discovering Meaningfulness:</b> If you are a "jack of all trades and a master of none," you may miss the meaningfulness of the moment.</p>
3	<p><b>#5 (C) The Cost of Giving Up:</b>                  {} I will be less persistent, and I don't get things done. {} I won't be keeping my promises and agreements so that people will trust me less. {} Nothing will change. {} I won't experience the change and growth I desire. {} The role of the victim will become tiresome. {} I will be depriving myself of love and happiness. {} I will develop new distortions and experience more intense unhealthy-unpleasant negative emotions. {} I won't see the role I play in the problem. {} I will be stuck and won't be able to move forward with my life. {} I will have greater feelings of hopelessness and helplessness. {} I will be less resilient, and {} I will experience more stress that will get the best of me.</p>	<p><b>#5 (D) The Cost of having Doggedness:</b> {} You may not give up on tasks that you need to give up. {} You get involved in a flight when it is not your responsibility to be involved. {} Sometimes, it is a promising idea to retreat.</p>	<p><b>Cost of Unconcerned Attitudes:</b> People may confused unconcerned with uncaring.</p>
4	<p><b>#5 (C) The Benefit of Giving Up:</b> {} I can blame my bad luck on my failing, and people will understand when I give up. {} I won't have to try so that I won't fail. Nobody has control of the situation or me - so it is easier to give in or to give up. {} I won't have to change. I like the familiar anyway. {} I can feel superior watching everyone else fail and look stupid. {} I won't feel vulnerable. {} I will feel safer I will not try activities I'm not good at or do my responsibilities I don't like to do. {} I don't have any control over what happens to me - so why try.</p>	<p><b>#5 (D) The Benefit of Being Resolved:</b> {} You are more productive. {} You solve problems rather than avoid problems. {} You develop a healthy sense of confidence. {} You develop a healthy sense of appreciation and respect for others and their accomplishments.</p>	<p><b>Benefit of Unconcerned Attitudes:</b> You can be concerned about everything. I need to set priorities.</p>
5	<p><b>(C) Toxic Restriction of Uniqueness:</b> {} I give up easily, so I don't expand my uniqueness because developing new skills takes time and effort. {} I'm too busy blaming other for my feelings and actions. (See <b>Interpersonal (k) Stubborn (g)</b>)</p>	<p><b>(D): Discover Healthy Restriction of Uniqueness:</b> {} There are times to move ahead, and there are times to retreat. Pete Seeger's song taken from Ecclesiastes "Turn, Turn, turn" popularized by The Byrds sing there is "a time to build up, a time to break down, a time to dance, a time to morn, a time to gain, and a time to lose."</p>	<p><b>(D) Healthy Restriction Uniqueness:</b> {} You do not want to be overly involved in that issue. {} You only have so much energy and resources. {} You want to prioritize those resources.</p>
6	<p><b>(C) Toxic Expansion of My Uniqueness:</b> {} Giving up protects my self-esteem. {} When I blame others for my feelings and actions, I won't feel bad about myself, but I giving up my freedom and responsibilities.</p>	<p><b>(D) Healthy Expansion of Your Uniqueness:</b> {} You can be unique by giving you best effort and developing your talents even if another person does not appreciate your talents. {} You know you are irreplaceable even if you fail along the way, and {} You know each moment is unrepeatable, so there will be times when you succeed and times you fail. <b>Appreciative</b></p>	<p><b>(D) Healthy Expansion of Your Uniqueness:</b> {} As you prioritize you resources, time and enegay, you have time and energy to expand your skills so you can expand your uniqueness that is meaningful to you.</p>
	Toxic Dialectic:	Healthy Dialectic:	Healthy Dialectic:
Adapted from the work of Mike Bernard and David Burns.			

#7 Survival Mode “Giving UP:” It is pointless to try because You have no control over what happens to I.

Cost of Giving Up:

- You will be less persistent, and things won't get done.
- You won't be keeping your promises and agreements, so people will trust you less.
- Nothing will change.
- You won't experience the change and growth I desire.
- The role of victim will become tiresome.
- You will be depriving yourself of love and happiness.
- You will develop new distortions and experience more intense unhealthy-unpleasant negative emotions.
- You won't see the role you play in the problem.
- You will be stuck and won't be able to move forward with your life.
- You will have greater feelings of hopelessness and helplessness.
- You will be less resilient and you will experience more stress that will get the best of you.

Benefit of Giving Up:

- You can blame your bad luck on your failing and people will understand when you give up.
- You won't have to try, so you won't fail.
- Nobody has control of the situation, so it is easier to give in or to give up.
- You won't have to change.
- You like the familiar anyway.
- You can feel superior watching everyone else fail and look stupid.
- You won't feel vulnerable.
- You will feel safer if you don't try at things, you are bad at...
- You won't have to be honest with yourself or take any responsibilities because
- You absolutely don't have any control over what happens to you– so why try.

Defensiveness

**(D) Denying:** I never give up.

**(E) Externalizing:** The outside world makes me give up because I can't control anything.

**(I) Introjecting:** I'm inadequate – so what do you expect from me.

**(I) Intellectualizing:** I'm just wasting my time on anything - Nobody controls everything.

**(R) Rationalizing:** I haven't won, I have no control; I'll never win – so why try?

**(R) Repressing:** I'm sorry – I forgot – I was thinking about something else.

**(R) Regressing:** I was in a silly mood, so who cares anyway! You tell me what to do.

**(S) Suppressing:** I'll just forget about it and do nothing.

**(U) Undoing:** By not controlling, I get more control.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

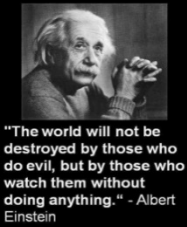
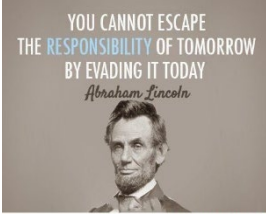

**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

**Comments:**

## Responsibleness vs. Pointless to be Concerned (Index #8)

	Survival Mode:	Attitudinal Values: Higher Values:	Opposite of Pointless to be Concerned and being Responsible is Being Relevant
<b>Index #8</b>			
<b>1</b>	<p><b>(B) Pointless to be Concerned Belief:</b>                  {} I'm not concerned about what others think or want. I am not concerned about being responsible and working hard in the face of frustration or stress. {} I am only concerned about things that are fun and easy. {} I take on an "I Can't Be Bothered Attitude." {} I believe that life should always be fun and exciting. {} I think being concerned about myself, others, or the world is pointless. {} I can't stand it when things are frustrating or tedious. (Index #8)</p>	<p><b>(D) Responsibleness Attitudinal Values</b>                  I can give my best effort and show resolve in times of stress and frustration {} I value being responsible. {} I want to do challenging work and tasks that are only sometimes easy. {} I can work tough, even when tasks are uncomfortable, or the job is not fun. {} I can take ownership of my emotional life (emotional responsibility). {} I can be accountable for the role I play. {} I can see possibilities or liabilities (Index #8).</p>	<p><b>Relevant Attitudes:</b>                  {} You value issues that are relevant, pertinent, applicable, and germane to you. {} You want to retrieve material that satisfies your needs. {} You show little or no feeling-emotions about specific activities. {} Relevance: pertinent, fitting, compelling, practical, applicable, germane vs. irrelevant, unrelated, unconnected, extraneous; relation to the matter at hand; practical and social applicability.</p>

### #1. What are some of the possible reasons why Responsibleness is more effective than Not Being Concerned Beliefs?

#i.

#ii.

### #2. In what situations are you not concerned about?

### #3 In what situations do you want to be responsible, and in what situations do you not to over extend your responsibility?

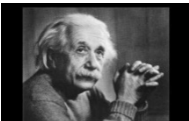
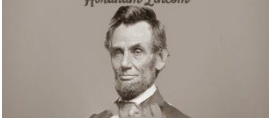

#4 How is lacking concern meaningful?	How is being responsible meaningful?

### #5 Cost Benefit Analysis

Cost of not being concerned (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of not being concerned (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does not being concerned wards of anxiety?	
#7 How does not being concerned protect my self-esteem?	
#8 How will others respond to when you are not concerned?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness	healthy restriction of uniqueness. (Column B Row 6)



## Menu of Solutions & Effective Strategies

	Survival Mode:	Attitudinal Values: Higher Values:	Opposite of Pointless to be Concerned and being Responsible is Being Relevant
<b>Index #8</b>	 <p>"The world will not be destroyed by those who do evil, but by those who watch them without doing anything." - Albert Einstein</p>	 <p>YOU CANNOT ESCAPE THE RESPONSIBILITY OF TOMORROW BY EVADING IT TODAY Abraham Lincoln</p>	
<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree: <b>Responsibleness over Pointless to be Concerned</b> , unaccountable, unanswerable, uncooperative			
1	<b>(B) Pointless to be Concerned Belief:</b> {} I'm not concerned about what others think or want. I am not concerned about being responsible and working hard in the face of frustration or stress. {} I am only concerned about things that are fun and easy. {} I take on an "I Can't Be Bothered Attitude." {} I believe that life should always be fun and exciting. {} I think being concerned about myself, others, or the world is pointless. {} I can't stand it when things are frustrating or tedious. (Index #8)	<b>(D) Responsibleness Attitudinal Values</b> I can give my best effort and show resolve in times of stress and frustration {} I can be responsible. {} I want to do challenging work and tasks that are only sometimes easy. {} I can work tough, even when tasks are uncomfortable, or the job is not fun. {} I can take ownership of my emotional life (emotional responsibility). {} I can be accountable for the role I play. {} I can see possibilities or liabilities (Index #8).	<b>Relevant Attitudes:</b> {} You value issues that are relevant, pertinent, applicable, and germane to you. {} You want to retrieve material that satisfies your needs. {} You show little or no feeling-emotions about specific activities. {} Relevance: pertinent, fitting, compelling, practical, applicable, germane vs. irrelevant, unrelated, unconnected, extraneous; relation to the matter at hand; practical and social applicability.
2	<b>#4 (C) Discovering Meaningfulness:</b> {} There are times when {} I want to slow down and re-examine my resources. {} I can remove myself from the stressful situation and have some fun and do things I enjoy doing.	<b>#4 (D) Discovering Meaningfulness:</b> {} Discovering meaningfulness takes involvement. {} Simply waiting for meaningfulness to come along will be frustrating, and your life will appear empty.	<b>(D) Discovering Meaningfulness:</b> Focusing on extraneous issues, you may not notice the critical issues. You can discover meaningfulness when you address relevant questions.
3	<b>#5 (C) Cost of Telling Myself "You Can't be Bothered" Thinking</b> {} I can't be bothered" leads to feeling lazy and putting things off. {} When I procrastinate, people's trust will diminish, and I will have less independence and freedom. {} I will worry more and increase the intensity of my anxiety. {} I won't get things done because I will be spending much of my energy on worrying. {} People won't expect much from I, so my life will be more comfortable. {} I won't learn positive survival modes of the mind to develop my ability to bounce back from unfortunate events. {} I won't experience emotional growth. {} I will experience negative consequences. {} I will be worried and having more conflicts with other people. {} It will be exhausting to feel worried all the time. {} I will be stuck, and I won't be able to move forward in my life. {} I will not be successful because I think, "I don't have to do things that are not fun!	<b>#5 (D) Cost of being Responsible:</b> {} Another person may give you too much responsibility because you are a "responsible person." {} Another person may neglect their responsibilities and leave it up to you to do all the work. {} You may become self-righteous because you see yourself as a "responsible" person.	<b>Cost of Being Relevant:</b> having significant and demonstrable bearing on the matter at hand, affording evidence tending to prove or disprove the matter at issue or under discussion
4	<b>#5 (C) Benefit of Telling Myself "I can't be bothered:"</b> {} I will have more fun in life. {} I can complain and justify my lack of effort because "I am (the other person is) bored!" {} I will feel powerful and in control when I refuse to cooperate. {} I will show others they can't push me around. {} Life will seem dramatic and exciting. {} The conflict that will result from telling myself, "I can't stand it" will make I feel special and important. {} I can write the other person off as a jerk and convince myself the situation is hopeless. {} I can blame another person for being boring, therefore I am off the hook.	<b>#5 (D) Benefit of being Responsible:</b> {} People with trust you and let you to do tasks independent of their supervision. {} You feel good about yourself and your performance because you are: <input type="checkbox"/> getting along with others, <input type="checkbox"/> developing confidence, <input type="checkbox"/> reaching your long-term and short-term goals.	<b>Benefit of Being Relevant:</b> You select tasks and values that are important and meaningful to you.
5	<b>(C) Toxic Restriction of Uniqueness:</b> {} Without being responsible, others can restrict my freedom. {} When people limit me, I will not have the freedom to expand my uniqueness. {} I ignore my responsible and take a cavalier attitude. {} When I make an offhand remark that disdains or dismisses important matters, I have a cavalier attitude.	<b>(D) Discover Healthy Ways to Restrict Your Uniqueness:</b> {} You can expand your uniqueness even when situations are difficult and trying. {} You recognize your irreplaceability when you take responsibility for your actions and don't blame others for your feelings. {} You can realize each moment is unrepeatable even if you have the same	<b>(D) Healthy Restriction Uniqueness:</b> {} You want to determine what issues apply to you and which problems are immaterial to you. If you study every philosopher, poet, and every intellect, it will utterly confuse you.

	{ } This attitude may provoke people to dismiss my concerns and act arrogantly.	emotional reaction to the stress, trauma, and pain you experienced in the past.	
6	<b>(C) Toxic Expansion of My Uniqueness:</b> { } When I blame others for my feelings or my action, I may protect my self-esteem, but blaming others leads to a feeling helplessness. <b>(See (d) unkind sarcastic</b> Adapted from the work of Mike Bernard and David Burns.	<b>(D) Healthy Expansion of Your Uniqueness:</b> { } You can be sensitive to another person's feelings and concerns. { } You can be modest in what you know and what you don't know. { } Modest is placing a moderate estimate on your abilities or worth. Note: Seeking worth is the fastest way to feel worthless. Can be strict if necessary. <b>(Firm:</b> I can be firm and take my responsibilities seriously. I can be strict if necessary. I want to be firm but fair and focused.	<b>(D) Healthy Expansion of Your Uniqueness:</b> { } When you focus on the relevant facts of the situation, you have a greater chance of solving problems and making better decisions.
RELEVANT, GERMANE, MATERIAL, PERTINENT, APPOSITE, APPLICABLE, APROPOS mean relating to or bearing upon the matter in hand.			
RELEVANT implies a traceable, significant, logical connection. The word germane imply a fitness for or appropriateness to the situation or occasion. MATERIAL implies so close a relationship that it cannot be dispensed with without serious alteration of the case. PERTINENT stresses a clear and decisive relevance .			
APPOSITE suggests a felicitous relevance. APPLICABLE suggests the fitness of bringing a general rule or principle to bear upon a particular case			

<b>#8 Survival Mode "I Can't Be Bothered"</b>	
<b>Cost of Telling Myself "You can't be bothered" Thinking</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> You can't be bothered" leads to feeling lazy and putting things off.</li> <li><input type="checkbox"/> When I procrastinate, people's trust will diminish, and you will have less independence and freedoms.</li> <li><input type="checkbox"/> You will worry more and increase the intensity of your anxiety.</li> <li><input type="checkbox"/> You won't get things done because You will be spending much of your energy on worrying.</li> <li><input type="checkbox"/> People won't expect much from you, so your life will be easier.</li> <li><input type="checkbox"/> You won't learn positive survival modes of the mind to develop your ability to bounce back from bad events.</li> <li><input type="checkbox"/> You won't experience emotional growth.</li> <li><input type="checkbox"/> You will experience negative consequences.</li> <li><input type="checkbox"/> You will be worried and having more conflicts with other people.</li> <li><input type="checkbox"/> It will be exhausting to feel worried all the time.</li> <li><input type="checkbox"/> You will be stuck and I won't be able to move forward in your life.</li> <li><input type="checkbox"/> You will not be successful because You think, "You don't have to do things that are not fun!</li> </ul>	
<b>Benefit of Telling Myself "You can't be bothered:"</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> You will have more fun in life.</li> <li><input type="checkbox"/> You can complain and justify your lack of effort because "you are (the other person is) boring!"</li> <li><input type="checkbox"/> You will feel powerful and in control.</li> <li><input type="checkbox"/> You will show that you can't be pushed around.</li> <li><input type="checkbox"/> Life will seem dramatic and exciting.</li> <li><input type="checkbox"/> The conflict that will result from telling yourself, "You can't stand it" will make you feel special and important.</li> <li><input type="checkbox"/> You can write the other person off as a jerk and convince yourself the situation is hopeless.</li> <li><input type="checkbox"/> You can blame another person for being boring, therefore you are off the hook.</li> </ul>	

**Defensiveness**

- (C) Compensating:** I feel bored at work, so I have a rough time after work by getting drunk.
- (D) Denying:** Success has nothing to do with hard work and resilience.
- (D) Displacing:** I'm failing in school, so I'll beat everyone in baseball.
- (E) Externalizing:** You're not making this exciting and fun, so stop boring me.
- (I) Intellectualizing:** You're boring because you didn't study enough and weren't raised right.
- (R) Reaction Formation:** I can't do anything right –so I'll make everything exciting.
- (R) Regressing:** I just want to have fun – no responsibilities – no worries.

**BULL**

<b>(R) Responsible Thinking that is Irrational</b> I have to complain about others. I tell myself, "because I act responsibly, so should you! If you don't, I don't have to be responsible. Because you don't do what you should, you are a rotten person who hardly deserves a wholesome existence!	
10	<b>[ ] Socratic Questioning -Realistic Thinking:</b> I want people to be responsible, but they don't have to be accountable. Does the belief, "I am responsible, so you must be responsible," match reality? I have observed that people frequently make unintentional mistakes and sometimes make intentional errors that interfere with my goals. I do not live in a perfect world with perfect people. Yes, the degree to which things happen varies, but adversities and good things happen to everyone. I believe that no one is immune to pain, sorrow, and disappointment. When I demand perfection, I am unrealistic, and I will not reach my goals or get along with people I love at work or school.



11	<p><input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Things must go my way; if not, I have to judge people as “totally worthless.” Is it logical to believe others have to give me what I want because I once saw them as delightful I don’t like it when others let me down? I prefer people to keep their promises, but it is not logical because the belief that “I must never get let down” is rigid, and the belief that “I prefer people to keep their promises” is flexible. It is illogical to mix and match rigid and flexible ideas because (1) they are not identical, (2) they can contradict each other, and (3) they can exclude each other. When I go after goals that are not identical, contradict, and exclude each other, I will create more problems for myself. It does not logically follow that because I don’t like one or two aspects of the goal, which is admittedly trying. I don’t have to demand that they be perfect.</p>
12	<p><input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Is it helpful to make sure people tend to keep their promises and agreements but getting upset about their mistakes is a waste of time and energy? Do people respond to me better when I whine about their irresponsible behaviors? When I place demands on people and think it is awful when they act irresponsibly, I will have more difficulty getting what I want and will not reach my long-term goals. I will have more stress and frustration in my life, and I will not reach my short-term goals. I will get into more trouble with others and have conflicts with others.</p>

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful




**4**  
Helpful

**5**  
Very Helpful

**Comments:**

## Reassuring Yourself is better than Self-Doubt (Index #9)

**Instilling Confidence Values:** I can have a healthy sense of certainty, trust, and faith in myself and others. Attitude values can help me know that I am more likely to succeed than fail based on which values I hold (survival values or attitudinal values). I don't have to be afraid of making mistakes and know using extremely negative evaluations (I am stupid) will not correct my behavior or expand my uniqueness. I can take on new responsibilities as I become more independent and confident.

##			
	Survival Mode:	Attitudinal Values: Higher Value	Opposite of self-doubt and Self-Reassurance
<b>Index #9</b>			
	<b>Self-Doubt Value:</b> {} I doubt my worth and abilities when I fail or cannot achieve a goal. {} When I challenge myself, I believe I can't do what I need to do. {} I think I am not good at anything when I fail. {} I feel I can't do anything right. {} I believe "nothing ever works out for me." {} I adhere to the attitude of "I Can't Do It." (Index 9).	<b>Self-Reassurance Attitudinal Values:</b> Self-Reassurance is restoring my confidence and to assure anew. {} I can believe in myself. {} I think that "I can do this!" {} I know I am more likely to be successful than fail. {} I can give myself credit when I am successful. {} When I am unsuccessful, I remember how I did well (Index #9).	<b>Unenthusiastic Attitudes:</b> {} You value being unenthusiastic and unsympathetic about specific issues. {} You want to accept that you can't be excited about everything. {} It is okay to be unenthusiastic about an issue or topic. {} You can't be interested in everything, and {} You can't put all your time, energy, or effort into every activity. {} You can be lukewarm, halfhearted, and unresponsive on issues. {} You can be cautious and reflective. {} You can be cautious and reflective.

#1 What are some of the possible reasons why having Self-Reassurance Attitudes is more effective than Self-Doubt Beliefs?

#i.

#ii.




#2. In what situations or issues are unenthusiastic?

#3 In what difficult situations do you want to reassure yourself?

#4 How is having self-doubt meaningful?	How is self-reassurance meaningful?

### #5 Cost Benefit Analysis

Cost of self-doubt (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of not setting goals (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does self-doubt wards of anxiety?	
#7 How does self-doubt protect my self-esteem?	
#8 How will others respond to when you have self-doubt?	
Toxic of expansion your uniqueness.	Healthy expansion of your uniqueness.
Toxic of restricting your uniqueness.	healthy restriction of uniqueness. (Column B Row 6)

Menu of Solutions & Effective Strategies			
	Survival Mode:	Attitudinal Values: Higher Value	Opposite of self-doubt and Self-Reassurance
Index #9			
<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree: <b>Healthy Self-Reassurance over Self-Doubt</b>			
1	<b>Self-Doubt Value:</b> { } I doubt my worth and abilities when I fail or cannot achieve a goal. { } When I challenge myself, I believe I can't do what I need to do. { } I think I am not good at anything when I fail. { } I feel I can't do anything right. { } I believe "nothing ever works out for me." { } I adhere to the attitude of "I Can't Do It." (Index 9).	<b>Self-Reassurance Attitudinal Values:</b> Self-Reassurance is restoring my confidence and to assure anew. { } I can believe in myself. { } I think that "I can do this!" { } I know I am more likely to be successful than fail. { } I can give myself credit when I am successful. { } When I am unsuccessful, I remember how I did well (Index #9).	<b>Unenthusiastic Attitudes:</b> { } You value being unenthusiastic and unsympathetic about specific issues. { } You want to accept that you can't be excited about everything. { } It is okay to be unenthusiastic about an issue or topic. { } You can't be interested in everything, and { } You can't put all your time, energy, or effort into every activity. { } You can be lukewarm, halfhearted, and unresponsive on issues. { } You can be cautious and reflective. { } You can be careful and thoughtful.
2	<b>#4 (D) Discovering Meaningfulness:</b> How is doubting yourself meaningful? { } Doubting yourself helps you to focus on what is important to you and what you need to do to meet life's demands.	<b>#4 (D) Discovering Meaningfulness:</b> { } You can appreciate your confidence without becoming overly confident or conceited. { } You are irreplaceable because you have faith in yourself. { } You do not worry about demonstrating your confidence to others, and { } you can recognize each moment is unrepeatable because of the skills others have helped you to develop.	<b>(D) Discovering Meaningfulness:</b> If you were excited about everything, it would be confusing to decide what is vital in your life, what significant actions you want to take, and what would be meaningful to you.
3	<b>#5 (C) Cost of Telling myself, "I can't do it," which leads to feeling down and giving up.</b> { } I can justify disturbing others and not paying attention because "I can't do anything." { } I have less confidence in myself. { } I will be afraid to try new things or take risks to improve myself. { } I will be less persistent and less resilient. { } When other people make mistakes, I will make an important thing about it and blow things out of proportion. { } I will have more incredible difficulty solving problems with other people.	<b>#5 (D) Cost of being Self-Reassured:</b> { } You can become overconfident. { } You may disregard people's negative feedback. { } You may be overconfident and take unnecessary risks. { } You get addicted to people's admiration.	<b>Cost of Being Unenthusiastic</b> People may see you as uncaring or disinterested.
4	<b>#5 (C) Benefit of Telling myself, "I can't do it.:</b> { } People won't expect much from me if I don't have any confidence. { } I can feel sorry for myself. { } I can play the role of the victim, and people will feel sorry for me – they'll comfort me and give me attention. { } Blaming the situation or other people will protect my pride. { } I feel morally inferior, and people will get off my back. { } Eventually, people will stop acting in my favor.	<b>#5 (D) Benefit of Self-Reassured:</b> { } It develops a constructive sense of confidence. { } It increases your ability to be self-reliant. { } It helps you to recognize risks and when to take sensible risks. { } It will increase your ability to find meaningfulness in giving yourself and others unconditional acceptance.	<b>The benefit of being Unenthusiastic</b> You are being true to yourself, so people will see you as genuine.
5	<b>(C) Toxic Restriction of Uniqueness:</b> { } I train people to look down at me, so they treat me with disrespect, contempt, or disdain. { } I see myself as weak and feel less anxious when people depreciate me. { } By being overly modest, I restrict my uniqueness. <b>(See (h) shame, lacks self-confident</b>	<b>(D): Discover Healthy Restriction of Uniqueness:</b> { } You can criticize yourself without putting yourself down. You can rate your behavior to determine if you are reaching your goals. <b>Able to criticize self</b>	<b>(D) Healthy Restriction Uniqueness:</b> { } You may feel unexcited about issues, so you spend more time working on questions and concerns that are influential and inspirational.
6	<b>(C) Toxic Expansion of My Uniqueness:</b> I believe putting myself down will stop me from making mistakes. { } I am overly apologetic, lack self-confidence, and am easily embarrassed, so I restrict my behavior and don't try new skills.	<b>(D) Healthy Expansion of Your Uniqueness:</b> { } Rating your behavior helps you expand your uniqueness by monitoring your actions to learn new skills or develop new goals and plans.	<b>(D) Healthy Expansion of Your Uniqueness:</b> { } Focusing on goals and plans that open the door to discovering meaningful help to exercise resources and energy on relevant and significant issues.
Adapted from the work of Mike Bernard and the work of David Burns			

#9 Survival Mode: “I CAN’T DO It:” When I fail, I am not good at anything, and I will never be good at anything.

Cost of Telling yourself, “I can’t do it,” which leads to feeling down and giving up.

- You can justify disturbing others and not paying attention because “You can’t do anything.”
- You have less confidence in yourself.
- You will be afraid to try new things or take risks to improve yourself.
- You will be less persistent, and you will be less resilient.
- When other people make mistakes, you will make a big thing about it and blow things out of proportion.
- You will have greater difficulty solving problems with other people.

Benefit of Telling yourself, “I can’t do it.:

- People won’t expect much from you.
- You can feel sorry for yourself.
- You can play the role of the victim.
- People will feel sorry for you – they’ll comfort you and give you attention.
- Blaming the situation or other people will protect your pride.
- You feel morally inferior and people will get off your back.
- Eventually, people will stop acting in your favor.

(A) Acting Out: If I whine enough about my failing, someone will do it for me.

(C) Compartmentalizing: If I put all my failing into one group and over-focus on that group, I’ll feel better.

(D) Denying: I can’t do anything right – I’m constantly failing. (Denying successes and strengths)

(I) Introjection: All my failings are my fault – 100%.

(R) Regressing: I’ll stop trying and go back to my failing ways.

(U) Undoing: If I succeed tomorrow, I will undo all of those bad feelings in the past.

**BULL**

(G) **Global Rating Using Self-Contempt:** I *have to* belittle myself and make disparaging remarks about myself. Because I lack appreciation and self-respect, my effort is limited. I make broad judgments based on remarkably little evidence.

10  *Socratic Questioning - Realistic Thinking:* I don’t want to make mistakes, but I clearly know that everyone makes mistakes. What proof is there that everyone is thinking about what I did, and where is the evidence they’ll never forget? I cannot read people’s minds, so worrying about what people are thinking is unrealistic. If they are so concerned about my behavior, I am glad to sit down with them, and we can discuss our differences. There is no proof that anyone should do what I want (I don’t like it when people negatively think of me). There has been no one in history who always got their way. Their approval is not necessary for my survival or happiness. Because it looks like some people get their way sometimes, this does not mean they get their way all the time. I can still reach a majority of my goals in life and still have some people who disapprove of me.  It is a fact that for every front, there is a back; for every up, there is a down, etc. Globally, rating denies this fact because these are good and bad in most things. It is a fact that I choose to judge myself as worthwhile or worthless. When I judge myself, it is a subjective process and not an objective reality. It is a fact that humans can only be human. By my very nature, I am ordinary. In fact, if I made mistakes in the past – I could not now be motivated to improve my behavior and life now.

11  *Aristotelian Questioning - Logic:* How does it follow that making a mistake makes me 100% stupid? It doesn’t! If I overreact to every mistake, I will give up and may not learn from my mistakes. I can endure stress when I think more logically. It does not follow that because, in my past, I’ve made mistakes, I am making them now, and I will probably make them in the future. I can learn from my past mistakes. In the past, I had many positive and healthy behaviors and negative and self-defeating behaviors. Even if I behaved perfectly awful in the past, I logically don’t have to rate myself 100% negative or worthless because the past does not control all my current behaviors. I may do something healthy or not in the future, but I don’t have to rate myself either way. Self-rating rarely is helpful or realistic.

12  *Pragmatic-Rational Thinking:* Is a global rating helpful, does it help me to express my concerns, and will this global rating help me reach my long-term goals? Global rating will not help me, and global rating will not help me express myself nor help me get along with others. It will not help me reach my short-term goals or help me develop my talents and potential.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful




**5**  
Very Helpful

**Comments:**



## Seeking Approval vs. Confidence Self-Reliance (Index #10)

complete worksheet reflecting your top attitudinal value. If you get stuck, go to Menu on the next page on the next page.

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Seeking Approval and Self-Reliance
<b>Index #10</b>	<b>Fear of Disapproval</b> 	<b>Independent Thinking:</b> 	
<b>1</b>	<b>Toxic Seeking Approval Value:</b> {} I value another person's opinion too much. {} I don't value my opinion, and I don't have confidence in my ideas. {} I need excessive approval from others to feel good about myself. {} I must have people's permission and love to be happy or prosperous. {} I believe it is awful if someone important to me rejects me. {} I can't stand it when people call me names, say unkind things, or criticize me. {} I must have people's love and approval; if not, it is the worst thing in the world. {} When I think this way, I increase the intensity of feeling down, worried, or acting lazy and putting things off (procrastinating). {} When my need for approval is extreme, irrationally, I believe, "I have to get what I need." {} I think, "I need the approval of everyone," even if I know getting this complete approval is unrealistic, unobtainable, and wasting my time and energy (Index #10).	<b>Healthy Self-Reliance Attitudinal Values: Independent Thinking:</b> I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point. {} I can appreciate, and I can judge for myself. {} I can speak up, even if others vehemently disagree with me. {} I can try new activities. Self-reliance is confidence and having faith in my efforts and abilities {} I can act on practical evidence. {} I know it is important not to dwell on my hardships and my disabilities and limitations (Index 10). I expand my uniqueness by using independent thinking.	<b>Healthy Contemplative Value:</b> Contemplating is considering with attention and studying an issue before you decide. {} You value thinking about something before I decide. {} You want to be modest and self-effacing without becoming overly shy and passive. {} You know that You can say, "You are still thinking about it." {} You know it is okay to say, "You haven't decided yet." {} You feel jealous quickly. {} You know it is vital to be stoic when facing tough decisions. {} You know it is significant to be deliberate and not restless in times of stress.

### #1 What are some of the possible reasons why Having Self-Reliant Attitudes is more effective than Seeking Approval Beliefs?

#i.

#ii.

### #2. What situation do you need to be self-reliant?




### #3 In what situations do you want to be contemplative and thoughtful?

#4 How is seeking approval meaningful?	#5 How is being self-reliant meaningful?

### #5 Cost Benefit Analysis

Cost of seeking approval (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of seeking approval (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does seeking approval wards of anxiety?	
#7 How does seeking approval protect my self-esteem?	
#8 How will others respond to when you seek approval?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)



Menu of Solutions & Effective Strategies (Index #10)			
	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Seeking Approval and Self-Reliance
Index #10	Fear of Disapproval 	Independent Thinking: 	
	<b>Attitudinal value:</b> Values are actualized to the greatest possible degree: <b>Healthy Self-Reliance over Seeking Approval</b>		
1	<b>Toxic Seeking Approval Value:</b> {} I value another person's opinion too much. {} I don't value my opinion, and I don't have confidence in my ideas. {} I need excessive approval from others to feel good about myself. {} I must have people's permission and love to be happy or prosperous. {} I believe it is awful if someone important to me rejects me. {} I can't stand it when people call me names, say unkind things, or criticize me. {} I must have people's love and approval; if not, it is the worst thing in the world. {} When I think this way, I increase the intensity of feeling down, worried, or acting lazy and putting things off (procrastinating). {} When my need for approval is extreme, irrationally, I believe, "I have to get what I need." {} I think, "I need the approval of everyone," even if I know getting this complete approval is unrealistic, unobtainable, and wasting my time and energy (Index #10).	<b>Healthy Self-Reliance Attitudinal Values: Independent Thinking:</b> I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point. {} I can appreciate, and I can judge for myself. {} I can speak up, even if others vehemently disagree with me. {} I can try new activities. Self-reliance is confidence and having faith in my efforts and abilities {} I can act on practical evidence. {} I know it is important not to dwell on my hardships and my disabilities and limitations (Index 10). I expand my uniqueness by using independent thinking.	<b>Healthy Contemplative Value:</b> Contemplating is considering with attention and studying an issue before you decide. {} You value thinking about something before I decide. {} You want to be modest and self-effacing without becoming overly shy and passive. {} You know that You can say, "You are still thinking about it." {} You know it is okay to say, "You haven't decided yet." {} You feel jealous quickly. {} You know it is vital to be stoic when facing tough decisions. {} You know it is significant to be deliberate and not restless in times of stress.
	<b>#4 (C) Discovering Meaningfulness:</b> How is being intolerant meaningful? {} Getting along with others opens the doors to new perceptions, which helps me to discover the meaningfulness of each moment. {} I appreciate that people have different opinions from me. {} I can acknowledge that their opinions are important and significant to them	<b>#4 (D) Discovering Meaningfulness:</b> {} You know you are irreplaceable, but you know you will need to get along with others. {} You want to 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.	<b>(D) Discovering Meaningfulness:</b> Meaningfulness and contemplation go hand and hand. To find meaningfulness, you want to an act of considering with attention, and you want to concentration on spiritual things as a form of private devotion.
2	<b>#5 (C) Cost of Strongly Believing "I Need Approval."</b> {} Others emotionally hurt me easily because even if a person likes me occasionally, they will not always approve of me, and I will falsely believe that their mood will dictate my feelings. {} When I seek out too much approval, some people will see that as clinging and annoying and disapprove of me more. {} By adhering to people's approval, I will turn off people I like, and my desire for support will go unmet. I seek attention inappropriately. {} When I seek out too much approval, I will feel more insecure.	<b>#5 (D) Cost of being an Independent Thinker:</b> {} You may ignore another person's advice or warnings. {} You may not care about another person's feelings, thoughts, and concerns. {} Your sense of uniqueness is more significant than another person's sense of uniqueness.	<b>Cost of Contemplative:</b> I maybe overthinking the situation.
3	<b>#5 (C) Benefit of Strongly Believing "I Need Approval."</b> {} When I think I need approval, it gets the job done because I want people's approval. {} My sense of belonging increases when people give me the consent I believe I need. It feels good when people pay attention to me and give me the endorsement I want. {} When I don't get support, I blame others for my negative feelings, and I feel like a victim. {} I can get others to do things for me. {} When I make a mistake, I can avoid taking responsibility, and {} I can focus on other people's mistakes. {} I can make people feel superior to me, so if anything goes wrong – I can blame them.	<b>#5 (D) Benefit of thinking independently:</b> {} You have a higher chance of expanding your sense of uniqueness. {} You can discover meaningfulness that is unique to you. {} People may trust you more and give you more responsibilities. {} You listen to what people have to say but don't worry or obsess over what they say.	<b>Benefit of Contemplative:</b> I am thinking before I act. Therefore, I may avoid several negative consequences.
4	<b>(C) Toxic Restriction of Uniqueness:</b> When I seek excessive approval from others, I conform to their wishes more than discovering what is meaningful to me and how I create something new that I have always wanted. (See (I) meek, spineless, passive.	<b>(D): Discover Healthy Restriction of Uniqueness:</b> {} You can be respectful and tolerate the structure, rules, and routines imposed on you by people in authority. <b>Cooperative</b>	<b>(D) Healthy Restriction Uniqueness:</b> {} When you contemplate, you are giving yourself to think, decide, and anticipate negative consequences. {} Therefore, thinking is a healthy way to inhibit yourself.
4	<b>(C) Toxic Expansion of My Uniqueness:</b> {} I am modest, and I easily lead, which is really a ploy to expand my uniqueness and do anything I want. For example, I am meek and unaggressive, so people don't notice me {} Embarrassed diffidence, guilty submission, and self-induced hostile criticism get people off my back, and I can do what I want to do.	<b>(D) Healthy Expansion of Your Uniqueness:</b> {} You can grasp the nature, worth, quality, and significance of your uniqueness without being overly dependent on others or excessively self-sufficient. Adapted from the work of Mike Bernard and the work of David Burns	<b>(D) Healthy Expansion of Your Uniqueness:</b> {} When you think before you act, you may delay an action that would expand your uniqueness. Still, in the long run, it will allow you to expand your originality and divergent thinking.
5			

#10 Survival Mode - Seeking Approval:

- You have to have people’s love and approval. If not, it is the worst thing in the world.
- When you think this way, you increase the intensity of feeling down, feeling worried, or acting lazy, such as putting things off (procrastinating).
- When your need for approval is extreme, irrationally you believe; “You have to get what I need.”
- You think, “I need the approval of everyone,” even if you know getting this complete approval is unrealistic, unobtainable and you are wasting your time and energy.

Cost of Strongly Believing “I Need Approval.”

- You will be easily hurt because even if people like you occasionally they will not always approve of you, and you will falsely believe that their mood will dictate your feelings.
- When you seek out too much approval, some people will see that as clinging and annoying, and disapprove of you more.
- By clinging to people’s approval, you will turn off people I like and your desire for approval will not be met.
- You seek attention inappropriately.
- When you seek out too much approval, you will feel more insecure because your confidence is based on what other people think of you.
- When you learn new skills and you will probably make mistakes along the way, your confidence will decrease because you will be fearing people’s disapproval and paying too much attention to people’s opinion rather than learning that skill.
- You rather get angry with yourself than to feel angry with another person.
- This leads to other unhealthy and unpleasant emotions, such as feeling worried and feeling down.
- You are dependent on others for help, which spirals into greater feelings of helplessness.
- Your feelings of hopelessness and helplessness increase, and
- You think your life is empty and meaningless when people are not around.
- You have esteem issues, such as feeling inadequate, worthless, useless, and you think you are inferior to others.
- You feel like you don’t have any talents. you feel disrespected by people who don’t know I.

Benefit of Strongly Believing “I Need Approval.”

- When you think you need approval, it gets the job done because you want people’s approval.
- Your sense of belonging increases when people give you the approval you believe you need.
- You feel good when people pay attention to you and give you the approval you want.
- When you don’t get approval, you blame others for your negative feelings,
- You feel like a victim.
- You can get others to do things for you.
- When you make a mistake, you can avoid taking responsibility and keep the focus on other people.
- You can make people feel superior to you, so if anything goes wrong – you can blame them.

**( A ) Approval Seeking** When people dislike me or disagree with me, I think *I have to* have the approval of others. I know it is harmful and interferes with my relationships, but I believe I have to do it. people will disapprove me because I am divorced/ lost my job, etc. People will disapprove of me, and I will be rejected; I can give up now – why to try – I never win!

10  *Socratic Questioning -Realistic Thinking:* Is it realistic to believe that people's opinions have great power over me? In life, everyone will not like me. And people who do love me or like me will have occasions not to like me because they are tired, frustrated, or preoccupied with other personal problems.

11  *Aristotelian Questioning - Logic:* When I think I *need* others’ approval, I make an illogical conclusion. When I globally rate my sense of self because someone does not like me, I am making an overgeneralization about myself. Does it logically follow that I am a worthless, no-good person because a few people choose to criticize me harshly? My thinking is illogical because my first premise, "I don't like people's disapproval," is flexible and realistic. The second inference, "their approval must not happen," is rigid and unrealistic. It does not follow that everyone must approve of me because I want people's approval. The other person's criticism can be directed toward a specific thing I did, but I cannot control what they value or like about me. Even if people criticized me all the time and I wanted to be perfect, I am putting myself in a challenging situation. I want to remember that I couldn't be wrong all the time, just as I could be right.



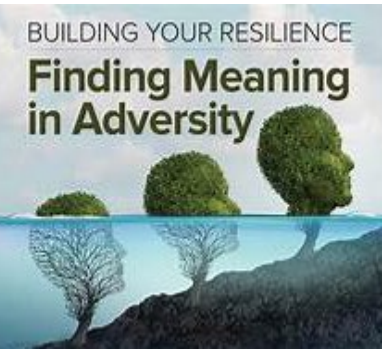


12  *Pragmatic-Rational Thinking:* Approval does feel good; it is natural to feel good when people say wonderful things about me. It is also a fact that disapproval and rejection are usually unpleasant; this is understandable. I want to strongly convince myself that approval or disapproval is not a good yardstick to measure my worth and value or what I want my priorities to be. I enjoy encouraging people and giving them genuine compliments. If I enjoy approval so much, I will give it to others as much as possible! If I have a conflict with others, I can also request them to be specific about their concerns. I will be responsible and less defensive when people disagree with me.

**Will to Meaning: Rating Form:**



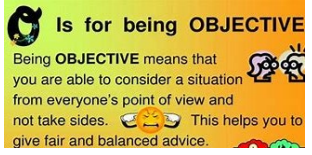
Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:

	<p><b>#1: (F) Follow Up:</b> What was the purpose of this exercise?</p>				
	<p><b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p><b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.</p>				
	<p><b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>				
<p><b>#5. Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.</p>					
	<p><b>1</b> Not Helpful</p>	<p><b>2</b> A Little Helpful</p>	<p><b>3</b> Somewhat Helpful</p>	<p><b>4</b> Helpful</p>	<p><b>5</b> Very Helpful</p>
<p><b>Comments:</b></p>					

## Seeking Perfection versus Appreciating those moments of perfection (#11)

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Perfection & Sensible Risk Taking
Index #11			
1	<b>Toxic Seeking Perfection Value:</b> I can have confidence in myself and others unless I am perfect and they are perfect. {} I must be perfect for stopping worrying about myself. {} I want to do things flawlessly to feel good about myself. {} I must do every perfectly to be happy. {} I can only be happy if I do things perfectly. {} I believe it is horrible when I am imperfect. {} I must be successful in everything I do, and it is awful when I am not perfect. {} When I think this way, I increase the intensity of feeling down and feeling worried, and {} I put things off and procrastinate (feeling lazy). {} When my need for perfection is extreme, I believe, "I have to get what I want." {} I think, "I need to be perfect in every situation," even if I know being perfect is unrealistic and unobtainable (Index #11).	<b>Sensible Risk-Taking Attitudinal Values:</b> I can think of constructive ways to improve my life. {} I can be positive and find healthy ways to improve my life or the life of another. {} I can learn new behaviors and skills. (Useful coping statement) {} I can learn new ways of thinking. {} I can try something new even though I might not be able to do it immediately. {} My sensible risks will not get me or others into trouble (Index 11).	<b>Self-Distancing Value:</b> {} You value being objective about your behavior. {} You want the capacity to step away from yourself and look at yourself from the "outside. {} You can use self-distancing when you take yourself too seriously. {} You know you need to disengage from this situation. {} You know there are times when you need to withdraw. {} You need to maintain your boundaries.

### #1 What are some of the possible reasons why Sensible Risk-Taking Attitudes is more effective than Seeking Perfection Beliefs?

#i.

#ii.

### #2. What situation do you need to take sensible risks?

### #3 In what situations do you want to use self-distancing?



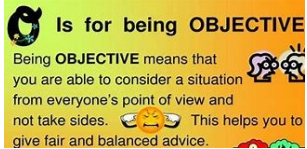
#4 How is seek perfection meaningful?	How is taking sensible risks meaningful?

### #5 Cost Benefit Analysis

Cost of seeking perfection (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of seeking perfection (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does seeking perfection wards of anxiety?	
#7 How does seeking perfection protect my self-esteem?	
#8 How will others respond to when you seek perfection?	
Toxic of expansion your uniqueness. (Column A Row 5)	Healthy expansion of your uniqueness. (Column B Row 5)
Toxic of restricting your uniqueness. (Column A Row 6)	healthy restriction of uniqueness. (Column B Row 6)



**Menu of Solutions & Effective Strategies (Index #11)**

	<b>Survival Mode:</b>	<b>Attitudinal Values: Higher Value</b>	<b>Opposite of Perfection &amp; Sensible Risk Taking</b>
<b>Index #11</b>			

**Attitudinal value** A meaningful life is a life in which these values are actualized to the greatest possible degree:

**Sensible Risk Taking over Seeking Perfection**

<b>1</b>	<p><b>Toxic Seeking Perfection Value:</b> I can have confidence in myself and others unless I am perfect and they are perfect. {} I must be perfect for stopping worrying about myself. {} I want to do things flawlessly to feel good about myself. {} I must do every perfectly to be happy. {} I can only be happy if I do things perfectly. {} I believe it is horrible when I am imperfect. {} I must be successful in everything I do, and it is awful when I am not perfect. {} When I think this way, I increase the intensity of feeling down and feeling worried, and {} I put things off and procrastinate (feeling lazy). {} When my need for perfection is extreme, I believe, "I have to get what I want." {} I think, "I need to be perfect in every situation," even if I know being perfect is unrealistic and unobtainable (Index #11).</p>	<p><b>Sensible Risk-Taking Attitudinal Values:</b> I can think of constructive ways to improve my life. {} I can be positive and find healthy ways to improve my life or the life of another. {} I can learn new behaviors and skills. (Useful coping statement) {} I can learn new ways of thinking. {} I can try something new even though I might not be able to do it immediately. {} My sensible risks will not get me or others into trouble (Index 11).</p>	<p><b>Self-Distancing Value:</b> {} You value being objective about your behavior. {} You want the capacity to step away from yourself and look at yourself from the "outside." {} You can use self-distancing when you take yourself too seriously. {} You know you need to disengage from this situation. {} You know there are times when you need to withdraw. {} You need to maintain your boundaries.</p>
<b>2</b>	<p><b>#4 (C) Discovering Meaningfulness:</b> How can self-perfection be meaningful? {} Perfection means to complete, to make whole. {} Wanting to do 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>#4 Discovering Meaningfulness:</b> {} Being perfect and feeling complete are two different things. {} Being complete involves having all necessary parts, elements, or steps, you are highly proficient, and you conduct tasks thoroughly.</p>	<p><b>Discovering Meaningfulness:</b> {} You can find meaningfulness in your sense of completeness and wholeness (free of defect or impairment; intact, physically sound, and healthy, free of disease, being mentally or emotionally tough).</p>
<b>3</b>	<p><b>#5 (C) Cost of "Needing to be Perfect:"</b> {} I believe to be worthwhile and successful, "I have to be perfect." {} When I anticipate not performing correctly, I can under-achieve by not putting in the effort. {} This lack of energy provides me with a rationalization for my lack of perfection. {} I tell myself, "I didn't try that hard, so if I'd tried, I would have completed this task perfectly. {} I waste a lot of time starting a project because I am afraid of not getting it right. {} I selectively achieve in areas where I have excellent skills and talents and under-perform in areas of perceived weakness. {} When I think I "need to be perfect," I restrict my activities to only those where I have a better than average chance of achieving exceedingly high results. (M. E. Bernard, p 313, 2006).</p>	<p><b>#5 Cost of Taking Sensible Risks:</b> You may make the wrong decision. Human behavior is difficult to predict, and carelessness, accidents, misinformation, lack of information, and other unknowns may lead to bad decisions.</p>	<p><b>. Cost of Self-Distancing:</b> {} You may experience extreme withdrawal in clinical depression and excessive introspection. {} You may be overly emotionally cautious and restricted interests, and you may be excessively quick to recognize danger.</p>
	<p><b>#5 Benefits of thinking "I need to be perfect."</b> {} I am placing demands on myself that am unrealistic, illogical, and unworkable. {} This self-demandingness leads to being angry with myself when I don't achieve this perfection that I think I need to be happy and prosperous. {} When I excessively use self-demandingness to motivate myself, I am only giving myself one choice – to be successful. {} When I give myself "one-choice," I am restricting my ability to solve problems, make decisions, and discover new paths and skills to be successful. {} When I believe something is a "dire need," I will have more conflicts, stress, and pain in my life. {} The belief that I "need to be perfect" makes failing or succeeding a matter of life and death. {} I will feel excessively worried because I believe that being imperfect is the worst thing that could ever happen. {} When I make doing a particular task as a matter of life and death, I will feel worried because I will think it is awful to fail (the worst thing that could happen), and {} Failing will become a permanent fixture of my personality – I will always be a loser! {} If I think I might fail, I may not even try, and I will procrastinate or pick a goal that I don't like. {} I paint myself in an un-pleasurable corner because I think that being perfect is my only source of pleasure. {} Seeking excessive perfection and condemning myself will result in less joy and more stress and pain. (Adapted from the work of Mike Bernard and the work of David Burns.) <b>Taking Sensible Risks</b></p>	<p><b>#5 Benefits of Taking Sensible Risks:</b> {} You develop a sense of confidence. {} You fight against feelings of depression, hopelessness, and helplessness. {} You expand your sense of uniqueness without restricting another person's ability to develop their understanding of uniqueness. {} It is challenging to predict the outcome of any risk. {} Sensible risk-taking involves getting along with others, having confidence in yourself, working on goals and plans persistently, and being resilient in times of stress.</p>	<p><b>Benefits of Self-Distancing:</b> {} Your healthy self-awareness and observing ego may increase. {} You will be more objective and make better decisions. {} Your capacity to step away from your sense of self with a sense of humor.</p>
<b>4</b>	<p><b>(C) Unhealthy Restriction of Uniqueness:</b> {} You sense of success will be based on what other people think. So, you will restrict your uniqueness by conforming to another person's standards. <b>Interpersonal (c) 2<sup>nd</sup> stage –</b></p>	<p><b>Discovering Constructive Restriction of Uniqueness:</b> {} You can appreciate your uniqueness without hurting others or hurting yourself. {} You can expand your</p>	<p><b>Healthy Restriction Uniqueness:</b> {} Self-Distancing helps you to be objective about your actions. {} You will have better self-awareness and control over your behavior</p>

	competitiveness, may provoke others mistrusting you. <b>Other may see you as cold and calculating (c).</b> You blame others, which restricts their uniqueness.	irreplaceability by taking practical risks that are workable. {} You can restrict your individuality by not getting yourself into legal, social, or economic trouble. {} You can recognize a moment is unrepeatable without having those moments repeated. <b>Able to take care of self</b>	when you use self-distancing to control your unwanted behaviors.
5	<b>(C) Unhealthy Expansion of My Uniqueness:</b> {} I think that being perfect will demonstrate that I am very different from others. {} Success and materialistic wealth will show that I'm better than others. {} When I seek perfection and believe that perfection will bring me happiness, than people may be suspicious of me and reject me. <b>1<sup>st</sup> stage-comparing</b> yourself to others, you may have a need inflate your self-esteem to be unique, which you may provoke feelings of inferiority in other <b>See (interpersonal pattern b).</b>	<b>Discovering Constructive Expansion of Your Uniqueness:</b> {} Realistic Skepticism will help me know my limits and the limits of others. {} Skepticism is when knowledge in a particular area is uncertain b: the method of suspended judgment, systematic doubt,	<b>Healthy Expansion of Your Uniqueness:</b> {} Self-Distancing is your capacity to step away from yourself and look at yourself from the "outside" Use this tool when you take yourself too seriously.

Sensible Risk Taking: ???? {} I am placing demands on myself that are unrealistic, illogical, and unworkable. {} This self-demandingness leads to being angry with myself when I don't achieve this perfection that I think I need to be happy and prosperous. {} When I excessively use self-demandingness to motivate myself, I am only giving myself one choice – to be successful. {} When I give myself "one-choice," I am restricting my ability to solve problems, make decisions, and discover new paths and skills to be successful. {} When I believe something is a "dire need," I will have more conflicts, stress, and pain in my life. {} The belief that I "need to be perfect" makes failing or succeeding a matter of life and death. {} I will feel excessively worried because I believe that being imperfect is the worst thing that could ever happen. {} When I make doing a particular task as a matter of life and death, I will feel worried because I will think it is awful to fail (the worst thing that could happen), and {} Failing will become a permanent fixture of my personality – I will always be a loser! {} If I think I might fail, I may not even try, and I will procrastinate or pick a goal that I don't like. {} I paint myself in an un-pleasurable corner because I think that being perfect is my only source of pleasure. {} Seeking excessive perfection and condemning myself will result in less joy and more stress and pain. (Adapted from the work of Mike Bernard and the work of David Burns.)

#### #11 Seeking Perfection:

- You have to be successful in everything you do and that it is horrible when you are not perfect.
- When you think this way, you increase the intensity of feeling down and feeling worried, and
- You put things off and procrastinate (feeling lazy).
- When your need for perfection is extreme, you believe; "You have to get what you want."
- You think, "I need to be perfect in every situation," even if you know being perfect is unrealistic and unobtainable.

#### Cost of Seeking Perfection:

- You believe to be worthwhile and successful "You have to be perfect."
- When you anticipate not performing perfectly, you can under-achieve by not putting in the effort.
- This lack of effort provides you with a rationalization for your lack of perfection.
- You tell yourself, "I didn't try that hard, so if I'd tried, you would have completed this task perfectly.
- You waste a lot of time getting started because you are afraid of not getting it right.
- You selectively achieve in areas where you have excellent skills and talents; and
- You under-perform in areas of perceived weakness.
- When you think I "need to be perfect," you restrict your activities to only those where you have a better than average chance of achieving very high results. (M. E. Bernard, p 313, 2006).

#### Benefit of Seeking Perfection:

- You are placing demands on yourself that are unrealistic, illogical, and unworkable.
- This self-demandingness leads to being angry with yourself when you don't achieve this perfection that you think you need to be happy and successful.
- When you excessively use self-demandingness to motivate yourself, you are only giving yourself one choice – to be successful.
- When you give yourself "one-choice," you are restricting your ability to solve problems, make decisions, and discover new paths and skills to be successful.
- When you believe something is a "dire need," you will have more conflicts, stress, and pain in your life.
- The belief that you "need to be perfect" makes failing or succeeding a matter of life and death.
- You will feel excessively worried because you believe that being imperfect is the worst thing that could ever happen.
- When you make doing a particular task as a matter of life and death, you will feel worried because you will think it is awful to fail (the worst thing that could happen), and
- Failing will become a permanent fixture of your personality – you will always be a loser!
- If you think you might fail, you may not even try and you will procrastinate or pick a goal that you really don't like.
- You paint yourself in an un-pleasurable corner because you think that being perfect is your only source of pleasure, which in reality seeking excessive perfection and condemning yourself will result to less pleasure and more stress and pain.

#### **Defensiveness**

(A) Acting Out: If I make a big enough fuss, people won't

(C) Compartmentalize: For me to be perfect, I have to perfect in this particular area.



(I) Introjection: If I am imperfect, I am a horrible failure.

(R) Regressing: I have to overreact when sad things happen to me.

(P) <b>Perfectionism - Emotional Rigidity:</b> I <i>have to</i> control my negative feelings. "I can only be perfect if I feel worthwhile, and people think I am worthwhile." If I don't control my negative emotions, I'll never be happy, and I'll never be normal.
(P) <b>Perfectionism: Empathy:</b> I <i>have to</i> be "understanding" of others. Perfect people think of others before they think of themselves. I think, "I must be understanding so people will love me and approve of me. I have to listen to everything everyone says to me. I have to show compassion and act overly agreeable.
(P) <b>Perfectionism – I must never Feel Scared -Fear Perfectionism:</b> I <i>have to</i> be viewed by others as fearless. "Fear shows others I'm weak and inferior, so if I never show my fear, people will see me as perfect." If I am afraid, that shows others that I am weak and vulnerable.
(P) <b>Perfectionism - High Standard Perfectionism:</b> I <i>have to</i> be successful and have lofty standards. "Perfect people don't fail." I believe I absolutely must reach my ambitious standards. If I don't achieve those exceedingly exacting standards, it proves I'm a total failure, and I over-focus on my failures.
(P) <b>Perfectionism - Identity Perfectionism:</b> I <i>have to</i> identify with my actions and performance. "I am my perfection." I think that if I fail, people will never accept me, and people will only accept me if I meet all the conditions placed on me.
(P) <b>Perfectionism and Feelings of Irritability:</b> I <i>have to</i> regard anything short of perfection as unacceptable, so I feel irritable. One or a minor flaw ruins my entire effort. I don't have to take anything seriously if it is not perfect.
(P) <b>Perfectionism - Love Perfectionism:</b> I <i>have to</i> be preoccupied with people's shortcomings." If I find the perfect mate (Mister Right or Mrs. Right), I will be happy in every aspect of my life. Therefore, I go around highlighting people's flaws and shortcomings.
(P) <b>Perfectionism- Maximum Effort:</b> I <i>have to</i> act perfectly when confronted with a critical and arduous task. "I will not be able to do this successfully." I believe putting in maximum effort, I can be perfect. I see mistakes as proving that I cannot do things perfectly, so I am inadequate. (Michael E. Bernard, Ph.D.)
(P) <b>Perfectionism - Minimum Effort:</b> I <i>have to</i> identify with my actions and performance. I think, "I will not be able to do this perfectly. "I didn't try, so it does not matter." I also might think, "Why bother doing things if I cannot do them perfectly."
(P) <b>Perfectionism - Moralistic Perfectionism:</b> I <i>have to</i> be moral in every circumstance I face. I believe "To be happy, I must be absolutely moral." If I make a mistake, I think I've done something "morally wrong." "If I am immoral, I'm 100% rotten and absolutely have no worth."
(P) <b>Perfectionism: Moralistic Perfectionism from Others:</b> People <i>must</i> be moral under all circumstances. If others act immorally or make a mistake, those people are 100% depraved and desire my anger and punishment.
(P) <b>Perfectionism - Normal Perfectionism:</b> I <i>have to</i> conform to be seen as usual. I have to be seen as "normal." I think, "To be accepted by others, I must conform and be seen as normal." People just like me, so I have to be average and typical." To have a feeling of belonging and to receive affection from others, I must conform to their wishes, and I have to put my wants and desires to the side.
(P) <b>Perfectionism - Over-Achieving Perfectionism:</b> "I have to achieve all the time, and people always think well of me when I achieve." I feel inferior to others who achieve more than I do.
(P) <b>Perfectionism-Perceived:</b> I <i>have to</i> regard anything short of perfection as unacceptable. I believe other people have to love and accept me perfectly. I think I cannot be loved or have others accept me if I have flaws and vulnerabilities. I must do everything perfectly, so people will love me and accept me. When people don't love me unconditionally, I justify my unacceptable behaviors because they don't accept me. I believe if I can't achieve perfection in love and absolute acceptance, then I can't do anything. (David Burns, M.D.)
(P) <b>Perfectionism - Performance Perfectionism – Awfulizing:</b> I think it is terrible to make a mistake. If I want to be worthwhile, I must succeed at everything.
(P) <b>Perfectionism - Quality Perfectionism:</b> I <i>must get</i> the highest quality I think I need to feel worthwhile about myself and others. I have to be better than better. "If I get less, then others will get more." I must be better than everyone, or I'll get less love and more stress and heartache.
(P) <b>Perfectionism -Relationship Perfectionism:</b> I <i>have to</i> have a perfect relationship, which shows I am perfect. People who care for each should never fight or argue. I think, "If people love each other, they will never fight or feel angry at each other. I must never see or experience anger if I want to share perfect love.
(P) <b>Perfectionism - Sexual Perfectionism:</b> I <i>have to</i> be worthwhile in bed and sexually to be a worthwhile person. "I must always have a full erection, a total orgasm." My mate will always love me and see me as wonderful if I am perfect in bed. I must always perform perfectly. Any sign of sexual rejection is an unmistakable sign of personal sacrifice.
(P) <b>Perfectionism - A lack of perfection results in Social Withdrawal:</b> I <i>have to</i> regard anything short of perfection as unacceptable, so I withdraw socially if I think I'm going to fail. I don't have to take anything seriously if it is not perfect. I set impossible standards for myself, and I beat myself up when I can't live up to them.
(P) <b>Perfectionism - Truthful Perfectionism:</b> I <i>have to</i> tell the truth all the time, regardless of the consequences. I have to be perfectly truthful because perfect people are honest, caring, kind, and never lie under any circumstance. If I tell the truth all the time, I think that people will be friendly to me and approve of me. I must always be seen in a worthwhile light.
(P) <b>Perfectionism - Winning Perfection:</b> I <i>have to</i> win all the time. I think losing converts me into an absolute loser. If I lose, I'll be miserable forever.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



1  
Not Helpful




2  
A Little Helpful

3  
Somewhat Helpful

4  
Helpful

5  
Very Helpful

## Self-Downing versus Unconditional Self-Acceptance (Index #12)

	Survival Value	Attitudinal Value:	Opposite
Index #12			
1	<b>Toxic Self-Downing Value:</b> {} When people reject me or I have not achieved my goals, I think I am a total failure or a useless person. {} I devalue myself. {} I want to put myself down because this devaluing will motivate me to do better in the future. {} I know I am a total failure or 100% useless if I make a mistake. {} I feel worthless when people reject me or disapprove of me. {} I think I must perform in a way, or else I'm 100% useless. (Index 12).	<b>Healthy Unconditional Self-Acceptance Attitudinal Values:</b> I can accept myself unconditionally. I can appreciate and accept another person's uniqueness. {} I value accepting myself unconditionally. {} I appreciate and accept another person's uniqueness. {} I can encourage people to discover their sense of meaningfulness. {} I can recognize that when I accept myself for acting badly or not living up to my values. {} I am not letting myself off the hook or excusing my actions. {} Rather, I accept my share of responsibility for my behavior without depreciating myself for making mistakes and failing to achieve my personal goals (Index 12).	<b>Healthy Sense of Unconnected Attitudes:</b> {} You don't have to consistently connect with others, ideas, etc. {} For example, I like the people at your gym, yoga studio, etc. {} But don't connect your confidence to what people think of you at the gym or yoga studio. {} You may want to disconnect yourself from others or situations because the information or condition is irrelevant. {} You can see <b>Extreme withdrawal</b> in clinical depression, excessive introspection, overly emotional cautious, restricted interests, and excessively quick to recognize danger.

### #1 What are some of the possible reasons why Unconditional Self-Acceptance Attitudes is more effective than Self-Downing Beliefs?

#i.

#ii.

### #2. What situation do you need to show unconditional self-acceptance?




### #3 In what situations or people are you unconcerned about?

#4 How is non-acceptance beliefs meaningful?	How are unconditional attitudes meaningful?

### #5 Cost Benefit Analysis

Cost of non-acceptance beliefs (Column A Row 3)	Benefit of Being Reflective (Column B Row 3)
Benefit of non-acceptance beliefs (Column A Row 4)	Cost of Being Reflective (Column B Row 4)
#6 How does non-acceptance beliefs wards of anxiety?	
#7 How does non-acceptance beliefs protect my self-esteem?	
#8 How will others respond to when you act using non-acceptance beliefs?	
Toxic of expansion your uniqueness. (Column	Healthy expansion of your uniqueness. (Column B Row
Toxic of restricting your uniqueness.	healthy restriction of uniqueness. (Column B Row 6)






If you have difficulty completing this form, review the following menu of solutions.

Menu of Solutions & Effective Strategies (Index #12)			
	Survival Mode: Limbi System Sensations Put into Words	Attitudinal Values: Higher Value:	Opposite of Self-Downing & Unconditional Self-Acceptance
<b>Index 12</b>			
<b>Attitudinal value</b> A meaningful life is a life in which these values are actualized to the greatest possible degree:			
<b>Healthy Unconditional Acceptance over Self-Downing</b>			
<b>1</b>	<b>Toxic Self-Downing Belief:</b> {} When people reject me or I have not achieved my goals, I think I am a total failure or a useless person. {} I devalue myself. {} I want to put myself down because this devaluing will motivate me to do better in the future. {} I know I am a total failure or 100% useless if I make a mistake. {} I feel worthless when people reject me or disapprove of me. {} I think I must perform in a way, or else I'm 100% useless. (Index 12).	<b>Healthy Unconditional Self-Acceptance Attitudinal Values:</b> I can accept myself unconditionally. I can appreciate and accept another person's uniqueness. {} I value accepting myself unconditionally. {} I appreciate and accept another person's uniqueness. {} I can encourage people to discover their sense of meaningfulness. {} I can recognize that when I accept myself for acting badly or not living up to my values. {} I am not letting myself off the hook or excusing my actions. {} Rather, I accept my share of responsibility for my behavior without depreciating myself for making mistakes and failing to achieve my personal goals (Index 12).	<b>Healthy Sense of Unconnected Attitudes:</b> {} You don't have to consistently connect with others, ideas, etc. {} For example, I like the people at your gym, yoga studio, etc. {} But don't connect your confidence to what people think of you at the gym or yoga studio. {} You may want to disconnect yourself from others or situations because the information or condition is irrelevant. {} You can see <b>Extreme withdrawal</b> in clinical depression, excessive introspection, overly emotional cautious, restricted interests, and excessively quick to recognize danger.
<b>2</b>	<b>#4 (C) Discovering Meaningfulness</b> {} Recognizing my failures can help me decide on a plan to improve or alter my behavior. {} When I behave in a self-effacing manner, I condemn myself, and people will act arrogant around me or reject me readily.	<b>#4 (D) Discovering Meaningfulness in unconditional self-acceptance:</b> {} You can accept yourself unconditionally when you are responsible or irresponsible. {} You recognized that "Response-ability" is the ability to respond to the meaning potentials offered by life. {} Your challenge is to take on concrete tasks and accomplish human achievements. {} The tasks must be self-chosen. {} You know that without responsibility, freedom brings not meaning but meaningless chaos.	<b>(D) Discovering Meaningfulness:</b> {} When you develop innovative ideas and discover new opportunities, you don't have to be connected to rigid opinions or dogmatic worldviews.
<b>3</b>	<b>#5 (C) Cost of Seeing Yourself As, s Being Worthless and a Total Failure:</b> {} Self-Downing leads to feelings of depression, helplessness, hopelessness, and worthlessness. {} I diminish my sense of confidence. {} I have difficulty bouncing back from stress. {} I will have problems paying attention. {} The role of the <b>victim</b> is tiresome. {} I come off as full of <b>self-pity</b> . {} I will feel ashamed of myself. {} I will have difficulty experiencing joy and intimacy. {} I will make part-whole errors. (I base my entire sense of self on one or two traits.) {} I will over-generalize my mistakes in all areas of my Life. {} I may feel lonely. {} People will get tired of my complaining. {} I can give myself an excuse to give up easily. {} I don't expect much of myself, so people won't expect much of me.	<b>#5 (D) Cost of Unconditional Self-Acceptance:</b> {} You may disregard another person's concerns. {} You are too accepting and give in too quickly to other people's demands. {} You may be too happy with the status quo and stop trying or caring.	<b>#5 Cost of Healthy Sense of Unconnected</b> {} People may view your lack of connectedness as being aloof or apathetic.
<b>4</b>	<b>#5 (C) Benefits of Seeing Yourself as worthless and a Total Failure:</b> {} It is easy to put myself down, and people will do things for me. {} Playing " <i>poor me</i> " goes a long way in manipulating others. {} Life will seem dramatic – the conflict will make people be on my side. {} Other people will see me as being sympathetic. {} People will rescue me when I cannot bounce back from adversities. {} With this lack of confidence, people won't expect much of me. (Role of <b>Victim</b> )	<b>#5 (D) Benefits of Unconditional Self-Acceptance:</b> {} Helps you {} to fight off feelings of depression. {} {} to develop a constructive sense of confidence. {} To take sensible risks to reach your long-term and realistic goals. {} To be happy about being self-reliant. {} To restore your sense of confidence in times of stress.	<b>The benefit of a Healthy Sense of Unconnected</b> {} You cannot connect with everyone, and some people associated with them would be harmful (sociopath).
<b>5</b>	<b>(C) Toxic Restriction of Uniqueness:</b> {} I can't appreciate my uniqueness without holding it over others	<b>(D): Discover Healthy Restriction of Uniqueness:</b> {} You can appreciate your	<b>(D) Healthy Restriction Uniqueness:</b> {} You accept yourself unconditionally, so you determine

	or feeling superior to others. {} I think I am replaceable because I believe anybody can do what I do, and {} I want to repeat past pleasurable moments, so I want to live in the past. {} Obsess self-worth and self-doubt. Self-contempt is present.	uniqueness without holding it over others. {} You know that you are irreplaceable without worrying if people will replace you. {} You recognize each moment is unrepeatable while knowing you don't have to have those moments repeated.	what you are good at, and you are willing to try new things within limits.
6	<b>(C) Toxic Expansion of My Uniqueness:</b> {} I think people won't have lofty expectations for me when they put me down. Interpersonal See <b>(h) self-effacing</b> See <b>(i) masochistic</b>	<b>(D) Healthy Expansion of Your Uniqueness:</b> {} When you accept yourself unconditionally, you are open to new experiences, available to your creative side, and willing to approach values you can't change in a resilient and flexible manner. <b>Able to criticize self, can be obedient, and follow instructions (h)</b>	<b>(D) Healthy Expansion of Your Uniqueness:</b> {} When you do not rigidly connect to one point of view or philosophy, you can be open to new ideas or perspectives. <b>Note:</b> Learning is about changing your perspective. <b>Extreme:</b> {} No sense of integrity, and you go about accepting anything.

**(B) Blaming My Childhood: I must get in touch with my childhood experiences to be happy. (Externalizing-Blaming):** By believing *I have to* get in touch with some repressed-unconscious feeling to feel better, I think I *have to* stop experiencing that particular feeling. I think I *have to* get in touch with my past hostilities toward my parents and the intense rage I felt when I was a child, so I can work through my resentment today. I *have to* blame my past experiences, and I don't make a big deal about the stress in my life because my abilities and skills will always get me out of trouble.

**(C) Compartmentalizing (Defensiveness):** I *must* separate my world into compartments when I face tricky situations. I have two ideas, attitudes, or behaviors that conflict with each other, but I don't see the contradiction in my thoughts or the inconsistencies in my beliefs, behaviors, etc. For instance, people say I am hypocritical, but I don't see it. I believe in the Golden Rule (love others as you love yourself), but I also think in "Looking out for number one."

<b>Will to Meaning: Rating Form:</b>					
Topic:		Date:			
	<b>#1: (F) Follow Up:</b> What was the purpose of this exercise?				
	<b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?				
	<b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.				
	<b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?				
<b>#5. Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.</b>					
	<b>1</b> Not Helpful	<b>2</b> A Little Helpful	<b>3</b> Somewhat Helpful	<b>4</b> Helpful	<b>5</b> Very Helpful



## Confidence and Defensiveness Go To Beliefs Using Lies & Liabilities

### **Defensiveness and Index #1 Self-Centeredness**

- (A) Acting Out: *I can't get angry at them because they are no concern.*
- (C) Compartmentalizing: *I have nothing to do with how my loved ones feel.*
- (C) Compensating: *I'll feel better by focusing on myself.*
- (D) Denying: Denying the other's needs will help me.
- (D) Displacing: I don't feel good about myself, so I'll show no concern for others.
- (I) Intellectualizing: Their concerns are no concern for me – so why bother.
- (R) Rationalizing: Their concern won't help me!
- (R) Regressing: I only have to think of myself.
- (S) Suppression: I don't have to think about them.
- (U) Undoing: If I focus on myself – I'll feel better about my past misdeeds.

### **Defensiveness index #2 Selfishness**

- (A) Acting Out: I am exercising my power over others, but I won't let myself do anything.
- (C) Compensating: I am better than others because I am strong and do what I want.
- (D) Denying: People are always giving in - I don't see myself giving in to them.
- (D) Displacing: I can do what I want at home - I can't do anything at school/work.
- (E) Externalizing: I'm pissed because they won't let me do what I want.
- (P) Projecting: They can't control themselves because they are irresponsible.
- (R) Regressing: I shouldn't have to pay now. It was better when I was a kid – it was great.
- (R) Repressing: I need to remember the rules and agreements I made with others.
- (S) Splitting: I can get my way by bringing those two people mad at each other.
- (T) Transferring: You're pissing me off because you're acting like my father.

### **Defensiveness and Index # 4 – intolerant**

- (A) Acting Out: People have always maltreated me; they're all worthless.
- (C) Compensating: It is easier to get mad at them than solve my conflicts with them.
- (D) Displacing: I'm afraid of being fired, so I'll take it out on everyone else.
- (E) Externalizing: People fairness is the only way I can get ahead in this horrible world.
- (P) Projecting: I don't know why people are pointing out how I am being unfair.
- (T) Transferring: Everyone mistreats me.
- (U) Undoing: If I get mad at them, they'll stop being unfair to me.

### **Defensiveness and Index #5 Planning is Pointless**

- (C) Compartmentalizing: I like these things, so I'll do them. I don't like these ones, so I won't do them.
- (C) Compensating: I don't do pointless activities because I am good at other things.
- (C) Counter Transference: I don't have to help because it is pointless.
- (D) Denying: It is pointless to plan because nothing will happen.
- (D) Displacing: It is pointless to plan because you pissed me off.
- (E) Externalizing: I can only have fun when people are entertaining me and making it fun.
- (I) Intellectualizing: I'm not doing what I promised because I'm not having fun- they're boring.
- (P) Projecting: I'm bored, so they're making me bored. If I can't see the point, then it's pointless.
- (R) Rationalizing: I don't keep my promises because they are boring and it is pointless.
- (R) Regressing: I'm bored, so entertain me – NOW!
- (S) Suppression: If this is pointless and I'm bored, I should just forget it.

### **Defensiveness and Index #6 Pointless to set goals**

- (C) Compartmentalizing: I want to get what I want, but I don't have to set any goals.
- (D) Denying: I'm reaching all my goals.
- (D) Displacing: Goals are pointless because people won't let me do what I want anyway.
- (E) Externalizing: You prevent me from reaching my goals, so why try.
- (I) Intellectualizing: Only fools or insecure people have goals – but I can see why they do that.
- (R) Rationalizing: I don't need to set goals because I'm too busy, I'll waste my time, and it takes too long.
- (R) Repressing: I feel if I have goals – I never reach them. (Repressing helplessness/ hopelessness)
- (R) Regressing: Goals are for people who don't know what they are doing – A waste of my time!
- (S) Suppressing: I can't think about goals at this point.
- (S) Splitting: My goals are the same as Joe's but different from Pete's, so I'll...



(U) Undoing: My goals have failed in the past, so I'll make better goals now and feel better.

### **Defensiveness and Index #7 Giving up**

- (D) Denying: I never give up.
- (E) Externalizing: The outside world makes me give up because I can't control anything.
- (I) Introjecting: I'm inadequate – so what do you expect from me.
- (I) Intellectualizing: I'm just wasting my time on anything - Nobody controls everything.
- (R) Rationalizing: I haven't won, I have no control; I'll never win – so why try?
- (R) Repressing: I'm sorry – I forgot – I was thinking about something else.
- (R) Regressing: I was in a silly mood, so who cares anyway! You tell me what to do.
- (S) Suppressing: I'll just forget about it and do nothing.
- (U) Undoing: By not controlling, I get more control.

### **Defensiveness and #8 – I can't be bothered – If it is not fun or exciting, I don't have to do it,**

- (C) Compensating: I feel bored at work, so I have a rough time after work by getting drunk.
- (D) Denying: Success has nothing to do with hard work and resilience.
- (D) Displacing: I'm failing in school, so I'll beat everyone in baseball.
- (E) Externalizing: You're not making this exciting and fun, so stop boring me.
- (I) Intellectualizing: You're boring because you didn't study enough and weren't raised right.
- (R) Reaction Formation: I can't do anything right –so I'll make everything exciting.
- (R) Regressing: I just want to have fun – no responsibilities – no worries.

### **Defensiveness and 9 “I Can't DO It”**

- (A) Acting Out: If I whine enough about my failing, someone will do it for me.
- (C) Compartmentalizing: I'll feel better if I put all my failings into one group and over-focus on that group.
- (D) Denying: I can't do anything right – I'm constantly failing. (Denying successes and strengths)
- (I) Introjection: All my failings are my fault – 100%.
- (R) Regressing: I'll stop trying and go back to my failing ways.
- (U) Undoing: If I succeed tomorrow, then I undo all those bad feelings in the past.

### **Defensiveness: #10 - Seeking Approval**

- (I) Idealizing: I can only feel good about myself if extraordinary people approve of me.
- (I) Identifying: I can compensate for my weaknesses by closely allying myself with strong people – who will approve of me.
- (I) Introjecting: If I disapprove of myself, people won't disapprove of me.
- (I) Isolating: If I can't get the approval I desperately need, I don't want to be around anyone!
- (S) Sublimating, I'll be overly friendly to them, and that will show how much I hate'em
- (S) Suppressing: I forget my responsibilities, so you won't get mad at me and/or disapprove of me.

### **Defensiveness and #11 Seeking Perfection**

- (A) Acting Out: If I make a big enough fuss, people won't.
- (C) Compartmentalize: To be perfect, I have to perfect in this particular area.
- (I) Introjection: I am a horrible failure if I am imperfect.
- (R) Regressing: I have to overreact when bad things happen to me.

### **Defensiveness #12 “Self-Downing”**

- (C) Compartmentalizing: I must always succeed in this area to be helpful.
- (I) Introjecting: I am a horrible failure if I fail.
- (R) Regressing: I have to overreact when I fail.

-

## Defensiveness versus Healthy Confidence

	Survival Mode: Limbi	Attitudinal Values:	Opposite
1	<b>Toxic Introjection Belief:</b> <input type="checkbox"/> I feel weak, so I give up easily. <input type="checkbox"/> I base my decisions on other people's wishes. <input type="checkbox"/> I don't consider y thoughts, feelings, and desires. <input type="checkbox"/> I believe everything is my fault. <input type="checkbox"/> I don't show my true feelings because I fear the other person's thoughts. <input type="checkbox"/> I'm bad for having bad feelings. <input type="checkbox"/> I experience shame about my mistakes. I feel ashamed when I don't do anything wrong (shame: self-pity). <input type="checkbox"/> I live the values of others and not my chosen attitudinal values.	<b>Healthy Self-Respect:</b> <input type="checkbox"/> You feel determined. <input type="checkbox"/> You make mutual decisions with others. <input type="checkbox"/> You share responsibilities, and you don't take on too much of the responsibilities. <input type="checkbox"/> You see feelings stemming from authentic trust, genuine love, and sincere respect. <input type="checkbox"/> You work on correcting and avoiding extreme evaluations (dreading, discomfort, anxiety, and depression). <input type="checkbox"/> You have a healthy sense of self-respect. <input type="checkbox"/> You see your values as self-chosen and not imposed upon you.	<b>Shameless:</b> brazen, unabashed, barefaced, profligate; immodest, lewd, outrageous, audacious, bold, cheeky, presumptuous; high-handed (having or showing no regard for the rights, concerns, or feelings of others) <input type="checkbox"/> I feel strong. <input type="checkbox"/> I base my decisions on my own wishes, and I disregard other people's wishes. <input type="checkbox"/> I believe everything is the other person's fault. <input type="checkbox"/> I don't show my thoughts and feelings but get mad when people don't know my wants and feelings. <input type="checkbox"/> I see others as being "bad." <input type="checkbox"/> I am shameless, bold, impudent, presumptuous. <input type="checkbox"/> Values are not crucial to me.

#1 What are some of the possible reasons why self-respects attitudes is more effective than introjection?

#i.

#ii.

#2. What situation do you need to show self-respect?

#3 In what situations have you been shameless?

#4 How is introjection meaningful?	How is self-respect meaningful?

### #5 Cost Benefit Analysis



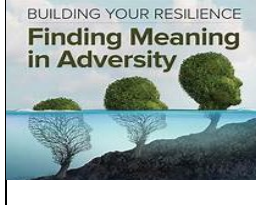

Cost of introjection (Column A Row 3)	Benefit of self-respect (Column B Row 3)
Benefit of introjection (Column A Row 4)	Cost of self-respect (Column B Row 4)
#6 How does introjection wards of anxiety?	
#7 How does introjection protect my self-esteem?	
#8 How will others respond to when you act using introjection?	
Toxic of expansion your uniqueness. (Column	Healthy expansion of your uniqueness. (Column B Row
Toxic of restricting your uniqueness.	healthy restriction of uniqueness. (Column B Row 6)

1	Toxic	Healthy (Index 12).	Opposite
2	(C) Discovering Meaningfulness	(D) Discovering Meaningfulness	(D) Discovering Meaningfulness:
3	( C ) Cost of	D) Cost of	Cost of Healthy Sense of Unconnected
4	(C) Benefits of Seeing Yourself as	(D) Benefits of	The benefit of
5	(C) Toxic Restriction of Uniqueness:	(D): Discover Healthy Restriction of Uniqueness:	(D) Healthy Restriction Uniqueness:
6	(C) Toxic Expansion of My Uniqueness:	(D) Healthy Expansion of Your Uniqueness:	(D) Healthy Expansion of Your Uniqueness:


**Will to Meaning: Rating Form:**

Topic: \_\_\_\_\_

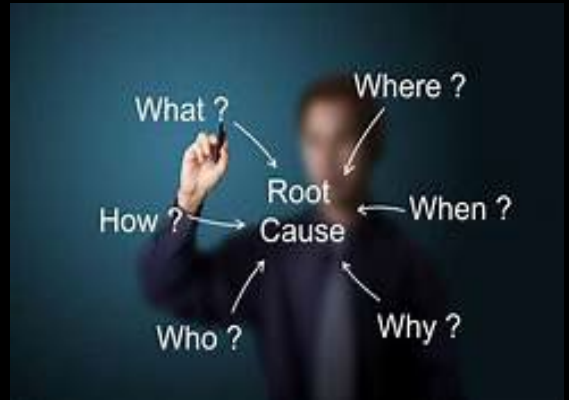
Date: \_\_\_\_\_

	<p><b>#1 (F) Follow Up:</b> What was the purpose of this exercise?</p>
	<p><b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>
	<p><b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.</p>
	<p><b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.

	<p align="center">1 Not Helpful</p>	<p align="center">2 A Little Helpful</p>	<p align="center">3 Somewhat Helpful</p>	<p align="center">4 Helpful</p>	<p align="center">5 Very Helpful</p>
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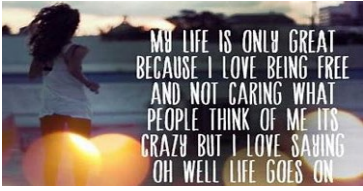
# Healthy Respect for Others:



# Healthy Respect for Others

## Experiential Values – Helpful (o) Worksheet (o)

(o) helpful, responsible, enjoy taking care of people, big-hearted, generous, charitable

		
<p>Being helpful and Bighearted &gt; Being Overly Responsible:</p>		
<p><b>Survival Values</b></p> <p><b>Overly Responsible:</b> (Overprotective) I spoil others with kindness. I am too willing to give to others. I am overprotective of others. I am generous to a fault (o)</p>	<p><b>Interpersonal Values</b></p> <p><b>Caring-Helpful,</b> bighearted, generous, charitable, unselfish: You enjoy taking care of other. You don't expect anything in return. You give freely of yourself, and you value learning.</p>	<p><b>Funtional Values</b></p> <p><b>Not Caring:</b> You do not show concern or feel anxious, not worried. You are not troubled. You feel other people do not oppressed or weigh you down by responsibility or disquieted by apprehension, but not caring can lead to clinical apathy and social indifference.</p>

#1 What are some of the possible reasons why generous is more effective than being overly protective of others?

#i.

ii.

#2. What situation do you need to be helpful and generous?

#3 In what situations or issues, you don't care about?

#4 How are being Overly Responsible beliefs meaningful?	How is being generous Unselfish meaningful?

#5 Cost Benefit Analysis

Cost of Being Overly Responsible	Benefit of having Generous-Unselfish Attitudes
Benefit of Being Overly Responsible	Cost of Generous Unselfish Attitudes
#6 How does spoiling people with kindness wards of anxiety?	
#7 How does spoiling people with kindness protect my self-esteem?	
#8 How will others respond to when I spoiling them with kindness?	
#9 Characteristics of toxic way of expanding your uniqueness	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.



Menu of Solutions & Effective Strategies (o)			
(o)	Survival Values	Interpersonal Values	Functional Values
1	<b>Toxic:</b> spoils people with kindness, is overly responsible, too willing to give to others, overprotective of others, generous to a fault.	Enjoys taking care of others, gives freely of self, big hearted and unselfish. I present myself as reasonable, successful, sympathetic, mature. I avoid appearing to be weak or unconventional.	Helpful, supportive, caring, offers, gives
	<b>Overly Responsible:</b> (Overprotective) I spoil others with kindness. I am too willing to give to others. I am overprotective of others. I am generous to a fault (o)	<b>Caring-Helpful,</b> bighearted, generous, charitable, unselfish: You enjoy taking care of other. You don't expect anything in return. You give freely of yourself, and you value learning.	<b>Not Caring:</b> You do not show concern or feel anxious, not worried. You are not troubled. You feel other people do not oppress or weigh you down by responsibility or disquieted by apprehension, but not caring can lead to clinical apathy and social indifference.
2	<b>Discovering Meaningfulness:</b> When I am hyper-normal, people are not afraid of me and see me as helpful. This lack of conflict gives me time to discover meaningfulness.	<b>Discovering Meaningfulness:</b> People may see me as reliable and supportive, so I'll have the social support to discover meaningfulness.	<b>Discovering Meaningfulness:</b> Being supportive helps me discover the meaningfulness I am learning about another person's uniqueness.
3	<b>Cost of Being Overly Responsible:</b> I take on too many responsibilities that will result in giving too many points (game theory) and not receiving points from others.	<b>Cost of Taking Care of Others:</b> I may not address my wants and needs, so I may not get what I want.	<b>Cost of Being Helpful:</b> Others may not appreciate my efforts or see my help as interfering.
4	<b>Benefit of Being Responsible:</b> Being Responsible trains people to trust you.	<b>Benefit of Taking Care of Others:</b> People will trust me. My feelings of self-esteem are bolstered by appearing mature and generous.	<b>Benefit of Being Helpful:</b> I can be helpful and supportive of others, which may bring social approval.
5	<b>Toxic Expansion of My Uniqueness:</b> I may see myself as wonderful when I spoil others and have a false sense of esteem.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I take care of others, I feel good about myself because I feel bighearted, generous, charitable.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I care about others and help them, I learn about myself and practice my social skills.
6	<b>Toxic Restrictions of My Uniqueness:</b> When I feel anxious, I am overly agreeable. I am too willing to give and too overprotective when it is not necessary. I am too impulsive when it comes to other people.	<b>Discover Healthy Restrictions of Uniqueness:</b> I will listen to others and develop a sense of trust and cooperation while taking care of them.	<b>Discover Healthy Restrictions of Uniqueness:</b> While helping others, I may have to suspend expressing my needs.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

**Toxic:** spoils people with kindness, is overly responsible, too willing to give to others, overprotective of others, generous to a fault.

- I hope people will trust me.
- If people fail or get hurt, it is my fault, and I didn't do enough.
- Fear of Failure and a fear of not being in control.
- I must give freely of myself. People must not be mad at me. We must love and appreciate me if I am kind and generous.
- Overly optimistic; everybody can do it if they have the proper training or learn the correct skills; acts kind of manipulating, so I get my own way.
- When I feel anxious, I am overly agreeable. I am too willing to give and too overprotective when it is not necessary. I am too impulsive when it comes to other people.
- Emotionally, I enjoy taking care of others. I give easily of myself and am "big-hearted" and unselfish.
- I am "always" supportive and always encouraging. I act confidently and robustly. I am excessively responsible and self-sacrificing, and I need to show my personal strength, including inappropriate protectiveness and an over-concern for the welfare of others.
- I must be kind and over-responsible because I only do my unethical behavior to protect us.
- I don't like to be selfish. I enjoy taking care of others.
- Acting "as if" I'm in control will not guarantee certainty or give me the power to be in control.



- Taking responsibility for everything is nearly impossible to do.
- Taking responsibility for everything is not helpful in the long run, and it is rarely productive or profitable.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

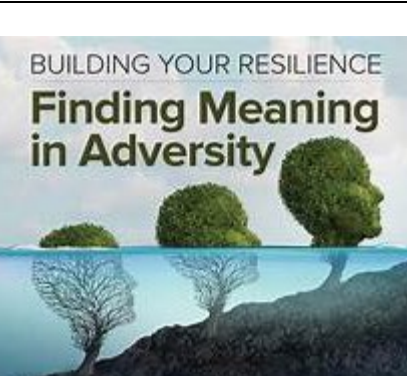
Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful




**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

**Comments:**

# Hyper-Normal vs. Being Considerate (n)

n			
Being Considerate > Hyper-Normal			
	<b>Survival Values:</b>	<b>Interpersonal Values</b>	<b>Funtional Values</b>
1	<b>Hyper-normal</b> – I dote on others, which provokes acceptance from others; I need people to accept me. I try to comfort everyone. I am too lenient with others, overly sympathetic, and forgive anything. I am softhearted and emotionally responsive, I protect my self-esteem by being hyper-normal and over-sympathetic, and I will forgive anything. I’m a good person because I am over-sympathetic and forgiving.	<b>Considerate:</b> I am thoughtful of the rights and feelings of others. I am tender, softhearted, and emotionally responsive to others. I am <i>sympathetic</i> : I have a healthy mutuality. I want unity or harmony with others. I can gain knowledge or understanding by study, instruction, or experience) I am not putting my interests first. Putting my action first will restrict my uniqueness, but it will help me to be more responsive (index #1), which will help me get along with others later down the road. (Long-range self-interest).	<b>Insignificance:</b> Every in my environment cannot be necessary or significant to me. Some events are inconsequential, not worth considering, unimportant, lacking weight, position, or influence; you don’t always have to feel significant; you can’t comfort everyone, and being sympathetic all the time can be exhausting; the extreme Form may not see the meaningfulness in anything.  <b>Extreme Form:</b> everything in my life is insignificant. Nihilism: a viewpoint that traditional values and beliefs are unfounded and that existence is senseless and useless.
(n)	I restrict my uniqueness by acting mature and comforting everyone, so I give in to another person’s needs and give up expanding my uniqueness.		

## #1 What are some of the possible reasons why showing consideration is more effective than being hyper-normal?

#i.

#ii.

## #2. What situation do you need to be considerate to others?

## #3 What issues are insignificant to you, but may be important to others?

#4 How are being Hyper-Normal beliefs meaningful?	How is being Considerate meaningful?

## #5 Cost Benefit Analysis

Cost of Hyper-Normal	Benefit of having Considerate Attitudes
Benefit of Being Hyper-Normal	Cost of Considerate Attitudes
#6 How does hyper-normal behaviors ward of anxiety?	
#7 How does hyper-normal behaviors protect our self-esteem?	
#8 How will others respond to you with your hyper-normal behaviors?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies Hyper-Normal vs. Considerate (n)			
(n)	Survival Values:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I tried to comfort everyone, I am too lenient with others, I am overly sympathetic, forgives anything, hyper, dotes on others, gives people too much pity, feels let down by others	encourages others, I am kind and reasonable, I am tender and softhearted, emotionally responsive,	Considerate, thoughtful, kind, understanding, caring, compassionate,
	<b>Hyper-normal</b> – I dote on others, which provokes acceptance from others; I need people to accept me. I try to comfort everyone. I am too lenient with others, overly sympathetic, and forgive anything. I am softhearted and emotionally responsive, I protect my self-esteem by being hyper-normal and over-sympathetic, and I will forgive anything. I'm a good person because I am over-sympathetic and forgiving.	<b>Considerate:</b> I am thoughtful of the rights and feelings of others. I am tender, softhearted, and emotionally responsive to others. I am <i>sympathetic</i> : I have a healthy mutuality. I want unity or harmony with others. I can gain knowledge or understanding by study, instruction, or experience) I am not putting my interests first. Putting my action first will restrict my uniqueness, but it will help me to be more responsive (index #1), which will help me get along with others later down the road. (Long-range self-interest).	<b>Insignificance:</b> Every in my environment cannot be necessary or significant to me. Some events are inconsequential, not worth considering, unimportant, lacking weight, position, or influence; you don't always have to feel significant; you can't comfort everyone, and being sympathetic all the time can be exhausting; the extreme Form may not see the meaningfulness in anything.  <b>Extreme Form:</b> everything in my life is insignificant. Nihilism: a viewpoint that traditional values and beliefs are unfounded and that existence is senseless and useless.
2	<b>Discovering Meaningfulness:</b> Comforting others and helping them gives me a sense of community.	<b>Discovering Meaningfulness:</b> When emotionally responsive to others, I have a greater chance of discovering meaningfulness because I'm getting along with others and helping them discover what is meaningful.	<b>Discovering Meaningfulness:</b> When I'm considerate and caring, I know what's important to others which helps me discover what is meaningful to me.
3	<b>Cost of Being Hyper-normal:</b> By being tender common tender, supportive I train others to agree, conciliate, and depend on me. my helpful behavior might make other people cooperative and appreciative.	<b>Cost of Being Softhearted:</b> People may not understand my concerns and motives when I'm overly responsive to other people's needs and excessively sympathetic.	<b>Cost of Being Considerate:</b> People may disregard what I want and need by being excessively understanding, caring, and compassionate.
4	<b>Benefit of Hyper-normal:</b> Being normal trains people to accept me. Comforting others makes me a nice person who always encourages everyone.	<b>Benefit of Being Softhearted:</b> When I am sympathetic to other people's feelings and thoughts, I have a greater chance of being empathic with others and exercising experiential value.	<b>Benefit of Being Considerate:</b> When I am thoughtful of the rights and feelings of others, my sense of community increases, and I have a greater chance of discovering meaningfulness.
5	<b>Toxic Expansion of My Uniqueness:</b> Being lenient and over-sympathetic will make me special and different from all others. I try to comfort everyone, which makes me unique from all others.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I show empathy for another person, I have a greater chance of truly understanding another person's feelings, goals, and dreams.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I'm considerate of other people's feelings and goals, I can discover what is important to them, and I have a greater chance of getting along with others – which expands my uniqueness.
6	<b>Toxic Restrictions of Your Uniqueness:</b> : I encourage, which indicates I'm a more sociable person and should be treated kindly – so I always have to be solid and supportive regardless of how I feel.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I am sympathetic to other people's feelings and thoughts, I put their feelings ahead of my goals, purpose, and emotions.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I prioritize other people's thoughts and feelings, I may have to restrict my uniqueness. But in the long run, I am expanding my uniqueness by being considerate and kind.
7	<b>Toxic Dialectic:</b> [] I'm fragile and will get hurt if I get close to someone, but I'm incredibly lonely. [] People will see me as having deficiencies if I get close enough, but it is better to be alone than feel bad. [] My anxiety will overwhelm me, but it is better to be alone than to feel bad people's judgment of me can destroy me, but I destroy myself with my own judgment.	<b>Healthy Dialectics:</b> [] You accept your uniqueness, and you know that you are an ordinary person. [] You want to be responsive, kind, and empathic while being firm, fair, and focused when problem-solving. [] You can unconditionally accept yourself, others, and the world even when they place conditions on you.	<b>Healthy Dialectics:</b> [] I want to be considerate, but I am an ordinary person with bad moods and negative feelings. [] You know your worth is not based on your performance, effectiveness, and effort because you are alive and can do better tomorrow.

(n) When I use the **softhearted façade**, I try to comfort everyone, especially loved ones. Softhearted (n) I seek approval by being helpful and overly considerate. I get support from “acting normal.” In fact, I am “hyper-normal.” I want others to see me as expected, so I never have negative feelings. I think I have to comfort everyone; I act overly mature (pseudo-mature), I have to always be sympathetic, and I have to be always rational and sensible. I bolster his

	self-esteem by compulsively appearing mature and genial. Bolster, my self-esteem is the key to the softhearted façade. I sympathize too much so I can get too close to others, thus relieving or avoiding his feelings of anxiety (and loneliness). To avoid conflicts and arguments, I compromise my individuality by being too forgiving; I forgive everyone for anything. To avoid conflicts, I am overly tender and softhearted.
1	<b>Affect-Emotions:</b> {} My sense of self-esteem is bolstered by appearing mature and considerate. {} I encourage others, relieving my anger, helplessness, or isolation. {} I isolate myself by my self-satisfied piety from life's realities and feelings of bitterness and weakness. {} I attribute too much friendliness and cooperativeness to others. {} I tend to see others as more influential than they are consensually judged to be. {} I am overly forgiving and kind and too lenient.
2	<b>Behavior:</b> {} I strive to be close to others by being encouraging, sympathetic, kind, and reassuring. {} I want to appear sound, sensitive, and considerate. {} I deal with my approval anxiety by acting maturely. I knock myself out to be popular. {} I overextend myself in promises to others, and {} I offer help I cannot fulfill. {} I spend a lot of energy maintaining my façade of normality. {} I cannot tolerate unconventionality or have weak feelings. {} I deny and inhibit my feelings of frustration
3	<b>Cognitive:</b> {} I <i>have</i> to conform so others will see me as normal. {} Others have to see me as “normal.” {} To have a feeling of belonging and to receive affection from others, I must conform to their wishes and put my wants and desires to the side.
4	<b>Demandingness:</b> [] I must act a particular way to be loved, admired, appreciated, etc. [] Otherwise, I am totally worthless. [] Others have to treat me in a specific way, or else they are weak, useless, etc. [] Conditions don't give me what I want because I am helpless to do anything about my life.
5	<b>[] B-C Connection:</b> I believe that there is no exception. I place a rigid-inflexible rule because I always believe I have to be soft-hearted and comfort everyone. There is no exception to my practice. For example, I must not have any negative feelings related to or about me, and I always have to have a positive feeling. When there is an absence of exceptions, I exclude any other solution or other possibilities from the adversity I am helping others to avoid.
6	<b>[] Discovering Meaningfulness:</b> Comforting others, forgiving others, being considerate, getting along with others, and I don't hold onto grudges help me to be in the moment and discover the meaning of that moment.
7	<b>[] Discover Meaningfulness in Discovering New Ways of Thinking</b>
8	<b>[] Extreme Evaluation:</b> I'm a wonderful person (better than most) for being forgiving, normal, and sympathetic.
9	<b>[] Unhealthy Restriction of My Uniqueness:</b> . <b>Forgiveness Rationalization:</b> I have to be generous to a fault, or people won't cooperate with me. {} I'll Forgive Anything: By acting “hyper-normal,” I think I will get approval or love from others. {} I try to comfort everyone. I present myself as reasonable, successful, sympathetic, and mature. {} I present myself as a healthy person, and I use my self-confidence and independence in an affiliative way. [] My behavior involves inappropriate effusiveness and conventionality. {} I will forgive anyone or anything. {} The payoff for this role is that it <i>provokes</i> acceptance from others. {} When I use the softhearted strategy, I forgive anything. I get approval by being helpful, making sound judgments, and being considerate; people will love and accept me. {} I believe my actions can change people's attitudes and thoughts without them making a conscious choice to change. {} My willingness to compromise in the face of potential disagreement is too much
10	<b>[] Conditional Thinking:</b> {} I think, “It is awful when people are not close or unfriendly to me.” I demand that things go my way, or I can't stand it when people are cold, distant, and independent.” {} I conclude, “If I am not always responsible and protective of others, then something must be wrong with me, and I think I am less of a person.” {} I like spoiling people with kindness. {} I am too willing to give to others and generous to a fault. {} I take on too much responsibility for everything (guilt). {} I am feeling angry inside, but I can't let it out, or people will disapprove of me.
1	<b>[] Socratic Questioning -Realistic Thinking:</b> : Is it realistic to think, “I <i>have</i> to have a feeling of belonging to be happy? I have to receive affection from others, and if I don't, I'm unlovable. I must conform to their wishes, and I have to put my wants and desires to the side. Realistically, you can be accepted or reject if people like or dislike you. If you are normal, people can reject you for acting normal. If you are abnormal, people can accept you because you are attractive and different. In reality, people make a choice to accept you or reject you. Your behavior or your desire to be perfect cannot control what people think.
1	<b>[] Aristotelian Questioning - Logic:</b> Am I basing my conclusion on faulty premises when I believe “I have to put my desires to the side?” []It is quite logical for you to conclude that because you want acceptance from others, you are frustrated, and you feel deprived when people don't accept you and your desires are not fulfilled. Whenever you want something and don't get it, you are automatically frustrated, and you can legitimately say, “I am not having my desires fulfilled, and there I find that unfortunate and uncomfortable.” You cannot logically go beyond that statement, and you cannot insist that because others must not frustrate you or deprive you in any way. If people deprive you, then you can find meaningfulness when other deprive you. .
1	<b>[] Pragmatic-Rational Thinking:</b> Am I basing my conclusion on faulty premises when I believe “I have to put my desires to the side?” When you get along with people and you develop a healthy working alliance with people in a positive and helpful way, you are developing you skills so you can actualize your potentials. If you are not yourself (imitating others) and acting like what other people think you should be, you are not authentic and genuine – you feel like a phony. You can be yourself, accept others and yourself unconditionally without acting like a phony. You can also accept yourself unconditionally when you do act like a phony.
14	<b>Self-Responsibility: (E) Practice Effective Way of Behavior:</b> I want to accept the world doesn't always go along with my wishes and wants, but I can tolerate the stresses the world throws at me because...
1	<b>[] Healthy Expansion of Your Uniqueness:</b> Appreciating and respecting others helps me not to be others into a negative box. Keeping others out of a negative category helps me to forgive myself when I make a similar mistake.
1	<b>[] Healthy Restriction of Your Uniqueness:</b> You are helpful, understanding, supportive, empathic, acknowledges another person's efforts, sensitive, warm, compassionate. You know the needs of others. Knowing what another person is thinking, feeling, and what his or his concerns are, restricts your uniqueness that their needs come before your wants, needs, and desire – so pull it in and help.
1	<b>Toxic Dialectic:</b> When I play the part of the “soft-hearted” facade, I train people to see me as kind and tender. I am considerate of others; I am frequently reassuring to others, and I am often encouraging others. When I use this façade, I am saying to others, “I am kind, and I am considerate,” so I turn towards others all the time. Since I encourage everyone, I must be a “good” person, and I must be kind to all.”
1	<b>Healthy Dialectics:</b> You strongly desire approval and would be much less happy if you received none. By loving you or approving of you, other people cannot give self-worth or intrinsic worth. When you value yourself merely because you are alive and kicking, and for that reason alone, you want to live an enjoyable life. {} You want to be mature and reasonable, {} but it is not awful if you act immaturely, {} but you are not less of a person if you're thinking or opinions are unreasonable and your actions appear immature to others. {} You would like people to like you. {} You want to get along with people. {} You are genuinely concerned and committed to doing what you can do to improve your reaction to them.
1	<b>What doubts, reservations or objections</b> do I still have towards adopting this new attitude? Do cultural or family values interfere with developing new attitudes about the adversity you face?
9	

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful




**4**  
Helpful

**5**  
Very Helpful

**Comments:**



# Being Cooperative vs. Overly Agreeable. (I)

(I)	Being Cooperative > being overly earnest		
			
	<b>Survival Value</b>	<b>Interpersonal Values</b>	<b>Functional Values</b>
	<p><b>Agrees with everyone.</b> - I compromise too much, and I will confide in anyone. I am Too easily influenced by friends, and I need everyone's love</p> <p>(I) Heartfelt: deeply felt; a serious and intent mental state, overly earnest, intense, (I) I smile, agree, collaborate, conciliate, act extroverted, outgoing. I cannot see hostility or power in myself. I give up my creativity so others will accept me.</p>	<p><b>Cooperative:</b> I can work with others to associate with another or others for mutual benefit. I am eager to get along with others. I want people to like me. I am pleased and value Love and affection based on admiration, benevolence, or common interests. Paradox- I may not get what I want immediately, so I cooperate and follow the rules to get what I want in the long run.</p>	<p><b>Self-Sufficient:</b> You can maintain your self-control without outside aid. You have extreme confidence in your ability or worth and do not conform to an accepted pattern of thought or action. You believe that people can do what they want, and you have no interest in belonging to a group.</p>

#1 What are some of the possible reasons why being cooperative is more effective than agreeing with everyone?

#i.

#ii.

#2. What situation do you need to cooperate with others?

#3 In what situations you want to see the situation for you is self-sufficient?

#4 How are agreeing with beliefs meaningful?	How is being cooperative meaningful?

## #5 Cost Benefit Analysis

Cost of Agreeing with Others	Benefit of being Cooperative Attitudes
Benefit of Being of Agreeing with Others	Cost of having Cooperative Attitudes

#6 How does agreeing with others ward of anxiety?

#7 How does agreeing with others protect our self-esteem?

#8 What will agreeing with others train people to do?

#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies (I)			
(I)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> overly cooperative, agrees with everyone, will confide in anyone, is too easily influenced by friends, wants everyone's love. I want everyone to like me, always pleasant and agreeable, eager to get along with others.	I want to get along with others. I want to be pleasant, I want to have a fun time, enjoy myself. I want to be nice and friendly with others. I want to be affable, courteous, polite, considerate, civil.	Cooperative: agreeable, participates, supportive, accommodating. When I am cooperative, we get more things done, have more fun, helpful, and supportive.
2	<b>Discovering Meaningfulness:</b> Being supportive sometimes involves putting other's needs before yours. Cooperative, helpful, accommodating, willing,	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness</b>
3	<b>Cost of Being Overly Cooperative:</b> When I overelaborate my concerns about my physical or emotional comfort, I have an excessive need for approval. {} I am training people to see me as weak and helpless. {} This thinking pulls others to give me help and support. When people approve of me, I will feel safe and secure. I'm too easily influenced by friends, I will confide in anyone, I want everyone's love, and I agree with everyone. This leads to failing to meet my own needs.	<b>Cost of Being Pleasant:</b>	<b>Cost of Being Cooperative:</b> I may have to give in to the needs of others and disregard my own needs.
4	<b>Benefit of Being Overly Cooperative:</b>	<b>Benefit of Being Pleasant:</b> provokes tenderness in others.	<b>Benefit of Being Cooperative:</b> I get along, have more fun with others, and am more productive working in a team than working alone.
5	<b>Toxic Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>
6	<b>Toxic Restrictions of Your Uniqueness:</b> Being dependent: {} I feel tense when others don't like me. I accept advice readily. I am very trusting of others, and am eager to please. {} I let others make decisions for me, and people easily fool me. {} I will believe anyone so that people will approve of me. I cannot tolerate criticism or feelings of guilt in myself. I strive to please, to be accepted, to establish positive relations with others.	<b>Discover Healthy Restrictions of Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>


<b>(I) Unhealthy Restriction of Uniqueness:</b> <i>Heartily Pleasant: Agrees with everyone and is extroverted pleasant all the time. I will confide in anyone, boundary issues. I am pleasant all the time. I placate and want everyone to love me, and I am easily influenced by others. (I)</i>	
<b>Healthy Restriction of Uniqueness:</b> Cooperative: Trustworthy, accurate, patient, safe, solid, sound, and trusted. You want to keep your promises and repairs broken problems, and you want to keep your agreements and re-negotiates new agreements.	
<b>Unhealthy Restriction of Uniqueness: Behavior:</b> Overly Agreeable - {} When I believe I have a strong need for approval, I am excessively agreeable. {} When I want everyone to like me, I focus too much on appeasing other people. I think I "always have to be pleasant. {} I am eager to get along, regardless of the cost. {} I act in an overly permissive way, and {} I am lax about correcting people. {} I am a sound follower and uses conventionalities to get approval. {} I lack insight into others and myself. {} I am not good at analyzing the motives of other people. {} I am usually content with what comes, and {} I have blind trust in human nature. {} I trust people too much. {} I like these behaviors because it <i>provokes</i> tenderness from others. {} I will confide in anyone, and others influence me easily. {} I want everyone's love. {} I see, hear, or say no evil. {} I believe that other people never do any evil. {} I increase my sense of self-esteem by being accepted by others and getting approval from others. {} I think I get this approval by employing being overly friendly and cooperative. {} Behaviorally and emotionally, I avoid feelings of depression by being overly optimistic. People influence me easily. {} I want people to like me and accept me too much. I am likely to cooperate, and I go along with the conventional pattern. {} I compromise too much. {} I am less likely to emphasize a unique, original, or highly controversial point of view. {} I am accessible and well-liked, and I often smile, agree, collaborate, and conciliate. {} I will forfeit originality and individuality. {} I have a misperception about my social reality. {} I do not see hostility or power in myself. {} I will do anything to avoid feelings of depression. {} I am overly optimistic.	
<b>Basic Attitude: Unhealthy and Self-Defeating Attitude</b> Heartily Pleasant: {} Overly Agreeable and Placates {} I believe "I must get approval so go along with accepted values. {} I am cooperative, conventional, and I'll compromise my values and wants to be approved by others. {} I need the approval to be happy. {} I derive my sense of worth and esteem from people's approval. {} I can be cooperative, easily influenced by friends, wants to be pleasant and agreeable, wants people to love me, eager to get along, confide to too many people, and agrees even when I disagree. {} Unhealthy Hope: I want to get along with most people I meet. {} Tension: I worry about other people rejecting me. {} Fear of rejection and an overt fear of loneliness. {} Demands: Important people must love me all the time. I must not disagree with others, or they won't like me. Significant people must approve of me unconditionally and must never reject me.	<b>Basic Attitude: Healthy and Constructive Attitude</b> {} You want to get along with others and have other people accept your values and interests, {} but it is not awful when they disapprove of you {} but you can tolerate them disagreeing with me {} but my worthwhileness is not connected to their approval or disapproval.
Meaningfulness	Meaningfulness


<p><b>Unhealthy and Self-Defeating Attitude That Restricts My Uniqueness</b></p> <p><b>Isolation Rationalization:</b> {} If they disagree with me, then there is something wrong with me, so I will have to withdraw and isolate myself, and then my behavior won't seem that bad. {} I'll isolate distance and myself, then other people will feel bad, and they will apologize to me. They will underestimate my badness.</p>	<p><b>Healthy and Constructive Attitude That Restricts Your Uniqueness</b></p> <p>Realistic Preference {} You want people to like you. {} You want to get along with people. {} You are genuinely concerned, and you are committed to doing what you can to improve their reaction. <i>Rational Belief:</i> {} You desire for approval, and you realized you would be much less happy if you received none. {} By people loving you or approving of you, you realized that other people cannot give you self-worth or intrinsic worth. {} When you value yourself merely because you are alive and kicking, and for that reason alone, you want to live an enjoyable life. {} You want to create an unconditional self-acceptance (USA) lifestyle for yourself that is uniquely yours.</p>
<p><b>Attitude is Inflexible-Unrealistic:</b> People must love me all the time and never disapprove of me.</p>	<p>Attitude that Flexible-Logical- Helpful: Realistic Preference</p>
<p><b>Attitude is Illogical-Unreasonable:</b> If people approve of me, then I'll be happy – forever.</p>	<p>Healthy Hope:</p>
<p><b>Attitude is Impractical-Unhelpful:</b> I'll do anything to get people to love me, like me or agree with me, which is not a helpful idea.</p>	

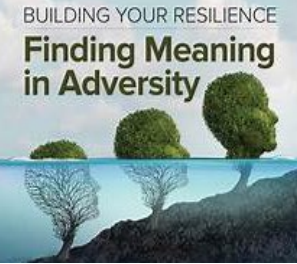
**Will to Meaning: Rating Form:**


Please complete the following Rating Form after each session with your therapist. Thank You.

Topic: \_\_\_\_\_ Date: \_\_\_\_\_


	<p><b>#1: (F) Follow Up:</b> What was the purpose of this exercise?</p>
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	<p><b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>
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	<p><b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.</p>
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	<p><b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>
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**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.

	<p align="center"><b>1</b> Not Helpful</p>	<p align="center"><b>2</b> A Little Helpful</p>	<p align="center"><b>3</b> Somewhat Helpful</p>	<p align="center"><b>4</b> Helpful</p>	<p align="center"><b>5</b> Very Helpful</p>
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Comments: \_\_\_\_\_

# Overly Conventional vs. Friendly (m)

(m)	 <p>Creative people</p>  <p>Ordinary people</p>		
	<b>Survival Value</b>	<b>Interpersonal Value</b>	<b>Functional Value</b>
	<p><b>Over-Conventional:</b> I am overly friendly. I lack originality, and I avoid expressing my individuality) I love everyone, and I am fond of everyone. I always have to be warm, or people will reject me. I obsess, and I am -compulsive with repetitious expressions of affiliative behavior, external values, and approval from others. <b>(m)</b></p>	<p><b>Cordial &amp; Friendly: Warmhearted:</b> I can be ...          {} friendly, {} warm, sociable, and neighborly. {}          Affectionate and understanding; {} Closeness in which everyone is comfortable, {}          Companionship: a community of interest, activity, feeling, or experience; a company of equals or friends. {}          I value giving and receiving, and Companionship is essential. I don't appreciate comparing myself with others, and my lack of competitiveness pulls me to egotism and unhealthy pride.</p>	<p><b>Unfavorable:</b> You do not like something but remain sociable and curious. You express your disapproval because it is something you would not like, not being judgmental or using extreme evaluations; you rate the activity as unfavorable.</p>

#1 What are some of the possible reasons why being warmhearted more effective than being overly conventional?

#i.

#ii.

#2. What situation do you need to be warmhearted?

#3 In what situations you want to see the situation for you to express things you don't like?

#4 How are Over Conventional beliefs meaningful?	How is being warmhearted meaningful?

## #5 Cost Benefit Analysis

Cost of Being Over Conventional	Benefit of having Warmhearted Attitudes
Benefit of Being Over Conventional	Cost of having Warmhearted Attitudes

#6 How does a lack of individuality ward of anxiety?

#7 How does a lack of individuality protect our self-esteem?

#8 How will others respond to our lack of individuality?

#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
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#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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Menu of Solutions & Effective Strategies (m)			
(m)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I am overly conventional, loves everyone, fond of everyone, likes everyone, friendly all the time.,	I am warm, very sociable, and neighborly, I am affectionate and understanding. Effusive, gushing, demonstrative, overly affectionate, excessively emotional	Friendly, welcoming, approachable, outgoing, responsive, sociable, and affectionate when appropriate.
2	<b>Discovering Meaningfulness:</b> I get along with others, so I have fun and be a part of a team, and there is a chance of being productive.	<b>Discovering Meaningfulness:</b> When I understand others, I have a greater chance of expanding my uniqueness and discovering meaningfulness.	<b>Discovering Meaningfulness:</b> I have a greater chance of discovering meaningfulness when interacting with my community
3	<b>Cost of Being Conventional:</b> lack originality or individuality.	<b>Cost of Being Excessively Emotionality:</b> I can lose objectivity that will interfere with reaching my goals and discovering meaningfulness.	<b>Cost of Being Friendly:</b> People may take advantage of my friendly nature when I show kind interest and goodwill and am not hostile.
4	<b>Benefit of Being Conventional:</b> My actions are formed by agreement. These arrangements are according to, sanctioned by, or based on law.	<b>Benefit of Being Excessively Emotional:</b> It trains people to love me.	<b>Benefit of Being Friendly:</b> I have a greater chance of having fun and getting along with others.
5	<b>Toxic Expansion of My Uniqueness:</b> I'll get my way if I am conventional and non-original. People do not have a right to deny me my just deserts. If people don't respond to me, they are worthless.	<b>Discover Healthy Expansion of My Uniqueness:</b> friendly agreeability tends to provoke approval and friendliness from others. I believe that my optimism trains people to like me. I believe that cooperation induces a reciprocal positive response in others.	<b>Discover Healthy Expansion of My Uniqueness:</b> I get along with others better, and I have a better chance of discovering meaningfulness.
6	<b>Toxic Restrictions of Your Uniqueness:</b> When I am overly conventional, I lack originality or individuality.	<b>Discover Healthy Restrictions of Uniqueness:</b> People love when I'm friendly, but lose my temper, then I'm rejected.	<b>Discover Healthy Restrictions of Uniqueness:</b> I don't express my true feelings because I'm afraid people will reject me for how I feel.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

#### Approval Anxiety: Optimistic Blandness-Loves Everyone

- I hope people will love me throughout my life.
- I can get acceptance and love using being overly friendly and affectionate. I have a history of the sudden flare of marital trouble (previously unrecognized), and I demand a (more affable boss, not to be a divorce).
- When my optimistic façade fails, I unleash unpleasant emotions, and I may even have a sudden flare-up of anti-social behaviors (lying, stealing, etc.). People see me as immature, naïve, and artless, and I have childlike ingenuousness.
- It would be awful if people rejected me or disrespected me.
- I wonder if people really love me.
- I usually have generalized non-specific anxiety, and I don't know why I am anxious. If people don't love me, bad things might happen, and people must not reject me or disrespect me.
- Fear of Being Disrespected. Fear being an individual. Fear of negative feelings. I fear that my emotions will bring on tension. I covertly feel hostile and restricted.
- I can't stand it when people think little of me, and I can't stand feelings of hostility, unhappiness, or power in myself. I am a person who cannot tolerate any critical, firm, or guilty behavior on my part.
- I must have love from all the significant people in my life. People must always think well of me. I must get attention and affection. I must be sociable and affectionate.
- I have to have everyone's love.
- I am fond of everyone; I like everyone, but I am too friendly with people I hardly know. I continually strive to please, and I always have to be friendly.
- I adjust my feelings to what is going on around me. If they feel angry, then I'm mad. If they feel happy, then I am delighted.
- I am critical of people when they are not around me. I deny any negative feelings in others and myself. I see no evil; I think no evil; I believe that other people will never do any evil.
- My inappropriate expression of positive feelings restricts my responses.
- I gain self-esteem by employing optimistic blandness (banality, plainness).
- I use optimism and hope to protect myself from anxiety, and I often complain about diffuse tension, such as headaches (or menstrual complaints).

- Before, people used to reject me; I believed everything was going well and I was not depressed.
- When the conflict between my desperate, fearful depression and my cheerful façade flares up, I blame others.
- My esteem depends on my receiving continuous expressions of appreciation. If I impress people, then I am worthwhile. If I can't be captivating, I am helpless. If I feel angry, I can punish that person; if I feel affectionate, I will be overly affectionate. I am easily misunderstood by others.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?




**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.






**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



	<b>1</b> Not Helpful	<b>2</b> A Little Helpful	<b>3</b> Somewhat Helpful	<b>4</b> Helpful	<b>5</b> Very Helpful
<b>Comments:</b>					

## Grateful (j)

(j)	<b>Docile: Fragile-Hearted</b> 	<b>Grateful</b> 	<b>Standoffish</b> 
	<b>Survival Value</b>	<b>Interpersonal Value</b>	<b>Functional Value</b>
	<b>Toxic Deferent:</b> I ingratiate myself with the wishes of others. I am docile, obedient, meek, and submissive. Other people easily teach me, and others easily lead or manage me. I am overly respectful, tractable, and submissive; clinging vine: docile implies a predisposition to submit readily to control or guidance. <b>Dependent:</b> I want others to lead me. I admire and imitate others. Hardly ever talks back, often helped by others; (j) (Personality Partial Factor E- submissive, easily lead by authority) By acting friendly and likable, giving up my individuality, and restricting my uniqueness, people will help me. (j)	<b>Courteous &amp; Grateful:</b> I appreciate the benefits received, expressing gratitude. I value beauty (experiential values); why is being grateful a healthy means of restricting my uniqueness? I am grateful for others giving me support and confidence. For example, when I receive something from teachers, etc. I follow their lead and understand the structure and rules that work. This is a paradox because I expand my uniqueness in the long run by restricting my uniqueness in the short run.	<b>Standoffish:</b> You act cold and reserved; you show no interest; and see the importance but are not thankful, beholden. It is something interesting in life, but no big deal. It is not on your interest-value radar, and you rather spend time checking things out,

#1 What are some of the possible reasons why Gratitude is more effective than being overly Docile?

#i.

#ii.

#2. What situation do you need to be grateful?

#3 In what situations you want to enjoy your solitude?

#4 How are being disheartened beliefs meaningful?	How is being Grateful to others meaningful?
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### #5 Cost Benefit Analysis

Cost of Being Disheartened	Benefit of Grateful Attitudes
Benefit of Disheartened	Cost of Grateful Attitudes

#6 How does imitating and admiring others ward of anxiety?

#7 How does imitating and admiring others protect your self-esteem?

#8 How will others respond to your imitating and admiring them?

#9 Characteristics of toxic way of expanding your uniqueness.

Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.

Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies (j)			
(j)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b> I am dependent on others, and I want to be led, I hardly ever talk back.	I often need help from others, I admire and imitate others. I'm very respectful to authority. I often respect, admire, and comfort others.	Grateful: Being grateful is a heartfelt recognition of the sources of benefit and affirming goodness and a sincere show of approval and admiration.
2	<b>Discovering Meaningfulness:</b> I rely on others, and I appreciate their support. There are many tasks I need help to do.	<b>Discovering Meaningfulness:</b> I discover another person's possibilities by giving me opportunities to become confident.	<b>Discovering Meaningfulness:</b> When I appreciate of benefits received, which may alleviate discomfort of othes.
3	<b>Cost of Being Docile-Unassuming:</b> I ward off anxiety by utilizing self-depreciation. <i>Self-criticism</i> involves hostile criticism of others (Factor L; projection) and Factor O – guilt-proneness). I believe, "Things must go my way" for me to feel safe."	<b>Cost of Being Overly Respectful to Authority:</b> People in authority may misuse their power, and there are means to correct their misperceptions or conduct.	<b>Cost of Being Grateful:</b> I might use gratitude to manipulate others into giving me what I want.
4	<b>Benefit of Docile-Unassuming:</b> People help me and give me advice when I need it.	<b>Benefit of Being Overly Respectful to Authority:</b> I learn from them, and we can get more done and be productive if I play the follower role.	<b>Benefit of Being Grateful:</b> It feels good when people show their appreciation and gratitude.
5	<b>Toxic Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b> I want to listen to someone in authority as I learn new skills.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I am grateful, I am open to learn from others.
6	<b>Toxic Restrictions of Your Uniqueness:</b> People always advise me, implying, "I can't make my own decisions. I restrict my uniqueness by feeling guilty and believing that I am inferior to others. I train others to take the lead. I reduce my anxiety by avoiding new tasks and presenting myself as being weak. {} I restrict my uniqueness by using insecure-dependent strategy. {} I trust others, but I mask my sense of trust with feelings of helplessness. {} I restrict my uniqueness by feeling helpless. I lack protection or support, so I don't try new things. {} I am docile (meek, obedient, submissive). I combine punitive self-depreciation and bland naiveté.	<b>Discover Healthy Restrictions of Uniqueness:</b> Expecting people to help me may restrict my ability to learn new skills. These skills can help me discover meaningfulness.	<b>Discover Healthy Restrictions of Uniqueness:</b> Expressing my gratitude will put the attention on others. I may have to restrict my talents, so other people can shine.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>

(j) **Discomfort Anxiety: Helplessness / Fragile Hearted: submissive E- restricts my uniqueness**

- I hope I will always be taken care of, and we show your love for me by taking care of me, so we must approve of me – if we don't, "I will hate you forever!"
- Fear of abandonment and failure and a fear of failure.
- Things must be perfectly comfortable for me to be happy. An overt fear of anger and a #4 covert fear of disapproval
- I must have people's love and approval to survive and be happy. I must have support and encouragement all the time.
- I admire and imitate people because I don't think much of myself.
- I am dependent on others, and I need their help.
- I present myself as being needy, weak, helpless, hopeless, and incompetent.
- When going through a divorce, I feel anxious because I feel weak and need others to help me.
- I am trusting, but my sense of trust is masked by my helplessness. I dread hostility, so my anxiety will increase when I experience any slight feelings of anger.
- Behaviorally, I present myself as a weak yet friendly person.
- I have a superficial eagerness to please, and I conform to people in authority and their suggestions.
- I am docile and anxious, but I am cooperative, well-motivated to please, and not distrustful.
- I combine punitive self-depreciation and bland naiveté.
- I am overly grateful and readily say thanks.
- I usually give genuine and descriptive comments.
- Usually, if I have numerous fears, I worry excessively about the approval of others.
- I elaborate on my concerns about my physical and emotional discomfort.
- I give people the impression of being weak and helpless, which pulls help and support from others.
- I present myself as being understanding.
- I recognize people's efforts easily, which people often like.
- I like to get along with people and show my gratitude.
- I love to be independent, assertive, and self-reliant, but I'm too afraid and full of self-doubt to take on such "awesome responsibilities."

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

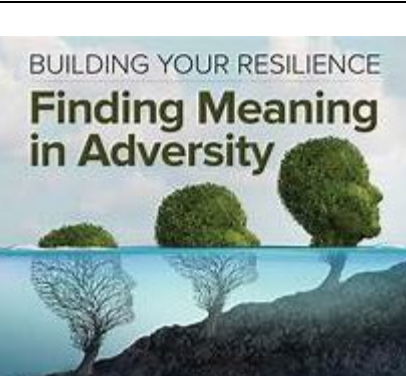
Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful




**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

**Comments:**

## Appreciation (k)

(k)			
1	<p><b>Toxic: Overly Trusting - Dependent:</b> I believe anyone; I let others make decisions. I like others to take care of me. Others easily fool me. Approval anxiety – Disapproval Tension, Overly Trusting, Eager to please, Excessively (C) Gullible, anxious about people’s approval. (k) I want to restrict my uniqueness because I fear being alone, but even with other people’s support, I still feel depressed and anxious. I want to limit my uniqueness because I fear being alone, but I still feel depressed and uneasy with other people’s help.</p>	<p><b>Confident in Others &amp; Appreciative:</b> I can be sensitive to another person’s efforts, talents, and experience. I can recognize aesthetic values, and express my admiration, approval, accepts advice readily. I can see the value and beauty of nature. Paradoxically the more I restrict my uniqueness while learning from others, the more I will expand my individuality in the future.</p>	<p><b>Irrelevant:</b> You rate something that is not relevant to your life. You ignore things that are not relevant, germane, material, pertinent, apposite, or applicable to my situation. I ignore things that do not bear upon the matter at hand. Relevant implies a traceable, significant, logical connection. Germane may additionally imply a fitness for or appropriateness to the situation or occasion. The material indicates so close a relationship that it cannot be dispensed without profound alteration of the case pertinent stresses a clear and decisive relevance. The word apposite suggests a felicitous relevance. Applicable indicates the fitness to bring a general rule or principle to a particular case. Apropos means being both relevant and opportune.</p>

#1 What are some of the possible reasons why showing appreciation is more effective than being overly dependent on others?

#i.

#ii.

#2. What situation do you need to show appreciation?

#3 What situations are irrelevant for you?

#4 How is having a Dependent belief meaningful?	How is being appreciative meaningful?

### #5 Cost Benefit Analysis

Cost of Being Dependent	Benefit of having Appreciative Attitudes
Benefit of Being Dependent	Cost of Appreciative Attitudes
#6 How does seeking approval ward of anxiety?	
#7 How does approval protect our self-esteem?	
#8 How will others respond to our seeking approval?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies (k)			
(k)	Survival Mode:	Interpersonal	Functional Values
	<b>Toxic: Overly Trusting - Dependent:</b> I believe anyone; I let others make decisions. I like others to take care of me. Others easily fool me. Approval anxiety – Disapproval Tension, Overly Trusting, Eager to please, Excessively (C) Gullible, anxious about people’s approval. (k) I want to restrict my uniqueness because I fear being alone, but even with other people’s support, I still feel depressed and anxious. I want to limit my uniqueness because I fear being alone, but I still feel depressed and uneasy with other people’s help.	<b>Confident in Others:</b> I experience. I can recognize aesthetic values, and express my admiration, approval, accepts advice readily. I can see the value and beauty of nature. Paradoxically the more I restrict my uniqueness while learning from others, the more I will expand my individuality in the future.	<b>Appreciative:</b> I can be sensitive to another person’s efforts, talents,
1	<b>Toxic: dependent,</b> we'll believe anything, easily fooled, likes to be taken care of, let's others make decisions	I accept advice readily, trusting, and eager to please, very anxious about social approval	Appreciative, indebted, beholden, obliged, an expression of admiration, approval. Being appreciative is recognizing the effort and skills of another. I show admiration for another’s excellence.
2	<b>Discovering Meaningfulness:</b> We all need support from others to discover meaningfulness because we live in a interdependent community.	<b>Discovering Meaningfulness:</b> When I trust people, I feel more confident in seeing my unique meaningfulness, but I may want too much agreement from others.	<b>Discovering Meaningfulness:</b> I show appreciation and see that people’s effort inspires me to do my best.
3	<b>Cost of Being Dependent:</b> Being over-reliant on others, needing help from others, excessively relying on another for support. I appear clingy, beg, and feel helpless, which can lead to depression.	<b>Cost of Social Approval:</b> I give up my individual goals, wants, and purpose to get approval from others.	<b>Cost of Being Appreciative:</b> People may not reciprocate my appreciation with their thankfulness. Game theory tells me I might feel angry when people do not show me appreciation.
4	<b>Benefit of Being Dependent:</b> Being dependent provokes people to help me.	<b>Benefit of Social Approval:</b> People are helpful, supportive, and caring. Individuals who “dance to their own drummer” and care little about what others think of them can remain within the community if they are needed and are willing to fulfill that need.	<b>Benefit of Being Appreciative:</b> Appreciation show that I understand how good something is, and I am grateful for another’s talents and efforts.
5	<b>Toxic Expansion of My Uniqueness:</b> When excessive dependent or seeking approval, we may give up our sense of independence, and our sense of doing what we need to do.	<b>Discover Healthy Expansion of My Uniqueness:</b> When people give me advice, it helps me develop my skills to expand my uniqueness.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I appreciate another person’s talents, I can learn from them, and they can be my social model.
6	<b>Toxic Restrictions of Your Uniqueness:</b> When I rely on people too much, my self-confidence diminishes. It is nice when people help me, but I may need help learning new skills when people help me too much.	<b>Discover Healthy Restrictions of Uniqueness:</b> I want social approval to maintain cohesion at work and in my family; I may restrict my individual and personal desires so the group can prosper.	<b>Discover Healthy Restrictions of Uniqueness:</b> I may be too critical in evaluation. I have a fair critical estimate which may hurt other people’s feelings. I may be overly sensitive and obsess about what others are thinking.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

**(k) Approval Anxiety: Sweet Hearted/ Dependency Need “You have to help me.”**

- I believe “Loved ones show their love by taking care of me, so I must have love from all the significant people in my life.”
- I need the approval to be happy.
- I derive my sense of worth and esteem from people’s approval, and if people disapprove of me, I develop an understanding of worthlessness, and I have little self-respect.
- **Dependence provokes nurturance.** *Dependent Passivity/ naive conformity/ Will believe anyone.*
- I hope everyone I meet will like me. I hope people will help me when I need help.
- I worry about what other people think of me. Frequently appears unhappy, anxious, worried, and fearful.
- Fear of rejection. Overt fear of loneliness and a covert fear of people’s rejection, so I rebel. I am afraid of strong people and authority figures. Phobic, (see displacement as a defense)
- Important people must love me all the time. People must not disapprove of me.
- People must always be sweet and loving. Significant people must not reject me.
- I must have love or approval from all the significant people in my life.
- I feel very anxious about others liking me. I accept advice readily. I am very trusting of others, and I am eager to please them.
- I let others make decisions, and people easily fool me.
- I will believe anyone, so people will approve of me. I see myself as weak and friendly, and I want others to be strong and friendly.

- When I base my decisions on other people's approval, I feel anxious. I see myself as needy, weak, helpless, and incompetent. I need others to survive. I present myself as being tearfully helpless. I am looking for others to help, promise, reassure, explain, and do something to relieve my anxiety and tears. When dealing with people in authority, I act passively.
- When I overelaborate my concerns about my physical or emotional comfort, I probably have an excessive need for approval. I am training people to see me as weak and helpless, pulling others to help and support me.
- When people approve of me, I will feel safe and secure. When I show appreciation, I will still feel dependent on others. When I have a limited range of self-acceptance, I seek excessive approval and demand togetherness. I demand that people inflate my esteem. I think, "since I gave us a compliment, now we have to love and adore me." I am looking for something in return, a reward, which may not come true. Emotionally, I feel depressed and have numerous fears and worries. When I get this approval utilizing being overly friendly and cooperative, I feel better about myself, which is irrational.
- Dependent Rationalization: I can avoid my responsibilities because other people do not tell me what to do. I don't have to think independently because that's your responsibility.



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Topic:

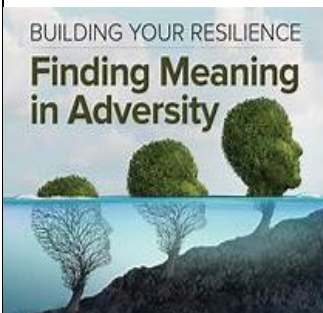
Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful




**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

**Comments:**

## Self-Effacing vs. Able to Criticize Self (h)

(h)	I restrict my uniqueness by training people to look down at me with varying intensities of derogation and superiority.		
	<b>Toxic Ways to Restrict Your Uniqueness</b>	<b>Healthy Ways to Restrict You Uniqueness</b>	<b>No Impact on Expanding or Restricting</b>
(h)	<b>Faint Hearted</b> 	<b>Able to Criticize Self</b> 	<b>Autonomous</b> 
1	<b>Toxic Unassured: I am faint-hearted.</b> {} Self-Effacing: I am shy; I approach others modestly and can be inconspicuous. {} I frequently feel ashamed of myself. {} I am shy and timid. I lack the courage or self-confidence to stand up for myself. I need boldness and determination. {} I am self-punishing, and I am overly apologetic, {} I am Easily embarrassed (h)	<b>I can Criticize myself without using extreme evaluations.</b> I value social and moral standards. Healthy criticism involves being positive with social orientation. I can be specific and private (don't criticize someone publicly). {} I want to control my unruly emotions that get them in trouble. I don't want others to see me as a selfish person. I want to correct self-defeating habits. {} I believe having self-control in life is essential. I want to control vices such as drinking, drugging, and gambling. {} I want to be respectful to my parents. {} I want people to avoid sinful behaviors. {} I want to avoid temptations. (Healthy restriction of my uniqueness)	<b>Autonomous:</b> existing or capable of existing independently, take things as they come; no impact on my life, no personal cost to me,

#1 What are some of the possible reasons why Healthy Self- Criticism Attitudes is more effective than being shy and a lack of self-confidence?

#i.

#ii.

#2. What situation do you need to be self-critical?

#3 In what situations or issues are you autonomous?

<b>#4 How is shame belief meaningful?</b>	<b>How are healthy self-criticism attitudes meaningful?</b>

### #5 Cost Benefit Analysis

Cost of Self-Downing	Benefit of Unconditional Acceptance Attitudes
Benefit of Self-Downing	Cost of Unconditional Acceptance Attitudes
#6 How does self-downing ward of anxiety?	
#7 How does self-downing protect your self-esteem?	
#8 How will others respond to your self-downing?	
#9 Characteristics of toxic way of expanding your uniqueness.	# 11 Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	#12 Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies (h)			
(h)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b> I am self-effacing, always ashamed of myself, shy, timid, and self-punishing.	I am apologetic, lack self-confidence and I'm easily embarrassed	I can criticize myself.
2	<b>Discovering Meaningfulness:</b> Feeling effacing and helpless helps me recognize that I want support from others, and I want to work on my social skills, assertiveness, so people don't look at me.	<b>Discovering Meaningfulness:</b> <i>Having goals and not reaching my goals is meaningful because (1) I may need to make a new plan to reach my goals; (2) I may want to make a more realistic goal given my time and present resources; and (3) I want to meet life's demands rather than demanding something from others and the world.</i>	<b>Discovering Meaningfulness:</b> I discover meaningfulness when I to consider the merits and demerits of and judge accordingly. When I rate my progress, I can decide if I'm moving in the right direction.
3	<b>Cost of Being Self-Effacing:</b> I make myself modestly or shyly inconspicuous, so people don't notice me. I feel left out, and people don't care about me.	<b>Cost of Lacking Confident:</b> People may see you as overconfident or cocky. They may not trust you because they think you are aggressively assertive.	<b>Cost of Being Critical:</b> You may criticize yourself too harshly, reducing your motivation to complete specific tasks.
4	<b>Benefit of Being Self-Effacing:</b> People will lower their expectations of you.	<b>Benefit of Lacking Confidence:</b> People have a greater chance of helping you and being supportive in learning new skills.	<b>Benefit of Being Critical:</b> I can learn from my mistakes so I can better reach my goals.
5	<b>Toxic Expansion of My Uniqueness:</b> I may believe that feeling glum and having self-contempt will make others to accept me unconditionally, and I can do what I want whenever I want to do it. I think that running away will demonstrate my uniqueness.	<b>Discover Healthy Expansion of My Uniqueness:</b> Confidence gives me ways to develop and expand my opportunities. The best way to build trust is by practicing and restricting my uniqueness in healthy habits.	<b>Discover Healthy Expansion of My Uniqueness:</b> Critical thinking involves being objective and logical. Critical thinking helps me be more open minded and develop my skills.
6	<b>Toxic Restriction of Uniqueness:</b> { } I train people to look down at me, so they treat me with disrespect, contempt, or disdain. { } I see myself as weak and feel less anxious when people depreciate me. { } By being overly modest, I restrict my uniqueness. (See (h) shame, lacks self-confident	<b>Discover Healthy Restriction of Uniqueness:</b> { } You can criticize yourself without putting yourself down. You can rate your behavior to determine if you are reaching your goals. <b>Able to criticize self</b>	<b>Healthy Restriction Uniqueness:</b> { } You may feel unexcited about issues, so you spend more time working on questions and concerns that are influential and inspirational.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

Menu of Solutions & Effective Strategies (MOSES) (h)			
1	<b>(A) Adversity-Activating Event:</b> I restrict my uniqueness by feeling helpless, anxious, and holding onto feelings of guilt (h).		
2	<b>(Ac) Critical Aspect of Activating Event</b> I feel helpless which provokes others to be aggrogant. Self-effacing behaviors train other people to look down at me, which restricts my uniqueness.		
3	<b>(B) Belief:</b> I am helpless. I am no good. I feel doomed. I have no talents. I am inadequate. No one respects me. I am inferior to others.	<b>(D) Discover a New Attitudes:</b> You want people to treat you with respect, but you are not less of a person if they choose to act disrespectfully. You want to get what you want, but there is no evidence that the universe must give in to your demands.	
	<b>(B) Extreme Evaluations:</b> It is awful, terrible, horrible, I can't stand it, and I am, or they are less of a person.	<b>(E) Exercise &amp; Practice New Attitudes:</b> Give three reasons why your new attitude at (D) is more effective than your belief at (B)	
4	<b>(C) Thinking: Anthropological Evolutionary:</b> This form of thinking protected me from attempting to take on difficult tasks by myself.	<b>(D) Discover a New Way of Thinking:</b> I want love and approval. I want to feel part of a family or a group. This sense of believing or your desire to feel a part of something bigger than yourself is a natural wish.	
5	<b>(C) Automatic Thought: Automatic Thought:</b> If I am powerless and vulnerable, I'm not responsible for what happen because I don't have any power to influence the situation.	<b>(D) Inelegant Solution:</b> I know that I am not always powerful or powerless. Regardless of my level of power in a given situation, I am still responsible for my actions and feelings.	
		<b>(D) Elegant Solution:</b> You can accept yourself unconditional, and the level of power or influence you have over people have nothing to do with your sense of worth. You have worth because you are alive, and can always do better tomorrow or discovering meaningfulness in the moment.	
6	<b>(C) Unhealthy Negative Feelings (s):</b> feeling helpless, feeling depressed;	<b>(D) Discover a New Way of Feeling-</b> recognizing and acknowledging your feelings of sadness and loss in your life.	
		<b>(E) Exercise &amp; Practice New Feelings:</b>	
7			

8	<b>(C) Concerns Others don't address:</b> In attempt to secure my status, I overstepped my boundaries, and now people are angry at me.	<b>(D) Concerns You Want to Address: moral concerns</b> – you don't want to appear to be selfish. I may want another person's admiration, but I don't need their respect to feel happy and worthwhile.
9	<b>(C) Behavior:</b> lacking protection or support, act defenseless, marked by an inability to react and I believe I can't control or restrained my behavior.	<b>(D) Discover New Ways of Behavior</b> – I can accept criticism from others, and I don't have to put myself down when I criticize myself. <b>(E) Exercise &amp; Practice New Behaviors:</b> 1. When criticize yourself be specific, what behaviors you can change, don't us global rating, and see yourself as "you can change" when the situations demand emotional adjustment and behavioral adaptation. Practice self-compassionate when the situation calls for you to criticize yourself.
10	<b>(C) Co-Causality – Unrealistic-Inflexible Thinking:</b> Any laws, physical or universal, supports this reaction?	<b>(D) Discover Realistic-Flexible Attitudes:</b> {} What law of the universe commands that you must never experience helplessness or be frustrated? No such law states, "I have to be helpless because I feel helpless." You can see that some aspects of your life as being unfortunate, and you know that you have no control over people's choices or unreasonable behaviors. You also see that there are aspects of your life in which you are fortunate, and you do have some influence over. Looking at your choices realistically shows you that you are not 100% helpless because you feel helpless. Realistically, other people's unreasonableness cannot make you do anything. If it could, why would that unreasonableness produce feelings of helplessness? You want to have control of the situations you face, but you don't have to control everything. You don't want to feel helpless or frustrated, but these feelings are a part of life and cannot determine your worth. <b>(E) Exercise &amp; Practice Realistic Thinking:</b> You want to think about how unreasonableness could create the joy of debate, present the challenges of influencing people's thinking, or produce a neutral feeling of the unreasonableness. What issues do you like to debate? You want to make sure your comments are fair and based on the facts.
11	<b>C) Co-Causality – Unreasonable-Illlogical Thinking:</b> (Premise 1) Other people I like must not be as bad as my, ex, boss, parent, etc. have acted. (Premise 2): My friend is yelling at me, which is true. Therefore, I conclude that my friend is mad at me.	<b>(D) Discovering Reasonable-Logical Attitudes:</b> Premise 1) {} I have no control how other people think. I can influence them with rewards and negative consequences, but I can't control their focus of attention or their thoughts. This statement on the left is illogical because "People who yell feel mad," which is true – they could yell because they are in pain, or they have extremely low tolerance to frustration. You don't have to upset yourself because another person is yelling it is better to feel annoy then feeling mad (Premise 2): This conclusion could be true or false – he could be yelling because he is mad at someone else, and he is taking it out on you – he could be losing his hearing – he could be making a point in an overly dramatic way... So, just because I have two true statements does not necessarily mean my conclusion is true. It does not logically follow that if my friend yells at me- I'm helpless, and there is nothing I can do about it. I could always change my thinking about my friend. (Note: attribution – multiple causes could contribute to a person's actions). <b>(E) Exercise &amp; Practice Logical Thinking:</b>
12	<b>C) Co-Causality - Unhelpful Thinking:</b> Do thoughts of helplessness get me what I want? No!	<b>(D) Developing Rational-Helpful Attitudes:</b> {} Believing you are helpless will not help you function productively at work, doing household chores, or doing recreational activities with your friends or family. When you tolerate frustration and disappointments, you will increase your power to change what you can change and to accept what you can't change. Tolerating frustrations, diseases, and disappointments will help you feel less horrified about them, and you will enjoy life despite them. You can help yourself even if you feel helpless occasionally. When you give in to your feelings of helplessness, you may start awfulizing, which will influence you to be intolerant to frustration and it may increase your stress. <b>(E) Exercise &amp; Practice Pragmatic Thinking:</b>
13	<b>(C) Co-Causality – Non-Acceptance Belief:</b> I shouldn't have negative feelings:	<b>(D) Developing Unconditional Self-Acceptance Attitudes:</b> I don't want to have unhealthy negative feelings, but it is not awful to experience such feelings because... <b>(E) Exercise &amp; Practice Unconditional Self-Acceptance:</b>
14	<b>(C) Co-Causality – Non-Acceptance Belief:</b> Other people shouldn't go against my wishes, and they should give me what I want.	<b>(D) Developing Unconditional Acceptance of Other Attitudes:</b> I want people to go along with my wishes, but I will never like it when someone goes against my wishes. They are not less of a person for disagreeing with me. <b>(E) Exercise &amp; Practice Unconditional Acceptance of Others:</b>

15	<p><b>(C) Co-Causality - Non-Acceptance Belief:</b> The world shouldn't be so difficult, and it should give me what I want.</p>	<p><b>(D) Developing Unconditional Acceptance of Life Attitudes:</b> I can accept the world doesn't always go along with my wishes and wants, but I can tolerate the stresses the world throws at me because...</p> <p><b>(E) Exercise &amp; Practice Unconditional Acceptance of Life:</b></p>
16	<p><b>(C) Unhealthy Restriction of My Uniqueness:</b></p>	<p><b>(D) Healthy Restriction of Your Uniqueness:</b> You can restrict your uniqueness by want to develop your skills to tolerate frustration. You can let go of believing your life is awful and you are helpless. You want to replace such thoughts with realistic thoughts and a rational philosophy of life. You want people to see yourself as a moral person and as an ethical person. You want a healthy sense of commitment, which requires compromising, collaborating, and communicating yourself .to others, which requires listening and limiting your sense of uniqueness in this moment.</p> <p><b>(E) Exercise &amp; Practice Healthy Ways to Restrict Your Uniqueness:</b></p>
17	<p><b>(C) Unhealthy Expansion of My Uniqueness:</b></p>	<p><b>(D) Healthy Expansion of Your Uniqueness:</b> You can expand your uniqueness by working extremely hard at tolerating frustration. You are not a plaything, and you can accept yourself apart from others' evaluations of you. You can determine to assert yourself or not to assert yourself. Even if, my friends are mad at me, it does not make me a worthless person. I dislike when others interfere with my chief goals and values, but I won't demand that others must not interfere. I view other people's unreasonableness as bad, but it is not horrible, awful, or terrible when they are unreasonable. I am NOT helpless because I feel helpless (Albert Ellis' book (2001) "Feeling Better, Getting Better, Staying Better," page 35.)</p> <p><b>(E) Exercise &amp; Practice Healthy Ways of Restricting Your Uniqueness:</b> I will listen to others and appreciate their skills and talents.</p>
18	<p><b>(C) What Cultural Influences</b> strengthen the above beliefs and ideas?</p>	<p><b>(F) Follow-Up: Did it work?</b></p>
19	<p><b>(C) How does the above thoughts</b> interfere with you reaching your goals?</p>	<p><b>(G) What goals would you reach if you work on the above ideas?</b> Complete Rating From</p>

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful



**Comments:**

**Being Meek-Passive versus Respecting Others (i)**



(i_		
Survival Value	Interpersonal Value	Functional Value
<p><b>Toxic Submission:</b> {} Meek, passive, unaggressive. Disheartened: Obeys too willingly, modest: placing a moderate estimate on one's abilities or worth m neither bold nor self-assertive, tending toward diffidence, Spiritless, spineless, dejected; Masochistic: I enjoy others subjecting me to pain, {} humiliation especially by a loved one, easily led, usually gives in (i)</p>	<p><b>Can be Loyal and Devoted: Respectful of Others {}</b>                  You pay attention. You can be obedient, which implies compliance with the demands or requests of one in authority. You can follow rules and you are tolerant to follow structure. You pay attention to what they are saying. You show appreciation in their effort and experience {} Accept others unconditionally even when the other person doesn't use reciprocal assertiveness.</p>	<p><b>Enjoy Solitude:</b> I love the quality of being alone or being in remote locations from society, voluntary seclusion: to separate from outside influences.</p>

#1 What are some of the possible reasons why Respecting Another Person Attitudes is more effective than Disheartened Beliefs?

#i.

#ii.

#2. What situation do you need to be respectful?

#3 In what situations you want to enjoy your solitude or what activities do you like to do by yourself?

#4 How are being Obedient beliefs meaningful?	How is being respectful to others meaningful?

#5 Cost Benefit Analysis

Cost of Being Meek and Passive	Benefit of Respectful Attitudes
Benefit of Meek and Passive	Cost of Respectful Attitudes






#6 How does being meek and passive ward of anxiety?	
#7 How does being meek and passive protect our self-esteem?	
#8 How will others respond to our meekness and passivity?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.

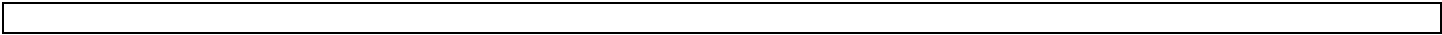
	#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.	
<b>Menu of Solutions &amp; Effective Strategies (i)</b>			
(i)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Functional Values</b>
1	<b>Toxic:</b> people may see me as spineless, meek, passive, and unaggressive. I obey too willingly, passive. Guilt does not exist without some interjection or underlying acceptance of punitive themes. Self-criticism seems to involve some aspect of hostile criticism expressed against or projected on others.	I am modest, easily led, and I usually give in to other's wishes or demands. I place a moderate estimate on my abilities or worth. I am neither bold nor self-assertive, and I tend toward diffidence, shyness, hesitancy, reserve.	Can be obedient, healthy restriction of my uniqueness
2	<b>Discovering Meaningfulness:</b> I believe I am weak, inferior person. I train others to look down upon me. Life is telling me I need to find another way of feeling safe and avoiding anxiety. I want to move from anxiety to concern.	<b>Discovering Meaningfulness:</b> I am neither bold nor self-assertive. This gives me time to figure out what I want and time to listen to others.	<b>Discovering Meaningfulness:</b> I know when to move forward or when to give up. Sometimes retreating is our best alternative.
3	<b>Cost of Being Passive:</b> I am only receptive to outside impressions or influences. People will see me as weak and irresponsible when overly shy or timid. I ward off anxiety by means of self depreciation.	<b>Cost of Being Modest:</b> self-abasing individuals provoke punitive and arrogantly superior reactions from others. when I act in a meek manner, I tend to avoid equal relationships and to seek strong, guiding partners. Others may become more aggressive if they see you as submissive.	<b>Cost of Being Obedient:</b> I give up my wishes for other group goals, and I may follow a leader who is not ethical or is more concerned about my welfare.
4	<b>Benefit of Being Passive:</b> I allow other people to expand their uniqueness and develop their skills. I am patient and without resentment.	<b>Benefit of Being Modest:</b> I can sit back and observe what is happening and find the best way to help the group or leader. People will less aggressive if they see you as passive.	<b>Benefit of Being Obedient:</b> I can contribute to the team, making the company productive and profitable. This is a healthy restriction of my uniqueness.
5	<b>Toxic Expansion of My Uniqueness:</b> I believe people will take care of me or feel sorry for me. My sense of helplessness will reinforce the idea that I can make my world safe. When my world is safe, I can try new things. But I would only do things to expand my uniqueness when I feel safe.	<b>Discover Healthy Expansion of My Uniqueness:</b> As I observe other people's behavior and am modest, I will learn more about myself and develop my skills by following others.	<b>Discover Healthy Expansion of My Uniqueness:</b> I am a part of the group. Being a part of the group gives me a chance to learn new skills so that later on, I can expand my uniqueness with these newfound skills.
6	<b>Toxic Restrictions of Your Uniqueness:</b> I am unpretentious reserve. I avoid anxiety by employing retiring, embarrassed diffidence. Self-depreciation is a way for me to feel safe.	<b>Discover Healthy Restrictions of Uniqueness:</b> By being modest, I am also being cautious. This can lead to looking before I leap into situations I don't want to be in.	<b>Discover Healthy Restrictions of Uniqueness:</b> Being a part of the team involves playing my role to the best of my ability.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

**(i) Meek, passive, obeys willingly vs. modest, easily lead, and can be obedient**

- I hope that life will turn out the way I expect.
- The world must be a safe place.
- I hope things will get better, but since I am so helpless, they won't.
- Anxious about making decisions; anxious depression (D4).
- When things change, I become upset, and I am quick to see the danger. I want their approval but get pissed, but I don't show my anger because I am afraid of their adverse reaction toward me.
- I am afraid of getting hurt. I know something bad will happen, but I don't know what or when.
- I fear disapproval from loved ones.
- I have to be safe and feel secure all the time. Things must go my way.
- I usually give in, and I follow others easily. I act meek, but people see me as non-assertive or even spineless.
- I am downhearted and depressed. I am wishy-washy, and I knuckle under others' wishes.
- When I feel anxious about people's disapproval, I become apathetic and depressed.

- I easily back down from an argument or exaggerate to get “off the hook.”
- Behaviorally, when I act overly submissive and modest, I have difficulty making decisions, and I act in passive and unaggressive ways. I am indecisive, ambivalent, obedient, and overly submissive. I base my sense of self on being deferential, extremely respectful, and obsequious (flattering, sycophantic, and ingratiating). I use these self-denigrating behaviors to deal with stress.
- I feel overly hopeful, but my hopes and fears go hand and hand.
- I want to go forward, but somehow, I feel jinxed. I think, “I “can’t stand any more disappointment.”
- I often feel depressed with a secret reservoir of hope. To deal with this feeling of fear and hope, I often re-interpret the past to maintain my sense of hope. When I feel anxiously depressed, I have numerous “I can’t” statements run through my head.
- I want others to take the lead. I want to do my part and fulfill my obligations and duties.
- *“Luck is being in the right place at the right time with the right people doing the right thing.” (Duke Ellington)*
- Because I am anxious, I can’t handle my responsibilities.
- If I don’t care, I don’t have to take any responsibility for my actions.

<b>Will to Meaning: Rating Form:</b>					
Please complete the following Rating Form after each session with your therapist. Thank You.					
Topic:		Date:			
	<b>#1: (F) Follow Up:</b> What was the purpose of this exercise?				
	<b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?				
	<b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.				
	<b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?				
<b>#5. Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.					
	<b>1</b> Not Helpful	<b>2</b> A Little Helpful	<b>3</b> Somewhat Helpful	<b>4</b> Helpful	<b>5</b> Very Helpful
<b>Comments:</b>					



**#1 #10** Characteristics of toxic way off restricting your uniqueness.

Characteristics of healthy way of restricting your uniqueness.







# Emotional Respect and Pride

Toxic pride leads to jealousy, distrust, demanding admiration, and dominance:

## Healthy and Toxic Pride

How do you feel when you are always friendly, and other people are mean to you? When you are generous, and people take advantage of your generosity, you experience aggressive interpersonal patterns. Pride stems from that self-assertive drive that brings about momentary happiness but leads to toxic pride. Self-assertive can lead to interpersonal patterns that interfere with discovering meaningfulness. When giving interpersonal habits fails, there is a greater chance of turning to a hostile interpersonal practice that restricts your ability to find meaningfulness. When you over-focus on situations and people, you have no sense of agency, which is a divestment of your Meaning of Life.

	 <p>An arrogant person considers himself perfect. This is the chief harm of arrogance. It interferes with a person's main task in life—becoming a better person.</p> <p>(Leo Tolstoy)</p>	
1	<p><b>Toxic Pride</b> is having inordinate high self-esteem. Conceit is an exaggerated opinion of my qualities or abilities. I am vain, which is an inflated pride in myself or my appearance. I participate in activities that reflect my vanity and these actions are empty or valueless.</p>	<p><b>Healthy Pride</b> is reasonable or justifiable self-respect in doing something productive that doesn't hurt another person. You have proper respect for yourself as a human being. You find delight arising from some act (creative value) or relationship (experiential value).</p>
2	<p>{ } I can't really internalize individual triumphs. { } Holding onto my successes will decrease my sense of healthy self-confidence is tenuous. { } I must always "prove" myself and not only to myself but also to others.</p>	<p>{ } You feel good about your accomplishments <i>without</i> feeling superior to others. { } You can see and admit your faults. { } You are willing to compromise and cooperate. Your goals meet all five of life's demands.</p>
3	<p>{ } I give myself an overly favorable evaluation of my actions. { } I give myself too much credit for accomplishments, which are modest at best.</p>	<p>{ } You do not compare yourself to others. { } You do <i>not</i> boast about yourself but are willing to acknowledge the truth. Healthy sense of self-awareness without devaluing yourself.</p>
4	<p>It can lead to excessive egotistical and conceited behaviors, snobbish, boastful.</p>	<p>Healthy Pride involves Self-Reliance and Assertiveness, Self-Confident. Self-Respecting is appreciating your uniqueness without holding it over others. You know you are irreplaceable without worrying about others replacing you. Self-Respect is recognizing each moment is unrepeatable without hoping you can repeat them.</p>
5	<p>I make a declaration not of competence as such but of personal superiority. { } Over-valuing my abilities or achievements attributing to my successes that belong as much (or more). Other's contributions are project onto things I have completed. { } Toxic pride is far more aggressive and explicit than healthy pride. It frequently takes the form of looking down on others or <i>putting</i> them down.</p>	<p>You feel competent, skilled, adept, experienced in a particular area.</p>
6	<p><b>Toxic Pride is Meaningful:</b> I want to accomplish something, so I can experience value in my actions and discover meaningfulness in making something worthwhile, but I believe I don't have to give my best effort in everything I do.</p>	<p><b>Healthy Pride is Meaningful:</b> Your sense of significance and importance comes from your actions to improve yourself, another person, or your community. You can be proud of what you have accomplished, but discovering meaningfulness is a community effort.</p>
<p>(Note: Sin is doing something evil with a good thing, i.e., chair good – throwing chair to hurt someone – evil) Adapted from the work of Leon F. Seltzer, Ph.D.</p>		

Note: { } Healthy pride is about [self-confidence](#), reflecting an intrinsically motivating "can do" attitude. { } You have worth because you are alive, which implies you can do good or something worthwhile tomorrow. { } Healthy pride isn't about announcing any supremacy or "specialness," but merely demonstrating your authentic abilities.

Factors that you may mix up with self-respect.

<b>Toxic Pride</b>	<b>Healthy Pride</b>	<b>Healthy</b>
Healthy Envy > Self-Destructive Envy: The opposite of envy is that I am not interested		
<b>Toxic Pride</b>	<b>Healthy Pride</b>	<b>Healthy Modesty</b>

#1 What are some of the possible reasons why healthy pride is more effective than toxic pride?

#i.

#ii.

#2. What situations do you need to show modesty?

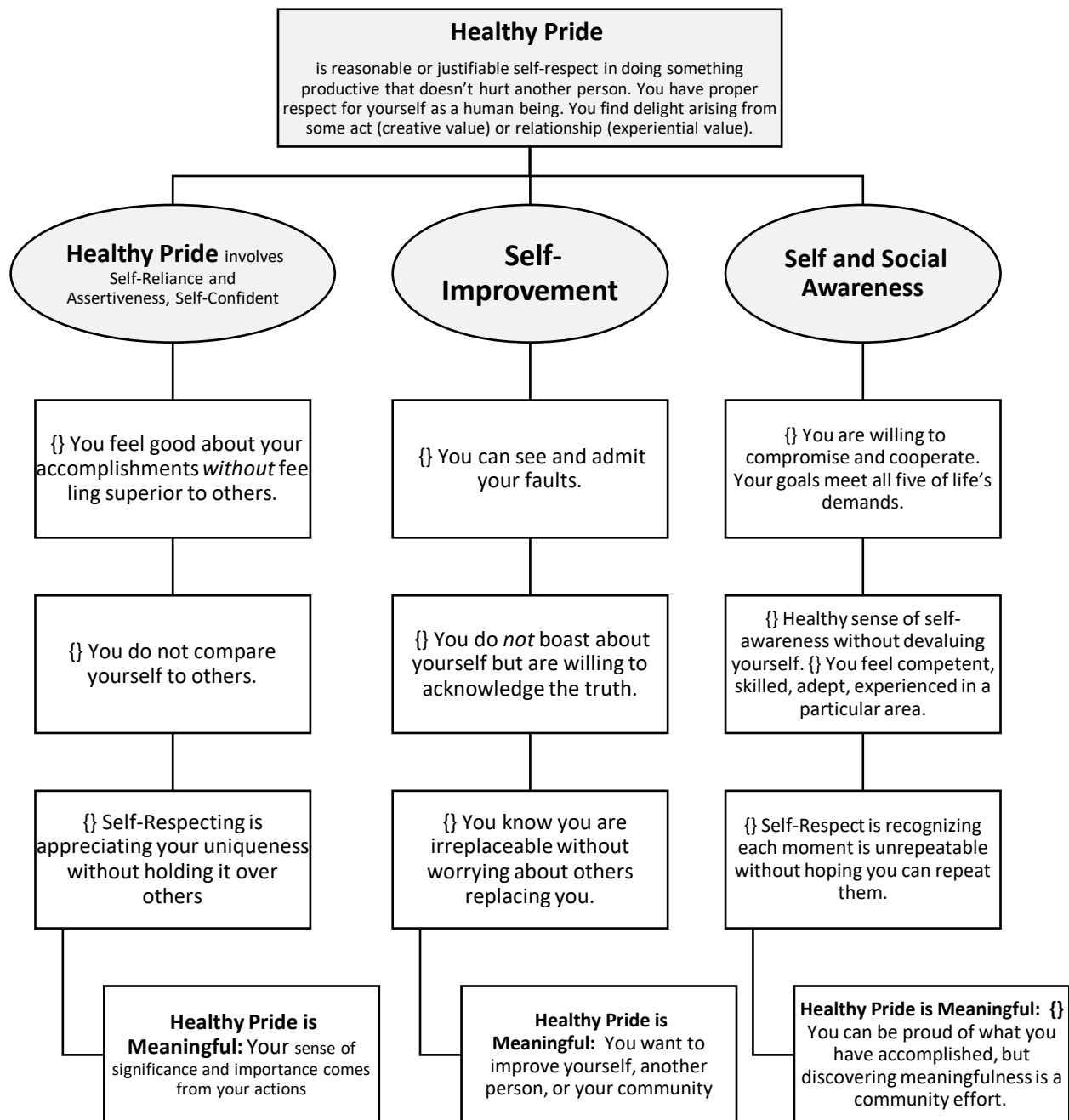
#3 In what situations or issues do you use healthy pride?

<b>#4 How is toxic pride belief meaningful?</b>	<b>How are healthy pride meaningful?</b>

**#5 Cost Benefit Analysis**

Cost of <b>toxic pride</b>	Benefit of healthy <b>pride</b>
Benefit of <b>toxic pride</b>	Cost of healthy <b>pride</b>
#6 How does <b>toxic pride</b> ward of anxiety?	
#7 How does toxic <b>pride</b> protect your self-esteem?	
#8 How will others respond to your <b>toxic pride</b> ?	
#9 Characteristics of toxic way of expanding your uniqueness.	# 11 Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	#12 Characteristics of healthy way of restricting your uniqueness.

<b>Menu of Solutions &amp; Effective Strategies</b>			
(i)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Funtional Values</b>
<b>1</b>	<b>Toxic:</b>	Healthy:	Healthy
<b>2</b>	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>
<b>3</b>	<b>Cost of Being Passive:</b>	<b>Cost of Being Modest:</b>	<b>Cost of Being Obedient:</b>
<b>4</b>	<b>Benefit of Being Passive:</b>	<b>Benefit of Being Modest:</b>	<b>Benefit of Being Obedient:</b>
<b>5</b>	<b>Toxic Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>
<b>6</b>	<b>Toxic Restrictions of Your Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>
<b>7</b>	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>



**Healthy Pride is Meaningful:** Your sense of significance and importance comes from your actions to improve yourself, another person, or your community. You can be proud of what you have accomplished, but discovering meaningfulness is a community effort.

Scoring Sheet: Measurement Scoring Sheet: Estimate – Projective Test – Unintegrated.

Instructions to worksheet. “Now that we have connected life’s demands and attitudes, we need to explore healthy ways to expand or restrict your uniqueness. What emotion is in Row 5 in survival mode (left column) and complete the following rating scale.

1	2	3	4	5
10% Can Achieve This	25% Can Achieve This	50% Can Achieve This	75% Can Achieve This	80 % or More Can Achieve This

Healthy Pride	Toxic Pride	Seeking Status-Proud
#1 They feel good about your accomplishments <i>without</i> feeling superior to others.	#4 They must always “prove” themselves and not only to themselves but also to others.	#3 They want to command admiration from others.
#6 They can see and admit their faults.	#2 They must give themselves overly favorable evaluation of their actions to feel good about themselves.	#5 They want to increase their salary.
# 8They are willing to compromise and cooperate with other people.	# 9 Others must give me lots of credit for accomplishments.	#7 They want to be first rate at their job.
# 10They do <u>not</u> compare themselves to others.	#11 They feel mad and anger when people hurt their pride.	#13 They want to keep a good reputation with those who can help their career.
#14 Although hurtful, they are willing to acknowledge the truth.	#12 In completing difficult tasks. People believe it is good to have a sense of self-importance.	15 They want to avoid damaging their sense of self-respect.
Total		
#/5		

1	2	3	4	5
10% Can Achieve This	25% Can Achieve This	50% Can Achieve This	75% Can Achieve This	80 % or More Can Achieve This
a. Healthy Pride	b. Toxic Pride	c. Seeking Status		
#2 To know that they are irreplaceable without worrying about others replacing them.	#3 To be better than most others.	#1 Having authority over others.		
#5 That other people appreciate their uniqueness without holding it over others	#6 To be superior to others.	#4 Be an influential person.		
#9 To recognize each moment is unrepeatable without hoping they can repeat that experience.	#8 To achieve more than others.	# 7 A chance to show their leadership qualities.		
#12 They believe that pride isn’t about announcing any supremacy, or “specialness,” but merely demonstrating your authentic abilities.	#10 To receive praise and flatter from others to increase their self-esteem.	#11 Have money or success, so they can own a home and have things they can call their own.		

#15 Their pride reflects their self-confidence that shows a “Can Do” attitude.	# 13 They their life is meaningless and empty	#14 Win at most game they play.
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High	21+Medium	11-20 Low	5-10
<b>Healthy Pride</b>	<b>Toxic Pride</b>	<b>Seeking Status</b>	
High	Low	Medium	<b>Healthy Pride</b>
High	Low	High	<b>pseudo health Pride</b>
High	High	High	<b>Healthy w/Status Seeking</b>
Medium	Medium	Medium	<b>Inconsistent View of Pride</b>
Low	Low	Low	<b>Depression</b>

I restrict my uniqueness by training people to look down at me with varying intensities of derogation and superiority.			
<b>Toxic Ways to Restrict Your Uniqueness</b>	<b>Healthy Ways to Restrict You Uniqueness</b>		
<b>Toxic Pride</b>	<b>Healthy Pride</b>	<b>Healthy: Seeking Status-</b>	
You must always “prove” yourself and not only to yourself but also to others.	You feel good about your accomplishments <i>without</i> feeling superior to others.	You want to command admiration from others.	
You must give yourself overly favorable evaluation of your actions to feel good about yourself.	You can see and admit your faults.	You want to increase your salary.	
Others must give you lots of credit for accomplishments.	You are willing to compromise and cooperate with other people.	You want to be first rate at your job.	
You feel mad and anger when people hurt your pride.	They do <u>not</u> compare yourself to others.	You want to keep a good reputation with those who can help your career.	
In completing difficult tasks. You believe it is good to have a sense of self-importance.	Although hurtful, you are willing to acknowledge the truth.	You want to avoid damaging your sense of self-respect.	

#1 What are some of the possible reasons why Healthy Pride is more effective than toxic pride?

#i.

#ii.

#2. What situation do want status?

#3 In what situations or issues are you pride?

<b>#4 How is toxic pride belief meaningful?</b>	<b>How are healthy pride meaningful?</b>

**#5 Cost Benefit Analysis**

Cost of <b>toxic pride</b>	Benefit of healthy <b>pride</b>
Benefit of <b>toxic pride</b>	Cost of healthy pride
#6 How does <b>toxic pride</b> ward of anxiety?	
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#8 How will others respond to your <b>toxic pride</b> ?	

#9 Characteristics of toxic way of expanding your uniqueness.	# 11 Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	#12 Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies			
(i)	Survival Mode:	Interpersonal Values	Functional Values
1	Toxic: Pride	Healthy: Pride	Healthy Seeking Status:
2	Discovering Meaningfulness:	Discovering Meaningfulness:	Discovering Meaningfulness:
3	Cost of Being Passive:	Cost of Being Modest:	Cost of Being Obedient:
4	Benefit of Being Passive:	Benefit of Being Modest:	Benefit of Being Obedient:
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of My Uniqueness:	Discover Healthy Expansion of My Uniqueness:
6	Toxic Restrictions of Your Uniqueness:	Discover Healthy Restrictions of Uniqueness:	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:	Healthy Dialectics:

### Two Signs of Toxic Pride-Worksheet

1	Occasionally, where do you find yourself judging another person harshly?
2	Where have you observed another person judging another person harshly?
3	Where to you found yourself judging another person bitterly, and you started to focus on that person and not on your goals?
4	Where have you found other people judging another you in a mean way, and they focus on you and not on their goals?
5	In the past have you ever found yourself lacking sympathy when you should have been sympathetic to that person?
	Where in the past have observed other people not caring and lacking sympathy when they should have been caring and sympathetic to another person?
6	Where have you found yourself looking at another person's weakness or faults? Where have other people looked at your weakness and mistakes and ignored their own?
7	When have you been competitive with a loved one, friend, or family member? You were striving to win or beat the other person?
8.	Where have you seen loved ones compete with each other in which the other person had to win regardless of the purpose of the game or situation?
9.	In what situations have you found yourself want a better house, car, etc. than another person to feel better about yourself?
10	In what situations have you observed another person wanting a better house, car, etc. than another person to feel better about themselves?
11	Where have you wanted to outdo another person, and you strongly felt you had to win?
12	Where have you seen another person trying to outdo another person, and they felt that they had to win?








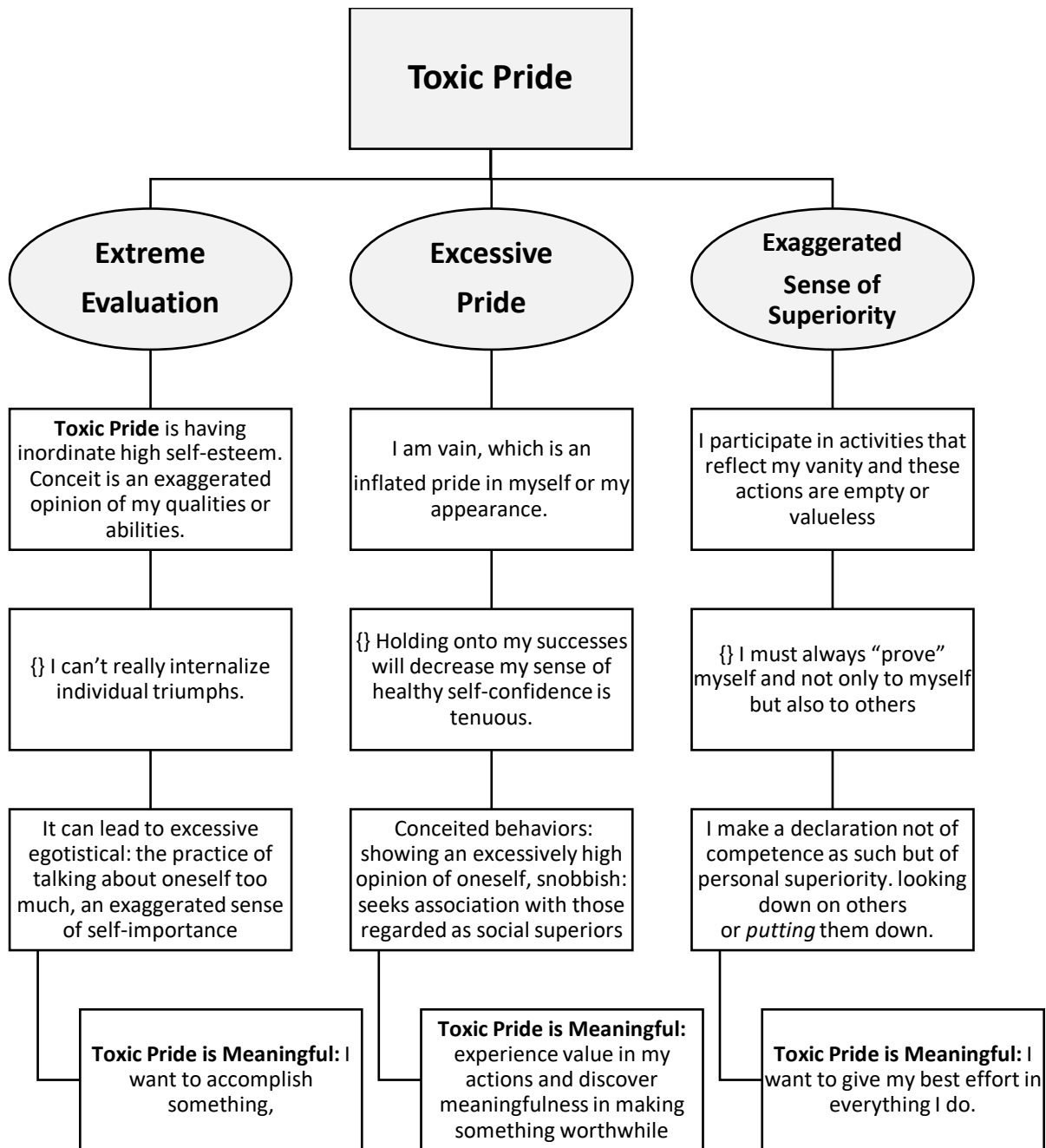
**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:









Date:

	<p><b>#1: (F) Follow Up:</b> What was the purpose of this exercise?</p>				
	<p><b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p><b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.</p>				
	<p><b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>				
<p><b>#5. Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.</p>					
	<p><b>1</b> Not Helpful</p>	<p><b>2</b> A Little Helpful</p>	<p><b>3</b> Somewhat Helpful</p>	<p><b>4</b> Helpful</p>	<p><b>5</b> Very Helpful</p>
<p><b>Comments:</b></p>					



Healthy Pride	Toxic Pride	Seeking Status-Proud
#1 You feel good about your accomplishments <i>without</i> feeling superior to others.	#4 You must always “prove” yourself and not only to yourself but also to others.	#3 You want to command admiration from others.
#6 You can see and admit your faults.	#2 You must give yourself overly favorable evaluation of your actions to feel good about yourself.	#5 You want to increase your salary.
# 8 You are willing to compromise and cooperate with other people.	# 9 Others must give you lots of credit for accomplishments.	#7 You want to be first rate at your job.
# 10They do <u>not</u> compare yourself to others.	#11 You feel mad and anger when people hurt your pride.	#13 You want to keep a good reputation with those who can help your career.
#14 Although hurtful, you are willing to acknowledge the truth.	#12 In completing difficult tasks. You believe it is good to have a sense of self-importance.	15 You want to avoid damaging your sense of self-respect.

Boast is to speak of or assert with excessive pride; boast, brag, vaunt, mean to express pride in oneself or one's accomplishments. **Boast** often suggests ostentation and exaggeration, but it may imply a claiming with proper and justifiable pride. Brag suggests crudity and artlessness in glorifying oneself. Vaunt usually connotes more pomp and bombast than boast and less crudity/

V		<ul style="list-style-type: none"> <li>• <b>Toxic Pride</b> can lead to <b>Violence</b>: Healthy pride motivates you to do your best; feel good about your accomplishment; reasonable or justifiable self-respect.</li> <li>• BUT inordinate self-esteem, conceit, self-assertion (assertiveness: have to dress smartly, have to have a good salary, status, workaholic and have to be proficient in career need to rest (vacations time, have an easy time, parents proud of you).</li> <li>• Healthy Pride can lead to the sadness of self-centered brooding to comparing yourself to others. Healthy Pride slips away when you spend too much time thinking about yourself.</li> </ul>
I		<ul style="list-style-type: none"> <li>• <b>Initiating Toxic Comparisons</b>: Evaluation – Judgement:</li> <li>• You compare yourself to others. For example, you feel sad, but you don't cry. This toxic comparison leads to becoming disagreeable.</li> <li>• You look for strengths in yourself that others do not have. You focus on another person's weaknesses.</li> <li>• Toxic Pride forces you to focus on the one weakness the person may have, and others may see you as being self-righteous.</li> </ul>
O		<ul style="list-style-type: none"> <li>• <b>Openly Competitive Action: Toxic Competitiveness</b> outdoing others in appearance, status, possessions, etc., stems from toxic comparisons and leads to toxic criticism.</li> <li>• You're comparing and competing contributes to obsessing about your worth and oppressing others.</li> </ul>
L		<ul style="list-style-type: none"> <li>• <b>Lambasting</b> another with <b>Criticism</b>: Toxic Criticism implies finding fault by pointing out the merits and demerits of another person's behavior or feelings.</li> <li>• It involves global judgment, which is only seeing the negative aspects of another person.</li> <li>• Healthy Criticism is; knowing the difference between discernment, which is the quality of grasping and comprehending what is obscure, and recognizing another person's uniqueness.</li> </ul>
E		<ul style="list-style-type: none"> <li>• <b>Toxic Hurt and Cold Emotions</b>: I believe that people mistreat me, don't understand me, I feel I don't belong and people care more about themselves than me.</li> <li>• With cold to hot emotion - you feel hurt because another person has gotten in your way. Brooding causes the feeling of toxic hurt into toxic anger. "I feel hurt" becomes "He made me mad."</li> <li>• With healthy sorrow and grief, you accept your sorrow and grief, and you'll miss the loved ones you once had. You are grateful that you know them.</li> </ul>
N		<ol style="list-style-type: none"> <li>16) <b>Nasty</b>: Toxic Anger is</li> <li>17) a strong feeling of displeasure and usually antagonism, and</li> <li>18) you overestimate the extent to which the other person acted deliberately.</li> <li>19) I see malicious intent in the motives of others,</li> <li>20) I see myself as being definitely right, and the other person is definitely wrong,</li> <li>21) I do not see the other person's point of view.</li> <li>22) I plot revenge (Windy Dryden, Ph.D.).</li> </ol>
C		<ol style="list-style-type: none"> <li>23) Toxic <b>Contempt</b> is the act of despising and involves a lack of respect or reverence for something or someone.</li> <li>24) This action stems from the belief that I will feel better about myself if I look down on people.</li> <li>25) Like most people, I judge others as morally inferior to me.</li> <li>26) A healthy, disapproving attitude wants people to live up to my ideals and values. It also involves me living up to my standards, values, and ideals.</li> </ol>
E		<ol style="list-style-type: none"> <li>27) <b>Evil-Malice</b> is a desire to cause pain, injury, or distress to another. Malice is an overwhelming desire to make another person suffer. We can see this in mass shootings where the person doesn't look angry, seems cold and business-like, and this person quickly goes from anger and contempt to malice.</li> <li>28) This makes this person more dangerous. Malevolence arises from intense, often vicious ill will, spite, hatred, and harm or evil.</li> <li>29) Meanness shows I want things to change, or something done in a certain way, but I conduct my intent too far.</li> </ol>
<p>Principle: You cannot reverse this process. For example, you cannot show toxic anger, realize it is wrong and to go criticism. You can't back step this process. You want to develop healthy pride and head off this entire slide. .</p>		

**1st Comparing (Being Judgmental):** It is okay to disagree with each other but comparing implies that you are better or worse than someone else.



Problems arise when you judge another person harshly. Being judgmental is when you distort your perception of other people, of ourselves and of what matters and is meaningful to you. It engenders a lack of sympathetic understanding of others. When you compare yourself to others, you look for strength in yourself that others do not have, and you examine others for weaknesses. Welton believes even if someone else is superior in ten things and inferior in only one, pride leads you to focus on the one. In the Bible, James's saw comparing leading to envy and selfish ambition; he writes "But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth" **James 3:14**, NIV. When you compare yourself to others you believe that you can expand your uniqueness by restricting another person's uniqueness.

**2nd Competition:** Competing Competition is good in sports and business but not in relationships. When you compare and think your house, car, etc. it is better than theirs, you are headed for trouble.



When you think you must outdo another person, and you don't want those objects the person has, you start competing with them. You strongly believe that you must have that object. Many people want time with you and for you to love them, but interpersonal competition usually you make things worse. In [Philippians 2:3-4](#), it states "Do nothing out of selfish ambition or vain conceit" Instead, express your how you value others above yourselves, and you are not looking to advance your own interests, but you show any interest in others.

Toxic pride restricts your uniqueness because you want to be like others.



**3rd Criticism:** Criticizing another person means to find fault openly. The word criticize implies finding fault especially with methods or intentions of another person. When we use criticism in relationships, it may start out on a low key, but it escalates over time into resentment. When dealing with others, you want to know the difference between judging others and discernment, and you want to use your common sense in making moral judgments. Discernment is distinguishing, differentiating, discriminating good from evil. As the Bible says, "Do not judge, or you will be judged." I see this phrase as the minute you point out another person's mistakes; eventually, you'll make the same mistake. It is better to reestablish trust in your relationship with thoughtful, challenging questions rather than criticism. In the Bible, it states "Do not judge, or you too will be judged. For in the same way, you judge others, they will judge you, and with the measure you use, it will be measured to you Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly

to remove the speck from your brother's eye." [Matthew 7:1-5](#) 1. The criticized person may think you are dismissing his or her uniqueness. In dismissing the person individuality, he may feel controlled, which frustrates him.

**4th Anger:** When you criticize people, you believe that they somehow got in your way. With feeling hurt, you overestimate the degree of unfairness; you think you don't belong. You also believe that people don't understand you and care more about themselves than you (Windy Dryden). The emotion of hurt insulates you from feeling angry. You remember the event; you no longer think, "I feel hurt," but rather, "He made me mad." Anger is more complicated than feeling hurt, but anger tends to get nasty quickly. The angry person usually does not clean up the damage they have inflicted on others. As you get into the habit of going from hurt to anger, you become resentful because people don't meet your expectations. If you brood on your anger, you become more impulsive, and you slip down to contempt. **Proverbs 19:11** states "A person's wisdom yields patience; it is to one's glory to overlook an offense. The Bible also states "But now you also put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth. (Col. 3:8 NAS)



**5th Contempt:** Contempt is the act of despising, disdain, and scorning another person. When you have contempt for that person, you lack of respect or reverence for something or someone. You hold people in contempt when you judge them as morally inferior to yourself. This person is in your way, and your self-righteous indignation permits you to view the other person as a possession. Contempt involves looking down on people, and you place people in an inferior box. Proverbs. 15:5 NIV Whoever heeds correction shows prudence. [Romans 14:1-23](#) ESV Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. One person esteems one day as better than another, while another esteems all days alike.

**6th Malice:** When you feel contemptuous, you begin to believe you are entitled to always get what you want. Malice is an overwhelming desire to make others suffer. It is the chief contributor to assault and psychological and physical torture. When you go from anger to contempt and malice, you begin you became you become much more dangerous. In dealing with your anger, you want to address your disdain and contempt for others. Malice involves malevolence, ill will, spite, malignity. You hold a grudge, which means that you have a desire to see another experience pain, injury, or distress. Malice implies a deep-seated, often unexplainable desire to see another suffer. Malevolence suggests a bitter, persistent hatred that is likely to be expressed in malicious conduct.

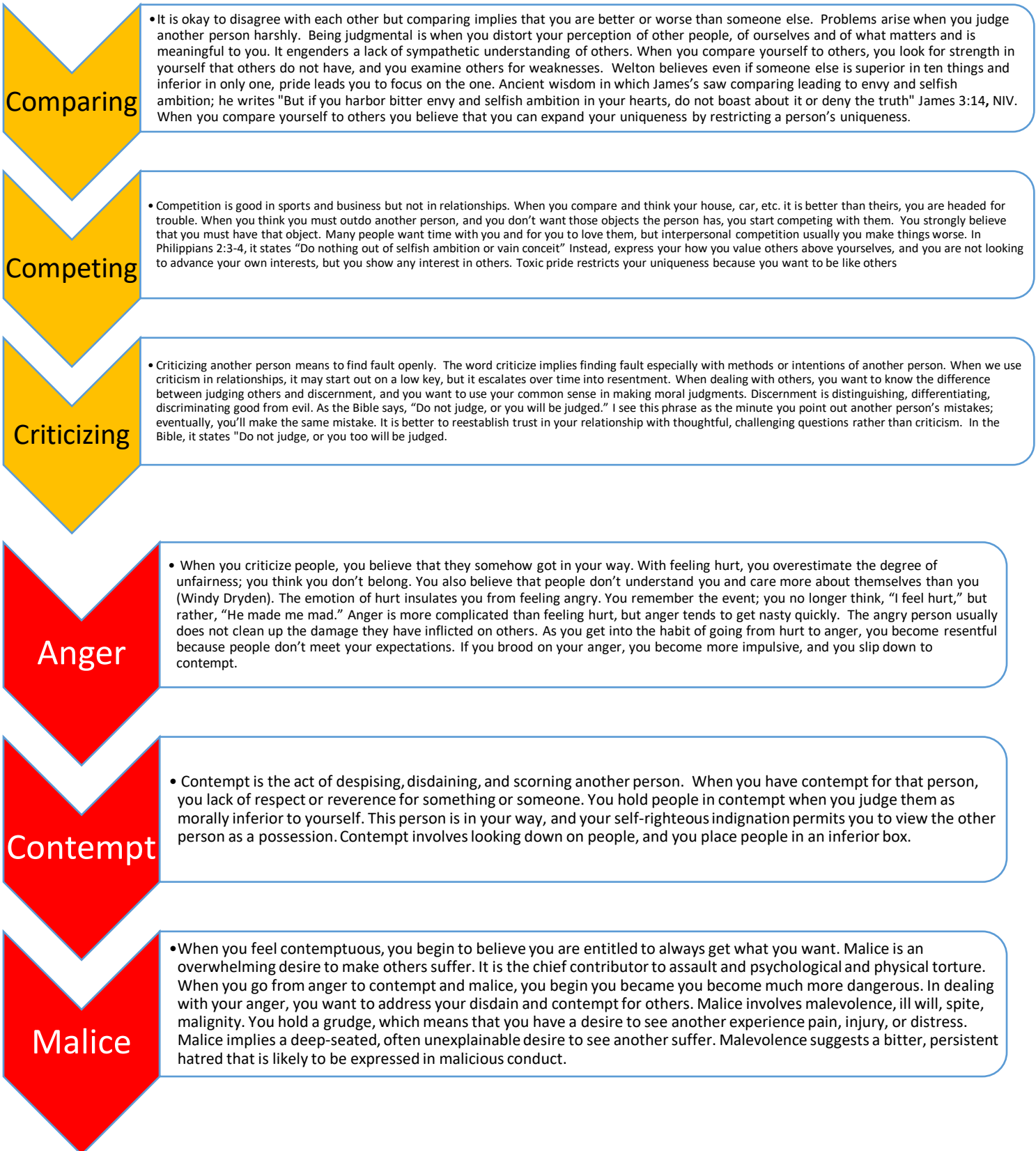


## Dismissing a Person's Uniqueness





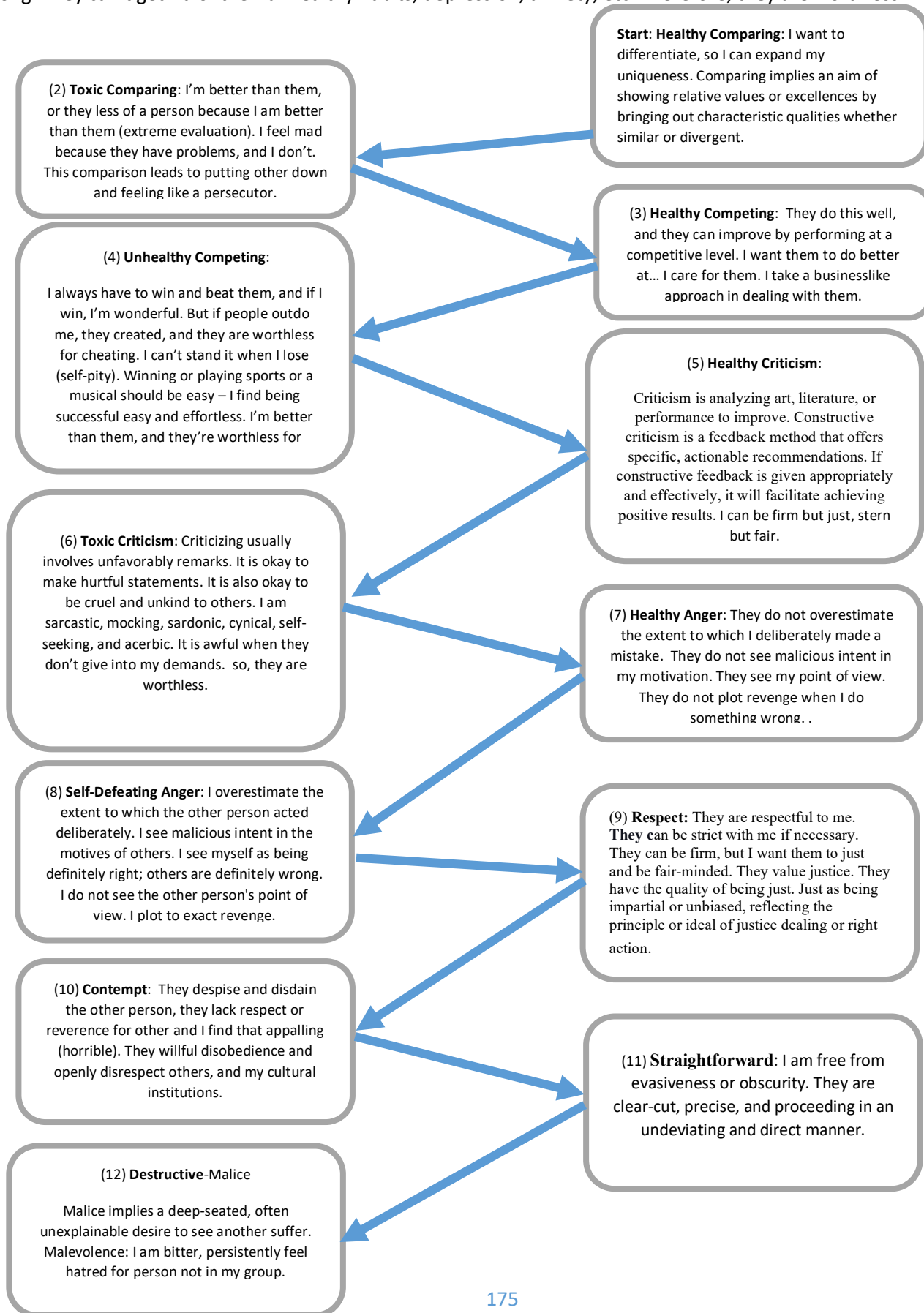
## Welton's Model of Five signs of Toxic Pride-







**Others** - Welton's Zig-Zag Model and Others: I want others to do well, but I'm not successful because they did something wrong. They can't get rid of their unhealthy habits, depression, anxiety, etc. Therefore, they are worthless.






In order

(C) I am Comparing myself to others. Since they out do me, they cheated – so they are worthless.

## Comparing

Comparing versus Instilling Confidence: (proud (b)

(b)	I expand my uniqueness by being overconfident, assertive and being independent of others.		
	<b>Toxic Ways to Expand Your Uniqueness</b>	<b>Healthy Ways to Expand You Uniqueness</b>	<b>No Impact on Expanding or Restricting</b>
1			
2	<p><b>Toxic Comparing -Conceited: Self-Enhancing Beliefs-</b> Egotistical- egocentric (limited in outlook or concern to my activities or needs). Boastful, snobbish.</p> <p><b>Headstrong:</b> not easily restrained; impatient of control, advice, or suggestions, directed by ungovernable will Narcissistic: egoism (excessive concern for oneself with or without exaggerated feelings of self-importance), self-centeredness (index1 (b)</p>	<p><b>Healthy Self-Respecting Attitude:</b> healthy pride and confidence in yourself; a feeling that you are behaving with honor and dignity. You are sensitive to others, and they may give you admiration.</p> <p>Confident is a feeling of trust in your abilities, qualities, and judgment. You want people’s admiration, respect, and appreciation.</p> <p>Self-Reliant and self-confident, assertive</p>	<p><b>Humble:</b> not overly proud or haughty; not arrogant or assertive; not prideful, not giving or accepting flattery, I do “it” because it is the right thing to do.</p> <p>Extreme Humility: people may take advantage of you.</p>

#1 What are some of the possible reasons why is self-respect more effective than being Headstrong on others?

#i.

#ii.

#2. What situation do you need to show self-respect?

#3 In what situations, do you need to be humble?

#4 How are being Headstrong- Comparing Yourself to another person meaningful?	How is Self-Respect meaningful?

### #5 Cost Benefit Analysis

Cost of Being Headstrong – Comparing Others	Benefit of Self-Respect Attitudes
Benefit of Being Headstrong – Comparing Others	Cost of Self-Respect Attitudes

#6 How does being headstrong – comparing others ward off anxiety?

#7 How does being headstrong – comparing others protect our self-esteem?

#8 How will others respond to you being headstrong – comparing other?

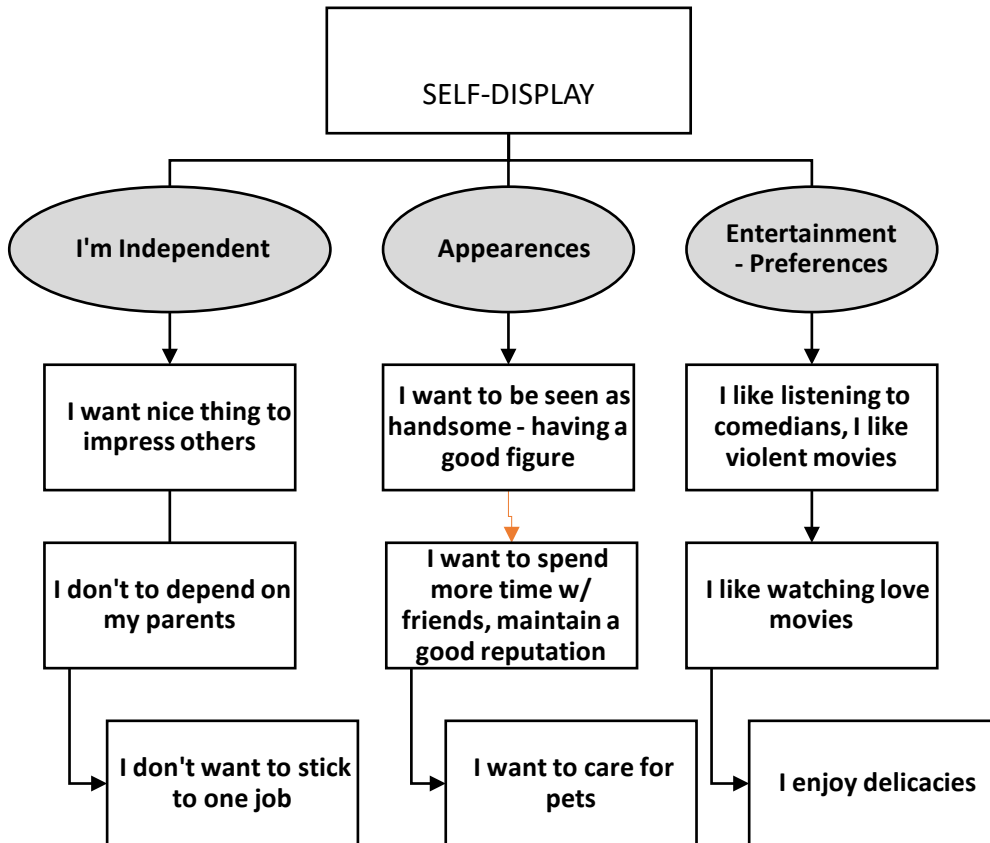
#9 Why will comparing to others. Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
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#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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Menu of Solutions & Effective Strategies: Comparing (b)			
(b)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I can be egotistical and conceited. I am snobbish, proud, and self-satisfied. I am often boastful, exhibitionistic.	I am self-reliant and assertive. I am self-confident and independent.	I want to exercise my healthy sense of self-respect and maintain proper respect for myself as a human being. I want to regard my standing or position in my family and the community.
2	<b>Discovering Meaningfulness:</b> I have to protect what is important and meaningful to me. I want to show people my strength and hard work.	<b>Discovering Meaningfulness:</b> I want to assert my values and discover meaningfulness. I want to think independently, and I want to stand up for my values confidently and objectively.	<b>Discovering Meaningfulness:</b> I want to do something for someone else or a cause that is greater than my individual desires.
3	<b>Cost of Being Narcissistic:</b> I make others feel inferior. My display of superiority wards off anxiety; I feel secure when they are independent of others and feel I am triumphing over them; I depend on self-esteem to demonstrate the weakness in others, over-demonstrativeness covers up essential coldness and distance. Provokes defeated envy and inferiority feelings in others, puts distance between myself and others, and wants to be independent of and superior to the "other one." Dependence is terrifying; it shames and humiliates others; passivity, cooperation, trust, or tenderness as dangerous.	<b>Cost of Self-Reliant:</b> I may take on too many responsibilities, and they are supported by others. Doing everything by myself may interfere with my ability to be objective and rational.  Ignoring help and support from others may create conflicts and feelings of isolation.	<b>Cost of Having Self-Respect:</b> People may see my sense of self-respect as being overly confident or conceited. I want to present myself as a competent person willing to help others. I want to help others without putting them down or feeling secondary.
4	<b>Benefit of Being Narcissistic:</b> I appreciate my senses of self-reliance, so I get more things done because I am avoiding others.	<b>Benefit of Self-Reliant:</b> I want to develop confidence in and exercise my powers or judgment to discover meaningfulness in each moment.	<b>Benefit of Having Self-Respect:</b> Believe in me, so I'm ready to expand my uniqueness and discover meaningfulness.
5	<b>Toxic Expansion of My Uniqueness:</b> "How can I establish superiority over this person? How can I defeat him? How can I use him for my self-enhancement?"	<b>Discover Healthy Expansion of My Uniqueness:</b> As I rely on myself, I learn new skills and see the world differently. This helps me to expand my uniqueness.	<b>Discover Healthy Expansion of My Uniqueness:</b> Healthy self-respect provides a perspective that increases my confidence without putting others down.
6	<b>Toxic Restrictions of Your Uniqueness:</b> When I am narcissistic and egotistical, people may not cooperate with me because of an exaggerated sense of self-importance. I am not listening to others or being supportive of others.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I am self-reliant, I want to think about what others want and need. I want to focus on repairing broken promises and making new agreements.	<b>Discover Healthy Restrictions of Uniqueness:</b> Healthy self-respect is appreciating others' uniqueness. And not seeing people are being replaceable.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

	1= No effort    10 = Great effort	Check the promises you plan to keep
Reflective Responsive Effort Rating F-	<input type="checkbox"/> I want to think of the <b>costs</b> before I act. <input type="checkbox"/> I want to look at the full range of consequences and personal costs. <input type="checkbox"/> I want to slow down and be careful. <input type="checkbox"/> I want to think before I act.	<input type="checkbox"/> I will show concern for others and myself. <input type="checkbox"/> I will avoid risks and unhealthy costs that will lead to more severe penalties. <input type="checkbox"/> I will be reliable and dependable.
Responsible : Healthy Restriction of Uniqueness G+	<input type="checkbox"/> I want to take <b>responsibility</b> for people not trusting me. <input type="checkbox"/> I want to be responsible for my actions. <input type="checkbox"/> I want not to blame other people for my feelings or actions. <input type="checkbox"/> I want to work on my goals so those goals match my values. <input type="checkbox"/> I want to be determined in reaching my goals.	<input type="checkbox"/> I will treat people with respect. <input type="checkbox"/> I will think about the rewards and costs before I act. <input type="checkbox"/> I will avoid gambling and other vices. <input type="checkbox"/> I will understand people better. <input type="checkbox"/> I will avoid being selfish. <input type="checkbox"/> People will see me as being dependable in a healthy way. .
Realistic Practical Guided by reality M-	<input type="checkbox"/> I want to <b>accept the consequences</b> of my actions. <input type="checkbox"/> I want to do things I "can" do and work on goals I can reach. <input type="checkbox"/> I want to do the right thing but I don't have to be perfect.	<input type="checkbox"/> I will be concerned about doing the right things. <input type="checkbox"/> I will be careful and remember the things I say to people. <input type="checkbox"/> I will work at having my opinions match the facts. <input type="checkbox"/> I will take a realistic view of my values.




Socially Precise Q3+	<input type="checkbox"/> I want to <b>control my impulses</b> . <input type="checkbox"/> I want to work on reaching my long-term goals. <input type="checkbox"/> I want to learn more about myself. <input type="checkbox"/> I want to develop coping skills to deal with fear and doubt in myself.	<input type="checkbox"/> My healthy values will match my behaviors. <input type="checkbox"/> I will avoid damaging my self-respect. <input type="checkbox"/> I will avoid feeling ashamed of my behavior. <input type="checkbox"/> I will be efficient and mastered skills that will help me reach my healthy long-term goals. (Increased self-sentiment)
Expanding My Uniqueness	Being rational is being realistic, helpful, safe, reasonable, responsible, and looking out for my long-term interests and other people's long-term interests. Demandingness shows a lack of self-control and is irrational: I like to get what I want but it is not written anywhere that I "MUST" always get my way. I will just upset myself when I am demanding. Most of us do not trust people who show a limited degree of self-control	I know that people will not treat me with respect if I'm screaming, pouting, and yelling. My dogmatic demandingness leads to my yelling. I will see ho demandingness is self-defeating. When I don't have respect and self-control, people will restrict my independence and freedom.



We compare the nice things we have show we are independent.

You enjoy going out. Your appearance, reputation, and showing people you care for your pets.

## Competing 2<sup>nd</sup> Stage Welton's Model

<b>Toxic Competitive-</b> 	<b>Businesslike</b> 	<b>Healthy Self-Reliant</b> 
Survival Value	Interpersonal Value	Functional Value
<b>Toxic Competitive:</b> I do not value being sympatric; I'm not interested or sensitive to others. I being selfish as a necessary condition to deal with stress or someone dismisses my uniqueness (index 2); Competitive in Relationships (2nd step in Welter), cold, unfeeling, shrewd, calculating, indifferent, uncaring, unresponsive, apathetic, (c)	<b>Healthy Businesslike:</b> I can think for myself; trying new activities is important. I value speaking up even if others think I am being stupid. I appreciate knowing it is not awful when others reject or disrespect me. It is regrettable, but not awful that people dislike me. (Confidence index 10) I value being independent. I don't have to rely on someone or something else. My success is not contingent on what others think of me. I'm not looking for help, opinions, or guidance from others.	<b>Healthy Self-Reliance:</b> I can rely on my powers and resources rather than those of others. I value self-confident, which is trusting my abilities, qualities, and judgment. I value taking care of yourself.

**#1 What are some of the possible reasons why being self-reliant is more effective than being cold hearted competitiveness on others?**

#i.

#ii.

**#2. What situation do you need to be self-reliant?**

**#3 In what situations you want to be concerned about others and your community?**

#4 How are being Overly Competitive beliefs meaningful?	How is being Self-Reliant meaningful?

### #5 Cost Benefit Analysis

Cost of Being Overly Competitive	Benefit of having Self-Reliant Attitudes
Benefit of Being Overly Competitive	Cost of being Self-Reliant Attitudes

#6 How does being Overly Competitive ward off anxiety?

#7 How does being Overly Competitive protect our self-esteem?

#8 How will others respond to your Overly Competitiveness?

#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way off restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.



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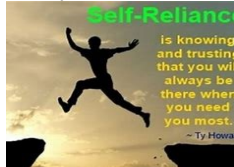
**Attitudinal value** A meaningful life is a life in which these values are actualized to the greatest possible degree:

**Healthy Unconditional Acceptance over Self-Downing**

1	Toxic Competitiveness	Healthy	Healthy
2	(C) Discovering Meaningfulness	(D) Discovering Meaningfulness	(D) Discovering Meaningfulness:
3	(C) Cost of	(D) Cost of	Cost of Healthy
4	(C) Benefits of	(D) Benefits of	The benefit of a Healthy
5	(C) Toxic Restriction of Uniqueness:	(D): Discover Healthy Restriction of Uniqueness:	(D) Healthy Restriction Uniqueness:
6	(C) Toxic Expansion of My Uniqueness: <b>Toxic:</b> I deal with tension and restrict my uniqueness by being terrifying of being dependent on others See (i) masochistic	(D) Healthy Expansion of Your Uniqueness:	(D) Healthy Expansion of Your Uniqueness:

(C) I am competing with others (even loved ones)

## 2<sup>nd</sup> Stage Welton's Model

<b>Toxic Competitive-</b> 	<b>Businesslike</b> 	<b>Healthy Self-Reliant</b> 
<b>Survival Value</b>	<b>Interpersonal Value</b>	<b>Functional Value</b>
<b>Toxic Competitive:</b> I do not value being sympatric; I'm not interested or sensitive to others. I being selfish as a necessary condition to deal with stress or someone dismisses my uniqueness (index 2); Competitive in Relationships (2nd step in Welter), cold, unfeeling, shrewd, calculating, indifferent, uncaring, unresponsive, apathetic, (c)	<b>Healthy Businesslike:</b> I can think for myself; trying new activities is important. I value speaking up even if others think I am being stupid. I appreciate knowing it is not awful when others reject or disrespect me. It is regrettable, but not awful that people dislike me. (Confidence index 10) I value being independent. I don't have to rely on someone or something else. My success is not contingent on what others think of me. I'm not looking for help, opinions, or guidance from others.	<b>Healthy Self-Reliance:</b> I can rely on my powers and resources rather than those of others. I value self-confident, which is trusting my abilities, qualities, and judgment. I value taking care of yourself.

**#1 What are some of the possible reasons why being self-reliant is more effective than being cold hearted competitiveness on others?**  
#i.

#ii.



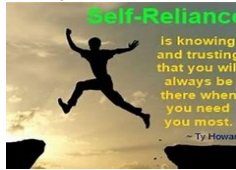
**#2. What situation do you need to be self-reliant?**

**#3 In what situations you want to be concerned about others and your community?**

#4 How are being Overly Competitive beliefs meaningful?	How is being Self-Reliant meaningful?

#5 Cost Benefit Analysis

Cost of Being Overly Competitive	Benefit of having Self-Reliant Attitudes
Benefit of Being Overly Competitive	Cost of being Self-Reliant Attitudes
#6 How does being Overly Competitive ward off anxiety?	
#7 How does being Overly Competitive protect our self-esteem?	
#8 How will others respond to your Overly Competitiveness?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way off restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.

<p><b>Toxic Competitive-</b></p> 		<p><b>Healthy Self-Reliant</b></p> 
<b>Survival Value</b>	<b>Interpersonal Value</b>	<b>Functional Value</b>
<b>Toxic Competitive</b> - marked by lack of sympathy, interest, or sensitivity to others. Selfish (index 2); Competitive in Relationships (2 <sup>nd</sup> step in Welter) (c)	<b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when other reject me or disrespect me, it is regrettable but not awful	<b>Healthy Self-Reliance:</b> reliant on your powers and resources rather than those of others. Self-Confident: a feeling of trust in your abilities, qualities, and judgment. Taking care of yourself.

**Attitudinal value** A meaningful life is a life in which these values are actualized to the greatest possible degree:



**Healthy Unconditional Acceptance over Self-Downing**

1	Toxic Competitiveness	Healthy	Healthy
2	(C) Discovering Meaningfulness	(D) Discovering Meaningfulness	(D) Discovering Meaningfulness:
3	(C) Cost of	(D) Cost of	Cost of Healthy
4	(C) Benefits of	(D) Benefits of	The benefit of a Healthy
5	(C) Toxic Restriction of Uniqueness:	(D): Discover Healthy Restriction of Uniqueness:	(D) Healthy Restriction Uniqueness:
6	(C) Toxic Expansion of My Uniqueness: <b>Toxic:</b> I deal with tension and restrict my uniqueness by being terrifying of being dependent on others See (i) masochistic	(D) Healthy Expansion of Your Uniqueness:	(D) Healthy Expansion of Your Uniqueness:

#1 #10 Characteristics of toxic way off restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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# Criticizing

## 3<sup>rd</sup> Stage– Welton’s Criticism and Resentment

(f)	<b>Bitter</b>  <b>Resentment</b>	<b>Can Complain if Necessary</b> 	<b>Impartial</b> 
1	<b>Toxic Bitter Resentful:</b> Rebels against everything Bitter complaining (marked by intensity or severity, accompanied by severe pain or suffering) (f) (Skeptical: others won’t address my concerns); restricts uniqueness by being closed-minded, stuck in past, and they feel left out and emotionally hurt. {} Resentment as in feeling of indignant displeasure or ill will at something regarded as a wrong, insult, or injury; {} I resent others bossing me around. sometimes gloomy, depressing, miserable, feel frustrated, depressed, dissatisfied, <i>distrustful alienation</i> involves a spiteful and bitter rejection of love and closeness (f).	{} Can Complain, if Necessary, {} <b>Healthy Pessimism:</b> checking out what the other person is promising. {} <b>Skeptical:</b> an attitude of doubt or a disposition to incredulity either in general or toward a person. {} Has a love of being productive. I restrict my uniqueness by expressing grief, pain, or discontent with what another person is doing. <b>Healthy:</b> When I maintain my boundaries, I am stating I want this, and I don’t want that. I restrict my uniqueness by not being resentful, indignant, or angry.	<b>Impartial:</b> Showing no interest, impartial: not inclined to favor one party more than the other.

**Resentment** is a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury.

**#1 What are some of the possible reasons why having healthy pessimism is more effective than being resentful on others?**

#i.

#ii.

**#2. What situation do you need to show healthy pessimism?**

**#3 In what situations, do you need to be impartial?**

#4 How are Resentful beliefs meaningful?	How is having healthy pessimism meaningful?

### #5 Cost Benefit Analysis

Cost of Being Resentful	Benefit of healthy pessimism
Benefit of Being Resentful	Cost of healthy pessimism

#6 How does being resentful ward off anxiety?	
#7 How does being resentful protect our self-esteem?	
#8 How will others respond to your resentment?	
#9 Characteristics of toxic way of expanding your uniqueness.	#11 Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.	#12 Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies			
(f)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I can be rebellious, bitter, resentful, and complaining. I rebel against everything. I <i>protect my self-esteem</i> by acting superior, distant, judgmental, contrary, and condescending toward people. I ward off anxiety by complaining, acting resentful, and I even feel like I have to rebel against everything.	I can be skeptical, but I am often gloomy, and I resent being bossed around.	Realistic, a justified rebellion, unconventional. I can complain if necessary.
2	<b>Discovering Meaningfulness:</b> I may be defiant and rebellious to experience my values and concerns for others.	<b>Discovering Meaningfulness:</b> People cannot take advantage of me if I'm skeptical of their motives. I have a clearer perception of reality. Therefore I have a greater chance of experiencing meaningfulness.	<b>Discovering Meaningfulness:</b> When I see unfairness, cruelty, and injustice, I need to take unconventional steps to address my concerns for others.
3	<b>Cost of Feeling Resentful:</b> My resentment provokes others to punish me. When I hold on to bitterness, I tend to hold a grudge and cannot forgive others for their humanness.	<b>Cost of Being Skeptical:</b> I suspend judgment, systematic doubt, or criticism. Others see my criticism as being uncooperative or cruel to others.	<b>Cost of Complaining:</b> When people see me as a chronic complainer, I will have difficulty getting along with others or being resilient because I'm looking at what I don't have rather than what I do have.
4	<b>Benefit of Feeling Resentful:</b> It is OK when people ask for forgiveness, but if they continue to hurt me or abuse others, I will hold on to my resentment until their behavior changes.	<b>Benefit of Being Skeptical:</b> When I'm skeptical, I better grasp reality and what other people really want and don't want.	<b>Benefit of Complaining:</b> I have a better chance of getting what I want, and I can correct other people's behavior, so the group meets its goals.
5	<b>Toxic Expansion of My Uniqueness:</b> {} I believe that demanding that people agree with me and should act in a certain way is self-defeating. This self-defeating behavior will restrict my uniqueness by other people attempting to put me into a rigid categorical box. I lose my individuality with I trust people, cooperate, or agree with others. Unhealthy: I restrict my uniqueness by provoking others to reject me and I feel superiority to others. Crime provokes punishment. Provokes others to ignore me, even condemn me. People don't want to have anything to do with me.	<b>Discover Healthy Expansion of My Uniqueness:</b> I'm skeptical I don't over-evaluate my skills. I expand my uniqueness by being wary of what will go my way or what will not go my way. I realize I don't always have to get my way.	<b>Discover Healthy Expansion of My Uniqueness:</b> When I complain, I figure out what's wrong with the situation and find ways to correct the problems I see.
6	<b>Toxic Restrictions of Your Uniqueness:</b> I am skeptical of another person's uniqueness. {} I am bitter and rebellious that <i>provokes</i> punishment from others. I restrict another person's uniqueness by finding fault with him or her and acting superior to him or her.	<b>Discover Healthy Restrictions of Uniqueness:</b> {} The meaningfulness related to criticism is that behind a rebellious act is a creative expression in which you critically question some conventional concept. Skepticism gives you a sense of freedom and uniqueness. It protects you against surprise.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I complain, I realize I have limited resources and need to step back and figure out a new plan.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

Menu of Solutions & Effective Strategies (f)	
(f)	<b>3<sup>rd</sup> Stage – Criticism –</b>
1	<b>Behavior:</b> {} I walk a fine line between being realistic, resentful, and addressing the other person's concerns. {} People can hurt me, so I distance myself from others. {} People have rejected me, continue to reject me, so I reject them. I become intolerable of people; I have a constant fear that others will mistreat me, and I distrust any form of tenderness. {} When asked about my apprehensions of trust with

	other people, I often say, "I got screwed over, so I'll trust no one." From a simple conclusion, I calculate the rest of my life how to treat and think about people. {} I manage my anxiety by avoiding close and tender contact with other people and isolate myself from others. {} I feel threatened by others, and I feel suspicious of their sensitivity. I find tenderness intolerable. {} I give a non-conformist facade, which means I express my feelings in unique ways. {} I communicate through my actions by sullen distrust and resentment. {} I look for dishonesty and hostility in others. {} I have sensitive instruments for picking up rejection or punitive feelings from others. {} I use sarcastic and self-immolating humor to deal with another person. {} Others see me as being hostile and skeptical. {} I describe my isolation and disappointment with bitter and wry irony. {} I look for dishonesty and hostility in others. {} People say I look depressed, but I resent other people bossy me around. {} When people mistreat me, or things go wrong, I must blame someone. {} I need to blame someone when things go badly, and I find fault, act superior, distant, judgmental, contrary, condescending toward people who may not approve of me. {} I demand respect and approval from others, and I keep others off balance to protect my fragile sense of confidence.
2	<b>Emotions:</b> {} I have a fear of failure and not being perfect. {} I feel anxious and embarrassed (ashamed) when others humiliate me. {} I express my fear by complaining and being skeptical-pessimistic. {} I worry about what others think of you. {} I feel emotionally hurt – people don't understand me, I overestimate the degree of unfairness, I feel that I don't belong, and people care more about themselves than me. {} I feel anxious because others treat me fairly. {} I deal with my anxiety by punishing others because of their unfairness. When I am feeling isolated, instead of moving from feeling isolated to loneliness, I move from isolation to anger.
3	<b>Thinking:</b> {} Others must respect me. I must not fail, or if things don't turn out as I'd like I overestimate the degree of unfairness. {} I feel it is <i>awful and terrible</i> when people mistreat you. I feel people <i>have to</i> be "fair and just with me. {} I see people who disagree with me as being rotten.
4	<b>(B): Belief–</b> {} Others must not mistreat me. {} People must not see my family or me in a negative light. {} Their mistreatment has caused all my negative feelings. {} I think others should always love me. {} When this does not occur, I feel, "I'll reject you with my anger before you reject me again." <b>(B) Extreme Evaluation</b> {} I globally rate them. {} I feel it is awful when others reject me, so my "best defense is a good offense."
	<b>(D) Discover a New Attitude and New Ways of Thinking</b> {} You don't want others to mistreat you, but you can tolerate people criticizing you and {} not understanding you. {} You don't have to overestimate the degree of unfairness in a situation, but you don't have to give in to their unfairness or become angry about their unfairness. {} I can tolerate another person's tenderness,
5	<b>(C) Discovering Meaningfulness in My Belief</b> {} Feeling misunderstood is meaningful because I believe people don't understand me, and it may time for me express myself clearly. I may be grieving over some lost I have repressed.
	<b>(D) Discovering Meaningfulness:</b> {} <i>I have a greater chance of discovering meaningfulness if I can tolerate the frustration of people criticizing me and expressing my grief.</i>
5	<b>(C) Co-Causality: Unrealistic and Inflexible Belief</b> Demanding and placing shoulds on others will create problems and will interfere with my ability to solve problems.
	<b>(D): Discover Realistic-Flexible Attitudes–</b> You can accept others unconditionally because realizing that we are all imperfect makes life bearable when make mistakes.
6	<b>(C) Co-Causality: Unreasonable and Illogical Belief:</b> {} I want to be loved but, there is no logical connection between what I want and what another person may need.
	<b>(D): Discover Reasonable-Logical Attitudes</b> You can accept you want other people to love you, but demanding love is unreasonable because unconditional love is the opposite of demandingness.
7	<b>(C) Co-Causality: Unhelpful and Unworkable Belief:</b> Demanding leads to should, and those shoulds lead to unhealthy negative feelings and more conflicts with others. These conflicts result in not getting along with others.
	<b>(D): Discover Rational-Helpful Attitudes:</b> Demanding another person love you will not help the relationship grow. Demanding that people live up to your expectations will not help you or your partner. Unconditional acceptance opens up the door to developing a mature relationship.
8	<b>(C) Unhealthy Restriction of Uniqueness</b> {} Demanding that people should do this, and shouldn't that create conflicts with others, interferes with social problem-solving, and I develop a complex of negative feelings and distorted thinking. I deal with tension and restrict my uniqueness by maintaining distance from others, resents others, bitter, passively resistant, being a rebel provides me with feeling different and unique. I restrict my uniqueness by training others to punish me.
	<b>(D): Discover</b>
9	<b>(C)</b>
	<b>(D) Healthy Expansion of Your Uniqueness: Healthy Restrictions:</b> {} You don't believe everything you hear. You have a realistic approach in dealing with others with being judgmental or putting them down.

<b>Menu of Solutions &amp; Effective Strategies (f)</b>	
(f)	<b>3<sup>rd</sup> Stage – Toxic Criticism</b> –I am skeptical of another person's uniqueness. {} I am bitter and rebellious that <i>provokes</i> punishment from others. I restrict another person's uniqueness by finding fault with him or her and acting superior to him or her. I <i>protect my self-esteem</i> by acting superior, distant, judgmental, contrary, and condescending toward people. I ward off anxiety by complaining, acting resentful, and I even feel like I must rebel against everything.
1	<b>Behavior:</b> {} I walk a fine line between being realistic, resentful, and addressing the other person's concerns. {} People can hurt me, so I distance myself from others. {} People have rejected me, continue to reject me, so I reject them. I become intolerable of people; I have a constant fear that others will mistreat me, and I distrust any form of tenderness. {} When asked about my apprehensions of trust with other people, I often say, "I got screwed over, so I'll trust no one." From a simple conclusion, I calculate the rest of my life how to treat and think about people. {} I manage my anxiety by avoiding close and tender contact with other people and isolate myself from others. {} I

	feel threatened by others, and I feel suspicious of their sensitivity. I find tenderness intolerable. {} I give a non-conformist facade, which means I express my feelings in unique ways. {} I communicate through my actions by sullen distrust and resentment. {} I look for dishonesty and hostility in others. {} I have sensitive instruments for picking up rejection or punitive feelings from others. {} I use sarcastic and self-immolating humor to deal with another person. {} Others see me as being hostile and skeptical. {} I describe my isolation and disappointment with bitter and wry irony. {} I look for dishonesty and hostility in others. {} People say I look depressed, but I resent other people bossy me around. {} When people mistreat me, or things go wrong, I must blame someone. {} I need to blame someone when things go badly, and I find fault, act superior, distant, judgmental, contrary, condescending toward people who may not approve of me. {} I demand respect and approval from others, and I keep others off balance to protect my fragile sense of confidence.	
2	<b>Emotions:</b> {} I have a fear of failure and not being perfect. {} I feel anxious and embarrassed (ashamed) when others humiliate me. {} I express my fear by complaining and being skeptical-pessimistic. {} I worry about what others think of you. {} I feel emotionally hurt – people don't understand me, I overestimate the degree of unfairness, I feel that I don't belong, and people care more about themselves than me. {} I feel anxious because others treat me fairly. {} I deal with my anxiety by punishing others because of their unfairness. When I am feeling isolated, instead of moving from feeling isolated to loneliness, I move from isolation to anger.	
3	<b>Thinking:</b> {} Others must respect me. I must not fail, or if things don't turn out as I'd like I overestimate the degree of unfairness. {} I feel it is <i>awful and terrible</i> when people mistreat you. I feel people <i>have to</i> be "fair and just with me. {} I see people who disagree with me as being rotten.	
4	<b>(B): Belief–</b> {} Others must not mistreat me. {} People must not see my family or me in a negative light. {} Their mistreatment has caused all my negative feelings. {} I think others should always love me. {} When this does not occur, I feel, "I'll reject you with my anger before you reject me again." <b>( B ) Extreme Evaluation</b> {} I globally rate them. {} I feel it is awful when others reject me, so my "best defense is a good offense."	<b>(D) Discover a New Attitude and New Ways of Thinking</b> {} You don't want others to mistreat you, but you can tolerate people criticizing you and {} not understanding you. {} You don't have to overestimate the degree of unfairness in a situation, but you don't have to give in to their unfairness or become angry about their unfairness. {} I can tolerate another person's tenderness,
5	<b>(C) Discovering Meaningfulness in My Belief</b> {} Feeling misunderstood is meaningful because I believe people don't understand me, and it may time for me express myself clearly. I may be grieving over some lost I have repressed.	<b>(D) Discovering Meaningfulness:</b> {} <i>I have a greater chance of discovering meaningfulness if I can tolerate the frustration of people criticizing me and expressing my grief.</i>
5	<b>(C) Co-Causality: Unrealistic and Inflexible Belief</b> Demanding and placing shoulds on others will create problems and will interfere with my ability to solve problems.	<b>(D): Discover Realistic-Flexible Attitudes–</b> You can accept others unconditionally because realizing that we are all imperfect makes life bearable when make mistakes.
6	<b>(C) Co-Causality: Unreasonable and Illogical Belief:</b> {} I want to be loved but, there is no logical connection between what I want and what another person may need.	<b>(D): Discover Reasonable-Logical Attitudes</b> You can accept you want other people to love you, but demanding love is unreasonable because unconditional love is the opposite of demandingness.
7	<b>(C) Co-Causality: Unhelpful and Unworkable Belief:</b> Demanding leads to should, and those shoulds lead to toxic negative feelings and more conflicts with others. These conflicts result in not getting along with others.	<b>(D): Discover Rational-Helpful Attitudes:</b> Demanding another person love you will not help the relationship grow. Demanding that people live up to your expectations will not help you or your partner. Unconditional acceptance opens up the door to developing a mature relationship.
8	<b>(C) Toxic Restriction of Uniqueness</b> {} Demanding that people should do this, and shouldn't that create conflicts with others, interferes with social problem-solving, and I develop a complex of negative feelings and distorted thinking. I deal with tension and restrict my uniqueness by maintaining distance from others, resents others, bitter, passively resistant, being a rebel provides me with feeling different and unique. I restrict my uniqueness by training others to punish me.	<b>(D): Discover Healthy Ways to Restrict Your Uniqueness:</b> {} The meaningfulness related to criticism is that behind a rebellious act is a creative expression in which you critically question some conventional concept. Skepticism gives you a sense of freedom and uniqueness. It protects you against surprise.
9	<b>(C) Toxic Expansion of My Uniqueness:</b> {} I believe that demanding that people agree with me and should act in a certain way is self-defeating. This self-defeating behavior will restrict my uniqueness by other people attempting to put me into a rigid categorical box. I lose my individuality with I trust people, cooperate, or agree with others. Toxic: I restrict my uniqueness by provoking others to reject me and I feel superiority to others. Crime provokes punishment. Provokes others to ignore me, even condemn me. People don't want to have anything to do with me.	<b>(D) Healthy Expansion of Your Uniqueness: Healthy Restrictions:</b> {} You don't believe everything you hear. You have a realistic approach in dealing with others with being judgmental or putting them down.






### Will to Meaning: Rating Form:

Please complete the following Rating Form after each session with your therapist. Thank You.





Topic:

Date:






	<p><b>#1: (F)</b> Follow Up: What was the purpose of this exercise?</p>				
	<p><b>#2 (F)</b> Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p><b>#3 (E)</b> Exercise &amp; Practice: List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.</p>				
	<p><b>#4 (G)</b> Goal: What goal did you expect to reach by doing this exercise?</p>				
	<p><b>1</b> Not Helpful</p>	<p><b>2</b> A Little Helpful</p>	<p><b>3</b> Somewhat Helpful</p>	<p><b>4</b> Helpful</p>	<p><b>5</b> Very Helpful</p>

# Toxic Anger stage 4

Toxic Anger		Fix
1	 <p>I overestimated the extent to which the other person acted deliberately.</p>	Not all behavior is deliberate or intentional because people make mistakes, act carelessly, and are forgetful.
2	 <p>I believe people want to intentionally hurt me. I see malicious intent in the motives of others.</p>	It is difficult to determine another person's motivation when both parties are angry or stressed out. You do not see malicious intent in the motives of others.
3	 <p>I see myself as definitely right, and I see the other person as being wrong.</p> <p>I can't see the other person's point of view.</p>	You do not see yourself as right or the other person as wrong. You can see the other person's point of view.
4	 <p>Plotting to seek to revenge.</p>	There is no profit in revenge (Mr. Spock). You do not plot to exact revenge

	Survival Mode	Attitudinal Value	Opposite
1	Anger versus Getting Along with Others		
2	<b>Toxic Self-Centeredness Beliefs:</b> I devalue being concerned about others. (Index 1). independent of outside force or influence, self-sufficient, concerned solely with my desires, needs, or interests	<b>Healthy Responsiveness Attitudes:</b> You value responding to others, and you want to listen to and be sensitive (#1).	<b>Objective:</b> You want to be free from prejudice or excessive self-interest.
3	<b>Toxic Selfishness Beliefs:</b> I devalue what others want, and I value only what I want to do. (Index 2). arising from concern with my welfare or advantage in disregard of others	<b>Healthy Reliability Attitudes</b> You value being dependable, and you want people to take you seriously (Index 2).	<b>Carefree:</b> You value being free from care and having no worries or troubles.
4	<b>Toxic Impulsive Behavior:</b> I devalue always having to think before I act. (Index #3). tendency usually other than rational	<b>Healthy Reflective Behavior:</b> You value thinking before you act (Index 3).	<b>Spontaneous:</b> You are free from worry or excessive concerns of the day.
5	<b>Toxic Unreasonableness-Intolerance Beliefs</b> related to Intolerance: I don't value tolerating other people's beliefs, ideas (#4) unable or unwilling to endure individual differences.	<b>Healthy Reasonableness Tolerance Attitudes:</b> You value being reasonable, practical, and tolerant (Index 4).	<b>Uncertain:</b> You value not knowing everything. You know you can't be an expert in everything.

Anger

<p style="text-align: center;"><b>A</b></p> 	<p style="text-align: center;"><b>Healthy Anger:</b></p> 	 <p style="text-align: center;"><b>Healthy Satisfaction</b></p>
<p><i>Healthy Toxic &gt; Toxic: Feeling Satisfied is the opposite of anger and the opposite of feeling mildly annoyed.</i></p>		
<p><b>Toxic Anger:</b> {} I overestimate the extent to which the other person acted deliberately {} I see malicious intent in the motives of others {} I see yourself as definitely right. and I see the other person as being wrong. {} I am unable to see the other person's point of view. {} I am plotting to seek to revenge. (Windy Dryden). After an episode of anger, I may experience Irritability, frustration, anxiety, rage, toxic stress, feeling overwhelmed, or toxic guilt.</p>	<p><b>Healthy Anger:</b> Anger is a resistance to apathy. {} You do not overestimate the extent to which the other person acted deliberately {} You do not see malicious intent in the motives of others {} You do not see yourself as definitely right. or the other person is wrong. {} You can see the other person's point of view. {} You do not plot to exact revenge.</p>	<p><b>Healthy Satisfied:</b> be adequate to (an end in view).</p>
<p><b>Survival Mode: Reactive Anger</b> - {} I am telling myself to watch out, assert myself, or even protect others. {} I may get angry or express anger if I see someone harming a defenseless child, elderly person, or animal. {} Reactive or impulsive anger may also help me to do the right thing automatically during these times. {} But it could get me into trouble because I haven't thought things through – See Toxic Anger</p>	<p><b>Responsive Anger:</b> {} Focused on problems, not people. {} Not arbitrary; it has helpful, practical, and healthy reasons. {} Aware of how that anger might affect others. {} Sensitive to a clear and existing need. {} Helps to adapt socially and even survive emotionally. {} Something that can serve as a practical function to reach a person's goals. {} State my feelings constructively and healthy ways. {} Anger helps me to resolve and focus on a goal. However, anger becomes dysfunctional when it works against my best interests or diminishes my core values. Healthy anger is where I speak directly to the person with whom I am angry and deal with the frustration in a problem-solving manner. It is directed at the problem, and according to research, is not associated with heart disease." Healthy anger is actually a very normal, healthy emotion, according to researchers (Strong. 2018). Strong, Debbie. (May 29, 2018).7 ways anger is ruining my health Retrieved March 11 2019 from</p>	<p><b>Extreme satisfaction</b> may lead to laziness and feeling bored. Stop trying.</p>

<https://www.everydayhealth.com/news/ways-anger-ruining-my-health/>

#1 What are some of the possible reasons why Healthy anger is more effective than toxic anger?

#i.

#ii.

#2. What situations you feel satisfied?

#3 In what situations or issues are you toxic anger?

<p style="text-align: center;"><b>#4 How is toxic anger meaningful?</b></p>	<p style="text-align: center;"><b>How are healthy anger meaningful?</b></p>
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**#5 Cost Benefit Analysis**

<p style="text-align: center;">Cost of <b>toxic anger</b></p>	<p style="text-align: center;">Benefit of <b>healthy anger</b></p>
<p style="text-align: center;">Benefit of <b>toxic anger</b></p>	<p style="text-align: center;">Cost of <b>healthy anger</b></p>

#6 How does **toxic anger** ward of anxiety?

#7 How does **toxic anger** protect your self-esteem?




#8 How will others respond to your **toxic anger**?

#9 Characteristics of toxic way of expanding your uniqueness.	# 11 Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	#12 Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies			
(i)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b>	Healthy:	Healthy
2	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>
3	<b>Cost of Being Passive:</b>	<b>Cost of Being Modest:</b>	<b>Cost of Being Obedient:</b>
4	<b>Benefit of Being Passive:</b>	<b>Benefit of Being Modest:</b>	<b>Benefit of Being Obedient:</b>
5	<b>Toxic Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>
6	<b>Toxic Restrictions of Your Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>

Healthy Anger: Fights Apathy and Indifference			
1	When You are having difficulties with something working right, another person is blocking your goals, or is not following your instructions or requests.	When someone goes out of his or her way to bug you.	When things don't go your way, or they don't go as you planned.
2	<b>Dealing with Frustrated.</b> You feel like your effort is ineffectual. You feel like giving up, but you don't give up. You remain persistent yet uncomfortable.	<b>Coping with Annoyances.</b> You feel like people are getting on your nerves with petty unpleasantness, but you know you can keep your composure.	<b>Managing Disappointed.</b> When events and people fail to meet your expectations. What can you do?
3	<b>V Dealing with Being Thwarted:</b> You feel your efforts are ruined because others oppose your efforts or desires.	<b>Coping with being Bothered.</b> People are interfering with your level of comfort and your peace of mind.	<b>Managing Being Let down.</b> When people fail to support you, and you need their help. What you want to do? can you do?
4	<b>Dealing with Discouragement.</b> You feel like giving up, and you lose confidence in your abilities and skills.	<b>Coping with being Impatient.</b> You feel irritated, as though you can't wait, but you can stay calm. You are over eager or intolerant of such frustration, but you know you can tolerate frustration.	<b>Dealing with Feeling Dissatisfied.</b> You are not pleased with what has happened; you are displeased. What are your options?
5	<b>Dealing with Obstructions.</b> You feel like another person is getting in your way and placing restrictions on you	<b>Coping with being Irked.</b> You feel stressed out, and you have grown impatient and weary, so you remind yourself stay calm.	<b>Dealing with Feeling Saddened.</b> You feel some distress, and You don't like how things turned out. How can you accept your negative feelings?
6	<b>Dealing with Aggravation.</b> You feel like another person is making it worse, more serious, or more severe for you.	<b>Coping with feeling Confused.</b> You feel puzzled, vexed, perplexed, at a loss of what to do or say, so you ask the person to explain what they want, feel, and think.	<b>Dealing with Feeling Disenchanted.</b> You feel disappointed about what was going on, and you did not like what You saw. How can you accept your negative feelings?

# Contempt 5<sup>th</sup> stage

		
<p>Being Firm &gt; heartless-sadistic</p>		
<p><b>Toxic Heartless-Sadistic</b> Beliefs: Cruel and unkind Impatient with others' mistakes Self-seeking, Sarcastic Abusive (d) cold sternness, punitive</p>	<p><b>Healthy Firm but Just Attitude:</b> Can be strict, if necessary, Firm but just, Stern but fair, Tough, hard-boiled when necessary (devoid of sentimentality, a matter-of-fact attitude of life Values Justice</p>	<p><b>????Authentic:</b> not false or imitation, real, actual, genuine, being truthful without being mean,</p>
<p><b>Toxic Restriction of another person's uniqueness:</b> I deal with tension and restrict my uniqueness by provoking guilt in others. To humiliate others, the other person is unworthy, inferior. Moral coercion is satisfying – self-satisfying form of sadism, directs hostile feelings with comforting self-approval, righteous irritation, moral superiority.</p>	<p><b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when others reject you. It regrettable but not awful.</p>	<p><b>Extreme Form</b> – over focused on self and your authenticity that you believe will make you better than people who are not authentic</p>

#1 What are some of the possible reasons why being Firm is more effective than being heartless?

#i.

#ii.

#2. What situation do you need to be firm?

#3 In what situations, do you need to be authentic?

#4 How are having heartless beliefs meaningful?	How is being appreciative meaningful?

## #5 Cost Benefit Analysis

Cost of Being Heartless	Benefit of having Appreciative Attitudes
Benefit of Being Heartless	Cost of Appreciative Attitudes

#6 How does seeking approval ward off anxiety?	
#7 How does approval protect our self-esteem?	
#8 How will others respond to our meekness and passivity?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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Menu of Solutions & Effective Strategies: Contemptuous			
(d)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I can be cruel and unkind. I'm impatient with others making mistakes. I am self-seeking and I can be sarcastic at times. I am punitive.	I am hard boiled when necessary. I am stern but fair, I can be firm but just.	I can be strict if necessary. I am exact, and precise. I am rigorously conforming to principle or a norm.
2	<b>Discovering Meaningfulness {}</b> When life is pain, it is preparing me to face an upcoming difficulty task. Anxiety helps me anticipate stress and situations that may restrict my uniqueness or interfere with me reaching my goals.	<b>Discovering Meaningfulness:</b> <i>Every concrete experience of daily life contains meaning. Those everyday experiences you need to be responsive to others, but you also want to be firm and just, levelheaded, avoid using extreme evaluations or excessive behaviors so that you can discover your unique and specific meaningfulness.</i>	<b>Discovering Meaningfulness:</b> I discover meaningfulness when I exhibit strict and complete accordance with facts or a standard. I also want to strictly conform to a pattern, standard, or convention. I am restricting my uniqueness by being rigid about meeting standards.
3	<b>Cost of Being Merciless:</b> People resist me passively. People will avoid me, and they will have a tendency not to be supportive of me.	<b>Cost of Being Firm and Fair:</b> Fairness has a subjective quality to it. People may see my sense of justice and fairness have been stern and unreasonable.	<b>Cost of Being Strict:</b> People may see my tendency to be precise and exact as rigid and closed-minded. Being strict may cause resentment in some people.
4	<b>Benefit of Being Merciless:</b> People will take me seriously and not try to pay the poor my concept. I may be seen as hard-hearted and unkind, but I mean business, and people better listen to me. Others will realize I don't take "sh#t" from anybody	<b>Benefit of Being Firm and Fair:</b> I have a greater chance of getting along with people when I am firm and fair with others. When I am firm, I have a greater chance of getting what I want, but I am reasonable with people because I have established rules.	<b>Benefit of Being Strict:</b> I get things done in an organized fashion. People know I mean business, and they enjoy doing business with me. I'm not seen as a wishy-washy person.
5	<b>Toxic Expansion of My Uniqueness:</b> I don't waste my time fixing other people's mistakes; I mean business, and people must listen to my demands. People don't get in my way when I expand my uniqueness, regardless of their opinions.	<b>Discover Healthy Expansion of My Uniqueness: {}</b> You can be strict if necessary. You don't like frustration, but you can tolerate it and cope with it because you are smart and strong enough to deal with disappointment.	<b>Discover Healthy Expansion of My Uniqueness:</b> I am strict when necessary, so I have a greater chance of expanding my uniqueness because I don't have to waste my time worrying or dealing with people's mistakes.
6	<b>Toxic Restrictions of Your Uniqueness: {}</b> <i>Seesaw Rationalization:</i> if you hate me-then I can hate you; if you put yourself down, then I can put you down. I can act unethically because you are an unethical "no-good-bastard."	<b>Discover Healthy Restrictions of Uniqueness: {}</b> You are firm and just, and {} You can be assertive but fair, but you want to watch being too harsh or stern.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I am strict with people, I might have to do things I dislike. For example, I may want to be friendly and pleasant to them, but this action will not help me.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

(d) dismisses another person's uniqueness by being sarcastic or cruel.

Hostile adjustment modes deal with anxiety by having a disciplinary-punitive attitude toward others. Being stern, acting tough, virtuous, moral, and self-righteous. I act aggressive when I feel anxious when the situation pulls for tenderness, agreeableness, or docile feelings (j). When acting tough, I protect my self-esteem by provoking fear in others. I generate fear by being hurtful, mocking, destroying, and threatening actions - I feel endowed with a fearful power that justifies my transactions with pious-moral reasons. I do not feel guilt or social disapproval, and hostile coerciveness gains fearful respect or a resentful submission from others.

"I am a dangerous, fearful person."

Pulls for F and rigid GH (g: distrustful, h: self-effacing

(d)	(e)
Punitive, punishment	Attack, anger, fighting,
Cruel, unkind, coercion	Hard hearted, criticism
Impatient, sarcastic, threats	Unfriendly, angry, disaffiliation
Stern but fair	Frank, forthright
Firm but just	Critical
Able to be strict	Blunt



Consequences of these behaviors

**Provokes passive resistance                      Provokes hostility**

(de) When I use the “**Tough Façade**,” I attack other people. I experience hate internally, and I may really hate myself. This experience leads to a worsening because I **tend to hate others.**” The social reality of “hate begets hate is evoked” and the cost of this “tough façade” is that others become hostile back. This “tough façade” is punitive, critical, and hostile. I often feel angry, irritable, unfriendly, and impatient.

I increase my self-esteem by provoking fear in others.

I may believe as long as you are afraid of me, you’ll never see my weaknesses and limitations.

When I use the “tough façade” feels that the world unfairly does me in, I think I have to retaliate in kind.

I respond to frustration, largely by my own irrational behavior, be acting aggressive against the presumably frustrating society and the people in it. (People who use a hostile mode of adjustment deal with anxiety and stress by having a disciplinary attitude toward others, are quarrelsome, and believe I have to show my toughness.)

I am often pious and self-righteous.

<p><b>(d) Heatless: Contemptuous</b> (d) Frustration Intolerance, harsh-heartless, impulsive, sadistic, sarcastic, impatient, overly stern, can be unkind, punitive, cruel, scornful, procrastinate (complementary 1)</p>		
<p><b>Healthy Restriction of Uniqueness:</b> firm but just, level headed, no extreme evaluations or excessive behaviors, sensible, and responsive to others (index 1).</p>		
<p><b>Unhealthy Restriction of Uniqueness – Contemptuous Behavior</b> {} My sense of self-respect stems from the provocation of fear in others. {} I believe that hurtful, mocking, destroying, threatening actions endow me with overwhelming power. {} I make threats of having a temper outburst or attack someone to coerce and manage others. {} Do not always feel the pain of guilt or the whip of social disapproval. {} I admired myself too much, and I accept myself when I am harsh and coercive. {} I act coldly and sternly. {} I am disapproving, and I want to make others feel inferior or unworthy. {} I think I “should never be uncomfortable, and people must treat me with the utmost respect. {} I believe others should always follow my rules and live up to my standards.” {} I am adaptive, so I will identify with people I am around and act in such a way, so I get their approval. {} I deal with anxiety by having a disciplinary attitude toward others) operating sternly, and I believe that I have to show my toughness. {} I feel it is awful and terrible when people make me feel uncomfortable by being disrespectful. {} I have to put them straight and teach them a lesson they’ll never forget. {} I think people should be “fair and just,” regardless of my unfairness. {} When I feel other people are taking advantage of me, I become angry because people will see this as a weakness. {} I think, “If other people take advantage of me, that means that I think of myself as stupid.” {} I can’t stand it when people do not treat me the “way they have to treat me.” {} My self-evaluation and demandingness justify my callous behavior and cruelty. {} I act aggressively to avoid dependent relationships; I act hostile and aggressive to prevent tender feelings because I find reward in toughness. {} When someone does I wrong, I want people to suffer, so I attack or hoard. {} I want to be safe and to avoid embarrassment or humiliation. {} When I am sarcastic, I feel protected. {} My self-esteem comes from the provocation of fear in others, mocking, destroying, and threatening actions (contempt). {} I justify my transactions with religious, moral, and self-righteous reasons. {} I will lie about anything to protect my vulnerability and self-esteem; usually, my lies are so inconsistent that people start resisting my efforts passively.</p>		
<p><b>Basic Attitude: Unhealthy and Self-Defeating Attitude</b>                  {} I hope life will never be difficult for me. {} People might see me as weak or stupid. People must not disrespect me. It would be awful if people see I was foolish or weak. {} I worry about If people don’t do what I say, then everything will fall apart. {} I express my anxiety by being impatient and feeling ashamed. {} Fear of Failing. {} People will see me was weak and stupid. {} Fear of Rejection and abandonment. {} Fear of being defenseless. Coverts feelings of guilt and shames.                  {} I must always be right, accurate, and I can’t stand people’s mistakes.                  {} I must get my way. I don’t want people to treat me horribly, and if they do, then they are rotten people. {} People absolutely must not make mistakes. {} I must always be right, accurate, and {} I can’t stand people’s mistakes.                  {} I must always get my way.</p>	<p><b>Basic Attitude: Healthy and Constructive Attitude</b>                  {} You don’t want life to be difficult for you,                  {} but you can stand life’s difficulties because you can develop your resiliency skills.                  {} but it is not awful when life is difficult because you are strong enough and smart enough to figure out a way to deal with life’s difficulties.                  {} but you are not a worthless person because you have difficulty dealing with life’s adversities.</p>	
Meaningfulness	Meaningfulness	
Unhealthy Restriction Uniqueness:	Healthy Restrictions of Uniqueness: You can be strict if necessary. You don’t like frustration, but You can tolerate it, cope with it, and put up with it.	
<b>Seesaw Rationalization:</b> if you hate you-then you can hate you; if you put you down, then You can put you down. You can act unethically because you are an unethical “no-good-bastard.”	Attitude that Flexible-Logical- Helpful: Realistic Preference  Healthy Hope:	
<b>Attitude is Inflexible-Unrealistic:</b> People must always do what I want or I’ll have a fit.		
<b>Attitude is Illogical-Unreasonable:</b> If I don’t like something, then it must not happen.		
<b>Attitude is Impractical-Unhelpful:</b> Getting mad is a good way of getting what You want.		
<b>Heartless-Sadistic</b> Beliefs: Cruel and unkind Impatient with others’ mistakes Self-seeking, Sarcastic	<b>Firm but Just Attitude:</b> Can be strict, if necessary, Firm but just, Stern but fair,	<b>Authentic:</b> not false or imitation, real, actual, genuine, being truthful without being mean,




Abusive (d) cold sternness, punitive (d)	Tough, hard-boiled when necessary (devoid of sentimentality, a matter-of-fact attitude of life Values Justice	
<b>Unhealthy Restriction of another person's uniqueness:</b> I deal with tension and restrict my uniqueness by provoking guilt in others. To humiliate others, the other person is unworthy, inferior. Moral coercion is satisfying – self-satisfying form of sadism, directs hostile feelings with comforting self-approval, righteous irritation, moral superiority. [] I can be unkind and make sarcastic remarks so that people do not take advantage of me. {} I practice of selfishly advancing my own ends.	<b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when others reject you. It regrettable but not awful.	<b>Extreme Form</b> – over focused on self and your authenticity that you believe will make you better than people who are not authentic

5<sup>th</sup> Stage Welton's Model – Contempt

1	<b>(A) Adversity-Activating Event: Interpersonal Pattern (d)</b>	
2	<b>(Ac) Critical Aspect of Activating Event</b>	
3	<b>(B) Belief:</b> {} Life must never be painful, and people must never see me as weak or stupid. {} People must never disrespect me. {} It would be awful if people see I was foolish or weak. {} I must always be right, accurate, and I can't stand people's mistakes. {} I must get my way. {} I don't want people to treat me horribly, and if they do, then they are rotten people. {} People absolutely must not make mistakes. {} I must always be right, accurate, and {} I can't stand people's mistakes.	<b>(D) Discover New Ways of Thinking:</b> : {} You don't want life to be difficult for you. {} but you can stand life's difficulties because you can develop your resiliency skills. {} but it is not awful when life is difficult because you are strong enough and smart enough to figure out a way to deal with life's difficulties, {} but you are not a worthless person because you have difficulty dealing with life's adversities. <b>(E) Exercise &amp; Practice New Attitudes:</b> Give three reasons why your new attitude at (D) is more effective than your belief at (
4	<b>(C) Thinking: Anthropological Evolutionary:</b> When people 400,00 years ago experienced pain, they ignored it. If you did not do your share the entire suffered. You were contemptuous of people who appeared weak and in pain.	<b>(D) Discover a New Way of Thinking-</b> I don't have to be scornful of people who appear weak and in pain.
5	<b>(C) Automatic Thought:</b> Nothing ever goes my way. (overgeneralizing).	<b>(D) Inelegant Solution:</b> <b>(D) Elegant Solution</b>
6	<b>(C) Consequences of this Belief Feeling):</b> anger at 8	<b>(D) Discover a New Way of Feeling-</b> anger at 2-3 <b>(E) Exercise &amp; Practice New Feelings:</b>
7	<b>(B) Meaningfulness in My Feelings:</b> {} When life is pain, it is preparing me to face an upcoming difficulty task. Anxiety helps me anticipate stress and situations that may restrict my uniqueness or interfere with me reaching my goals.	<b>(D) Discovering Meaningfulness in Your Emotions</b> {} <i>Every concrete experience of daily life contains meaning. Those everyday experiences you need to be responsive to others, but you also want to be firm and just, levelheaded, avoid using extreme evaluations or excessive behaviors so that you can discover your unique and specific meaningfulness.</i>
8	<b>(C) Behavior:</b> yell, seek revenge, unfriendly	<b>(D) Discover New Ways of Behavior</b> – assertive behavior training <b>(E) Exercise &amp; Practice New Behaviors:</b>
9	<b>(C) Co-Causality - Unrealistic Thinking:</b> {} People must always do what I want, or I'll have a fit. {} This form of threat implies that if you don't give in to my demands, then I'll have a royal shit fit that will upset everyone.	<b>(D) Discover Realistic-Flexible Attitudes:</b> {} You don't want people to make mistakes, but you can tolerate people's mistakes because you can endure and learn from such frustration because such frustrations will happen again. <b>(E) Exercise &amp; Practice Realistic Thinking:</b>
10	<b>(C) Co-Causality – Unreasonable-Ilogical Thinking:</b> {} If I don't like something, then it must not happen.	<b>(D) Discover Reasonable-Logical Attitudes:</b> {} You don't like it when people make mistakes, but it does not follow that because you don't like something it must not happen. You have not lost all your abilities to tolerate people's bad behavior. <b>(E) Exercise &amp; Practice Logical Thinking:</b>
11	<b>(C) Co-Causality - Unhelpful and Unworkable Thinking:</b> {} Getting mad is an effective way of getting what I want. This is unworkable because anger begets anger.	<b>(D) Discover Rational-Helpful Attitudes:</b> {} When you get upset about difficulties and disappointments in your life, you are restricting your ability to problems solve and to make good decisions. {} This will bring about more depression, self-defeating anger. {} Aggressive behavior will get you into legal troubles. <b>(E) Exercise &amp; Practice Pragmatic Thinking:</b>
12	<b>(C) Co-Causality – Non-Acceptance Belief:</b> I shouldn't have negative feelings:	<b>(D) Developing Unconditional Self-Acceptance Attitudes:</b> I don't want to have toxic negative feelings, but it is not awful to experience such feelings because... <b>(E) Exercise &amp; Practice Unconditional Self-Acceptance:</b>
13	<b>(C) Co-Causality – Non-Acceptance Belief:</b> Other people shouldn't go against my wishes, and they should give me what I want.	<b>(D) Developing Unconditional Acceptance of Other Attitudes:</b> I want people to go along with my wishes, but I will never like it when someone goes against my wishes. They are not less of a person for disagreeing with me. <b>(E) Exercise &amp; Practice Unconditional Acceptance of Others:</b>

14	(C) <b>Co-Causality - Non-Acceptance Belief:</b> The world shouldn't be so difficult, and it should give me what I want.	(D) <b>Developing Unconditional Acceptance of Life Attitudes:</b> I can accept the world doesn't always go along with my wishes and wants, but I can tolerate the stresses the world throws at me because... (E) <b>Exercise &amp; Practice Unconditional Acceptance of Life:</b>
15	(C) <b>Toxic Restriction of My Uniqueness</b> {} <i>Seesaw Rationalization:</i> if you hate me-then I can hate you; if you put you down, then I can put you down. I can act unethically because you are an unethical "no-good-bastard."	(D) <b>Healthy Restriction of Your Uniqueness:</b> {} You are firm and just, and {} You can be assertive but fair, but you want to watch being too harsh or stern. (E) <b>Exercise &amp; Practice Healthy Ways to Restrict Your Uniqueness:</b>
16	(C) <b>Toxic Expansion of My Uniqueness:</b> {} I can unkind and make sarcastic remarks so that people do not take advantage of me. {} I practice of selfishly advancing my own ends.	(D) <b>Healthy Expansion of Your Uniqueness:</b> {} You can be strict if necessary. You don't like frustration, but you can tolerate it and cope with it because you are smart and strong enough to deal with disappointment. (E) <b>Exercise &amp; Practice Healthy Ways of Expanding Your Uniqueness:</b>
17	(C) <b>What Cultural Influences</b> strengthen the above beliefs and ideas?	(F) <b>Follow-Up: Did it work?</b>
18	(C) <b>How does the above thoughts</b> interfere with you reaching your goals?	(G) <b>What goals would you reach if you work on the above ideas?</b>

## Stage Welton's Model – Malice

<b>Aggressive-Hard Hearted-Malice</b> 	<b>Fairness</b> 	<b>Disinterested</b> 
Valuing Justice > aggressive: The opposite of both is disinterested		
Hardhearted: lacking in sympathetic understanding; unfeeling, pitiless Aggressive- Violent: Often unfriendly, frequently angry, outspoken; Emotionally agitated to the point of loss of self-control; prone to commit acts of violence; Agitated: to move with an irregular, rapid, or violent action; to excite and often trouble the mind or feelings, to discuss excitedly and earnestly (e)	{ } Straightforward (free from evasiveness or obscurity, clear-cut, precise; proceeding in an undeviating and direct manner. { } Critical of others, some irritable, { } Can be frank and honest, { } I value justice: the quality of being just, impartial, or fair; the principle or ideal of just dealing or right action; righteousness. { } <i>Fairness:</i> marked by impartiality and honesty; free from self-interest, prejudice, or favoritism; { } Genuine-True - free from hypocrisy or pretense; sincere, { } Critical but fair with others. { } <i>Fairness:</i> marked by impartiality and honesty; free from self-interest, prejudice, or favoritism; { } Genuine-True - free from hypocrisy or pretense; sincere, { } Critical but fair with others	Disinterested: not having the mind or feelings engaged; not interested; not caring or showing concern; no interest

#1 What are some of the possible reasons why showing Fairness is more effective than being Hard Hearted?

#i.

#ii.

#2. What situation do you need to show fairness?

#3 In what situations do you need to be disinterested?

#4 How are having Hard Hearted beliefs meaningful?	How is being Fair-minded meaningful?

### #5 Cost Benefit Analysis

Cost of Being Hard Hearted	Benefit of having Fair-minded Attitudes
Benefit of Being Hard Hearted	Cost of having Fair-minded Attitudes




#6 How does being hard hearted ward of anxiety?	
#7 How does being hard hearted protect your self-esteem?	
#8 How will others respond to you when you are being hard hearted?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies: Malice			
(e)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b> I can be aggressive, hard hearted, and I am often unfriendly. I am frequently angry and outspoken.	I am straight forward and direct. I can be critical of others, but sometimes I feel irritable, short-tempered, petulant, cantankerous. Can be critical.	I can be frank and honest. Forthright.
2	<b>Discovering Meaningfulness:</b> Aggressiveness could be an attempt to stand up for my values and show people they can't take advantage of me. I am a person with a strong sense of determination.	<b>Discovering Meaningfulness:</b> Being direct and using critical thinking can help me discover meaningfulness because I am looking at both sides of the issue.	<b>Discovering Meaningfulness:</b> I want to be honest with others to discover my uniqueness and what is meaningful to me.
3	<b>Cost of Feeling Excessively Angry:</b> Others may become hostile with me. Anger usually beget anger.	<b>Cost of Being Direct:</b> I may be too direct with others, which may turn off people working with me.	<b>Cost of Being Firm:</b> People may see me as bossy and a control freak.
4	<b>Benefit of Feeling Angry:</b> It shows people I'm passionate about and care about certain people and issues.	<b>Benefit of Being Direct:</b> I show people I carry out tasks in an organized, energized fashion and supervise studies efficiently. I get things done, and it helps me get along with others.	<b>Benefit of Being Firm:</b> I say what I mean, and I mean what I say. This firmness makes it clear to others what I want without putting them down.
5	<b>Toxic Expansion of My Uniqueness:</b> Being angry will help me get what I want, and people will respond to me more effectively if I'm mad.	<b>Discover Healthy Expansion of My Uniqueness:</b> Being direct will help me get along with others; they will clearly understand what I want and expect from them.	<b>Discover Healthy Expansion of My Uniqueness:</b> Being firm with others will expand my uniqueness because people will know what I want, and I will know what they want.
6	<b>Toxic Restrictions of Your Uniqueness:</b> Being angry will help me develop my skills and motivate me to correct my errors.	<b>Discover Healthy Restrictions of Uniqueness:</b> I want to be direct. I need to restrict my uniqueness because I want to know what others think and feel.	<b>Discover Healthy Restrictions of Uniqueness:</b> I want to be assertive, firm, focused, and fair, so people will know what I want, and they don't feel hurt or misunderstood.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>

Range	Impairment	Score	Behavior: (E-13) Aggressive versus Frank and Honest-Genuine Realism = confidence + rational + genuine and frank
1-10	Profound: Compulsively	05	Attacks, anger, fighting, hard hearted, hurtfully criticizes others, unfriendly, Provokes hostility in others,
11-20	Gross: Very Frequently	15	Hostile way of adjusting, stern, toughness, pious, self-righteous people, anxious in situations that pulls for tenderness, agreeableness, or docile feelings. When acting tough or stern, they feel protected. Their self-esteem comes from provocation of fear in others, hurtful, mocking, destroying, and threatening actions.

			Justifies his or her transactions with pious reasons, they do not feel guilt or worry about social disapproval, they gain fearful respect, provoke resentful submission, rigid behavior is observed.
21-30	Very Severe 9 out of 15	25	Personality Features: <input type="checkbox"/> performs acts that are grounds for arrest, <input type="checkbox"/> disregards the wishes, rights, and feelings of others, <input type="checkbox"/> acts impulsively without forethought or without consideration for the consequences, failure to plan ahead, <input type="checkbox"/> physically fights, assaults <input type="checkbox"/> reckless disregard for safety of himself/herself or <input type="checkbox"/> others <input type="checkbox"/> does behaviors that have harmful consequences, <input type="checkbox"/> little remorse for the consequences, <input type="checkbox"/> extremely irresponsible <input type="checkbox"/> indifferent and/or superficial <input type="checkbox"/> blames and externalizes, <input type="checkbox"/> lack of empathy, callous, cynical, <input type="checkbox"/> arrogant, glib, <input type="checkbox"/> failure to conform to social norms, <input type="checkbox"/> deceitful (lying, conning others)
31-40	Severe:	35 F-	8 out of 15
41-50	Serious	45 F	7 out of 15
51-60	Moderate: Rigid, Inappropriate	55 F+	Outspoken, irritable, unfriendly, disaffiliation, blunt, frequently angry, critical of others, often unfriendly, hard hearted, verbally aggression, disregards the rights of others, answers before the other person finished speaking, talks loudly and abusively, glares at the other person, speaks "past" issues (accusing, blaming, demeaning), vehemently states feelings and opinions in a mean spirited fashion, values himself/herself above others, hurts others to avoid hurting himself; the objective is to win, regardless of the other person
61-70	Mild:	65 D+	Narrow, Interferes
71-80	Healthy Fair	75 C+	Frank, forthright, candid, straightforward, honest, enthusiastic but heedless, cheerful, quick, takes a person-to-person orientation, outspoken appropriately. Is direct, gets to the point appropriately, sincere and genuine. Prefers the real, the truth, is earnest, heartfelt, truthful, upstanding, clear, unadulterated, spontaneous, unpretentious, integrity, fidelity, candor
81-90	Healthy	85 B+	Good: Flexible
91-100	Productive Constructive	95 A+	Genuine, Earnest, not hypocritical Unpretentious, upstanding, unadulterated Is direct and gets to the point, Not deceitful but honest Enthusiastic

## Sssss 2<sup>nd</sup> Stage Welton's Model

<p><b>Toxic Competitive-</b></p> 	<p><b>Businesslike</b></p> 	<p><b>Healthy Self-Reliant</b></p> 
<p><b>Survival Value</b></p>	<p><b>Interpersonal Value</b></p>	<p><b>Functional Value</b></p>
<p><b>Toxic Competitive</b> - marked by lack of sympathy, not interested, or sensitivity to others. Selfish (index 2); Competitive in Relationships (2<sup>nd</sup> step in Welter), cold, unfeeling, shrewd, calculating, indifferent, uncaring, unresponsive, apathetic, (c)</p>	<p><b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when other reject you or disrespect you, it is regrettable but not awful</p>	<p><b>Healthy Self-Reliance:</b> reliant on your powers and resources rather than those of others. Self-Confident: a feeling of trust in your abilities, qualities, and judgment. Taking care of yourself.</p>

**#1 What are some of the possible reasons why being self-reliant is more effective than being cold hearted competitiveness on others?**

#i.

#ii.

**#2. What situation do you need to be self-reliant?**

**#3 In what situations you want to be concerned about others and your community?**

<p>#4 How are being Overly Competitive beliefs meaningful?</p>	<p>How is being Self-Reliant meaningful?</p>

### #5 Cost Benefit Analysis

<p>Cost of Being Overly Competitive</p>	<p>Benefit of having Self-Reliant Attitudes</p>
<p>Benefit of Being Overly Competitive</p>	<p>Cost of being Self-Reliant Attitudes</p>



#6 How does being Overly Competitive ward off anxiety?

#7 How does being Overly Competitive protect our self-esteem?

#8 How will others respond to your Overly Competitiveness?

<p>#9 Characteristics of toxic way of expanding your uniqueness.</p>	<p>Characteristics of healthy way of expanding your uniqueness.</p>
<p>#10 Characteristics of toxic way off restricting your uniqueness.</p>	<p>Characteristics of healthy way of restricting your uniqueness.</p>



<p><b>Toxic Competitive-</b></p> 		<p><b>Healthy Self-Reliant</b></p> 
<p><b>Survival Value</b></p>	<p><b>Interpersonal Value</b></p>	<p><b>Functional Value</b></p>
<p><b>Toxic Competitive</b> - marked by lack of sympathy, interest, or sensitivity to others. Selfish (index 2); Competitive in Relationships (2<sup>nd</sup> step in Welter) (c)</p>	<p><b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when other reject me or disrespect me, it is regrettable but not awful</p>	<p><b>Healthy Self-Reliance:</b> reliant on your powers and resources rather than those of others. Self-Confident: a feeling of trust in your abilities, qualities, and judgment. Taking care of yourself.</p>

**Attitudinal value** A meaningful life is a life in which these values are actualized to the greatest possible degree:



**Healthy Unconditional Acceptance over Self-Downing**

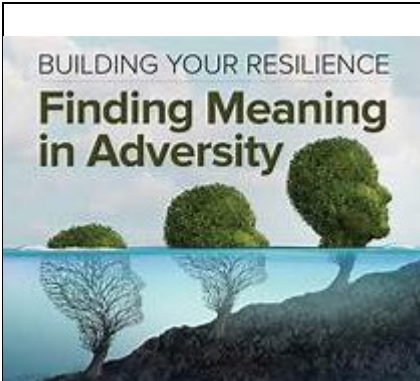
1	Toxic Competitiveness	Healthy	Healthy
2	(C) Discovering Meaningfulness	(D) Discovering Meaningfulness	(D) Discovering Meaningfulness:
3	(C) Cost of	(D) Cost of	Cost of Healthy
4	(C) Benefits of	(D) Benefits of	The benefit of a Healthy
5	(C) Toxic Restriction of Uniqueness:	(D): Discover Healthy Restriction of Uniqueness:	(D) Healthy Restriction Uniqueness:
6	(C) Toxic Expansion of My Uniqueness: <b>Toxic:</b> I deal with tension and restrict my uniqueness by being terrifying of being dependent on others See (i) masochistic	(D) Healthy Expansion of Your Uniqueness:	(D) Healthy Expansion of Your Uniqueness:

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic: \_\_\_\_\_ Date: \_\_\_\_\_

	<p><b>#1: (F) Follow Up:</b> What was the purpose of this exercise?</p>
	<p><b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



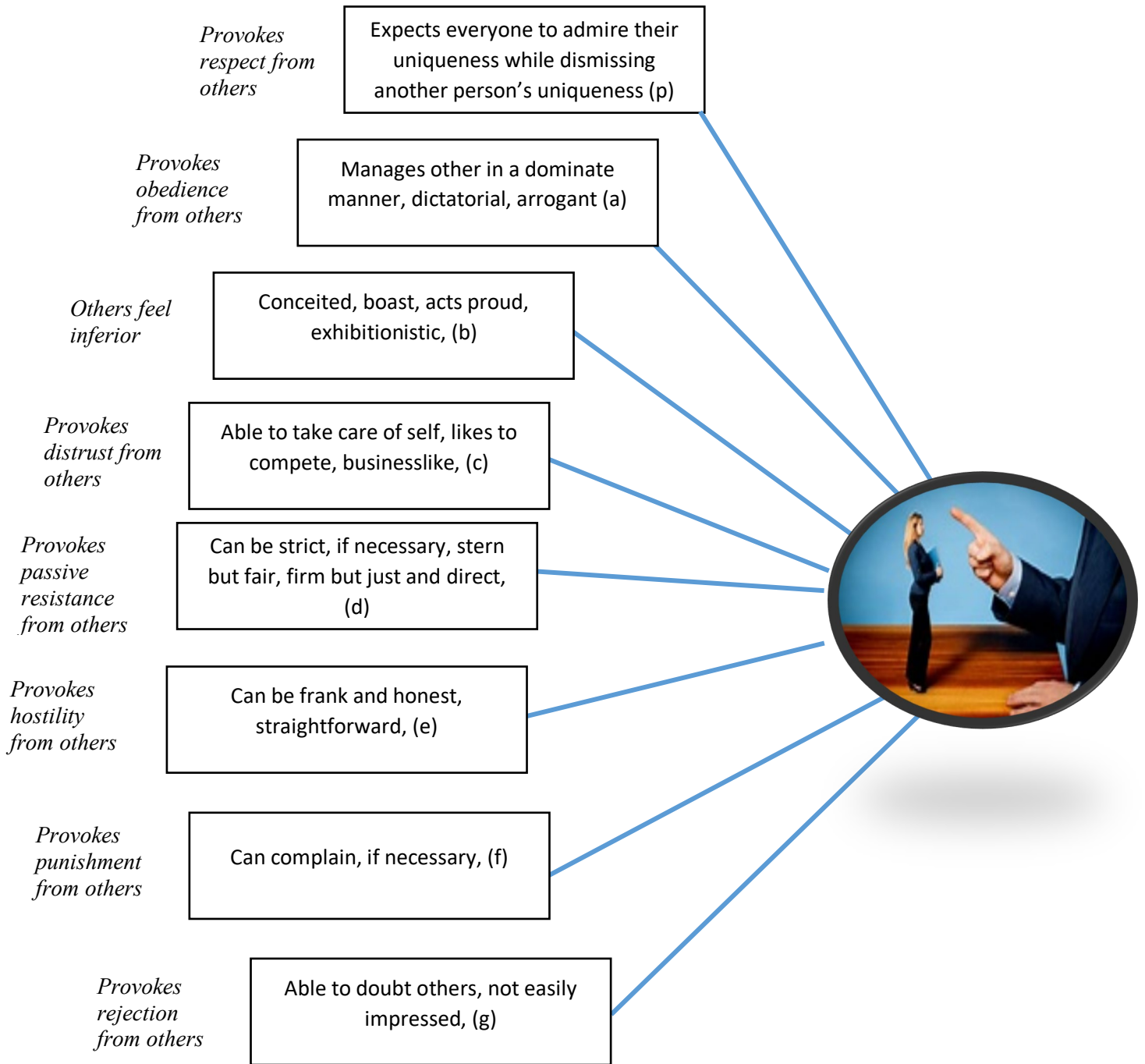
**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

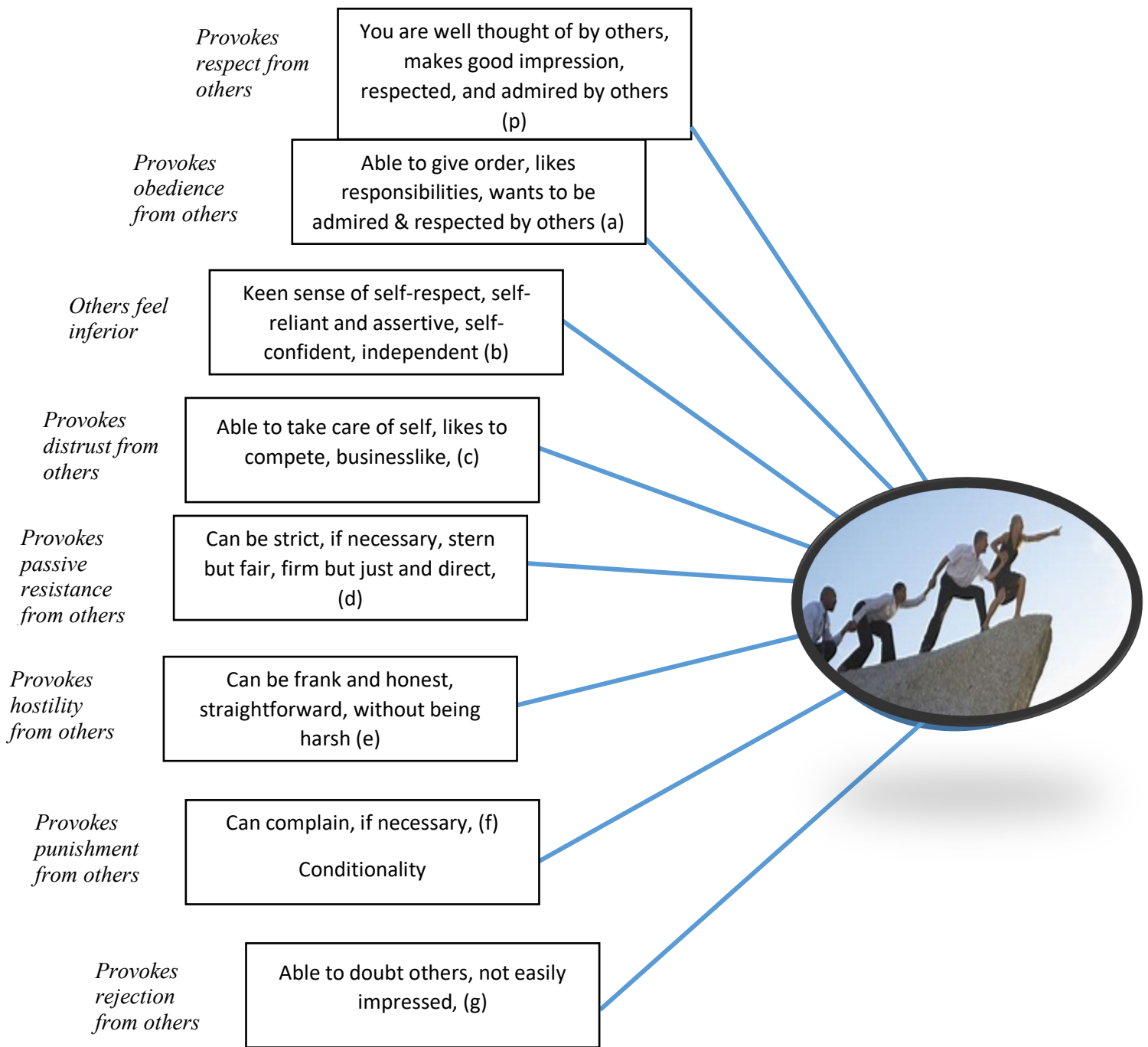
**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.

	<b>1</b> Not Helpful	<b>2</b> A Little Helpful	<b>3</b> Somewhat Helpful	<b>4</b> Helpful	<b>5</b> Very Helpful
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**Comments:**

# Healthy ways to bring out Uniqueness in another person





(p) Controlling vs. Respected

		
<p><b>Controlling: Demands Admiration: Heavy Handed,</b> Autocratic, Oppressive, Harsh. {} Expects everyone to admire him or her. {} Tries to be too successful. Always giving advice, {} I act important. Demands esteem (p)</p>	<p><b>Respected:</b> People think well of you. You make a good impression {} Often admired by others {} Respected by others. Pays attention to others, appreciates their effort, and has unconditional acceptance of others, reciprocal assertiveness.</p>	<p><b>Live and let live attitude:</b> You show tolerance for those different from yourself. Live and Let Live is an idiom in which expresses the idea that all should be able to live their lives in the manner they want to, regardless of what other may think of them.</p>

#1 What are some of the possible reasons why Being Respected is more effective than being Heavy Handed on others?

#i.

#ii.

#2. In what situations, do you need others to respect you?

#3 What situation do you need to show the attitude of “live and let live?”

#4 How are Heavy Handed beliefs meaningful?	How is being Respected by Others meaningful?

#5 Cost Benefit Analysis

Cost of Being Heavy Handed	Benefit of being Respected by Others Attitudes
Benefit of Being Heavy Handed	Cost of being Respected by Others Attitudes



#6 How does being heavy handed ward of anxiety?

#7 How does being heavy handed protect our self-esteem?

#8 How will others respond to our being heavy handed meekness and passivity?

#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
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#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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<b>Controlling: Demands Admiration: Heavy Handed,</b> Autocratic, Oppressive, Harsh. {} Expects everyone to admire him or her. {} Tries to be too successful. Always giving advice, {} I act important. Demands esteem (p)	<b>Respected:</b> People think well of you. You make a good impression {} Often admired by others. {} Respected by others. Pays attention to others, appreciates their effort, and has unconditional acceptance of others, reciprocal assertiveness.	
<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Funtional Values</b>
<b>Toxic:</b> I expect everyone to admire me. I tried to be successful, always giving advice to others, and I act important. I am autocratic (p)	I make good impressions, I am often admired and respected by others. I provide guidance, advice, and teach others.	Well thought of

Menu of Solutions & Effective Strategies			
(p)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b> I expect everyone to admire me. I tried to be successful, always giving advice to others, and I act important. I am autocratic	I make good impressions, I am often admired and respected by others. I provide guidance, advice, and teach others.	Well thought of
2	<b>Discovering Meaningfulness:</b> Ambition can motivate me to do good for others while gaining respect from others.	<b>Discovering Meaningfulness:</b> c Admiration can help me discover meaningfulness because I admire another, which motivates me to try something new. Modeling a skilled or moral person may assist me in discovering meaningfulness. For example, Jesus, Gandhi, Buddha, etc.	<b>Discovering Meaningfulness:</b> When people think well of me, I have a better chance of teaching them something that will help them discover meaningfulness.
3	<b>Cost of Being Autocratic:</b> Sometimes it takes power, success, and ambition as a means of warding off anxiety and increasing self-esteem. But power, success, and ambition without meaningfulness can be a sense of unhealthy respect.	<b>Cost of Wanting Admiration:</b> Seeking admiration can involve seeking excessive social approval. I may act dominant, but people will resist my demands and see me as pedantic or bossy. I may obsess about people giving me praise and holding me in high esteem.	<b>Cost of Being Well Thought Of Being Well Thought Of:</b> Others may become competitive or jealous of my success or talents. They may see me as a “show off” and disregard my good advice.
4	<b>Benefit of Being Autocratic:</b> People respect and admire me. People respect me. When stressed, I am pedantic, academic, show wisdom, and good at explaining conflicts or problems.	<b>Benefit of Wanting Admiration:</b> When people admire me, I have a greater chance of getting things done and them listening to me. This will help me reach my goals and develop a sense of confidence.	<b>Benefit of Being Well Thought Of:</b> I feel proud of others, and I feel proud that I taught them something they can use.
5	<b>Toxic Expansion of My Uniqueness:</b> When I demand that everyone must admire me, and I always think I have to be successful, I have a chance of people stereotyping me as some sort of control freak or autocratic.	<b>Discover Healthy Expansion of My Uniqueness:</b> <i>Healthy Expansion of Your Uniqueness:</i> I like to have status and have people admire me, but choices and desires have upsides and downsides. I want respect, but I don't have to have it. I have other sources of pleasure. I will never like people disrespecting me, but I can tolerate it. It is not awful or horrible if people choose not to treat me like the king of the universe. They are neither bad nor terrible people for disrespecting me. Their rotten behavior does not make them nasty, lying, wretched people because they do not always act nastily and rottenly as a thoroughly horrible person would. I can	<b>Discover Healthy Expansion of My Uniqueness:</b> When people think well of me, I have a greater chance of getting things done because they see me and respect me and my ideas.



		legitimately deplore things they do, but I don't have to devalue their entire personhood for doing those things.	
<b>6</b>	<b>Toxic Restrictions of Your Uniqueness:</b> People will see me as dogmatic and compulsively always giving advice even when they don't ask for it. When people avoid me because I give too much advice, I have less chance of learning about myself and discovering meaningfulness.	<b>Discover Healthy Restrictions of Uniqueness:</b> You like to have status and admiration, but there are upsides and downsides to choices and desires. You want people to respect you, but you don't have to have it. You have other sources of pleasure. You will never like people disrespecting you, but you can, and you will tolerate it. It is not awful or horrible if people choose not to treat you like the king of the universe. They are neither terrible nor horrible people for disrespecting you. Their rotten behavior does not make them nasty, lying, awful person because they do not always act nastily and rottenly, as a thoroughly horrible person would. You can legitimately deplore things they do, but you don't have to devalue their entire personhood for doing those things. <i>Healthy Restriction of Your Uniqueness:</i> I will start focusing on achieving and being assertive about my wants, but I don't have to demand that everyone respect me and treat me like royalty.	<b>Discover Healthy Restrictions of Uniqueness:</b> When people think well of me, I'm always in the limelight. People will scrutinize my behavior and point out what I've done wrong, and I don't deserve their respect.
<b>7</b>	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

AP pulls for IJ: (i) meek, modest, passive, obeys too willing – gives up their uniqueness, (j) dependent, admires and imitates others, very respectful to authority. Teaching is the most adaptive and constructive manifestation

A	P (Seeking Prestige)
Dominating	Demands Admiration
Dictatorial	Tries to be successful, acts important
Bossy	Always giving advice, Seeks respect compulsively
Forceful, authority	Makes a good impression.
Good leader, command	Respected by others
Independent, direction	Acclaim, achievement, popular
Power	Dogmatic
Power Struggle	Pedantic, academic, wisdom, explaining
Able to give orders	Well thought of
Manage, Direct leads	Guides, Advises, Teaches
Consequences of these behaviors	
<b>Provokes Obedience</b>	<b>Provokes Respect</b>

<b>(p) Autocratic Behavior:</b> I believe that people must respect me, admire me, obey me, etc., because of my status. I have to act bossy, and I have to act like a person (as a monarch) ruling with unlimited authority. I believe (1) “People must respect” me because of whom I am and not because of my actions. (2) If I’m the boss, I can punish people. If I’m the boss (or in charge), I believe people must obey and treat me with the utmost respect. Note: (Autocrat: a person (as a monarch) ruling with unlimited authority; one who has undisputed influence or power)	
1	<i>Affective Consequence:</i> I am irritable, defensive, anxious about the future, resentful of others’ success, cynical, jealous, dogmatic, and I’m being self-centered.
2	<i>Behavioral Consequence:</i> I am behaving aggressively because I am expressing my thoughts, feelings, and beliefs in a way that is often dishonest, usually inappropriately, and I violate the rights of the other person.
3	<i>Cognitive Consequence:</i> I overestimate the threat and the impact of the situation. I am inferring that if people respect me, they won’t annoy me. I am assuming being respected and being in charge is important to me, so everyone else believes it is relevant, and they should strive to be like me. <i>You must treat me respectfully and considerately and not overly frustrate me, or else you are a rotten individual.</i>
4	<i>Demandingness:</i> <input type="checkbox"/> You have to treat me in a particular way or else you are worthless, useless, etc. <input type="checkbox"/> I have to act a specific way to be loved, admired, and appreciated by others, or else I am worthless. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can’t stand it.
5	<input type="checkbox"/> <i>Extreme Evaluation:</i> I worry about people respecting me. When I feel down, people will disrespect me. If people don’t admire me, it would be horrible. I believe it is awful when people look down on me.
6	<input type="checkbox"/> <i>Extreme Evaluation:</i> When people don’t respect me, I can’t stand it, so they are fools or think I am a fool.
7	<input type="checkbox"/> <i>Extreme Evaluation:</i> When I act incompetently and incur disapproval, I conclude that people will disrespect me, I’ll lose power or control, and people will exploit my weaknesses. <input type="checkbox"/> I can ignore their requests or avoid my responsibilities if they don’t think highly of me. If not, I can punish them for disrespecting me.” I can do it my way without caring about others.
8	<input type="checkbox"/> <i>Dichotomous Thinking:</i> Either you are for me, or you are against me.
9	<input type="checkbox"/> <i>Conditional Thinking:</i> When people deeply respect me, I protect my self-esteem. <input type="checkbox"/> I am in control and in charge because people respect me and deeply admire me. <input type="checkbox"/> People will do what I say because they respect me. <input type="checkbox"/> To feel good about me and control things, I have to teach them something, or I have to help them, to maintain an atmosphere of the utmost respect from me.
10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking:</i> I want to get my way, but I always have to. Is demanding respect 24-7-365 a realistic proposition? There is no evidence that people must respect me. In fact, there is no evidence that people must like me, give me comfort, or do my bidding. Only in my own “Book of Codes of Conduct” is written that people must respect me, like me, adore me, approve me or love me. A legal document states that people “must” respect me or treat me like royalty. When I think about it, I am glad that certain people don’t like or respect me because their dotting would be very annoying.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Why is it illogical to believe that people’s respect will bring happiness? Does it logically follow that I’ll have the power if people give me respect? Is it logical to think that if I have control – people will respect me? No! Respect is an excellent preference, and it is enjoyable when people respect us, but happiness and power have several sources. I could respect my teacher, but I can hate her class and dislike the subject she teaches. There is no logical connection between people respecting me and my power over them. There is no logical connection between “respect” and “power” over people. There have been many kings who lost their heads.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Will this conviction maintain my present safety and health, and will it address my long-term health concerns? Not really! This demanding respect to protect my pride will, in the end, bring physical health problems and interpersonal conflicts and result in emotional distress and pain, such as depression, anger-rage, anxiety, guilt, shame, etc. In fact, it will hurt my status and pride rather than increase these preferences.
13	<i>Self-Responsibility:</i> I would like status and very strongly desire it, but I don’t need status – I just like it, and it feels good when I have status in my group. I don’t need it to survive or for me to be happy and for me to be comfortable. Luxuries have positive and costly harmful elements, and I can be myself without trying to prove myself to anyone.
14	<i>Toxic Dialectic:</i> <input type="checkbox"/> They desire my anger-wrath, but my self-respect is more important than their consequences. <input type="checkbox"/> I have valid reasons – versus - my feelings don’t need justification. <input type="checkbox"/> Feeling immediate – versus - my behavior is separated from my feelings. <input type="checkbox"/> I won’t feel vulnerable versus we are all vulnerable. <input type="checkbox"/> They did it to me first versus justice is relative.
15	<i>Healthy Dialectics:</i> <input type="checkbox"/> You accept your uniqueness, and you know that you are an ordinary person. <input type="checkbox"/> You want to be responsive, kind, and empathic while being firm, fair, and focused when problem-solving. <input type="checkbox"/> You can unconditionally accept yourself, others, and the world even when they place conditions on you.
18	

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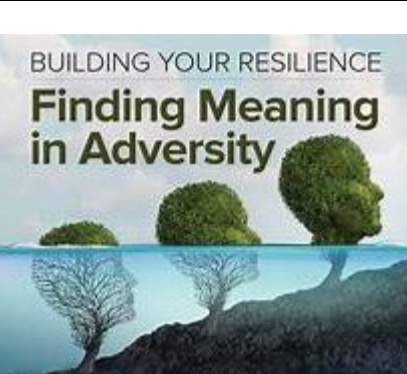
Date:



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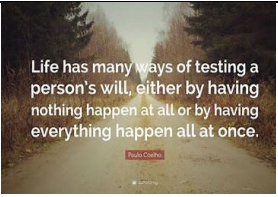


1 Not Helpful	2 A Little Helpful	3 Somewhat Helpful	4 Helpful	5 Very Helpful
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Comments:



## Dictatorial vs. Managerial – able to give orders (a)

		
<p>(a) Dictatorial managers others, dominating, bossy,</p>	<p>Likes responsibility, good leader, forceful, able to give others.</p>	

#1 What are some of the possible reasons why Being a Good leader is more effective than being dictatorial on others?

#i.

#ii.

#2. What situation do you need to show your managerial skills?

#3 In what situations you want to have the attitude of “what will be – will be?”

#4 How are Dictatorial beliefs meaningful?	How is being a Good Leader meaningful?

### #5 Cost Benefit Analysis

Cost of Being Dictatorial	Benefit of having a Good Leader Attitudes
Benefit of Being Dictatorial	Cost of being a Good Leader Attitudes

#6 How does being dictatorial ward of anxiety?

#7 How does a being dictatorial protect our self-esteem?




#8 How will others respond to your dictatorial actions?

#9 Characteristics of toxic way of expanding your uniqueness.

Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.

Characteristics of healthy way of restricting your uniqueness.

		
Dictatorial managers others, dominating, bossy (a)	Likes responsibility, good leader, forceful, able to give others.	
<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Funtional Values</b>
<b>Toxic: I am Dictatorial:</b> I like managing others, I am domineering and bossy.	I am managerial: I like taking responsibility. I want to be a good leader and be seen by others as forceful.	I can give orders.

Menu of Solutions & Effective Strategies			
(a)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic: I am Dictatorial:</b> I like managing others, I am domineering and bossy.	<b>I am managerial:</b> I like taking responsibility. I want to be a good leader and be seen by others as forceful.	I can give orders.
2	<b>Discovering Meaningfulness:</b> Directing and leading help the group reaches its goals, and your purpose is actualized.	<b>Discovering Meaningfulness:</b> Managing resources will help the community and help the business to be successful.	<b>Discovering Meaningfulness:</b> The goals and objectives of the organization are carried out efficiently and effectively, so the community is enriched.
3	<b>Cost of Being Dictatorial:</b> I provoke obedience in others, which may result in not getting along with others.	<b>Cost of Being Managerial:</b> Getting everyone on the same page and following through on responsibilities can be difficult. [ ] You may take on too many responsibilities and limit your ability to allocate responsibilities to each team member.	<b>Cost of Giving Orders:</b> People maybe more interested in expanding their uniqueness rather listening to you.
4	<b>Benefit of Being Dictatorial:</b> It provokes obedience from others.	<b>Benefit of Being Managerial:</b> The allocation of responsibilities and resources is distributed fairly and efficiently.	<b>Benefit of Giving Orders:</b> We work as a team, and we are more productive.
5	<b>Toxic Expansion of My Uniqueness:</b> <i>I know something you do not see; I am wise and better informed than you.</i>	<b>Discover Healthy Expansion of My Uniqueness:</b> When I take on new responsibilities, my leadership skills are developed, and I can give orders so people reach the goals and objectives of the organization.	<b>Discover Healthy Expansion of My Uniqueness:</b> You may learn new leadership skills and become more proficient in team building.
6	<b>Toxic Restrictions of Your Uniqueness:</b> When I act dominating, use high-handed methods and a domineering manner and bossy,	<b>Discover Healthy Restrictions of Uniqueness:</b> You may have to learn to give other team members responsibility and let them grow independently. Making mistakes needs to be managed, so the organization does not fail.	<b>Discover Healthy Restrictions of Uniqueness:</b> You may need to listen to the team's concerns before deciding.
7	<b>Toxic Dialectic:</b> [ ] They desire my anger-wrath, but my self-respect is more important than their consequences. [ ] I have valid reasons – versus - my feelings don't need justification. [ ] Feeling immediate – versus - my behavior is separated from my feelings. [ ] I won't feel vulnerable versus we are all vulnerable. [ ] They did it to me first versus justice is relative.	<b>Healthy Dialectics:</b> [ ] You are an ordinary person who dislikes or even fears being embarrassed, humiliated, criticized, and rejected. [ ] You will never like being criticized or rejected. But you can accept yourself for avoiding being nervous, shamed, disparaged, and rebuffed.	<b>Heathy Dialectics:</b> [ ] You know your worth is not based on your performance, effectiveness, and effort because (1) you have worth because you are alive and you can do better tomorrow, (2) your performance, effectiveness, and effort vary over time, and (3) you can develop confidence by practicing new skills when people criticize you. Therefore, criticism from others helps you discover meaningfulness. [ ] You can also develop anti-awfulizing skills in times of stress.



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“I know something you do not know, so I feel like I’m better than you.” I think it is *awful* to be seen as inept or stupid. I feel I should *never* make a mistake, and people should *always* admire me and never make me look silly. I *demand* admiration, and I *always* want to make a good impression. I rigidly expect everyone will admire me as a leader. Being a leader is a method of reducing anxiety, just as being a follower also reduces anxiety.

Dominance differs from assertiveness. Dominance is expressed as a wish to obtain more status so that the person can subjugate and direct others. In the motivational domain, assertiveness is getting more status and showing wealth. Behaviorally, assertiveness, as compared to aggressive behavior, could be defined as standing up for personal rights and expressing thoughts, feelings, and beliefs in a direct, honest, and appropriate way that does not violate another person's rights ( I can be condescending and critical, and my interpersonal relationships usually suffer.

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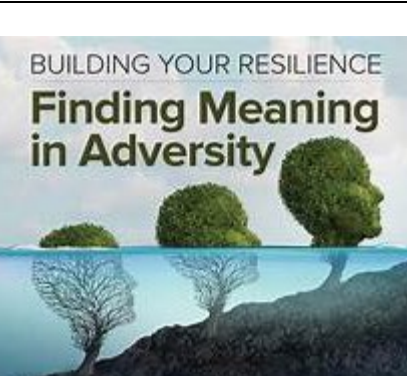
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**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



**1**  
Not Helpful

**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful

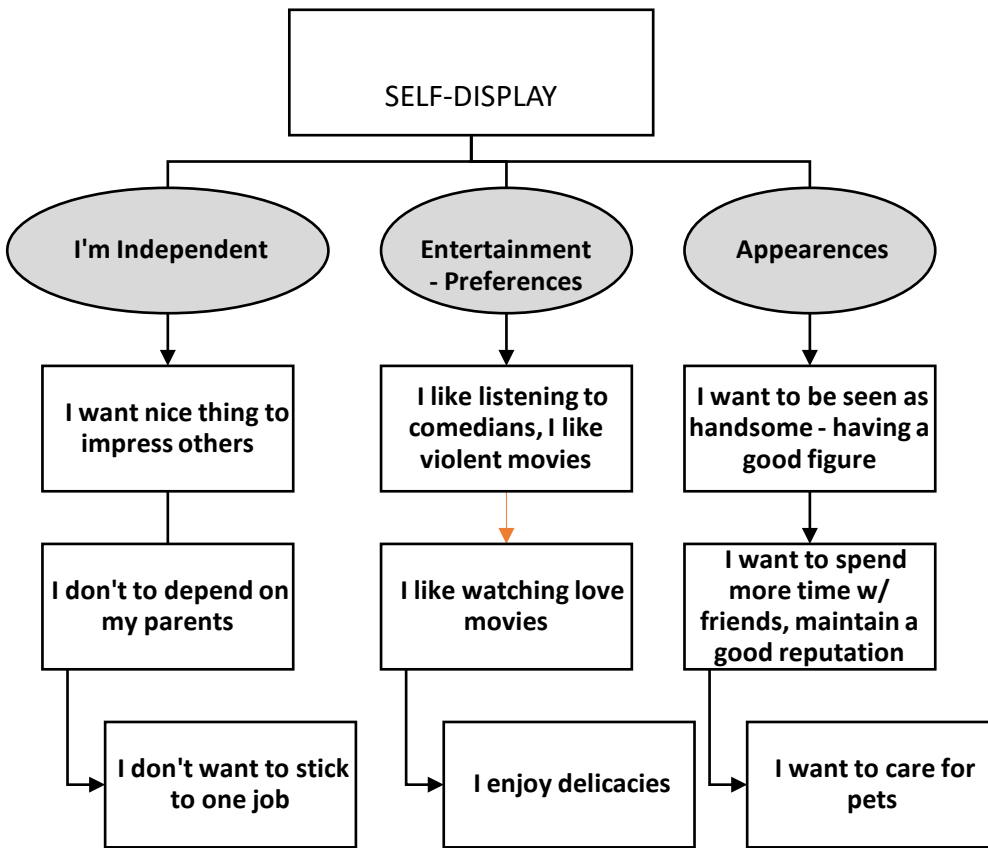
**5**  
Very Helpful


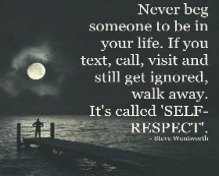

**Comments:**



# Dismissing Another Person's Uniqueness

Comparing versus Instilling Confidence: (proud (b)



(b)	I expand my uniqueness by being overconfident, assertive and being independent of others.		
	Survival Mode:	Interpersonal Values	Funtional Values
1			
2	<b>Toxic Comparing</b> - I value enhancing my self-image: having a limited outlook or concern about my activities or needs is OK. Sometimes I must be boastful and snobbish to get people to appreciate my efforts (egotistical- egocentric). I am headstrong and pride myself in not being easily restrained. I am impatient with people trying to control me or give me advice or suggestions. It is OK to be directed by the ungovernable will. I believe it is OK to have excessive concern for myself because if I don't care about myself – who will. Without exaggerated feelings of self-importance and self-centeredness, people will take advantage of me and look down on me. (b)	<b>Healthy Self-Respecting Attitude:</b> Healthy emotional self-respect is confidence and the feeling that I can behave with honor and dignity. I value being self-reliant and assertive. I also value being self-confident and independent. I can be sensitive to others. I value people's admiration for my performance, effectiveness, and efficiency. I can be appreciative when people say nice things about me. I don't take it to heart when someone says something positive about me. I don't think I'm "wonderful" when people appreciate my positive qualities or skills.	<b>Humble:</b> When you are humble, you are not overly proud or haughty; not arrogant or overly assertive; not prideful, not giving or accepting flattery; you do "it" because it is the right thing to do. Extreme Humility: people may take advantage of you.

#1 What are some of the possible reasons why Self-Respect more effective than being Headstrong on others?

#i.

#ii.

#2. What situation do you need to show self-respect?

#3 In what situations, do you need to be humble?

#4 How are being Headstrong- Comparing Yourself to another person meaningful?	How is Self-Respect meaningful?

#5 Cost Benefit Analysis

Cost of Being Headstrong – Comparing Others	Benefit of Self-Respect Attitudes
Benefit of Being Headstrong – Comparing Others	Cost of Self-Respect Attitudes

#6 How does being headstrong – comparing others ward off anxiety?

#7 How does being headstrong – comparing others protect our self-esteem?

#8 How will others respond to you being headstrong – comparing other?

#9 Why will comparing to others. Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
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#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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**Menu of Solutions & Effective Strategies: Comparing**

(b)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Functional Values</b>
	How does pride keep me alive? Pride is a positive feeling in which you have reasonable or justifiable self-respect. It is feeling delighted or elated arising from some act, possession, or relationship, so I put effort into what is important to me.	How does self-respect help me deal with others? Self-respect is having proper respect for myself as a human being and protecting my standing or position in my family or the community. Self-respect helps me to be assertive and stand up for my values when others attempt to restrict my uniqueness.	How is being humble functional? When you are overconfident, conceited, smug, arrogant, vain, and petty. Taken to the extreme, humility lacks all signs of pride, aggressiveness, or self-assertiveness, which is not functional.
	<b>Toxic Comparing</b> - I value enhancing my self-image: having a limited outlook or concern about my activities or needs is OK. Sometimes I must be boastful and snobbish to get people to appreciate my efforts (egotistical-egocentric). I am headstrong and pride myself in not being easily restrained. I am impatient with people trying to control me or give me advice or suggestions. It is OK to be directed by the ungovernable will. I believe it is OK to have excessive concern for myself because if I don't care about myself – who will. Without exaggerated feelings of self-importance and self-centeredness, people will take advantage of me and look down on me. (b)	<b>Healthy Self-Respecting Attitude:</b> Healthy emotional self-respect is confidence and the feeling that I can behave with honor and dignity. I value being self-reliant and assertive. I also value being self-confident and independent. I can be sensitive to others. I value people's admiration for my performance, effectiveness, and efficiency. I can be appreciative when people say nice things about me. I don't take it to heart when someone says something positive about me. I don't think I'm "wonderful" when people appreciate my positive qualities or skills.	<b>Humble:</b> When you are humble, you are not overly proud or haughty; not arrogant or overly assertive; not prideful, not giving or accepting flattery; you do "it" because it is the right thing to do. Extreme Humility: people may take advantage of you.

1	<b>Toxic:</b> I can be egotistical and conceited. I am snobbish, proud, and self-satisfied. I am often boastful, exhibitionistic.	I want to exercise my healthy sense of self-respect and maintain proper respect for myself as a human being. I want to regard my standing or position in my family and the community.	
2	<b>Discovering Meaningfulness:</b> I have to protect what is important and meaningful to me. I want to show people my strength and hard work.	<b>Discovering Meaningfulness:</b> I want to assert my values and discover meaningfulness. I want to think independently, and I want to stand up for my values confidently and objectively.	<b>Discovering Meaningfulness:</b> I want to do something for someone else or a cause that is greater than my individual desires.
3	<b>Cost of Being Narcissistic:</b> I make others feel inferior. My display of superiority wards off anxiety; I feel secure when they are independent of others and feel I am triumphing over them; I depend on self-esteem to demonstrate the weakness in others, over-demonstrativeness covers up essential coldness and distance. Provokes defeated envy and inferiority feelings in others, puts distance between myself and others, and wants to be independent of and superior to the “other one.” Dependence is terrifying; it shames and humiliates others; passivity, cooperation, trust, or tenderness as dangerous.	<b>Cost of Self-Reliant:</b> I may take on too many responsibilities, and they are supported by others. Doing everything by myself may interfere with my ability to be objective and rational.  Ignoring help and support from others may create conflicts and feelings of isolation.	<b>Cost of Having Self-Respect:</b> People may see my sense of self-respect as being overly confident or conceited. I want to present myself as a competent person willing to help others. I want to help others without putting them down or feeling secondary.
4	<b>Benefit of Being Narcissistic:</b> I appreciate my senses of self-reliance, so I get more things done because I am avoiding others.	<b>Benefit of Self-Reliant:</b> I want to develop confidence in and exercise my powers or judgment to discover meaningfulness in each moment.	<b>Benefit of Having Self-Respect:</b> Believe in me, so I’m ready to expand my uniqueness and discover meaningfulness.
5	<b>Toxic Expansion of My Uniqueness:</b> <i>“How can I establish superiority over this person? How can I defeat him? How can I use him for my self-enhancement?”</i>	<b>Discover Healthy Expansion of My Uniqueness:</b> As I rely on myself, I learn new skills and see the world differently. This helps me to expand my uniqueness.	<b>Discover Healthy Expansion of My Uniqueness:</b> Healthy self-respect provides a perspective that increases my confidence without putting others down.
6	<b>Toxic Restrictions of Your Uniqueness:</b> When I am narcissistic and egotistical, people may not cooperate with me because of an exaggerated sense of self-importance. I am not listening to others or being supportive of others.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I am self-reliant, I want to think about what others want and need. I want to focus on repairing broken promises and making new agreements.	<b>Discover Healthy Restrictions of Uniqueness:</b> Healthy self-respect is appreciating others’ uniqueness. And not seeing people are being replaceable.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

Self Control	1= No effort    10 = Great effort	Check the promises you plan to keep
Reflective	<input type="checkbox"/> I want to think of the <b>costs</b> before I act.	<input type="checkbox"/> I can show concern for others and myself.
Responsive	<input type="checkbox"/> I want to look at the full range of consequences and personal costs. <input type="checkbox"/> I want to slow down and be careful.	<input type="checkbox"/> I can avoid risks and unhealthy costs that will lead to more severe penalties.
Effort Rating <b>F-</b>	<input type="checkbox"/> I want to think before I act.	<input type="checkbox"/> I can be reliable and dependable.
Responsible:	<input type="checkbox"/> I want to take <b>responsibility</b> for people not trusting me.	<input type="checkbox"/> I can treat people with respect.
Healthy	<input type="checkbox"/> I want to be responsible for my actions.	<input type="checkbox"/> I can think about the rewards and costs before I act.
Restriction of	<input type="checkbox"/> I want not to blame other people for my feelings or actions.	<input type="checkbox"/> I can avoid gambling and other vices.
Uniqueness	<input type="checkbox"/> I want to work on my goals so those goals match my values.	<input type="checkbox"/> I can understand people better. <input type="checkbox"/> I can avoid being selfish. <input type="checkbox"/>
G+	<input type="checkbox"/> I want to be determined in reaching my goals.	People will see me as being dependable in a healthy way. .
Realistic	<input type="checkbox"/> I want to <b>accept the consequences</b> of my actions.	<input type="checkbox"/> I will be concerned about doing the right things.
Practical	<input type="checkbox"/> I want to do things I “can” do and work on goals I can reach.	<input type="checkbox"/> I will be careful and remember the things I say to people.
Guided by reality <b>M-</b>	<input type="checkbox"/> I want to do the right thing but I don’t have to be perfect.	<input type="checkbox"/> I will work at having my opinions match the facts. <input type="checkbox"/> I will take a realistic view of my values.
Socially Precise <b>Q3+</b>	<input type="checkbox"/> I want to <b>control my impulses</b> . <input type="checkbox"/> I want to work on reaching my long-term goals. <input type="checkbox"/> I want to learn more about myself. <input type="checkbox"/> I want to develop coping skills to deal with fear and doubt in myself.	<input type="checkbox"/> My healthy values will match my behaviors. <input type="checkbox"/> I will avoid damaging my self-respect. <input type="checkbox"/> I will avoid feeling ashamed of my behavior. <input type="checkbox"/> I will be efficient and mastered skills that will help me reach my healthy long-term goals. (Increased self-sentiment)
Expanding My Uniqueness	Being rational is being realistic, helpful, safe, reasonable, responsible, and looking out for my long-term interests and other people’s long-term interests. Demandingness shows a lack of self-control and is irrational: I like to get what I want but it is not written anywhere that I “MUST” always get my way. I will just upset myself when I am demanding. Most of us do not trust people who show a limited degree of self-control	I know that people will not treat me with respect if I’m screaming, pouting, and yelling. My dogmatic demandingness leads to my yelling. I will see how demandingness is self-defeating. When I don’t have respect and self-control, people will restrict my independence and freedom.



**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

Date:



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.



1  
Not Helpful

2  
A Little Helpful


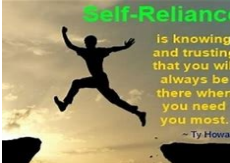

3  
Somewhat Helpful

4  
Helpful

5  
Very Helpful

Comments:

## 2<sup>nd</sup> Stage Welton's Model – Competitive (c)

<p style="text-align: center;"><b>Toxic Competitive-</b></p> 	<p style="text-align: center;"><b>Healthy Self-Reliant</b></p> 	<p style="text-align: center;"><b>Concerned</b></p> 
<p>Being self-reliant &gt; being cold hearted: The opposite of self—reliant and cold hearted is being concerned about something other than yourself.</p>		
<p><b>Toxic Competitive</b> - marked by lack of sympathy, interest, or sensitivity to others. Selfish (index 2); Competitive in Relationships (2<sup>nd</sup> step in Welter) (c)</p>	<p><b>Healthy Self-Reliance:</b> reliant on your powers and resources rather than those of others. Self-Confident: a feeling of trust in your abilities, qualities, and judgment. Taking care of yourself.</p>	<p><b>Concerned:</b> You are concerned about your community and the environment. You are concerned about something other than yourself.</p>
<p><b>Toxic:</b> I deal with tension and restrict my uniqueness by being terrifying of being dependent on others</p>	<p><b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when other reject me or disrespect me, it is regrettable but not awful.</p>	<p>Excessive concern can become anxiety. It also can create overstepping your boundaries.</p>

#1 What are some of the possible reasons why being self-reliant is more effective than being cold hearted competitiveness on others?

#i.

#ii.

#2. What situation do you need to be self-reliant?

#3 In what situations you want to be concerned about others and your community?

#4 How are being Overly Competitive beliefs meaningful?	How is being Self-Reliant meaningful?

### #5 Cost Benefit Analysis

Cost of Being Overly Competitive	Benefit of having Self-Reliant Attitudes
Benefit of Being Overly Competitive	Cost of being Self-Reliant Attitudes

#6 How does being Overly Competitive ward off anxiety?

#7 How does being Overly Competitive protect our self-esteem?

#8 How will others respond to your Overly Competitiveness?





#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way off restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.


Menu of Solutions & Effective Strategies: Competing			
(c)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I can be cold and unfeeling. I can be shrewd and calculating. I think only of myself. People see me as selfish (index #2)	I can be indifferent to others. I like to compete with others. I am very businesslike. I am assertive.	I can take care of myself
2	<b>Discovering Meaningfulness:</b> When I am competitive, I will reach my goals. In the struggle to reach my goals, I may learn new things about myself and others.	<b>Discovering Meaningfulness:</b> Being competitive encourages me to do my best and practice to improve my performance.	<b>Discovering Meaningfulness:</b> Taking care of myself allows me to be independent and think for myself. This might help me discover meaningfulness by doing things on my own.
3	<b>Cost of Being Unfeeling:</b> People don't trust me. When people don't trust me, they're always looking over my shoulder, giving me less responsibility, so I have less chance of developing my ability to discover meaningfulness.	<b>Cost of Being Competitive:</b> When I am competitive in my relationships, I can become critical, angry, and demanding about how the other person should or should not act.	<b>Cost of Taking Care of Myself:</b> I want to take care of myself, which may result in rejecting support and love of others. This may bring about resentment from other people I love.
4	<b>Benefit of Being Unfeeling:</b> I can be more objective and therefore be more successful. I will need to use my independent thinking, but I might respect or disregard other people's thoughts and feelings.	<b>Benefit of Being Competitive:</b> When I compete and give my best effort, I develop confidence and learn new things about myself and the other person. Being competitive may help me in sports and business.	<b>Benefit of Taking Care of Myself:</b> I get more things done and focus on my goals and dreams. I also develop a sense of independence and confidence.
5	<b>Toxic Expansion of My Uniqueness:</b> Not caring about others gives me a false belief that I'm helping myself, but I'm restricting my uniqueness and developing resentment in others.	<b>Discover Healthy Expansion of My Uniqueness:</b> Competitiveness helps me to be successful. It forces me to sharpen my skills and learn new things about myself. Being competitive makes me learn new skills and perform at a higher level. Being competitive forces me to sharpen my skills and learn new things about myself. Being competitive makes me learn new skills and perform at a higher level.	<b>Discover Healthy Expansion of My Uniqueness:</b> Taking care of myself develops confidence and a sense of healthy independence. As I take care of myself, I learn new skills, and they become more efficient in my daily activities.
6	<b>Toxic Restrictions of Your Uniqueness:</b> When I'm cold and unfeeling, I blame others for my mistakes and don't appreciate other people's efforts and kindness.	<b>Discover Healthy Restrictions of Uniqueness:</b> Competitiveness points out my limitations and boundaries between people. I need to know when to be competitive and when to be supportive.	<b>Discover Healthy Restrictions of Uniqueness:</b> I want to stay focused on myself and take care of myself. I want to share my responsibilities for household tasks.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

(c) I teach people not to trust me / My motto is, "Thinking is Believing" and "It must be true because it feels right."

<b>Unhealthy Restriction of Uniqueness:</b> Cold-Hearted: overly competitive; means justify the ends. self-approving—ever you do it is okay, envious approval. If adverse events happen, then you have to blame someone. (c)/ Reaction Formation to Disapproval Tension: Self-Approval, Cold-Hearted (k)	
<b>Healthy Expansion of Uniqueness:</b> Appreciative is an expressing admiration, approval, or gratitude. You trust your judgment and abilities, you are determined, courageous, independent minded, and you can take care of yourself.	
<b>Unhealthy Restrictions of Uniqueness - Behavior:</b> Unfeeling Cold Calculating (You can replace the word "I" with "they-them.") {} When I am facing unwanted stress, I cope with my anxiety by feeling indifferent, belittling others, and by disregarding other people's concerns. {} I think of only my comfort and myself (Index 1). {} I am status-driven, and prestige is important to me. {} I can be ruthless if I have to be. {} I am a competitive person, and people are often envious of I and distrust me. {} Others feel inferior to me, and I must have respectful admiration from others. {} I strive to impress others. {} When I face temporary stress, I superficially act anxious and depressed. {} Failures create feelings of weakness and anxiety in me. {} I can be cold, unfeeling, selfish, clever, and calculating. {} I cut corners, which sometimes gets me into trouble. {} I am emotionally detached and disciplined. {} I believe I have great insight into others and myself. {} I have so much insight I know I use my ambition to cover up my feelings of insecurity. {} I feel the "ends always justify the means." {} My motto is, "Thinking is Believing" and "It must be true because it feels right." {} I often act in a rash manner (index3). {} I often believe I am shrewd, and I am calculating, but my plans often fall short of my expectations. {} I feel my thoughts are always accurate. {} I think I am invariably right and proper. {} I believe I am right, and others are wrong because I feel good about my actions, so it must be right. {} I think other people's views are irrelevant to my decisions. {} I feel undesirable consequences will not occur or will not matter. {} Because I blame others, exploit others, and I am cold and calculating, so people often distrust me.	
<b>Basic Attitude: Unhealthy and Self-Defeating Attitude</b> {} Unhealthy Hope-Belief: I hope people don't find out about my limitations and take advantage of my weaknesses. {} Demands: All is fair in love and war, but I must win all the time. I must find a way to get what I absolutely need. {} I have to worry about what people might do to me. {} I fear of being seen as weak by others. {} Blaming provokes mistrust in other people. {} When I blame others for my emotions and difficulties, I tend to be unapproachable and disregard others' concerns. {} I blame people because I am overly worried about what others think of me. {} I can have such a fear of failure that I cannot take responsibility, so I create rationalizations.	<b>Basic Attitude: Healthy and Constructive Attitude</b> {} You don't want to fail, make mistakes, or put yourself in situations that will hurt your long-term goals. {} You want to develop rational self-confidence in your abilities.

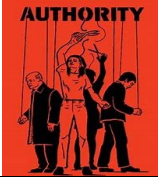

<b>Meaningfulness:</b> I feel overwhelmed by too many people coming at me, so I avoid my responsibilities and give me time to recoup my resources.	Meaningfulness: Not wanting to fail helps me to focus on my performance, which teaches me to deal with pressure.
<b>Unhealthy Attitude That Restricts My Uniqueness:</b> I take on fewer responsibilities, and people get upset (anger, anxious, down) when I blame them for my feelings.	Healthy and Constructive Attitude That Restricts Your Uniqueness
<b>Apathy Rationalization:</b> {} If it is not my fault, I can avoid taking any responsibilities for what happens. {} I feel that wanting something or wanting to avoid something justifies my actions. {} I can disregard the consequences because people are always making mistakes. {} I can defend my unethical actions because I don't care.	<b>Rational Thinking:</b> {} Taking responsibility for your actions doesn't make you a good person, bad person, strong person, or a weak person. {} If you go around ignoring the consequences of your actions, the punishment will be greater, and you'll experience more negative effects in other areas of your life. Your personal costs will also catch up with you, and you will have more conflicts in your social and emotional experience.
<b>Attitude is Inflexible-Unrealistic:</b> {} If I denounce another human for his/her difficulties in defining and accepting "good" behavior. {} I am unrealistic and unjust. Must I always get my way? YES!	Attitude that Flexible-Logical- Helpful: Realistic Preference
<b>Attitude is Illogical-Unreasonable:</b> {} If I act irresponsibly, then I am a weak person. {} I will get away with my immoral acts because I'm smarter than most people. {} I can only be happy if I get my way.	Healthy Hope:
<b>Attitude is Impractical-Unhelpful:</b> {} I blame others that leads to anger, but anger shows I'm strong and people can't push me around. {} Anger is unhealthy and harmful, and it could lead to aggression, but I don't care. {} Being demanding will get I what I want. {} A lack of forgiveness of others breeds a lack of self-forgiveness.	

<b>Will to Meaning: Rating Form:</b>	
Please complete the following Rating Form after each session with your therapist. Thank You.	
Topic:	Date:
	<b>#1: (F) Follow Up:</b> What was the purpose of this exercise?
	<b>#2 (F) Follow Up:</b> Talk about or write about how this exercise was meaningful and relevant to you?
	<b>#3 (E) Exercise &amp; Practice:</b> List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.
	<b>#4 (G) Goal:</b> What goal did you expect to reach by doing this exercise?
<b>#5. Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.	

	<b>1</b> Not Helpful	<b>2</b> A Little Helpful	<b>3</b> Somewhat Helpful	<b>4</b> Helpful	<b>5</b> Very Helpful
<b>Comments:</b>					

## Criticizing

### 3<sup>rd</sup> Stage- Welton's Criticism and Resentment

(f)	<b>Bitter Resentment</b> 		<b>Can Complain if Necessary</b> 
1	<b>Toxic Bitter Resentful:</b> I rebel against everything. Bitter complaining is marked by the severity of my comments accompanied by severe pain or suffering. I feel skeptical that others won't address my concerns, and they will restrict my uniqueness by being closed-minded, stuck in the past. I feel left out and emotionally hurt. {} Resentment as in the feeling of indignant displeasure or ill will at something regarded as a wrong, insult, or injury; {} I resent others bossing me around. Sometimes gloomy, depressing, miserable, frustrated, depressed, dissatisfied, <i>and distrustful alienation</i> involves a spiteful and bitter rejection of love and closeness (f).	<b>Healthy Pessimism:</b> {} I am being <b>skeptical</b> , an attitude of doubt or a disposition to incredulity in general or toward a person. {} I love being productive and restrict my uniqueness by expressing grief, pain. I restrict my uniqueness by not being resentful, indignant, or angry. I look for adverse aspects, conditions, and possibilities. I look for negative consequences without getting anxious about those costs.	{} I can complain, if necessary. I can check out what the other person is promising or saying. I am expressing my discontent with what another person is doing. When I maintain my boundaries, I am stating I want this, and I don't want that.
<b>Resentment</b> is a feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury.			

**#1 What are some of the possible reasons why having healthy pessimism is more effective than being resentful on others?**

#i.

#ii.

**#2. What situation do you need to show healthy pessimism?**

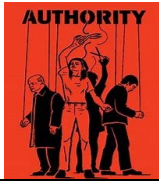

**#3 In what situations, do you need to be impartial?**

#4 How are Resentful beliefs meaningful?	How is having healthy pessimism and skepticism meaningful?

#### #5 Cost Benefit Analysis

Cost of Being Resentful	Benefit of healthy pessimism
Benefit of Being Resentful	Cost of healthy pessimism and skepticism
#6 How does being resentful ward off anxiety?	
#7 How does being resentful protect our self-esteem?	
#8 How will others respond to your resentment?	
#9 Characteristics of toxic way of expanding your uniqueness.	#11 Characteristics of healthy way of expanding your uniqueness.
#10 Characteristics of toxic way of restricting your uniqueness.	#12 Characteristics of healthy way of restricting your uniqueness.



(f)	<p style="text-align: center;"><b>Criticizing</b></p> 		<p style="text-align: center;"><b>Can Complain if Necessary</b></p> 
(f)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Functional Values</b>
1	<p><b>Toxic Bitter Resentful:</b> I rebel against everything. Bitter complaining is marked by the severity of my comments accompanied by severe pain or suffering. I feel skeptical that others won't address my concerns), and they will restrict my uniqueness by being closed-minded, stuck in the past. I feel left out and emotionally hurt. {} Resentment as in the feeling of indignant displeasure or ill will at something regarded as a wrong, insult, or injury; {} I resent others bossing me around. Sometimes gloomy, depressing, miserable, frustrated, depressed, dissatisfied, and <i>distrustful alienation</i> involves a spiteful and bitter rejection of love and closeness (f).</p>	<p><b>Healthy Pessimism:</b> {} I am being <b>skeptical</b>, an attitude of doubt or a disposition to incredulity in general or toward a person. {} I love being productive and restrict my uniqueness by expressing grief, pain. I restrict my uniqueness by not being resentful, indignant, or angry. I look for adverse aspects, conditions, and possibilities. I look for negative consequences without getting anxious about those costs.</p>	<p>{} I can complain if necessary and check out what the other person is promising or saying. I am expressing my discontent with what another person is doing. When I maintain my boundaries, I am stating I want this, and I don't want that. When you are problem-solving, you can tell people what is bothering you, what you are feeling, and what your thoughts are on a particular matter.</p>
<b>Menu of Solutions &amp; Effective Strategies (f)</b>			
(f)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Functional Values</b>
1	<p><b>Toxic:</b> I can be rebellious, bitter, resentful, and complaining. I rebel against everything. I <b>protect my self-esteem</b> by acting superior, distant, judgmental, contrary, and condescending toward people. I ward off anxiety by complaining, acting resentful, and I even feel like I have to rebel against everything.</p>	<p>I can be skeptical, but I am often gloomy, and I resent being bossed around.</p>	<p>Realistic, a justified rebellion, unconventional. I can complain if necessary.</p>
2	<p><b>Discovering Meaningfulness:</b> I may be defiant and rebellious to experience my values and concerns for others.</p>	<p><b>Discovering Meaningfulness:</b> People cannot take advantage of me if I'm skeptical of their motives. I have a clearer perception of reality. Therefore I have a greater chance of experiencing meaningfulness.</p>	<p><b>Discovering Meaningfulness:</b> When I see unfairness, cruelty, and injustice, I need to take unconventional steps to address my concerns for others.</p>
3	<p><b>Cost of Feeling Resentful:</b> My resentment provokes others to punish me. When I hold on to bitterness, I tend to hold a grudge and cannot forgive others for their humanness.</p>	<p><b>Cost of Being Skeptical:</b> I suspend judgment, systematic doubt, or criticism. Others see my criticism as being uncooperative or cruel to others.</p>	<p><b>Cost of Complaining:</b> When people see me as a chronic complainer, I will have difficulty getting along with others or being resilient because I'm looking at what I don't have rather than what I do have.</p>
4	<p><b>Benefit of Feeling Resentful:</b> It is OK when people ask for forgiveness, but if they continue to hurt me or abuse others, I will hold on to my resentment until their behavior changes.</p>	<p><b>Benefit of Being Skeptical:</b> When I'm skeptical, I better grasp reality and what other people really want and don't want.</p>	<p><b>Benefit of Complaining:</b> I have a better chance of getting what I want, and I can correct other people's behavior, so the group meets its goals.</p>
5	<p><b>Toxic Expansion of My Uniqueness:</b> {} I believe that demanding that people agree with me and should act in a certain way is self-defeating. This self-defeating behavior will restrict my uniqueness by other people attempting to put me into a rigid categorical box. I lose my individuality with I trust people, cooperate, or agree with others. Unhealthy: I restrict my uniqueness by provoking others to reject me and I feel superiority to others. Crime provokes punishment. Provokes others to ignore me, even condemn me. People don't want to have anything to do with me.</p>	<p><b>Discover Healthy Expansion of My Uniqueness:</b> I'm skeptical I don't over-evaluate my skills. I expand my uniqueness by being wary of what will go my way or what will not go my way. I realize I don't always have to get my way.</p>	<p><b>Discover Healthy Expansion of My Uniqueness:</b> When I complain, I figure out what's wrong with the situation and find ways to correct the problems I see.</p>
6	<p><b>Toxic Restrictions of Your Uniqueness:</b> I am skeptical of another person's uniqueness. {} I am bitter and rebellious that <b>provokes</b> punishment from others. I restrict another person's uniqueness by finding fault with him or her and acting superior to him or her.</p>	<p><b>Discover Healthy Restrictions of Uniqueness:</b> {} The meaningfulness related to criticism is that behind a rebellious act is a creative expression in which you critically question some conventional concept. Skepticism gives you a sense of freedom and uniqueness. It protects you against surprise.</p>	<p><b>Discover Healthy Restrictions of Uniqueness:</b> When I complain, I realize I have limited resources and need to step back and figure out a new plan.</p>
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>



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Menu of Solutions & Effective Strategies (f)		
(f)	<b>3<sup>rd</sup> Stage – Criticism –</b>	
1	<b>Behavior:</b> {} I walk a fine line between being realistic, resentful, and addressing the other person’s concerns. {} People can hurt me, so I distance myself from others. {} People have rejected me, continue to reject me, so I reject them. I become intolerable of people; I have a constant fear that others will mistreat me, and I distrust any form of tenderness. {} When asked about my apprehensions of trust with other people, I often say, “I got screwed over, so I’ll trust no one.” From a simple conclusion, I calculate the rest of my life how to treat and think about people. {} I manage my anxiety by avoiding close and tender contact with other people and isolate myself from others. {} I feel threatened by others, and I feel suspicious of their sensitivity. I find tenderness intolerable. {} I give a non-conformist facade, which means I express my feelings in unique ways. {} I communicate through my actions by sullen distrust and resentment. {} I look for dishonesty and hostility in others. {} I have sensitive instruments for picking up rejection or punitive feelings from others. {} I use sarcastic and self-immolating humor to deal with another person. {} Others see me as being hostile and skeptical. {} I describe my isolation and disappointment with bitter and wry irony. {} I look for dishonesty and hostility in others. {} People say I look depressed, but I resent other people bossy me around. {} When people mistreat me, or things go wrong, I must blame someone. {} I need to blame someone when things go badly, and I find fault, act superior, distant, judgmental, contrary, condescending toward people who may not approve of me. {} I demand respect and approval from others, and I keep others off balance to protect my fragile sense of confidence.	
2	<b>Emotions:</b> {} I have a fear of failure and not being perfect. {} I feel anxious and embarrassed (ashamed) when others humiliate me. {} I express my fear by complaining and being skeptical-pessimistic. {} I worry about what others think of you. {} I feel emotionally hurt – people don’t understand me, I overestimate the degree of unfairness, I feel that I don’t belong, and people care more about themselves than me. {} I feel anxious because others treat me fairly. {} I deal with my anxiety by punishing others because of their unfairness. When I am feeling isolated, instead of moving from feeling isolated to loneliness, I move from isolation to anger.	
3	<b>Thinking:</b> {} Others must respect me. I must not fail, or if things don’t turn out as I’d like I overestimate the degree of unfairness. {} I feel it is <i>awful and terrible</i> when people mistreat you. I feel people <i>have to</i> be “fair and just with me. {} I see people who disagree with me as being rotten.	
4	<b>(B): Belief–</b> {} Others must not mistreat me. {} People must not see my family or me in a negative light. {} Their mistreatment has caused all my negative feelings. {} I think others should always love me. {} When this does not occur, I feel, “I’ll reject you with my anger before you reject me again.” <b>( B ) Extreme Evaluation</b> {} I globally rate them. {} I feel it is awful when others reject me, so my “best defense is a good offense.”	<b>(D) Discover a New Attitude and New Ways of Thinking</b> {} You don’t want others to mistreat you, but you can tolerate people criticizing you and {} not understanding you. {} You don’t have to overestimate the degree of unfairness in a situation, but you don’t have to give in to their unfairness or become angry about their unfairness. {} I can tolerate another person’s tenderness,
5	<b>(C) Discovering Meaningfulness in My Belief</b> {} Feeling misunderstood is meaningful because I believe people don’t understand me, and it may time for me express myself clearly. I may be grieving over some lost I have repressed.	<b>(D) Discovering Meaningfulness:</b> {} <i>I have a greater chance of discovering meaningfulness if I can tolerate the frustration of people criticizing me and expressing my grief.</i>
5	<b>(C) Co-Causality: Unrealistic and Inflexible Belief</b> Demanding and placing shoulds on others will create problems and will interfere with my ability to solve problems.	<b>(D): Discover Realistic-Flexible Attitudes–</b> You can accept others unconditionally because realizing that we are all imperfect makes life bearable when make mistakes.
6	<b>(C) Co-Causality: Unreasonable and Illogical Belief:</b> {} I want to be loved but, there is no logical connection between what I want and what another person may need.	<b>(D): Discover Reasonable-Logical Attitudes</b> You can accept you want other people to love you, but demanding love is unreasonable because unconditional love is the opposite of demandingness.
7	<b>(C) Co-Causality:Unhelpful and Unworkable Belief:</b> Demanding leads to should, and those shoulds lead to unhealthy negative feelings and more conflicts with others. These conflicts result in not getting along with others.	<b>(D): Discover Rational-Helpful Attitudes:</b> Demanding another person love you will not help the relationship grow. Demanding that people live up to your expectations will not help you or your partner. Unconditional acceptance opens up the door to developing a mature relationship.
8	<b>(C) Unhealthy Restriction of Uniqueness</b> {} Demanding that people should do this, and shouldn’t that create conflicts with others, interferes with social problem-solving, and I develop a complex of negative feelings and distorted thinking. I deal with tension and restrict my uniqueness by maintaining distance from others, resents others, bitter, passively resistant, being a rebel provides me with feeling different and unique. I restrict my uniqueness by training others to punish me.	<b>(D): Discover</b>
9	<b>(C)</b>	<b>(D) Healthy Expansion of Your Uniqueness: Healthy Restrictions:</b> {} You don’t believe everything you hear. You have a realistic approach in dealing with others with being judgmental or putting them down.

Menu of Solutions & Effective Strategies (f)		
(f)	<b>3<sup>rd</sup> Stage – Toxic Criticism –</b> I am skeptical of another person’s uniqueness. {} I am bitter and rebellious that <i>provokes</i> punishment from others. I restrict another person’s uniqueness by finding fault with him or her and acting superior to him or her. I <i>protect my self-esteem</i>	

	by acting superior, distant, judgmental, contrary, and condescending toward people. I ward off anxiety by complaining, acting resentful, and I even feel like I must rebel against everything.	
1	<b>Behavior:</b> {} I walk a fine line between being realistic, resentful, and addressing the other person's concerns. {} People can hurt me, so I distance myself from others. {} People have rejected me, continue to reject me, so I reject them. I become intolerable of people; I have a constant fear that others will mistreat me, and I distrust any form of tenderness. {} When asked about my apprehensions of trust with other people, I often say, "I got screwed over, so I'll trust no one." From a simple conclusion, I calculate the rest of my life how to treat and think about people. {} I manage my anxiety by avoiding close and tender contact with other people and isolate myself from others. {} I feel threatened by others, and I feel suspicious of their sensitivity. I find tenderness intolerable. {} I give a non-conformist facade, which means I express my feelings in unique ways. {} I communicate through my actions by sullen distrust and resentment. {} I look for dishonesty and hostility in others. {} I have sensitive instruments for picking up rejection or punitive feelings from others. {} I use sarcastic and self-immolating humor to deal with another person. {} Others see me as being hostile and skeptical. {} I describe my isolation and disappointment with bitter and wry irony. {} I look for dishonesty and hostility in others. {} People say I look depressed, but I resent other people bossy me around. {} When people mistreat me, or things go wrong, I must blame someone. {} I need to blame someone when things go badly, and I find fault, act superior, distant, judgmental, contrary, condescending toward people who may not approve of me. {} I demand respect and approval from others, and I keep others off balance to protect my fragile sense of confidence.	
2	<b>Emotions:</b> {} I have a fear of failure and not being perfect. {} I feel anxious and embarrassed (ashamed) when others humiliate me. {} I express my fear by complaining and being skeptical-pessimistic. {} I worry about what others think of you. {} I feel emotionally hurt – people don't understand me, I overestimate the degree of unfairness, I feel that I don't belong, and people care more about themselves than me. {} I feel anxious because others treat me fairly. {} I deal with my anxiety by punishing others because of their unfairness. When I am feeling isolated, instead of moving from feeling isolated to loneliness, I move from isolation to anger.	
3	<b>Thinking:</b> {} Others must respect me. I must not fail, or if things don't turn out as I'd like I overestimate the degree of unfairness. {} I feel it is <i>awful and terrible</i> when people mistreat you. I feel people <i>have to be</i> "fair and just with me. {} I see people who disagree with me as being <i>are rotten</i> .	
4	<b>(B): Belief–</b> {} Others must not mistreat me. {} People must not see my family or me in a negative light. {} Their mistreatment has caused all my negative feelings. {} I think others should always love me. {} When this does not occur, I feel, "I'll reject you with my anger before you reject me again." <b>( B ) Extreme Evaluation</b> {} I globally rate them. {} I feel it is awful when others reject me, so my "best defense is a good offense."	<b>(D) Discover a New Attitude and New Ways of Thinking</b> {} You don't want others to mistreat you, but you can tolerate people criticizing you and {} not understanding you. {} You don't have to overestimate the degree of unfairness in a situation, but you don't have to give in to their unfairness or become angry about their unfairness. {} I can tolerate another person's tenderness,
5	<b>(C) Discovering Meaningfulness in My Belief</b> {} Feeling misunderstood is meaningful because I believe people don't understand me, and it may time for me express myself clearly. I may be grieving over some lost I have repressed.	<b>(D) Discovering Meaningfulness:</b> {} <i>I have a greater chance of discovering meaningfulness if I can tolerate the frustration of people criticizing me and expressing my grief.</i>
5	<b>(C) Co-Causality: Unrealistic and Inflexible Belief</b> Demanding and placing shoulds on others will create problems and will interfere with my ability to solve problems.	<b>(D): Discover Realistic-Flexible Attitudes–</b> You can accept others unconditionally because realizing that we are all imperfect makes life bearable when make mistakes.
6	<b>(C) Co-Causality: Unreasonable and Illogical Belief:</b> {} I want to be loved but, there is no logical connection between what I want and what another person may need.	<b>(D): Discover Reasonable-Logical Attitudes</b> You can accept you want other people to love you, but demanding love is unreasonable because unconditional love is the opposite of demandingness.
7	<b>(C) Co-Causality: Unhelpful and Unworkable Belief:</b> Demanding leads to should, and those shoulds lead to toxic negative feelings and more conflicts with others. These conflicts result in not getting along with others.	<b>(D): Discover Rational-Helpful Attitudes:</b> Demanding another person love you will not help the relationship grow. Demanding that people live up to your expectations will not help you or your partner. Unconditional acceptance opens up the door to developing a mature relationship.
8	<b>(C) Toxic Restriction of Uniqueness</b> {} Demanding that people should do this, and shouldn't that create conflicts with others, interferes with social problem-solving, and I develop a complex of negative feelings and distorted thinking. I deal with tension and restrict my uniqueness by maintaining distance from others, resents others, bitter, passively resistant, being a rebel provides me with feeling different and unique. I restrict my uniqueness by training others to punish me.	<b>(D): Discover Healthy Ways to Restrict Your Uniqueness:</b> {} The meaningfulness related to criticism is that behind a rebellious act is a creative expression in which you critically question some conventional concept. Skepticism gives you a sense of freedom and uniqueness. It protects you against surprise.
9	<b>(C) Toxic Expansion of My Uniqueness:</b> {} I believe that demanding that people agree with me and should act in a certain way is self-defeating. This self-defeating behavior will restrict my uniqueness by other people attempting to put me into a rigid categorical box. I lose my individuality with I trust people, cooperate, or agree with others. Toxic: I restrict my uniqueness by provoking others to reject me and I feel superiority to others. Crime provokes punishment. Provokes others to ignore me, even condemn me. People don't want to have anything to do with me.	<b>(D) Healthy Expansion of Your Uniqueness: Healthy Restrictions:</b> {} You don't believe everything you hear. You have a realistic approach in dealing with others with being judgmental or putting them down.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic: \_\_\_\_\_

Date: \_\_\_\_\_



**#1: (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.



**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?



**1**  
Not Helpful



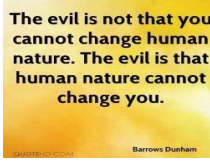
**2**  
A Little Helpful

**3**  
Somewhat Helpful

**4**  
Helpful

**5**  
Very Helpful

# Distrust

<p style="text-align: center;">Distrustful</p> 	<p style="text-align: center;">Uses Criteria to Determine Trustworthiness</p> 	<p style="text-align: center;">Accept Things as They Are</p> 
<p><b>Toxic Distrusts everyone:</b> jealous, slow to forgive, stubborn, frequently disappointed, hard to impress, touchy and easily hurt (g)</p>	<p>Healthy ways to restrict your uniqueness: You doubt others in a realistic manner. You can doubt. You are not readily accepting what another person says will maintain your sense of individuality.</p>	<p>Acceptance: to endure without protest or reaction;</p>

#1 What are some of the possible reasons why healthy doubt is more effective than being always being distrustful of others on others?  
#i.

#ii.

#2. What situation do you need to use doubt?

#3 In what situations you want to show acceptance?

#4 How are having distrust beliefs meaningful?	How is being appreciative meaningful?

## #5 Cost Benefit Analysis

Cost of Being having Distrust	Benefit of having Appreciative Attitudes
Benefit of having Distrust	Cost of Appreciative Attitudes

#6 How does distrusting others ward of anxiety?

#7 How does distrusting others protect your self-esteem?

#8 How will others respond to you when you are distrustful of them?

<p>#9 Characteristics of toxic way of expanding your uniqueness.</p>	<p>Characteristics of healthy way of expanding your uniqueness.</p>
<p>#10 Characteristics of toxic way off restricting your uniqueness.</p>	<p>Characteristics of healthy way of restricting your uniqueness.</p>

Menu of Solutions & Effective Strategies (g)			
(g)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I am distrustful of others. I distrust everyone. I am jealous, stubborn, and I am slow to forgive a wrong	I am hard to impress, but I am touchy and easily hurt. I frequently feel disappointed.	I can doubt others. Realistic, wariness, but skeptical
2	<b>Discovering Meaningfulness:</b> Distrusting others is meaningful because I need to protect myself and develop a healthy sense of confidence to deal with others.	<b>Discovering Meaningfulness:</b> Feeling disappointed tells me I must reevaluate my expectations of others and my goals.	<b>Discovering Meaningfulness:</b> When I doubt others, I may need to consider what is important in my life. Doubt is telling me that I need support from others.
3	<b>Cost of Being Distrustful:</b> Others reject me. Distrusting others makes it difficult to get along with others. Questioning others, I'm always looking for what mistakes people make. This makes my ability to get along with others difficult.	<b>Cost of Feeling Disappointed:</b> Feeling disappointed may indicate my expectations are too high and that what I want from others is unrealistic.	<b>Cost of Doubting Others:</b> People will not have confidence in me because I'm unsure of them, and I don't think they can complete the task that I need to be completed.
4	<b>Benefit of Being Distrustful:</b> I have a better chance of protecting my resources when I'm distrustful of people who mistreated me.	<b>Benefit of Feeling Disappointed:</b> Feeling disappointed helps me see reality clearly, and I want to look at my expectations. I must remember that there's a thin line between expectations and demand.	<b>Benefit of Doubting Others:</b> I have realistic expectations of what I can anticipate from others.
5	<b>Toxic Expansion of My Uniqueness:</b> When I distrust other people, I'm being smart and clever by not falling for their tricks. I'm smart because I can't be fooled by others.	<b>Discover Healthy Expansion of My Uniqueness:</b> Disappointment expands my uniqueness because I want to take a different perspective on meeting life's demands.	<b>Discover Healthy Expansion of My Uniqueness:</b> Doubting others expands my uniqueness because I realize I need to take independent action to discover my purpose.
6	<b>Toxic Restrictions of Their Uniqueness:</b> I restrict people's uniqueness by mistrusting them and provoking others to reject me. To protect my self-esteem, I am hard to impress, touchy, act jealous, and slow to forgive. I don't see another person's uniqueness because I see people as unreliable in their character, ability, and strength, and they lie to me. I don't have confidence in another person. {} If I see loved one's as an object, I will have a greater chance of being vigilant in guarding my possessions. This excessive watchfulness will take time away from my ability to expand my uniqueness.	<b>Discover Healthy Restrictions of Uniqueness:</b> Feeling disappointed can lead to giving up, but I want to alter my plans and get support from others.	<b>Discover Healthy Restrictions of Uniqueness:</b> Doubting others makes me take a second look at what I am doing and how I handle myself in difficult situations.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

(g)	
1	<b>Behavior</b> - Distrusting: {} When I am defensive, others hurt me emotionally. {} I am touchy and suspicious. {} When life becomes stressful, I become easily resigned. {} I am hard to impress, and I am usually frustrated, depressed, and very dissatisfied with my situation. {} Behaviorally, I am often stubborn, and I often feel disappointed over minor stresses in my life. {} I believe that cynicism prevents future disappointment. {} I may initially want to be close to me, and I want to feel connected with others, but I feel rejected in any attempt to repair or attempt to improve relationships. {} I am distrustful of others, rarely forgives, iconoclastic, socially isolated, and have a history of school difficulties (misbehavior). {} I am overly pessimistic and overly suspicious of tenderness. {} I have no tolerance for other's conformity, collaboration, or cooperation. {} Others often reject me. {} When I behave this way, people will disregard my concerns, and they may be hostile toward me. {} I withdraw, never confront others, I don't let anyone get close. I am distant, detached, and I have few friends. I prefer to be a loner.
2	<b>Emotions:</b> {} I am irritable, pessimistic, and I look for dishonesty in others. {} I am quick to reject conventionality. {} I have many grievances against the world, and I have a "pessimistic disappointment" with others. {} I often feel jealousy, which disconnects me from others. {} I worry about people taking advantage of me. {} I fear disapproval and others manipulating me. {} I fear of becoming helpless,

and I fear failure. {} “Pessimistic insecurity” is when I distrust people, I believe others will cheat me, people will talk behind my back, and people will mistreat me (emotionally hurt me). {} I often feel envious and jealous.

**Will to Meaning: Rating Form:**

Please complete the following Rating Form after each session with your therapist. Thank You.

Topic:

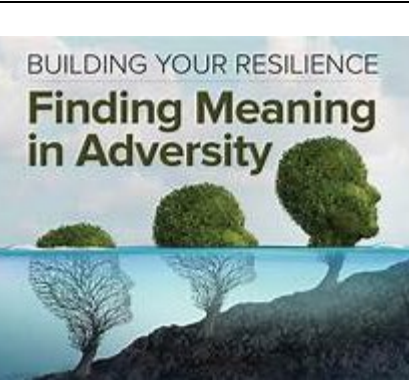
Date:



**#1 (F) Follow Up:** What was the purpose of this exercise?



**#2 (F) Follow Up:** Talk about or write about how this exercise was meaningful and relevant to you?



**#3 (E) Exercise & Practice:** List three ways you can be more responsive, reflective, and resilient in the adversity you are facing.






**#4 (G) Goal:** What goal did you expect to reach by doing this exercise?

**#5. Rate** from 1 to 4 indicating if this exercise was helpful in reaching your goals. Circle your response.





	<b>1</b> Not Helpful	<b>2</b> A Little Helpful	<b>3</b> Somewhat Helpful	<b>4</b> Helpful	<b>5</b> Very Helpful
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**Comments:**






<b>Toxic Restrictions of Your Uniqueness</b>	<b>Depression</b> 	<b>Toxic Hurt</b> 	<b>Toxic Obsession Love</b> 
<b><i>I believe that I don't have a choice, so I don't look for other solutions to get what I need.</i></b>	When I don't have a sense of choice, I tend to withdraw from others. I focus on my failures, losses, and underserved plights. feelings helplessness, hopelessness, and worthlessness increase. I see my life as being useless, pointless, and meaningless. I feel unwanted, unacceptable, inferior, inadequate, and I have a greater sense of self-doubt. I believe I can't work on my feelings. If I feel sad, I think that sadness is unhealthy because I am unable to express what I am feeling and under-react to what has happened.	I remove my sense of choice by demanding that I "don't deserve such treatment." I choose to stop communicating with the other person. I prefer to sulk. I decide not to disclose details of the matter. I indirectly criticize or punish the other person for his/her offense. I decide not to express feelings directly. I want to feel hurt rather than sorrow.	I remove my sense of choice by demanding that loved ones "must" admire me and adore me. They must love me all time without regard to individual differences, such as mood, personality, needs, interests, endurance level, etc.
<b><i>I believe I cannot deal with the changes in my life, or I resist to accept unwanted changes in my life.</i></b>	<i>I ruminate about the sources and reasons for my depression. I avoid thinking about what I am "responsible for..." I become overly dependent – hoping other people will solve my problems for me. I cling to others so I will feel better. I feel better, but I don't get better. I have thoughts of self-pity that increase. I bemoan my fate, so others will make it right for me. I think I can't change the environment or create an environment with my feelings of depression. I terminate feelings of depression in self-destructive ways.</i>	<i>I over-focus on past hurts, or ways I can undo what went wrong. I am not open to the idea of making the first move toward another person</i>	<i>I believe that person must love me, and I always have to be in a beautiful and caring relationship. I think this person is critical of me, and this importance will bring about happiness in myself and every relationship at work, with friends and family.</i>
<b><i>I am unaware that I need to correct my behavior, or I lack the necessary skills to correct misinformation, my misperceptions and mistaken beliefs.</i></b>  <i>Adapted from the work of Windy Dryden.</i>	I underestimate my ability to cope with stress and negative images. I only see the negative aspects of loss, failure, or underserving plight. I only see pain and gloom in the future. I think I am unable to help myself. I see myself as being dependent on others. I see the world as full of unfairness and unkindness. I frequently think "I can't do this."	<i>I overestimate the unfairness of the other person's behavior. I believe that others devalue my relationship. I think the other persons believe the relationship is more important than I think it is. I believe the other person doesn't care about me. I see myself as being alone, uncared for, or misunderstood. I over evaluate the other person's unruly behavior.</i>	I overestimate the power another person has over me. I blame the other person for my feelings and behaviors.

## Toxic Anger stage

Toxic Anger		Fix
1	 <p>I overestimated the extent to which the other person acted deliberately.</p>	Not all behavior is deliberate or intentional because people make mistakes, act carelessly, and are forgetful.
2	 <p>I believe people want to intentionally hurt me. I see malicious intent in the motives of others.</p>	It is difficult to determine another person's motivation when both parties are angry or stressed out. You do not see malicious intent in the motives of others.
3	 <p>I see myself as definitely right, and I see the other person as being wrong.</p> <p>I can't see the other person's point of view.</p>	You do not see yourself as right or the other person as wrong. You can see the other person's point of view.
4	 <p>Plotting to seek to revenge.</p>	There is no profit in revenge (Mr. Spock). You do not plot to exact revenge

	Survival Mode	Attitudinal Value	Opposite
1	<b>Anger versus Getting Along with Others</b>		
2	<b>Toxic Self-Centeredness Beliefs:</b> I devalue being concerned about others. (Index 1). independent of outside force or influence, self-sufficient, concerned solely with my desires, needs, or interests	<b>Healthy Responsiveness Attitudes:</b> You value responding to others, and you want to listen to and be sensitive (#1).	<b>Objective:</b> You want to be free from prejudice or excessive self-interest.
3	<b>Toxic Selfishness Beliefs:</b> I devalue what others want, and I value only what I want to do. (Index 2). arising from concern with my welfare or advantage in disregard of others	<b>Healthy Reliability Attitudes</b> You value being dependable, and you want people to take you seriously (Index 2).	<b>Carefree:</b> You value being free from care and having no worries or troubles.
4	<b>Toxic Impulsive Behavior:</b> I devalue always having to think before I act. (Index #3). tendency usually other than rational	<b>Healthy Reflective Behavior:</b> You value thinking before you act (Index 3).	<b>Spontaneous:</b> You are free from worry or excessive concerns of the day.
5	<b>Toxic Unreasonableness-Intolerance Beliefs</b> related to Intolerance: I don't value tolerating other people's beliefs, ideas (#4) unable or unwilling to endure individual differences.	<b>Healthy Reasonableness Tolerance Attitudes:</b> You value being reasonable, practical, and tolerant (Index 4).	<b>Uncertain:</b> You value not knowing everything. You know you can't be an expert in everything.

Anger

		
<p><b>Toxic Anger:</b> {} I overestimate the extent to which the other person acted deliberately {} I see malicious intent in the motives of others {} I see myself as definitely right, and I see the other person as being wrong. {} I cannot see the other person's point of view. {} I am plotting to seek revenge. (Windy Dryden). After an episode of Anger, I may experience Irritability, frustration, anxiety, rage, toxic stress, feeling overwhelmed, or toxic guilt. (e)</p>	<p><b>Healthy Anger:</b> Anger is a resistance to apathy. {} You do not overestimate the extent to which the other person acted deliberately {} You do not see malicious intent in the motives of others {} You do not see yourself as definitely correct, or the other person is wrong. {} You can see the other person's point of view. {} You do not plot to exact revenge.</p>	<p><b>I can be frank and honest.</b> I can be forthright, straightforward, up front, and sincere in expressing my thoughts and feelings. I can be open, truthful, honest,</p>
<p><b>Survival Value: Reactive Anger</b> - {} I tell myself to watch out, assert myself, or protect others. {} I may get angry or express Anger if I see someone harming a defenseless child, elderly person, or animal. {} Reactive or impulsive Anger may also help me to do the right thing automatically during these times. {} But it could get me into trouble because I haven't thought things through - (e)</p>	<p><b>Responsive Anger:</b> {} Focused on problems, not people. {} Not arbitrary; it has helpful, practical, and valid reasons. {} Aware of how that Anger might affect others. {} Sensitive to a clear and existing need. {} Helps to adapt socially and even survive emotionally. {} Something that can serve as a practical function to reach a person's goals. {} State my feelings constructively and in constructive ways. {} Anger helps me to resolve and focus on a plan. However, Anger becomes dysfunctional when it works against my best interests or diminishes my core values. Healthy Anger is where I speak directly to the person, I am angry with and deal with the frustration in a problem-solving manner. According to research, it is directed at the problem and is not associated with heart disease."</p>	<p>Frank, candid, open, and plain mean showing a willingness to tell what one feels or thinks. Frank stresses a lack of shyness, secretiveness, or evasiveness from considerations of tact or expedience. Candid suggests expression marked by sincerity and honesty in offering unwelcome criticism or opinion. Open implies frankness but suggests more indiscretion than frankness and less earnestness than candid. Plain suggests outspokenness and freedom from affectation or subtlety in expression.</p>

#1 What are some of the possible reasons why Healthy anger is more effective than toxic anger?

#i.

#ii.

#2. What situations you feel satisfied?

#3 In what situations or issues are you toxic anger?

<p><b>#4 How is toxic anger meaningful?</b></p>	<p><b>How are healthy anger meaningful?</b></p>
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**#5 Cost Benefit Analysis**

<p>Cost of <b>toxic anger</b></p>	<p>Benefit of <b>healthy anger</b></p>
<p>Benefit of <b>toxic anger</b></p>	<p>Cost of <b>healthy anger</b></p>

#6 How does **toxic anger** ward of anxiety?

#7 How does **toxic anger** protect your self-esteem?

#8 How will others respond to your **toxic anger**?

<p>#9 Characteristics of toxic way of expanding your uniqueness.</p>	<p># 11 Characteristics of healthy way of expanding your uniqueness.</p>
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<p>#10 Characteristics of toxic way of restricting your uniqueness.</p>	<p>#12 Characteristics of healthy way of restricting your uniqueness.</p>
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<p><b>Toxic Anger:</b> {} I overestimate the extent to which the other person acted deliberately {} I see malicious intent in the motives of others {} I see yourself as definitely right, and I see the other person as being wrong. {} I cannot see the other person's point of view. {} I am plotting to seek revenge. (Windy Dryden). After an episode of Anger, I may experience Irritability, frustration, anxiety, rage, toxic stress, feeling overwhelmed, or toxic guilt. (e)</p>	<p><b>Healthy Anger:</b> Anger is a resistance to apathy. {} You do not overestimate the extent to which the other person acted deliberately {} You do not see malicious intent in the motives of others {} You do not see yourself as definitely correct, or the other person is wrong. {} You can see the other person's point of view. {} You do not plot to exact revenge.</p>	<p><b>I can be frank and honest.</b> I can be forthright, straightforward, up front, and sincere in expressing my thoughts and feelings. I can be open, truthful, honest,</p>
<p><b>Survival Value: Reactive Anger</b> - {} I tell myself to watch out, assert myself, or protect others. {} I may get angry or express Anger if I see someone harming a defenseless child, elderly person, or animal. {} Reactive or impulsive Anger may also help me to do the right thing automatically during these times. {} But it could get me into trouble because I haven't thought things through – (e)</p>	<p><b>Responsive Anger:</b> {} Focused on problems, not people. {} Not arbitrary; it has helpful, practical, and valid reasons. {} Aware of how that Anger might affect others. {} Sensitive to a clear and existing need. {} Helps to adapt socially and even survive emotionally. {} Something that can serve as a practical function to reach a person's goals. {} State my feelings constructively and in constructive ways. {} Anger helps me to resolve and focus on a plan. However, Anger becomes dysfunctional when it works against my best interests or diminishes my core values. Healthy Anger is where I speak directly to the person, I am angry with and deal with the frustration in a problem-solving manner. According to research, it is directed at the problem and is not associated with heart disease."</p>	<p>Frank, candid, open, and plain mean showing a willingness to tell what one feels or thinks. Frank stresses a lack of shyness, secretiveness, or evasiveness from considerations of tact or expedience. Candid suggests expression marked by sincerity and honesty in offering unwelcome criticism or opinion. Open implies frankness but suggests more indiscretion than frankness and less earnestness than candid. Plain suggests outspokenness and freedom from affectation or subtlety in expression.</p>

Menu of Solutions & Effective Strategies			
(i)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b>	Healthy:	Healthy
2	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>	<b>Discovering Meaningfulness:</b>
3	<b>Cost of Being Passive:</b>	<b>Cost of Being Modest:</b>	<b>Cost of Being Obedient:</b>
4	<b>Benefit of Being Passive:</b>	<b>Benefit of Being Modest:</b>	<b>Benefit of Being Obedient:</b>
5	<b>Toxic Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>	<b>Discover Healthy Expansion of My Uniqueness:</b>
6	<b>Toxic Restrictions of Your Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>	<b>Discover Healthy Restrictions of Uniqueness:</b>
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>

Healthy Anger: Fights Apathy and Indifference			
1	When You are having difficulties with something working right, another person is blocking your goals, or is not following your instructions or requests.	When someone goes out of his or her way to bug you.	When things don't go your way, or they don't go as you planned.
2	<b>Dealing with Frustrated.</b> You feel like your effort is ineffectual. You feel like giving up, but you don't give up. You remain persistent yet uncomfortable.	<b>Coping with Annoyances.</b> You feel like people are getting on your nerves with petty unpleasantness, but you know you can keep your composure.	<b>Managing Disappointed.</b> When events and people fail to meet your expectations. What can you do?
3	<b>V Dealing with Being Thwarted:</b> You feel your efforts are ruined because others oppose your efforts or desires.	<b>Coping with being Bothered.</b> People are interfering with your level of comfort and your peace of mind.	<b>Managing Being Let down.</b> When people fail to support you, and you need their help. What you want to do? can you do?

4	<b>Dealing with Discouragement.</b> You feel like giving up, and you lose confidence in your abilities and skills.	<b>Coping with being Impatient.</b> You feel irritated, as though you can't wait, but you can stay calm. You are over eager or intolerant of such frustration, but you know you can tolerate frustration.	<b>Dealing with Feeling Dissatisfied.</b> You are not pleased with what has happened; you are displeased. What are your options?
5	<b>Dealing with Obstructions.</b> You feel like another person is getting in your way and placing restrictions on you	<b>Coping with being Irrked.</b> You feel stressed out, and you have grown impatient and weary, so you remind yourself stay calm.	<b>Dealing with Feeling Saddened.</b> You feel some distress, and You don't like how things turned out. How can you accept your negative feelings?
6	<b>Dealing with Aggravation.</b> You feel like another person is making it worse, more serious, or more severe for you.	<b>Coping with feeling Confused.</b> You feel puzzled, vexed, perplexed, at a loss of what to do or say, so you ask the person to explain what they want, feel, and think.	<b>Dealing with Feeling Disenchanted.</b> You feel disappointed about what was going on, and you did not like what You saw. How can you accept your negative feelings?



## You Can Be Assertiveness and RESPECT Each Other.

R



- You can treat each other with *respect*.

E



- Both parties *express* their thoughts, feelings, and concerns openly and kindly.

S



- You both can say “NO” without toxic guilt or coercion.

P



- You both set your own *priorities*.

E



- *Ensure* each other’s rights are not violated.

C



- You both realize that *you choose* to be assertive or *not* to be assertive.

T



- You both want to be *taken seriously*.



- You can treat each other with *respect*.
  - What are three A's of respect?
- Both parties *express* their thoughts, feelings, and concerns openly and kindly.
- You both can *say "NO"* without toxic guilt or coercion.
- You both set your own *priorities*.
- *Ensure* each other's rights are not violated.
- You both realize that *you choose* to be assertive or *not* to be assertive.
- You both want to be *taken seriously*.

## But in The Wrong Direction

J



- You use poor **judgment** when you experience toxic angry. Poor Judgment is the inability to process information, so you do not form a sound opinion, and you fail to evaluate using with sensitivity and valid (logical) comparisons.

U



- Your toxic anger seems **useful** and justified in the moment of heat, **but** it brings about too many negative consequences.

I



- When you experience toxic angry, you are impulsive. You do not think before you act, which brings about self-defeating behaviors, and the intensity of your toxic anger turns to violence.

C



- Your toxic anger **carries** long-term costs with it, and the price may be too high. For example, you punch the fender of a car, and your wrist is permanently damaged.

E



- You evaluate and devalue another person's uniqueness. You use toxic hurtful name-calling and place toxic global labels on another person, i.e., "You're so stupid!"

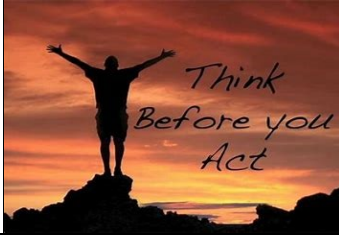
S



- Your toxic anger may produce some short-term benefits, but your shortsightedness will cost you in the long run.

## Constructive Anger-Action < Toxic Anger

**A**



Constructive Action-anger leads to *prudent* action as it does not compel you to act immediately or in short-sighted ways.

**C**



"YOUR CALL TO ACTION NEEDS TO BE STRONGER. IT'S MORE LIKE A WHISPER TO ACTION."

Constructive Anger is a **Call** to action when the situation goes against your values and your cherished goals.

**T**



**Take** actions so that another party's *deplorable steps* do not undermine your higher values and demoralize other people's significant values.

**I**



Take **Initiative** that motivates you to take steps to make right a wrong; engage in activities to accomplish your goals or correct social injustice.

**O**






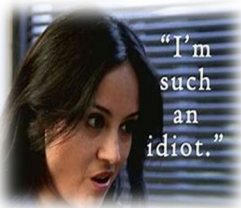
**Only Option** - Healthy action-anger can lead to violence, but such violence is limited to self-defense. When violence in self-defense is the only option, it is always in strict proportion to what is sufficient for warding off the attack.

**N**



**Non-aggressive** is the ultimate goal-value: constructive action-anger does not possess the quality of hostility towards a person or a group of people, as in toxic anger; healthy and constructive anger focuses on the transgression and opposes and targets the violation – not the transgressor.

## Anxiety and Anger

<p><b>Social Tension</b></p>  <p>Factor C</p>	<b>Easily Emotionally Hurt</b>		<b>Easily Frustrated</b>		<b>Difficult Making Decisions</b>	
	1	<input type="checkbox"/> I feel emotionally <b>hurt</b> . <input type="checkbox"/> I feel misunderstood. <input type="checkbox"/> I often feel moody.	<input type="checkbox"/> I get <b>angry</b> too quickly. <input type="checkbox"/> I don't belong. <input type="checkbox"/> Others treat me unfairly.	<input type="checkbox"/> Others see me as being disorganized. <input type="checkbox"/> I see myself as disorganized. <input type="checkbox"/> I hate making plans.	15	
	2	<input type="checkbox"/> I feel that I can't count on others	<input type="checkbox"/> I am too impatient	<input type="checkbox"/> I have difficulty making decisions.		
	3	<input type="checkbox"/> I feel ignored by others	<input type="checkbox"/> I get in bad mood too easy.	<input type="checkbox"/> I can't find things we need easily.		
<p><b>Projected Tension</b></p>  <p>Factor L</p>	<b>Irritable</b>		<b>Intolerant</b>		<b>Mistrustful</b>	
	4	<input type="checkbox"/> I am easily annoyed. <input type="checkbox"/> I am distrustful of others. <input type="checkbox"/> I use negative mind reading (other don't like me but they don't say it).	<input type="checkbox"/> I often feel <b>angry</b> at others. <input type="checkbox"/> I get annoyed with others too much. <input type="checkbox"/> People piss me off too much.	<input type="checkbox"/> I am suspicious of others. <input type="checkbox"/> I am mistrustful of others. <input type="checkbox"/> I am too wary and cautious of other people's motives.	15	
	5	<input type="checkbox"/> I get irritated at others too easily.	<input type="checkbox"/> I often disagree with others.	<input type="checkbox"/> I don't like to talk about myself.		
	6	<input type="checkbox"/> I believe people show off too much.	<input type="checkbox"/> I use name-calling, i.e., When people make dumb mistakes. I tell them, "You're stupid."	<input type="checkbox"/> I don't like to disclose personal information.		
<p><b>Physical-Nervous Tension</b></p>  <p>Factor Q4</p>	<b>Edgy</b>		<b>Short-Tempered</b>		<b>Restless:</b>	
	7	<input type="checkbox"/> I am easily upset. <input type="checkbox"/> I feel tense, irritable. <input type="checkbox"/> Others hurt me too easily.	<input type="checkbox"/> I have a short temper. <input type="checkbox"/> My short temper gets me in trouble. <input type="checkbox"/> I believe I can't control my emotional reactions.	<input type="checkbox"/> I feel physical tension. <input type="checkbox"/> I feel restless. <input type="checkbox"/> I feel tired too much.	15	
	8	<input type="checkbox"/> I am oversensitive.	<input type="checkbox"/> Insignificant things upset me too much.	<input type="checkbox"/> I am unable to relax.		
	9	<input type="checkbox"/> I feel too nervous too often.	<input type="checkbox"/> I am on edge.	<input type="checkbox"/> I feel worn out.		
<p><b>Disapproval Tension</b></p>  <p>Factor O</p>	<b>Feeling Down</b>		<b>Emotional</b>		<b>Inadequate</b>	
	10	<input type="checkbox"/> I feel down, and dejected, cast down in spirits. <input type="checkbox"/> I feel bummed out too much. <input type="checkbox"/> I feel unhappy most of the time.	<input type="checkbox"/> I am fussy <input type="checkbox"/> I am apprehensive (viewing the future with tension and alarm). <input type="checkbox"/> I feel lonely.	<input type="checkbox"/> I feel inadequate. <input type="checkbox"/> I feel unsure of myself. <input type="checkbox"/> I have low self-esteem.	15	
	11	<input type="checkbox"/> Criticism <b>hurts</b> me too much.	<input type="checkbox"/> I often feel sorry for myself (excessive self-pity).	<input type="checkbox"/> Small failures upset me too much.		
	12	<input type="checkbox"/> I don't get along with others.	<input type="checkbox"/> I believe I can't do anything worthwhile.	<input type="checkbox"/> I feel worthless.		

### Anger: Cognitive Distortions

<b>All or Nothing Thinking</b>	If a situation falls short of my perfectionistic expectations, I think I'm a total failure. When I set myself up for failure (unrealistic expectations), I will feel angry because I think I'm constantly failing. When I tell myself I can't stand to fail, my anger increases because (1) I limit my choices, (2) I'm taking an extreme position; (3) I am adopting a long-term perspective (I'll be a failure forever); and (4) I increase my chances of using other distortions.
<b>Labeling</b>	When I label, I attack the person instead of focusing on what that person did or did not do. I think that anger, cursing, and naming calling will get other people to give in to my desires. When I devalue others, my anger will increase because (1) I am demanding absolute sameness and I deny everyone is different; (2) I am demanding – you better be perfect; and (3) I am demanding that people must meet conditions I place on them. Since the situation is 100% bad, I justify my hostile behaviors, which will improve things. This distortion leads to other forms of twisted thinking.
<b>Over Generalization</b>	I see an adverse event as a “never-ending” pattern of defeat or complete success. I often use sentences with “always, never” and other defensive phrases in them. This type of thinking triggers pointless arguments and makes meaningless points. I miss the point of the discussion. I am putting myself into frustrating arguments, which increases my feelings of anger.
<b>Personalizing</b>	When I blame, I have a greater chance of others not understanding me, increasing my angry feelings. When I believe it is entirely my fault, I only increase the intensity of my feelings of anger. When I blame, I am being defensive, which only brings out more conflicts and more problems. When I blame, I have difficulty acknowledging my emotional and behavioral choices. I am not being flexible, which leads me to focus on half-truths. I am more likely to be biased in selecting information I choose to focus on to solve problems. When I blame myself, I will compromise too much?
<b>Mind Reading</b>	I think, “If people really cared, then they would have done this and would not have don't that.” I automatically assume that “X” explains why “X” happened. Without checking it out, I arbitrarily conclude that others react negatively to me. When I jump to conclusions, I have a good chance of being wrong. When I'm wrong, I have a greater chance of conflicts with others. More interpersonal conflicts could lead to greater intensity of feeling angry.
<b>Should Thinking</b>	When I tell myself that things should be the way I expected them to be, I increase the chances of things not going my way because my expectations are unrealistic. When I direct a “should” statement against myself, I will experience more frustration. Should statements increase the intensity of anger because I give others fewer choices? I am trying to control the situation by condemning and commanding; I make simple situations into “dire needs;” I am being impractical and setting myself up for unworkable conditions.
<b>Emotional Reasoning</b>	I feel angry; this proves others are mistreating me. When I use emotional reasoning, I am telling myself something that is not true. When I am unrealistic, I reduce my chances of solving my problems and communicating with others clearly. When I cannot solve my problems or communicate my concerns, I experience more frustration, more stress, more conflicts, etc., which only results in experiencing more worry, and feeling down and angry.



<b>(A) Anger Obsession: I obsess about the people I'm angry at.</b> I have to show my anger in toxic ways, so people will respect me and not see me as weak. I compulsively use unhealthy anger to antagonize others. I have to "scream, yell, curse," etc., so people will do what I believe they must do. I have this persistent compulsion to be angry that I know is harmful and interferes with my relationships. I like feeling angry and bitter, and I find it rewarding to get angry. I can't change the intensity of my anger, or I want to continue this toxic anger.	
1	<i>Affective Consequence:</i> I am impatient, impulsive, callous, and stubborn. I seek attention inappropriately. I feel better and angry.
2	<i>Behavioral Consequence:</i> I am behaving aggressively because I am expressing my thoughts, feelings, and beliefs in a way that is often dishonest and usually inappropriate, and I violate the rights of the other person.
3	<i>Cognitive Consequence:</i> I have to get angry because people won't listen to me if I don't get mad, people won't respect me, people will walk all over me, people will talk behind my back, etc. When I frequently feel angry, I think my life conditions must give me the things I need to keep me from harm, or else life is unbearable. <i>I must scream and yell, so people will listen to me.</i>
4	<i>Demandingness:</i> My anger is self-imposed by believing <input type="checkbox"/> Others have to treat me in a particular way, or else they are worthless, useless, etc. <input type="checkbox"/> I have to act a specific way to be loved, admired, and appreciated by others, or else I am worthless. I must not feel or think this way. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.
5	<input type="checkbox"/> <i>Extreme Evaluation:</i> Life is awful if you don't give me exactly what I want – you no good bastard! I have no control over my feelings because I'm in a dangerous and awful situation. <input type="checkbox"/> If I think I'm in an awful situation, it must mean I am in danger. Having sinful thoughts means I will do something immoral.
6	<input type="checkbox"/> <i>Extreme Evaluation:</i> <input type="checkbox"/> I truly believe I can't stand it when you mistreat me. I can't stand it when others treat me poorly and/or conditions are too difficult and excessively painful.
7	<input type="checkbox"/> <i>Extreme Evaluation</i> You are no damn good for making me feel so horribly. Rather than seeing myself as worthless, you're useless if you do not give me what I need to make me worthwhile. If someone crosses me, I will be seen as a wimp if I respond with healthy anger.
8	<input type="checkbox"/> <i>Dichotomous Thinking:</i> Either you are for me, or you are against me. You are downright trustworthy, or you are pathetic.
9	<input type="checkbox"/> <i>Conditional Thinking:</i> The other person is a bastard and needs to be taught an extraordinarily severe lesson. Therefore, I don't have to give up my toxic anger. I feel immensely powerful when I am toxic and angry, and I don't get that same buzz with healthy anger. Underneath, I agree with you that I shouldn't misbehave. <input type="checkbox"/> I don't care what people do. If you make me angry, I don't have to do what I agreed. I don't have to be responsible because I am mad. I can justify my temper tantrums if people try to walk over me.
10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking:</i> I want to get my way, but I don't have to antagonize others to get my way. Realistically, are people utterly void of worth for not "giving in" to me? Sensibly, people are not 100% worthless because they go against me. Everyone is unique in their choices, interests, and needs. It is a fact that people have different needs than mine, and because they differ only makes them "different," not "worthless." I want to accept that people have different needs than mine, and that's okay. Yes, people will act differently when I yell and scream. Still, my actions will not change their attitude because I realistically cannot control their thoughts –thereby, I cannot control their feelings and behaviors. When I try to control others' feelings and thoughts, I will consistently fail and experience more frustration and disappointment.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Is my belief logical when I think, "I want to be treated fairly," so people must treat me fairly? I am putting two statements together because I'm using the same concept in the premise and conclusion (fairness). If you mistreat me, I conclude that you are inconsiderate, and you must not frustrate me, and if you do - you are not rotten. The idea of "worthlessness" is a static-fixed, simplistic global negative evaluation of a complex person confronted with life circumstances. The global rating that you are absolutely "rotten" is false because it does not consider the complexity and fluidity of what is being evaluated. I am making a part-whole error when I judge others as being rotten. I am assuming their entire personhood (the whole) is based on a few bad traits (parts). <input type="checkbox"/> Making mistakes proves that I am unique and an "ordinary human being" capable of doing well and not doing so well. Believing others possess "unqualified rottenness" leads to toxic negative emotions such as anxiety, depression, guilt, shame, hurt, anger, jealousy, and envy. ( Windy Dryden, Ph.D.). When I think being "different" is the same as being "worthless," I am illogical because semantically, "being different" is unlike the concept of "worthless."
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Does it help to believe "getting angry" at others will change their attitude? My negative behavior may increase others' mistrust of me, and I don't know many people who trust people who easily lose their temper. My demand to <i>get my way</i> will increase my anger and bring other toxic feelings, such as guilt and shame. My demandingness will bring about more self-defeating behaviors, such as arguing, being defensive, hitting, etc. My demandingness will morph into other cognitive distortions, such as emotional reasoning (If I feel mad, I can get angry!); should evaluations (I can justify my anger because they SHOULD know better!) Does this use of anger help me with problem-solving and decision-making? No! I believe I can't be happy at all, but I am only adding to my frustration by demanding the world should be a certain way!
13	<i>Self-Responsibility:</i> I can be ordinary and happy. I want a stable sense of appreciation and respect. I know I am responsible for my thoughts, feelings, and behaviors, and I am not responsible for others' thoughts, feelings, and behavior. I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability).
14	<i>Healthy Expansion of Your Uniqueness:</i> I don't need special treatment to experience happiness. My uniqueness does not make me superior to others. I want to control and master my emotions. I can influence others but cannot control their thoughts, feelings, and behaviors. I want to be concerned and careful when I am dealing with others. I want you to do what I want, and I feel frustrated when you don't; I am not inferior if I experience frustration.
15	<i>Healthy Restriction of Your Uniqueness:</i> I want you to treat me fairly and adequately, and I won't like it if you don't, but it is not the end of the world if I am mistreated. You keep acting wrongly, and I don't want your behavior. I dislike it when you tell me what I should do, but it is not the end of the world if you go against my wishes. I can stand it because I'm a mature person that can refute my distorted thinking and change my defeating behaviors without punishing myself or others.
16	<i>Toxic Dialectic:</i>
17	<i>Healthy Dialectics:</i>
18	Albert Ellis and Shan Blau; 1998; The Albert Ellis Reader: A Guild to Well-Being; page 167



A) <b>Toxic Anger: Rigid-Trait Anger:</b> When I don't get my way, I have to show my anger in toxic ways, so people will respect me and not see me as weak. I have this persistent compulsion to be angry that I know is harmful, interfering with my relationships. I believe I can't change the intensity of my anger, or I think I want to continue to do this toxic anger.	
1	<i>Affective Consequence:</i> I like feeling angry and bitter. I find it rewarding to get mad. I am impatient, impulsive, callous, stubborn, and seek attention inappropriately. I feel better and angry.
2	<i>Behavioral Consequence</i> I feel I have to "scream, yell, curse," etc., so people will do what I believe they must do. I don't have to be responsible because I am angry. I compulsively use toxic anger to antagonize others. I don't care what people do, so I act indifferent. I am behaving aggressively because I am expressing my thoughts, feelings, and beliefs in a way that is often dishonest, usually inappropriately, and I violate the other person's rights.
3	<i>Cognitive Consequence:</i> I have to get angry because people won't listen to me if I don't get mad, people won't respect me, people will walk all over me, people will talk behind my back, etc. When I frequently feel angry, I think my life conditions must give me the things I need and have to keep me from harm, or else life is unbearable. <i>I believe I have to scream and yell, so people will listen to me.</i>
4	<i>Demandingness:</i> My anger is self-imposed by believing <input type="checkbox"/> Others have to treat me in a particular way, or they are worthless, useless, etc. <input type="checkbox"/> I have to act a particular way to be loved, admired, and appreciated by others, or I am worthless, and I must not feel or think this way. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.
5	<input type="checkbox"/> <i>Extreme Evaluation:</i> I believe life is awful if it doesn't give me exactly what I want – the world sucks! I have no control over my feelings because I'm in a dangerous and awful situation. If I think I'm in a horrible situation, it must mean I am in danger. Having sinful thoughts means I will do something immoral. I think it is terrible when my thoughts control me.
6	<input type="checkbox"/> <i>Extreme Evaluation:</i> I truly believe I can't stand it when you mistreat me. I can't stand it when others treat me poorly and/or conditions are too difficult and excessively painful.
7	<input type="checkbox"/> <i>Extreme Evaluation:</i> The other person is a bastard and needs to be taught an extraordinarily severe lesson. Therefore, I don't have to give up my unconstructive anger. I feel immensely powerful when toxic and angry, and I don't get that same buzz with healthy anger. Underneath, I agree with you that I shouldn't misbehave.
8	<i>Dichotomous Thinking:</i> <input type="checkbox"/> Either you are for me, or you are against me. <input type="checkbox"/> You are downright trustworthy, or you are absolutely pathetic.
9	<i>Conditional Thinking:</i> If people try to walk over me, I can justify my temper tantrums. You are no damn good for making me feel so horribly. Rather than seeing myself as worthless, you're useless if you do not give me what I need to make me worthwhile. If someone crosses me, I will be seen as a wimp if I respond with healthy anger.
10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking:</i> Realistically, are people utterly void of worth for not "giving in" to me? Sensibly, people are not 100% worthless because they go against me. Everyone is unique in their choices, interests, and needs, and it is a fact that people have different needs than mine. Because they differ only makes them "different," not "worthless." I want to accept that people have different needs than me, and that's okay. Yes, people will act differently around me when I'm yelling and screaming. Still, my actions will not change their attitude because I realistically cannot control their thoughts –thereby, I cannot control their feelings and behaviors. When I try to control others' feelings and thoughts, I will consistently fail and experience more frustration and disappointment. I want to get my way, but I don't have to antagonize others to get my way.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> When I think, "I want to be treated fairly," so people must treat me fairly, is my thinking logical? I am putting two statements together because I'm using the same concept in the premise and the conclusion (fairness). If you mistreat me, I conclude that you are inconsiderate. I believe you must not frustrate me, and if you do - you are not rotten. The idea of "worthlessness" is a static, fixed, simplistic global negative evaluation of a complex person confronted with a complex set of life circumstances. They evaluate others using a global rating that they are absolutely "rotten" is false because it does not consider the complexity and fluidity of what is being evaluated. I am making a part-whole error when I judge others as rotten. I am assuming their entire personhood (the whole) is based on a few bad traits (parts). Making mistakes proves that I am unique, and I am an "ordinary person" capable of doing well and not doing so well. Believing others possess "unqualified rottenness" leads to toxic negative emotions such as anxiety, depression, guilt, shame, hurt, anger, jealousy, and envy. (Windy Dryden, Ph.D.). When I think being "different" is the same as being "worthless," I am illogical because semantically, "being different" is unlike the concept of "useless and worthless."
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Does it help to believe "getting angry" at others will change their attitude? My negative behavior may increase others' mistrust of me, and I don't know too many individuals who trust people who lose their temper quickly. My demanding that I must get my way will increase my feelings of anger and bring about other toxic emotions, such as guilt and shame. My demandingness will bring about more self-defeating behaviors, such as arguing, being defensive, hitting, etc. My demandingness will morph into other cognitive distortions, such as emotional reasoning (If I feel mad, I can get upset!); should evaluations (I can justify my anger because they SHOULD know better!) Does this use of anger help me with problem-solving and decision-making? No! I believe I can't be happy at all, but I am only adding to my frustration by demanding the world should be a certain way!
13	<i>Self-Responsibility:</i> I can be ordinary and be happy. I want a stable sense of appreciation and respect. I know I am responsible for my thoughts, feelings, and behaviors, and I am not responsible for others' thoughts, feelings, and behavior. I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability).
14	<i>Healthy Restriction of Your Uniqueness:</i> I don't need special treatment to experience happiness. My uniqueness does not make me superior to others. I want to control and master my emotions. I know I can influence others, but I cannot control their thoughts, feelings, and behaviors. I want to be concerned and careful when dealing with others.
15	<i>Healthy Expansion of Your Uniqueness:</i> I want you to do what I want, and I feel frustrated when you don't do it, but I am not inferior if I experience frustration. I want you to treat me fairly and appropriately, and I won't like it if you don't, but it is not the end of the world if people mistreat me. You keep acting wrongly, and I don't like your behavior. I dislike it when you tell me what I should do, but it is not the end if you go against my wishes. I can stand it because I'm a mature person that can refute my distorted thinking and change my defeating behaviors without punishing myself or others.
16	<i>Toxic Dialectic:</i> I'm not in control vs. I don't want to be in control. They desire my anger-wrath. Vs. My self-respect is more important than their consequences. I have valid reasons. Vs. My feelings don't need justification. Feeling prompt immediate feelings. Vs. My behavior is separate from my feelings.
17	<i>Healthy Dialectics:</i> <input type="checkbox"/> I can accept that I am an ordinary person who wants to accept situations I can't change, and I know I can solve problems. <input type="checkbox"/> I have biological urges that help me survive, and I can compromise my wants with others. <input type="checkbox"/> I want to nurture others and be nurtured and challenge people's authority and opinions. <input type="checkbox"/> I want to solve problems flexibly and openly and emotional, financial, and social stability. <input type="checkbox"/> I want to control and

	regulate my emotional expression and tolerate those emotions. <input type="checkbox"/> I can acknowledge aspects of myself, others, and the world while ignoring other features of myself, others, and the world.
18	Albert Ellis and Shan Blau; 1998; The Albert Ellis Reader: A Guild to Well-Being; page 167

<b>(A) Toxic Anger - Acting Out (Feeling Hurt - Fairness issues):</b> When I experience a conflict, I have to do nasty things to express my feeling, but that complicated topic still bothers me. I can't stand to talk about my negative emotions, and I don't feel safe talking about particular issues because those issues still bother me. I don't want to have a particular feeling, but it is all that I feel.	
1	<i>Possible Affective Consequence:</i> I feel vulnerable, so I feel unsafe. I am active, but I am passive about my anxiety. I am impatient, impulsive, callous, and stubborn, seeking attention inappropriately.
2	<i>Possible Behavioral Consequence:</i> got drunk instead of preparing for my exam because I hate my parents for making me go to school/college. I have to steal because my parents won't give me any money. I use extreme behaviors to express my thoughts and feelings because I believe I can't express myself assertively. If I feel helpless or vulnerable, I have to give up on my reasonable goals. I do unpleasant things to express my negative feelings. I have sex with a stranger because I'm mad at my spouse. I am behaving aggressively because I express my thoughts, feelings, and beliefs honestly, and I violate the other person's rights.
3	<i>Possible Cognitive Consequence:</i> I think I am exercising my power, but I feel helpless and vulnerable. I am underestimating the impact of the adverse event, and I am overestimating my ability to cope with others and negative situations. When I refuse to talk about my negative feelings, I think, "my life conditions must give me the things I want, and I have to keep me from harm, or else life is unbearable, and I can't be happy! I would honestly like a more comfortable life, but it is unnecessary. I must be in control of every situation I face. My desires get set on "automatic pilot," and I end up not knowing the reason why I do what I do.
4	<i>Demandingness:</i> <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it. <input type="checkbox"/> I have to act a particular way to be loved, admired, and appreciated by others, or else I am worthless. <input type="checkbox"/> Others have to treat me in a particular way, or else they are worthless, useless, etc. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.
5	<i>Extreme Evaluation:</i> I keep overfocusing on how awful others are treating me. I believe that I <i>must</i> have my way, and if I don't, I can't stand it.
6	<i>Extreme Evaluation:</i> If I am not in control, I am weak, inferior, stupid, etc.
7	<i>Extreme Evaluation:</i>
8	<i>Dichotomous Thinking:</i> I have to be superior, or I'm inferior. If I don't get what I need or want from others, I'll get it myself.
9	<i>Conditional Thinking:</i> If you mistreat me, it is no big deal that I get furious at you. When I act out my anger on a person who is weaker than I am, I'll feel better. If I pick on someone more vulnerable than me, I can undo all of the wounded feelings I had when people picked on me. If I am strong, I am adequate. If I am weaker, I am worthless.
10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking:</i> Is my belief that I must always disagree, or I must control my thoughts realistic? Realistically, I am responsible for my thoughts, feelings, and actions because I am the only person who can control my mind. I have observed many people who "reenact" their past trauma, but I also have found people dealing with their feelings and behaviors by changing their thoughts. It is more realistic to influence individuals and situations that I have an impact on rather than trying to control others with my misbehaviors. I will not change the other person's behavior, modify the past, or it won't remove the fact that I have negative feelings that are sometimes toxic. I don't like expressing my negative emotions, but I don't have to act out to tell them.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Does it follow that if I "reenact" my toxic anger or shame at another person, I'll feel better. It does not follow that my acting out behaviors will make me feel better. The position "I don't want to talk about my feelings" is a flexible preference. "I must not express my negative feelings" is a rigid rule I am applying to myself. There is no logical connection between my rigid practice and my flexible preference because flexible ideas are not identical to fixed rules. If I base my decisions on fixed rules, in all likelihood, my acting out will cause me more trouble and pain.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> What good will happen if I don't get my way and act out? I believe I cannot control others' thoughts and choices, so acting out my conflicts will not help me. Not talking about these feelings will make things worse. When I "act out" my feelings instead of expressing my feelings, I could feel better for the moment, but I might get myself in trouble and feel negative consequences that I didn't anticipate. Instead of acting out my feelings and conflicts, I could seek out new activities and healthy hobbies. I could find others who are supportive. I could devote more time and energy to activities outside the home. I could teach myself to enjoy life without getting everything I think I need and must have. I can practice unconditional self-acceptance without getting everything I want. When I don't address my concerns, it doesn't solve the problem, and innocent people are being hurt. I will get into more legal and financial troubles when I act out my conflicts and feelings. Acting out my anger and frustration can lead to problems such as being aggressive, self-injurious behavior, substance abuse, or an eating disorder. Have I ever observed others acting out, and I noticed their lives were improving? I don't want to have this feeling, but all I feel is vulnerable. I feel unsafe when I feel weak, so talking about it makes it worse!
13	<i>Self-Responsibility:</i> I want a stable sense of appreciation and respect. I know I am responsible for my thoughts, feelings, and behaviors, and I am not responsible for others' thoughts, feelings, and behavior because no one can control each other's thoughts. I want to know more about myself to understand my thoughts and feel better. I want to excel in life (career, family life, and financial stability).
14	<i>Healthy Restriction of Your Uniqueness:</i> Each day, list three things I appreciate about myself and three things I value about myself; each day, list three actions you can take that will increase your respect for others. I will face my difficulties and see them as challenges. I will vigorously practice each day refuting myself-defeating thinking. I don't want people to see me as being a selfish person. I want to avoid hurtful expressions and addictive behaviors, but it does not make me worthless if I act selfishly. I want to be less judgmental of others to get along with people.
15	<i>Healthy Expansion of Your Uniqueness:</i> I prefer not to be angry at loved ones. I want to make sure I don't get myself in trouble, but there is no empirical proof that my "acting out" behaviors will change others' behavior. When appropriate, I want to deal with individuals with a direct and honest approach. No law says that things have to be the way I want. It's disappointing, but I can stand it - especially if I avoid catastrophizing.
16	<b>Apply these five criteria of assertive respect:</b> <i>In these situations, I was F.A.I.R. as possible:</i> <b>F:</b> being <b>fair-minded</b> (marked by impartiality and honesty); <b>A:</b> being <b>assertive</b> w/out put-downs; <b>I:</b> accepting and tolerating the other person's sense of <b>individuality</b> ; <b>Apply these five criteria of assertive respect:</b> <i>In these situations, I was F.A.I.R. as possible,</i> <b>R:</b> being <b>responsive</b> to the other person's concerns and wishes
17	<i>Toxic Dialectic:</i> I'm not in control vs. They desire my anger-wrath. Vs. My self-respect is more important than their consequences. Hurt me, and I'll hurt you. Vs. I need to deal with my own hurt. I won't hurt. Vs. I'll hurt first.
18	<i>Healthy Dialectics:</i> <input type="checkbox"/> As with everyone, I know I have skills and capabilities and limitations and deficits. <input type="checkbox"/> I have an emotional brain (limbic system) and a thinking brain (prefrontal lobe). <input type="checkbox"/> I understand that I have a healthy sense of independence and simultaneously have a healthy sense of dependence. <input type="checkbox"/>

	Sometimes I want to observe, and other times I want to participate. <input type="checkbox"/> There are situations where I need to focus on myself and other circumstances in which to focus on the environment. <input type="checkbox"/> I can be a leader and give orders, and I can be obedient when necessary.
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<b>(H) Hurt (feeling hurt)</b> Others have to care about me. They have let me down, and I think I am undeserving of such treatment. I believe that the other person does not care about me. I see myself as being alone, not cared for, and misunderstood.	
1	<i>Affective Consequence:</i> I am overly apologetic, diffident, and self-effacing, and people don't take me seriously.
2	<i>Behavioral Consequence:</i> I am behaving non-assertively because I am not expressing my feelings, thoughts, concerns, or beliefs honestly.
3	<i>Cognitive Consequence:</i> I overestimate this adverse event, and I am underestimating my ability to cope with this situation. <i>Rigid Belief:</i> People must not let me down. I must perform well so people don't hurt my feelings.
4	<i>Demandingness:</i> I have to win the approval of famous people, or else I am an inadequate person. <input type="checkbox"/> I have to act a particular way to be loved, admired, and appreciated by others, or else I am worthless. <input type="checkbox"/> Others have to treat me in a particular way, or else you are worthless, useless, etc. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.
5	<input type="checkbox"/> <i>Extreme Evaluation:</i> It is awful when people treat me poorly. It is awful! Their behavior is horrible.
6	<input type="checkbox"/> <i>Extreme Evaluation:</i> I can't stand it when people me poorly.
7	<input type="checkbox"/> <i>Extreme Evaluation:</i> They are worthless for mistreating me, and I am weak for not standing up for myself and not yelling at them.
8	<input type="checkbox"/> <i>Dichotomous Thinking:</i> Either I always feel worried, down, and angry, or I keep thinking about only one aspect of the problem.
9	<input type="checkbox"/> <i>Conditional Thinking:</i> It is no big deal what they did to me, but I just don't understand them. It was horrible what people did to me! Feeling hurt when I feel betrayed is perfectly normal, so why should I change my feelings? I am innocent, and the other person I am not getting along with is the blame for the problems in this relationship. I believe that not getting love and respect is too painful to face. I don't trust people who don't take my side. <input type="checkbox"/> If I shut down all communication channels and sulk, people wouldn't hurt me as bad next time. However, if they continue to hurt my feelings, I'll get back at them. Whom the hell do they think they are!
10	<input type="checkbox"/> <i>Socratic Questioning - Realistic Thinking:</i> I don't want people to let me down, but people can do exactly what they do. People let me down, and that is a fact. I <i>feel</i> alone, misunderstood, and uncared for if people let me down. There is a difference between a "fact" and a "feeling." When people "let me down," I know it is "a fact of life" because we live in an imperfect world with imperfect people. Since I live in an imperfect world with imperfect people, I will get let down. Because I am let down, is it true that I am misunderstood and alone all the time? A few others care about me and understand me regardless of the group's thoughts, and I can't expect the entire group of people to understand me. Even if nobody understands me today, no law states that someone will understand me in the future. When it comes to others, I cannot predict the future.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> Am I basing my logic and reasons on faulty premises and inaccurate conclusions? I assume that when I am experiencing sorrow, which is deep distress, sadness, or regret, especially for the loss of someone or something loved, I have to feel alone and misunderstood. Actually, this view of being hurt will bring about more loneliness because I am not expressing myself clearly. I am allowing the experience of grief to control me rather than stabilizing my emotional reaction to loss and rejection.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Will over-focusing on my feelings of hurt help me? When I'm feeling hurt rather than sorrow, some people may feel sorry for me, and I'll get their attention. When I weigh the costs and benefits of feeling hurt, I realize that this toxic negative feeling brings on other negative toxic emotions, such as depression. I will look into other cognitive distortions.
13	<i>Self-Responsibility:</i> I want to know about myself, so when I see how my beliefs impact my feelings, I can control my impulse to feel sorrow for myself and take responsibility for my emotional reactions. I will take charge of my short-term goals.
14	<i>Healthy Restriction of Your Uniqueness:</i> I am giving my responsibilities over to my warranted feelings, and I am taking less responsibility for my emotional and behavioral reactions to grief. I can respect others and myself when I don't put myself down and don't put others.
15	<i>Healthy Expansion of Your Uniqueness:</i> When people disappoint me, I can feel sorrow. I make myself upset by the unhelpful beliefs I hold about events. I can un-upset myself by challenging and changing my irrational beliefs to rational thoughts. I need to continue this process firmly and steadily over time. (Windy Dryden, Ph.D., Ph.D.)
16	<i>Toxic Dialectic:</i> <input type="checkbox"/> I'm empty. Versus you can fill me up. <input type="checkbox"/> Image is all important period versus I'm a fraud. <input type="checkbox"/> I'm not hurt. Versus if you didn't hurt me, I'd be fine. <input type="checkbox"/> You should be better versus you can stop my hurt.

<b>(A) Toxic Anger – Aggressive - Violence:</b> When I don't get my way, or someone offends me or disrespects me, I believe I have to be violent. I have to hit and attack people physically because I find being aggressive is exciting. I enjoy hurting people, and it feels good to hit something or someone (David Burns, M.D.). For instance, I think I can beat up this six-foot-five-inch person who weighs two-hundred and fifty pounds because he has twice the muscle mass as me! I've seen violence firsthand, and I believe it is okay to be violent to get my way.	
1	<i>Possible Affective Consequence:</i> If people piss me off and are worthless, I believe it is okay to hit someone. I am impatient, impulsive, callous, and stubborn. I seek attention inappropriately.
2	<i>Possible Behavioral Consequence:</i> When I lie to myself, I convince myself (1) it was the best I could have done, (2) it was "really" the right thing to do, (3) there was nothing else I could have done, and (4) it was not that big of a deal, or it wasn't such a horrible decision. I am behaving aggressively because I express my thoughts, feelings, and beliefs in a way that is often dishonest, usually inappropriately. I violate the rights of the other person.
3	<i>Possible Cognitive Consequence:</i> I underestimate the situation's impact, and I overestimate my skills to deal with the situation. Life must give me the things I want and have to keep me from harm, or else life is unbearable, and I can't be happy at all! To get through life, others must treat me fairly and considerately and not overly frustrate me, or else you are a rotten individual.


4	<i>Demandingness:</i> <input type="checkbox"/> I have to act a particular way to be loved, admired, and appreciated by others, or else I am worthless. <input type="checkbox"/> You have to treat me in a particular way, or else you are worthless, useless, etc. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.
5	<i>Extreme Evaluation:</i> It is awful to feel bored.
6	<i>Extreme Evaluation:</i> I can't stand it not to feel excited. I can't stand it when people act against my wishes.
7	<i>Extreme Evaluation:</i> I feel weak and vulnerable when I am not doing something exciting.
8	<i>Dichotomous Thinking:</i> People either are on my side, or they are against me.
9	<i>Conditional Thinking:</i> If someone crosses me and I don't respond with toxic anger, I am a wimp. I believe the other person is a bastard and needs to be taught an extremely severe lesson, so I don't have to give up my toxic anger. I feel mighty when I am angry. I don't get that same buzz with healthy anger.
10	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking:</i> I think being aggressive is worthwhile, but it is not! I believe using toxic anger will stop people from mistreating me, but it doesn't. Is it my only choice to get upset when people act unfairly? If you mistreat me, you are inconsiderate, and/or you frustrate me - you are not worthless because the word "worthlessness" is a static, fixed, simplistic global negative evaluation of a complicated person. Life often confronts us with complex problems. The global rating that you are utterly "worthless" is false because it does not consider the complexity and fluidity of what we evaluate.
11	<input type="checkbox"/> <i>Aristotelian Questioning - Logic:</i> I am illogical when I use part-whole errors. Because I get a flat tire on my new car, I would not junk the entire vehicle. It is illogical to judge a whole car just on one aspect of the vehicle. When I consider others rotten, I am making a part-whole error, and I think their entire personhood (the whole) is based on a few lousy traits (parts). Making mistakes proves they are unique, and they are ordinary human beings capable of doing well and not doing so well.
12	<input type="checkbox"/> <i>Pragmatic-Rational Thinking:</i> Will being violent with others have a wide range of seen and unforeseen consequences? Yes! When I am violent, people will not trust me, and they will put restrictions on me. Believing others possess "unqualified rottenness" leads to toxic negative emotions such as anxiety, depression, guilt, shame, hurt, toxic anger, toxic jealousy, and morbid envy. It leads to self-defeating behaviors such as withdrawal, avoidance, substance abuse, and/or overcompensation. It also leads to distorted thinking, such as over-estimating the likelihood of adverse events, exaggerating the negativity of events, and under-estimating their coping resources (Windy Dryden, Ph.D.).
13	<i>Self-Responsibility:</i> I will put a reasonable amount of time and energy into controlling my impulses, reducing the intensity of my toxic emotions, and disciplining my mental processes through mindfulness. I want a stable sense of appreciation and respect, so I will develop appropriate social skills. I want to know more about myself and understand my thoughts and feelings because I want to excel in life (career, family life, and financial stability).
14	<i>Healthy Restriction of Your Uniqueness:</i> I want to be concerned and careful when dealing with others. I want to control and master my emotions. I know I can influence others, but I cannot control their thoughts, feelings, or behaviors. I will identify rigid rules and irrational beliefs that counteract sincere caring and showing genuine concern.
15	<i>Healthy Expansion of Your Uniqueness:</i> I want to get my way, but I don't always have to get my way because not getting it is a part of life. I can accept I will not always get my way because no one, even God, gets their way all the time. I don't like not getting my way, but I can tolerate it because I am a mature person who realizes that working against my best interests is irrational.
16	<i>Toxic Dialectic:</i> I'm not in control vs. They desire my anger-wrath. Vs. My self-respect is more important than their consequences. Hurt me, and I'll hurt you. Vs. I need to deal with my own hurt. - I won't hurt. Vs. I'll hurt first.
17	<i>Healthy Dialectics:</i> <input type="checkbox"/> I accept my uniqueness, and I know that I am an ordinary person. <input type="checkbox"/> I want to conform because I live in a community and can think for myself. <input type="checkbox"/> I want to be responsive, kind, and empathic, while being firm, fair, and focused when problem-solving. <input type="checkbox"/> I can value people and objects and devalue people's actions and toxic things harmful to others and the environment. <input type="checkbox"/> I can unconditionally accept myself, others, and the world and place conditions on myself, others, and the world.

(L) <b>Learn a Lesson</b> (I'll teach them a lesson) I have to mean to another person so he will learn a lesson and stop misbehaving. If I punish a person, hit another person, or metaphorically slap 'em in the head, that person will learn a lesson and not do that undesirable behavior again. I think that by yelling or cursing (getting angry) at a person, that person will take me seriously.	
1	<i>Affective Consequences:</i> Toxic Anger
2	<i>Behavioral Consequence:</i> I am behaving aggressively because I am expressing my thoughts, feelings, and beliefs in a way that is often dishonest. I violate the rights of the other person.
3	<i>Cognitive Consequences:</i> I am underestimating the negative situation's impact and overestimating my ability to cope with similar problems that may occur in the future. <i>I have to punish people for making mistakes.</i> My life conditions must give me the things I want and have to keep me from harm, or else life is unbearable, and I can't be happy at all! I am impatient, impulsive, callous, and stubborn. I seek attention inappropriately.
4	<i>Demandingness:</i> <input type="checkbox"/> You have to treat me a particular way or else you are worthless, useless, etc. <input type="checkbox"/> I have to act a specific way to be loved, admired, and appreciated by others, or else I am worthless. <input type="checkbox"/> Conditions must give me what I want because I want it, or else my life (the world) is horrible, and I can't stand it.
5	<input type="checkbox"/> <i>Extreme Evaluation:</i> I think it is awful that people fail to learn. If they learned their lesson, they wouldn't treat me so poorly.
6	<input type="checkbox"/> <i>Extreme Evaluation:</i> I can't stand it when people don't listen to me.
7	<input type="checkbox"/> <i>Extreme Evaluation:</i> They are magnificent when they listen to me and are absolutely worthless when they don't listen to me.
8	<input type="checkbox"/> <i>Dichotomous Thinking:</i> Either I always feel worried, down, and angry, or I keep thinking about how I am responsible for correcting and curing others. I am not going to do what I want, or I'm going to have to do something I don't want to do.



9	[ ] <i>Conditional Thinking</i> : If I focus on his or her responsibilities, I don't have to worry about my responsibilities. Others are losers, so I'll teach them a lesson they will never forget. I want people to be sensible because I hate it when they act dumb and they are stupid for acting so stupid. I have to correct people to feel good about myself. However, I'm helpless when people act stupid and don't learn their lesson. To show you the truth, you must treat me fairly and considerately. You must not overly frustrate me, or you are a rotten individual. I over-extend my responsibilities, so my life will improve.
10	[ ] <i>Socratic Questioning -Realistic Thinking</i> : I want people to improve, but they don't have to improve. Where is the evidence that if people are stupid, then I can justify calling them "a loser? "There is no evidence that I can see, and I define my goodness or badness according to my subjective opinion. I cannot point to empirical facts that demonstrate others are total failures, and I must teach them a lesson. The only evidence I can objectively verify is that people make mistakes because they are ordinary human beings that sometimes learn from their mistakes. Sometimes they don't learn from their mistakes.
11	[ ] <i>Aristotelian Questioning - Logic</i> : Is it illogical to globally rate people and punish them based on my subjective rating? Failure is not a personality trait; it is an unpleasant fact. Calling someone a loser is an over-generalization that cannot be logically demonstrated. The statement, "My ex (boss, lover, friend) is a loser," implies he or she loses all the time and will continue to lose all the time. Semantically, failing or succeeding is not a permanent personality trait or state of affairs. Their entire personal history and personhood are not identical to the number of mistakes and errors they have made. Judging their whole personhood based on five or ten events will exclude their personal happiness, which may contradict success when I have the opportunity to succeed.
12	[ ] <i>Pragmatic-Rational Thinking</i> : What will I experience negative consequences if I continue to believe people who are "losers" <i>must be taught</i> a lesson? Demanding people must learn what I have to teach them will make life much more difficult and stressful. I will spend a lot of time and energy correcting people with narrow long, standing results. They may act differently around me, but as time passes, they will resume their toxic habits. When I judge others, I will eventually judge myself using the same subjective criterion. Pragmatically, I am not helping myself by correcting others. Do I believe that if I could magically correct people, I would go around correcting losers? No! Believing others are losers is illogical, unrealistic, and impractical. It is not my job to go around correcting people. I want a stable sense of self-responsiveness and assertive behavior, but I don't have to excel at <i>everything</i> in my life. I want to grow and develop and be seen as a responsible person without falling prey to approval anxiety.
13	<i>Self-Responsibility</i> : I will let go of global rating and labeling others and replace it with a new rational belief. Judging another person as a loser does not make that person a loser. I prefer logical and reasonable people, but my responsibility to correct people, punish people, teach people, etc., is unreasonable.
14	<i>Healthy Restriction of Your Uniqueness</i> : I prefer people not to make mistakes, but it is not horrible when they make them, like the rest of us. It is bad when errors are made, but when mistakes are made - it is not the end of the world. I know that demanding perfection will only result in depression and anxiety.
15	<i>Healthy Expansion of Your Uniqueness</i> : I will stop demanding perfection from others and start accepting others unconditionally (Unconditional Other-Acceptance [UOA]). UOA implies I choose to stay alive and to be happy. It also means that I choose to be an outgoing member of the human race interacting with other humans.
16	<i>Toxic Dialectic</i> : [ ] I'm out of control, and I don't want to be in control. [ ] Others hurt me, and I'll hurt them. I need to deal with my own hurt. [ ] They won't hurt me, but I'll hurt first. [ ] Strike while the iron is hot - versus - I can be measured in my response.
17	<i>Healthy Dialectics</i> : [ ] I want to decrease impulsive (index #3) and increase reflective listening: combine incompatible statements, e.g., validation and confrontation and going back and forth between confirmation and confrontation, not accepting excuses or irresponsible behavior while conforming to their uniqueness; confrontation is not being combative.
18	(See Albert Ellis, Ph.D.: Feeling Better, Getting Better, Staying Better; 2001; page 29)

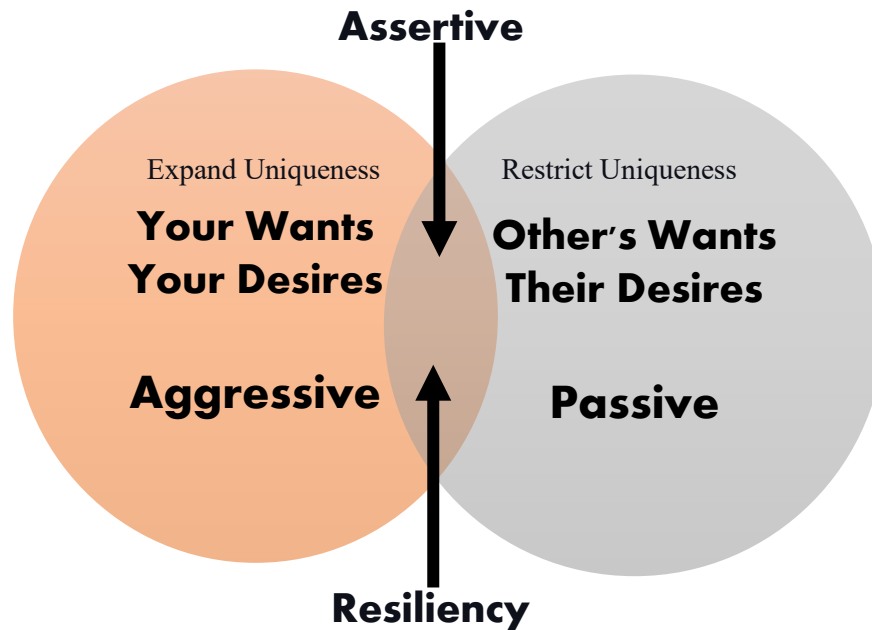
Table 1: Resiliency Skills of Being Assertive

	<p><b>Assertiveness-Determination:</b> Self-determine - free choice of one's acts or states without external compulsion; the act of deciding firmly. When you set a realistic goal, and you want to achieve this goal, help another, or fix a wrong, you are determined. When you are assertive you are <b>Firm</b>: you are <i>steady</i> (not subject to change or revision) and <i>steadfast</i> (another person's opinions do not sway you. Another person's opinions do not easily move or disturb you. You are <i>strong</i> (you are not weak or uncertain</p> <p><b>Focused:</b> You concentrate attention and effort at the task at hand. You don't allow people to change the subject, so they can get out of their responsibilities.</p> <p><b>Fair:</b> You are fair as possible by establishing rules and structure, so everyone has a chance of succeeding.</p>
<ol style="list-style-type: none"> <li>1. <i>Determined.</i> Having reached a decision, you are determined to finish what you started. You know you can get this job done.</li> <li>2. <i>Firm-Resolved.</i> Without hurting another person, you will not waver in getting what You need and want.</li> <li>3. <i>Persistent.</i> Without being irresponsible or hurting others, you are relentless in working on your goals and improving your life</li> <li>4. <i>Steadfast:</i> You don't give up easily. You are loyal to your ideals and rational beliefs. You are committed to improving your life and making your community a better place.</li> <li>5. <i>Definite.</i> You are not wishy-washy about your ideals or beliefs. You are exact and specific in what you want.</li> </ol>	



**Assertiveness:** disposed to or characterized by bold or confident assertion without becoming hostile, bossy, or nasty. Resiliency is the ability to assess stressors accurately, face them intentionally, and act on them with courage. Resiliency transforms calamity into opportunity (Norm Shpancer, Ph.D.).

1. *Expressive.* You tell people how You feel, what you think, and what You need without being overconfident or demeaning
2. *Confident.* You are clear what You want and what you don't want. You believe You can do things on your own in a clear and firm voice.
3. *Direct.* You tell people what you need and want. You tell people what You like and what You don't like without putting them down. You don't beat around the bush when it comes to telling people what you need or what you think and feel. You express your concerns.
4. *Able to stand up* for without hurting another person or being overly demanding.
5. *Assertive.* You are forthright when you need to be; you can be patient and listen when the situation calls for such behavior, and you can stick up for yourself without being aggressive. You don't have to revert to being overly passive, so people won't confront you or be mad at you.



An attitudinal value is *something I want so much that I am willing to invest time and effort to get what I value.* The following chart looks at the four attitudes related to getting along with each other and how to make love possible each day. First, we will examine the attitudinal value of being reasonable, rational, and tolerant.

<b>Flipped Values:</b> With stress, trauma, chronic pain, constant frustration, limited resources, and the restriction of your uniqueness, you may experience a flip in your values.		<b>Opposites of reasonableness is feeling uncertain, etc.</b>
<b>Reasonable-Being Tolerance:</b> <i>You value being reasonable, logical, and practical. You want to be tolerant of individual, family, and cultural differences. (index 4)</i>	<b>Unreasonable-Intolerant:</b> <i>Attitudes related to intolerance: I don't value tolerating beliefs, different ideas. My values can go against my culture, religion, political views, or my social status.</i>	<b>Uncertain:</b> <i>You value not knowing everything. You can't be expert in everything.</i>

### Constructively Trusting Yourself: Being Self-Assured

**You trust your abilities because you appreciate and respect your uniqueness. You also understand people's abilities because you appreciate and respect their uniqueness. You trust your abilities because you look at the FACTS.**



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**F**

- Although uncertainty abounds you, have faith in your direction and decisions, and you have faith in your ability to deal with the facts and conflicts.

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**A**

- You are *aware* of your thought, feelings, and concerns, and you are aware of another person's thoughts, feelings, wants, and concerns.

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**C**

- You have a sense of *choice*, and you allow people to make their own choices – good or bad.

---

**T**



- You *trust* your individuality, and you trust the other person's uniqueness.

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**S**

- You can be *sensitive* without being passive or weak.
-

Contempt 5<sup>th</sup> stage

(d)			
			
(d)	<b>Survival Mode:</b>	<b>Interpersonal Values</b>	<b>Funtional Values</b>
	<b>Toxic:</b> I can be cruel and unkind. I'm impatient with others making mistakes. I am self-seeking and I can be sarcastic at times. I am punitive.	<b>Firmness or resolution</b> I am hard boiled when necessary. I am stern but fair, I can be firm but just.	I can be strict if necessary. I am exact, and precise. I am rigorously conforming to principle or a norm.
<b>1</b>	Contempt: the act of despising : the state of mind of one who despises. It is a lack of respect or reverence for something.	Stern: I can express displeasure, sometimes in a harsh way. I am forbidding and unfriendly in appearance but fair (: marked by impartiality and honesty, free from self-interest, prejudice, or favoritism). Firm: not weak or uncertain, not subject to change or revision, indicating firmness or resolution	Strict: stringent in requirement or control, inflexibly maintained or adhered to the rules. To get things done, I need you to follow the rules and stricture carefully. rigorously conforming to principle or a norm or condition
	DESPISE, CONTEMN, SCORN, DISDAIN mean to regard as unworthy of one's notice or consideration. DESPISE may suggest an emotional response ranging from strong dislike to loathing. CONTEMN implies a vehement condemnation of a person or thing as low, vile, feeble, or ignominious. SCORN implies a ready or indignant contempt. DISDAIN implies an arrogant or supercilious aversion to what is regarded as unworthy.	FAIR, JUST, EQUITABLE, IMPARTIAL, UNBIASED, DISPASSIONATE, OBJECTIVE mean free from favor toward either or any side. FAIR implies an elimination of one's own feelings, prejudices, and desires so as to achieve a proper balance of conflicting interests. JUST implies an exact following of a standard of what is right and proper.EQUITABLE implies a less rigorous standard than JUST and usually suggests equal treatment of all concerned. IMPARTIAL stresses an absence of favor or prejudice. UNBIASED implies even more strongly an absence of all prejudice. DISPASSIONATE suggests freedom from the influence of strong feeling and often implies cool or even cold judgment.	

Being Firm > heartless-sadistic		
<b>Survival Value</b>	<b>Interpersonal Value</b>	<b>Functional Value</b>
<b>Toxic Heartless-Sadistic</b> Beliefs: Cruel and unkind Impatient with others' mistakes Self-seeking, Sarcastic Abusive (d) cold sternness, punitive (d)	<b>Healthy Firm but Just Attitude:</b> Can be strict, if necessary, Firm but just, Stern but fair, Tough, hard-boiled when necessary (devoid of sentimentality, a matter-of-fact attitude of life Values Justice	
<b>Toxic Restriction of another person's uniqueness:</b> I deal with tension and restrict my uniqueness by provoking guilt in others. To humiliate others, the other person is unworthy, inferior. Moral coercion is satisfying – self-satisfying form of sadism, directs hostile feelings with comforting self-approval, righteous irritation, moral superiority.	<b>Healthy Businesslike</b> Confidence index 10; Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to try new activities, and to speak up even if others think you are being stupid; it is not awful when others reject you. It regrettable but not awful.	

#1 What are some of the possible reasons why being Firm is more effective than being heartless?

#i.

#ii.

#2. What situation do you need to be firm?

#3 In what situations, do you need to be authentic?

#4 How are having heartless beliefs meaningful?	How is being appreciative meaningful?

#5 Cost Benefit Analysis

Cost of Being Heartless	Benefit of having Appreciative Attitudes
Benefit of Being Heartless	Cost of Appreciative Attitudes

#6 How does seeking approval ward off anxiety?

#7 How does approval protect our self-esteem?

#8 How will others respond to our meekness and passivity?

#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.
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#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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Menu of Solutions & Effective Strategies: Contemptuous (d)			
(d)	Survival Mode:	Interpersonal Values	Funtional Values
1	<b>Toxic:</b> I can be cruel and unkind. I'm impatient with others making mistakes. I am self-seeking and I can be sarcastic at times. I am punitive.	I am hard boiled when necessary. I am stern but fair, I can be firm but just.	I can be strict if necessary. I am exact, and precise. I am rigorously conforming to principle or a norm.
2	<b>Discovering Meaningfulness {}</b> When life is pain, it is preparing me to face an upcoming difficulty task. Anxiety helps me anticipate stress and situations that may restrict my uniqueness or interfere with me reaching my goals.	<b>Discovering Meaningfulness:</b> <i>Every concrete experience of daily life contains meaning. Those everyday experiences you need to be responsive to others, but you also want to be firm and just, levelheaded, avoid using extreme evaluations or excessive behaviors so that you can discover your unique and specific meaningfulness.</i>	<b>Discovering Meaningfulness:</b> I discover meaningful ness when I exhibit strict and complete accordance with facts or a standard. I also want to strictly conform to a pattern, standard, or convention. I am restricting my uniqueness by being rigid about meeting standards.
3	<b>Cost of Being Merciless:</b> People resist me passively. People will avoid me, and they will have a tendency not to be supportive of me.	<b>Cost of Being Firm and Fair:</b> Fairness has a subjective quality to it. People may see my sense of justice and fairness have been stern and unreasonable.	<b>Cost of Being Strict:</b> People may see my tendency to be precise and exact as rigid and closed-minded. Being strict may cause resentment in some people.
4	<b>Benefit of Being Merciless:</b> People will take me seriously and not try to pay the poor my concept. I may be seen as hard-hearted and unkind, but I mean business, and people better listen to me. Others will realize I don't take "sh#t" from anybody	<b>Benefit of Being Firm and Fair:</b> I have a greater chance of getting along with people when I am firm and fair with others. When I am firm, I have a greater chance of getting what I want, but I am reasonable with people because I have established rules.	<b>Benefit of Being Strict:</b> I get things done in an organized fashion. People know I mean business, and they enjoy doing business with me. I'm not seen as a wishy-washy person.
5	<b>Toxic Expansion of My Uniqueness:</b> I don't waste my time fixing other people's mistakes; I mean business, and people must listen to my demands. People don't get in my way when I expand my uniqueness, regardless of their opinions.	<b>Discover Healthy Expansion of My Uniqueness: {}</b> You can be strict if necessary. You don't like frustration, but you can tolerate it and cope with it because you are smart and strong enough to deal with disappointment.	<b>Discover Healthy Expansion of My Uniqueness:</b> I am strict when necessary, so I have a greater chance of expanding my uniqueness because I don't have to waste my time worrying or dealing with people's mistakes.
6	<b>Toxic Restrictions of Your Uniqueness: {}</b> <i>Seesaw Rationalization:</i> if you hate me-then I can hate you; if you put yourself down, then I can put you down. I can act unethically because you are an unethical "no-good-bastard."	<b>Discover Healthy Restrictions of Uniqueness: {}</b> You are firm and just, and {} You can be assertive but fair, but you want to watch being too harsh or stern.	<b>Discover Healthy Restrictions of Uniqueness:</b> When I am strict with people, I might have to do things I dislike. For example, I may want to be friendly and pleasant to them, but this action will not help me.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Heathy Dialectics:</b>

(d) dismisses another person's uniqueness by being sarcastic or cruel.

Hostile adjustment modes deal with anxiety by having a disciplinary-punitive attitude toward others. Being stern, acting tough, virtuous, moral, and self-righteous. I act aggressive when I feel anxious when the situation pulls for tenderness, agreeableness, or docile feelings (j). When acting tough, I protect my self-esteem by provoking fear in others. I generate fear by being hurtful, mocking, destroying, and threatening actions - I feel endowed with a fearful power that justifies my transactions with pious-moral reasons. I do not feel guilt or social disapproval, and hostile coercive-ness gains fearful respect or a resentful submission from others.

*"I am a dangerous, fearful person."*

Pulls for F and rigid GH (g: distrustful, h: self-effacing

(d)	(e)
Punitive, punishment	Attack, anger, fighting,
Cruel, unkind, coercion	Hard hearted, criticism
Impatient, sarcastic, threats	Unfriendly, angry, disaffiliation
Stern but fair	Frank, forthright
Firm but just	Critical
Able to be strict	Blunt

Consequences of these behaviors

**Provokes passive resistance**      **Provokes hostility**

(de) When I use the "**Tough Façade**," I attack other people. I experience hate internally, and I may really hate myself. This experience leads to a worsening because I **tend to hate others**." The social reality of "hate begets hate is evoked" and the cost of this "tough façade" is that others become hostile back. This "tough façade" is punitive, critical, and hostile. I often feel angry, irritable, unfriendly, and impatient.

I increase my self-esteem by provoking fear in others.

I may believe as long as you are afraid of me, you'll never see my weaknesses and limitations.

When I use the "tough façade" feels that the world unfairly does me in, I think I have to retaliate in kind.

I respond to frustration, largely by my own irrational behavior, be acting aggressive against the presumably frustrating society and the people in it. (People who use a hostile mode of adjustment deal with anxiety and stress by having a disciplinary attitude toward others, are quarrelsome, and believe I have to show my toughness.)

I am often pious and self-righteous.

<p><b>(d) Heatless: Contemptuous</b> (d) Frustration Intolerance, harsh-heartless, impulsive, sadistic, sarcastic, impatient, overly stern, can be unkind, punitive, cruel, scornful, procrastinate (complementary 1)</p>		
<p><b>Healthy Restriction of Uniqueness:</b> firm but just, level headed, no extreme evaluations or excessive behaviors, sensible, and responsive to others (index 1).</p>		
<p><b>Unhealthy Restriction of Uniqueness – Contemptuous Behavior</b> {} My sense of self-respect stems from the provocation of fear in others. {} I believe that hurtful, mocking, destroying, threatening actions endow me with overwhelming power. {} I make threats of having a temper outburst or attack someone to coerce and manage others. {} Do not always feel the pain of guilt or the whip of social disapproval. {} I admired myself too much, and I accept myself when I am harsh and coercive. {} I act coldly and sternly. {} I am disapproving, and I want to make others feel inferior or unworthy. {} I think I "should never be uncomfortable, and people must treat me with the utmost respect. {} I believe others should always follow my rules and live up to my standards." {} I am adaptive, so I will identify with people I am around and act in such a way, so I get their approval. {} I deal with anxiety by having a disciplinary attitude toward others) operating sternly, and I believe that I have to show my toughness. {} I feel it is awful and terrible when people make me feel uncomfortable by being disrespectful. {} I have to put them straight and teach them a lesson they'll never forget. {} I think people should be "fair and just," regardless of my unfairness. {} When I feel other people are taking advantage of me, I become angry because people will see this as a weakness. {} I think, "If other people take advantage of me, that means that I think of myself as stupid." {} I can't stand it when people do not treat me the "way they have to treat me." {} My self-evaluation and demandingness justify my callous behavior and cruelty. {} I act aggressively to avoid dependent relationships; I act hostile and aggressive to prevent tender feelings because I find reward in toughness. {} When someone does I wrong, I want people to suffer, so I attack or hoard. {} I want to be safe and to avoid embarrassment or humiliation. {} When I am sarcastic, I feel protected. {} My self-esteem comes from the provocation of fear in others, mocking, destroying, and threatening actions (contempt). {} I justify my transactions with religious, moral, and self-righteous reasons. {} I will lie about anything to protect my vulnerability and self-esteem; usually, my lies are so inconsistent that people start resisting my efforts passively.</p>		
<p><b>Basic Attitude: Unhealthy and Self-Defeating Attitude</b>                  {} I hope life will never be difficult for me. {} People might see me as weak or stupid. People must not disrespect me. It would be awful if people see I was foolish or weak. {} I worry about If people don't do what I say, then everything will fall apart. {} I express my anxiety by being impatient and feeling ashamed. {} Fear of Failing. {} People will see me was weak and stupid. {} Fear of Rejection and abandonment. {} Fear of being defenseless. Coverts feelings of guilt and shames. {} I must always be right, accurate, and I can't stand people's mistakes. {} I must get my way. I don't want people to treat me horribly, and if they do, then they are rotten people. {} People absolutely must not make mistakes. {} I must always be right, accurate, and {} I can't stand people's mistakes. {} I must always get my way.</p>	<p><b>Basic Attitude: Healthy and Constructive Attitude</b>                  {} You don't want life to be difficult for you,                  {} but you can stand life's difficulties because you can develop your resiliency skills.                  {} but it is not awful when life is difficult because you are strong enough and smart enough to figure out a way to deal with life's difficulties.                  {} but you are not a worthless person because you have difficulty dealing with life's adversities.</p>	
Meaningfulness	Meaningfulness	
Unhealthy Restriction Uniqueness:	Healthy Restrictions of Uniqueness: You can be strict if necessary. You don't like frustration, but You can tolerate it, cope with it, and put up with it.	
<b>Seesaw Rationalization:</b> if you hate you-then you can hate you; if you put you down, then You can put you down. You can act unethically because you are an unethical "no-good-bastard."	Attitude that Flexible-Logical- Helpful: Realistic Preference	
<b>Attitude is Inflexible-Unrealistic:</b> People must always do what I want or I'll have a fit.	Healthy Hope:	
<b>Attitude is Illogical-Unreasonable:</b> If I don't like something, then it must not happen.		
<b>Attitude is Impractical-Unhelpful:</b> Getting mad is a good way of getting what You want.		
<p><b>Heartless-Sadistic Beliefs:</b> Cruel and unkind                  Impatient with others' mistakes                  Self-seeking, Sarcastic                  Abusive (d) cold sternness, punitive (d)</p>	<p><b>Firm but Just Attitude:</b> Can be strict, if necessary, Firm but just, Stern but fair,                  Tough, hard-boiled when necessary (devoid of sentimentality, a matter-of-fact attitude of life Values Justice</p>	<p><b>Authentic:</b> not false or imitation, real, actual, genuine, being truthful without being mean,</p>
<p><b>Unhealthy Restriction of another person's uniqueness:</b> I deal with tension and restrict my uniqueness by provoking guilt in others. To humiliate others, the other person is unworthy, inferior. Moral coercion is satisfying – self-</p>	<p><b>Healthy Businesslike</b> Confidence index 10;                  Independent: not requiring or relying on something else; not contingent; not looking for help, opinions or for guidance from others. You can think for yourself; you know it is important to</p>	<p><b>Extreme Form</b> – over focused on self and your authenticity that you believe will make you better than people who are not authentic</p>

satisfying form of sadism, directs hostile feelings with comforting self-approval, righteous irritation, moral superiority. [] I can be unkind and make sarcastic remarks so that people do not take advantage of me. {} I practice of selfishly advancing my own ends.	try new activities, and to speak up even if others think you are being stupid; it is not awful when others reject you. It regrettable but not awful.	
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5<sup>th</sup> Stage Welton's Model – Contempt

1	<b>(A) Adversity-Activating Event:</b> Interpersonal Pattern (d)	
2	<b>(Ac) Critical Aspect of Activating Event</b>	
3	<b>(B) Belief:</b> {} Life must never be painful, and people must never see me as weak or stupid. {} People must never disrespect me. {} It would be awful if people see I was foolish or weak. {} I must always be right, accurate, and I can't stand people's mistakes. {} I must get my way. {} I don't want people to treat me horribly, and if they do, then they are rotten people. {} People absolutely must not make mistakes. {} I must always be right, accurate, and {} I can't stand people's mistakes.	<b>(D) Discover New Ways of Thinking:</b> : {} You don't want life to be difficult for you. {} but you can stand life's difficulties because you can develop your resiliency skills. {} but it is not awful when life is difficult because you are strong enough and smart enough to figure out a way to deal with life's difficulties, {} but you are not a worthless person because you have difficulty dealing with life's adversities. <b>(E) Exercise &amp; Practice New Attitudes:</b> Give three reasons why your new attitude at (D) is more effective than your belief at (
4	<b>(C) Thinking: Anthropological Evolutionary:</b> When people 400,00 years ago experienced pain, they ignored it. If you did not do your share the entire suffered. You were contemptuous of people who appeared weak and in pain.	<b>(D) Discover a New Way of Thinking-</b> I don't have to be scornful of people who appear weak and in pain.
5	<b>(C) Automatic Thought:</b> Nothing ever goes my way. (overgeneralizing).	<b>(D) Inelegant Solution:</b> <b>(D) Elegant Solution</b>
6	<b>(C) Consequences of this Belief Feeling:</b> anger at 8	<b>(D) Discover a New Way of Feeling- anger at 2-3</b> <b>(E) Exercise &amp; Practice New Feelings:</b>
7	<b>(B) Meaningfulness in My Feelings:</b> {} When life is pain, it is preparing me to face an upcoming difficulty task. Anxiety helps me anticipate stress and situations that may restrict my uniqueness or interfere with me reaching my goals.	<b>(D) Discovering Meaningfulness in Your Emotions {}</b> <i>Every concrete experience of daily life contains meaning. Those everyday experiences you need to be responsive to others, but you also want to be firm and just, levelheaded, avoid using extreme evaluations or excessive behaviors so that you can discover your unique and specific meaningfulness.</i>
8	<b>(C) Behavior:</b> yell, seek revenge, unfriendly	<b>(D) Discover New Ways of Behavior –</b> assertive behavior training <b>(E) Exercise &amp; Practice New Behaviors:</b>
9	<b>(C) Co-Causality - Unrealistic Thinking:</b> {} People must always do what I want, or I'll have a fit. {} This form of threat implies that if you don't give in to my demands, then I'll have a royal shit fit that will upset everyone.	<b>(D) Discover Realistic-Flexible Attitudes:</b> {} You don't want people to make mistakes, but you can tolerate people's mistakes because you can endure and learn from such frustration because such frustrations will happen again. <b>(E) Exercise &amp; Practice Realistic Thinking:</b>
10	<b>(C) Co-Causality – Unreasonable-Ilogical Thinking:</b> {} If I don't like something, then it must not happen.	<b>(D) Discover Reasonable-Logical Attitudes:</b> {} You don't like it when people make mistakes, but it does not follow that because you don't like something it must not happen. You have not lost all your abilities to tolerate people's bad behavior. <b>(E) Exercise &amp; Practice Logical Thinking:</b>
11	<b>(C) Co-Causality - Unhelpful and Unworkable Thinking:</b> {} Getting mad is an effective way of getting what I want. This is unworkable because anger begets anger.	<b>(D) Discover Rational-Helpful Attitudes:</b> {} When you get upset about difficulties and disappointments in your life, you are restricting your ability to problems solve and to make good decisions. {} This will bring about more depression, self-defeating anger. {} Aggressive behavior will get you into legal troubles. <b>(E) Exercise &amp; Practice Pragmatic Thinking:</b>
12	<b>(C) Co-Causality – Non-Acceptance Belief:</b> I shouldn't have negative feelings:	<b>(D) Developing Unconditional Self-Acceptance Attitudes:</b> I don't want to have toxic negative feelings, but it is not awful to experience such feelings because... <b>(E) Exercise &amp; Practice Unconditional Self-Acceptance:</b>
13	<b>(C) Co-Causality – Non-Acceptance Belief:</b> Other people shouldn't go against my wishes, and they should give me what I want.	<b>(D) Developing Unconditional Acceptance of Other Attitudes:</b> I want people to go along with my wishes, but I will never like it when someone goes against my wishes. They are not less of a person for disagreeing with me. <b>(E) Exercise &amp; Practice Unconditional Acceptance of Others:</b>
14	<b>(C) Co-Causality - Non-Acceptance Belief:</b> The world shouldn't be so difficult, and it should give me what I want.	<b>(D) Developing Unconditional Acceptance of Life Attitudes:</b> I can accept the world doesn't always go along with my wishes and wants, but I can tolerate the stresses the world throws at me because... <b>(E) Exercise &amp; Practice Unconditional Acceptance of Life:</b>
15	<b>(C) Toxic Restriction of My Uniqueness {}</b> <i>Seesaw Rationalization:</i> if you hate me-then I can hate you; if you put you down, then I can put you down. I can act unethically because you are an unethical "no-good-bastard."	<b>(D) Healthy Restriction of Your Uniqueness:</b> {} You are firm and just, and {} You can be assertive but fair, but you want to watch being too harsh or stern. <b>(E) Exercise &amp; Practice Healthy Ways to Restrict Your Uniqueness:</b>
16	<b>(C) Toxic Expansion of My Uniqueness:</b> {} I can unkind and make sarcastic remarks so that people do not take advantage of me. {} I practice of selfishly advancing my own ends.	<b>(D) Healthy Expansion of Your Uniqueness:</b> {} You can be strict if necessary. You don't like frustration, but you can tolerate it and cope with it because you are smart and strong enough to deal with disappointment. <b>(E) Exercise &amp; Practice Healthy Ways of Expanding Your Uniqueness:</b>
17	<b>(C) What Cultural Influences</b> strengthen the above beliefs and ideas?	<b>(F) Follow-Up: Did it work?</b>



18	(C) How does the above thoughts interfere with you reaching your goals?	(G) What goals would you reach if you work on the above ideas?
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## Stage Welton's Model – Malice

<b>Aggressive-Hard Hearted-Malice</b>		
		
<b>Survival Value</b>	<b>Interpersonal Value</b>	<b>Functional Value</b>
<b>Hardhearted:</b> I do not value sympathetic understanding. It is okay to be unfeeling and pitiless. I am aggressive- violent. I am frequently angry, outspoken; Emotionally agitated to the point of loss of self-control; prone to commit acts of violence. I feel agitated and move with irregular, rapid, or violent actions. I am easily excited, and I often have a troubled mind or feelings (e)	{ } Straightforward (free from evasiveness or obscurity, clear-cut, precise; proceeding in undeviating and direct manner; { } Critical of others, some irritable, { } <i>Fairness</i> : marked by impartiality and honesty; free from self-interest, prejudice, or favoritism;, { } Critical but fair with others to discuss excitedly and earnestly	{ } Can be frank and honest, { } Values Justice: the quality of being just, impartial, or fair; the principle or ideal of just dealing or right action; righteousness. { } Genuine-True - free from hypocrisy or pretense; sincere
<b>Toxic:</b> I can be aggressive, hard hearted, and I am often unfriendly. I am frequently angry and outspoken.	I am straight forward and direct. I can be critical of others, but sometimes I feel irritable, short-tempered, petulant, cantankerous. Can be critical.	I can be frank and honest. Forthright.

#1 What are some of the possible reasons why showing Fairness is more effective than being Hard Hearted?

#i.

#ii.

#2. What situation do you need to show fairness?

#3 In what situations do you need to be disinterested?

#4 How are having Hard Hearted beliefs meaningful?	How is being Fair-minded meaningful?

### #5 Cost Benefit Analysis

Cost of Being Hard Hearted	Benefit of having Fair-minded Attitudes
Benefit of Being Hard Hearted	Cost of having Fair-minded Attitudes
#6 How does being hard hearted ward of anxiety?	
#7 How does being hard hearted protect your self-esteem?	
#8 How will others respond to you when you are being hard hearted?	
#9 Characteristics of toxic way of expanding your uniqueness.	Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.	Characteristics of healthy way of restricting your uniqueness.
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Menu of Solutions & Effective Strategies: Malice (e)			
(e)	Survival Mode:	Interpersonal Values	Functional Values
1	<b>Toxic:</b> I can be aggressive, hard hearted, and I am often unfriendly. I am frequently angry and outspoken.	I am straight forward and direct. I can be critical of others, but sometimes I feel irritable, short-tempered, petulant, cantankerous. Can be critical.	I can be frank and honest. Forthright.
2	<b>Discovering Meaningfulness:</b> Aggressiveness could be an attempt to stand up for my values and show people they can't take advantage of me. I am a person with a strong sense of determination.	<b>Discovering Meaningfulness:</b> Being direct and using critical thinking can help me discover meaningfulness because I am looking at both sides of the issue.	<b>Discovering Meaningfulness:</b> I want to be honest with others to discover my uniqueness and what is meaningful to me.
3	<b>Cost of Feeling Excessively Angry:</b> Others may become hostile with me. Anger usually beget anger.	<b>Cost of Being Direct:</b> I may be too direct with others, which may turn off people working with me.	<b>Cost of Being Firm:</b> People may see me as bossy and a control freak.
4	<b>Benefit of Feeling Angry:</b> It shows people I'm passionate about and care about certain people and issues.	<b>Benefit of Being Direct:</b> I show people I carry out tasks in an organized, energized fashion and supervise studies efficiently. I get things done, and it helps me get along with others.	<b>Benefit of Being Firm:</b> I say what I mean, and I mean what I say. This firmness makes it clear to others what I want without putting them down.
5	<b>Toxic Expansion of My Uniqueness:</b> Being angry will help me get what I want, and people will respond to me more effectively if I'm mad.	<b>Discover Healthy Expansion of My Uniqueness:</b> Being direct will help me get along with others; they will clearly understand what I want and expect from them.	<b>Discover Healthy Expansion of My Uniqueness:</b> Being firm with others will expand my uniqueness because people will know what I want, and I will know what they want.
6	<b>Toxic Restrictions of Your Uniqueness:</b> Being angry will help me develop my skills and motivate me to correct my errors.	<b>Discover Healthy Restrictions of Uniqueness:</b> I want to be direct. I need to restrict my uniqueness because I want to know what others think and feel.	<b>Discover Healthy Restrictions of Uniqueness:</b> I want to be assertive, firm, focused, and fair, so people will know what I want, and they don't feel hurt or misunderstood.
7	<b>Toxic Dialectic:</b>	<b>Healthy Dialectics:</b>	<b>Healthy Dialectics:</b>

Range	Impairment	Score	Behavior: (E-13) Aggressive versus Frank and Honest-Genuine Realism = confidence + rational + genuine and frank
1-10	Profound: Compulsively	05	Attacks, anger, fighting, hard hearted, hurtfully criticizes others, unfriendly, Provokes hostility in others,
11-20	Gross: Very Frequently	15	Hostile way of adjusting, stern, toughness, pious, self-righteous people, anxious in situations that pulls for tenderness, agreeableness, or docile feelings. When acting tough or stern, they feel protected. Their self-esteem comes from provocation of fear in others, hurtful, mocking, destroying, and threatening actions. Justifies his or her transactions with pious reasons, they do not feel guilt or worry about social disapproval, they gain fearful respect, provoke resentful submission, rigid behavior is observed.
21-30	Very Severe 9 out of 15	25	Personality Features: <input type="checkbox"/> performs acts that are grounds for arrest, <input type="checkbox"/> disregards the wishes, rights, and feelings of others, <input type="checkbox"/> acts impulsively without forethought or without consideration for the consequences, failure to plan ahead, <input type="checkbox"/> physically fights, assaults <input type="checkbox"/> reckless disregard for safety of himself/herself or <input type="checkbox"/> others <input type="checkbox"/> does behaviors that have harmful consequences, <input type="checkbox"/> little remorse for the consequences, <input type="checkbox"/> extremely irresponsible <input type="checkbox"/> indifferent and/or superficial <input type="checkbox"/> blames and externalizes, <input type="checkbox"/> lack of empathy, callous, cynical, <input type="checkbox"/> arrogant, glib, <input type="checkbox"/> failure to conform to social norms, <input type="checkbox"/> deceitful (lying, conning others)
31-40	Severe:	35 F-	8 out of 15
41-50	Serious	45 F	7 out of 15
51-60	Moderate: Rigid, Inappropriate	55 F+	Outspoken, irritable, unfriendly, disaffiliation, blunt, frequently angry, critical of others, often unfriendly, hard hearted, verbally aggression, disregards the rights of others, answers before the other person finished speaking, talks loudly and abusively, glares at the other person, speaks "past" issues (accusing, blaming, demeaning),

			vehemently states feelings and opinions in a mean spirited fashion, values himself/herself above others, hurts others to avoid hurting himself; the objective is to win, regardless of the other person
61-70	Mild:	65 D+	Narrow, Interferes
71-80	Healthy Fair	75 C+	Frank, forthright, candid, straightforward, honest, enthusiastic but heedless, cheerful, quick, takes a person-to-person orientation, outspoken appropriately. Is direct, gets to the point appropriately, sincere and genuine. Prefers the real, the truth, is earnest, heartfelt, truthful, upstanding, clear, unadulterated, spontaneous, unpretentious, integrity, fidelity, candor
81-90	Healthy	85 B+	Good: Flexible
91-100	Productive Constructive	95 A+	Genuine, Earnest, not hypocritical Unpretentious, upstanding, unadulterated Is direct and gets to the point, Not deceitful but honest Enthusiastic