



Making Life Meaningful claims that when you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempts to take your uniqueness away by stereotyping you, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.

I: In the **survival mode, you may have some of the following feelings and thoughts. You are...**

1. {} Feeling unsafe and unsure of yourself,
2. {} Having numerous negative thoughts in which you think about one adverse event after another,
3. {} Feeling sure about decisions with no evidence or reasoning to back up that decision.
4. {} Agreeing with others too quickly,
5. {} Endorsing a high number of irrational beliefs,
6. {} Not recognizing that you are being irrational,
7. {} Not wanting to talk about your problems and conflicts,
8. {} Not disclosing personal information because you feel ashamed or feel guilty about your actions,
9. {} Using rationalizations to justify your negative and self-defeating behaviors,
10. {} Disregarding the costs and consequences of your behavior,
11. {} Believing you can reach your goals easily,
12. {} Making decisions too quickly,
13. {} Being controlled by the situation, i.e., "You piss me off."
14. {} Thinking and feeling helplessness because no one is addressing your concerns,
15. {} Finding fault in others, and you blame them for your negative feelings.
16. {} Feeling hopeless,
17. {} Believing you *can't* get what you truly want.



Figure 1: Emotional Brain

II: When you feel calm, and your **prefrontal lobe is active, you know that you are...**

1. () Learning and being aware of remote but realistic rewards,
 2. () Overcoming perceptual distractions, (mindfulness: being in the presence),
 3. () Extracting and comprehending the relevant stimulus and utilizing competitive inhibition,
 4. () Realizing interests that have an orientation to reality,
 5. () Consciously and deliberately developing interests and the means to achieve your chosen goals,
 6. () Restraining and inhibiting following social expectations,
 7. () Being persistent and giving your best effort (100%) in completing your responsibilities,
 8. () Willing to prepare and repeat a process (that works), so others reward you,
 9. () Anticipating and restraining your willfulness,
 10. () Using your personality resources to reach short-term,
 11. () Implementing your cognitive ability to reach short-term.
 12. () Implementing your cognitive ability to reach long-term goals,
 13. () Ready making decisions in a systematic and orderly fashion,
 14. () Solves problems with others in a systematic and orderly fashion,
 15. () Using relatively firm and logical thinking to integrate your resources and address your concerns,
 16. () Applying reality-orientated thinking and investing your sense of self in integrated your interests.
 17. () Applying pragmatic and functional thinking to control and develop your concerns and interests,
- (These two lists were adapted from the research and work of Raymond Cattell, Personality and Learning Theory, Volume 1, The Structure of Personality in Its Environment, 1979)



Figure 2: Prefrontal - Thinking Brain

Before we get started, let's review some definitions and principles first. You want to remember that instilling confidence in yourself and others does not take place in a vacuum. So, you want to differentiate between a thought, feeling, and a concern.



- A thought** is a sentence in your head, usually using more than one word.
Examples: I have to go to the grocery store. John is picking me up at seven tonight.
- A feeling** describes something positive, negative, or neutral using one word.
Examples: happy, sad, indifferent, joy, excited, depressed, nervous, etc.
- A concern:** Concern comes from the Latin – sift together – you want to bring together, showing concern, caring, and instilling confidence in each other.
Examples: doing well in school, getting love and support from others, etc.

These worksheets dealing with Making Life Meaningful by showing concern. In this section, your goal is to increase being receptive to new ideas, having a sense of self-control that is realistic, showing resolve and giving your best effort, and working tough and following through on your responsibilities.

Care vs. Indifference	Concern vs. Anxiety	Confidence vs. Self-Downing
You want to be seen as a responsible person when you are dealing with uncertainty. You know you can cope with apprehension (fear, anxieties). You want to address your responsibilities first, so you can better deal with uncertainty and anxiety. You want to address what you truly care about before you do things you really like to do. (Structure)	You interested in dealing with uncertainty and coping with apprehension (threat, fear, anxieties). You want to focus on what you are interested in. You have a high degree of motivation that will help you to endure frustrations.	You have a healthy sense of certainty, trust and faith in yourself, others, and your higher values. As you become more responsible, independent and confident, you take on new responsibilities and you are account and answerable to others.

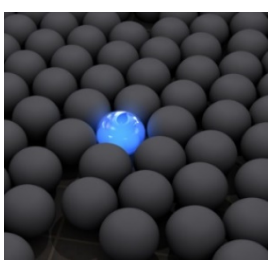


Figure 3: The Psychology of Being Unique

- Principles of Expanding Your Uniqueness:**
- Principle 1: Expressing Your Uniqueness to Others* - You want to express your thoughts, feelings, wants, and concerns to important people in your life. If you don't tell them, then they will have to guess, and they usually guess wrong. When they guess incorrectly, you get mad, hurt, anxious, etc.
 - Principle 2: Seeing Uniqueness in Others* - You want to know what another person's concerns, thoughts, feelings, and wants. If you don't, then you will have to guess, and you will most likely guess incorrectly. When you guess incorrectly, they will get mad at you or feel hurt, anxious, etc.
 - Principle 3: Practicing Your Higher Values Increases Your Ability to be Resilient* - You see that caring is a higher value than being indifferent; you know that addressing your concerns is better than being anxious, and you acknowledge that being confident is better than putting yourself down.
 - Principle 4: Every action you take has negative and positive consequences.*



III. Life Demands that You Be Organized: Life demands that you set a goal to do your best, listen carefully to instructions, 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.

- (1) Life demands that you set goals that will help you to be more successful
- (2) Life demands that you plan your time, which will improve your performance
- (3) Life demands that you plan enough time to get everything done
- (4) Life demands that you give your best effort, which will help you

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Goal: You can apply the ABC Model to any situation so you can discover meaningfulness in your life.



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

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



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

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



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

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



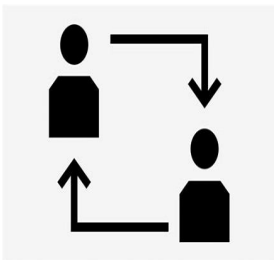
D: Discover New Ways of Thinking, Feeling, and Behaving - In this series of worksheets, you will...

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



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

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










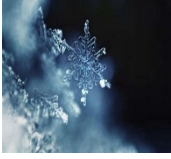
F: Follow Up: In this series of worksheets, you will...


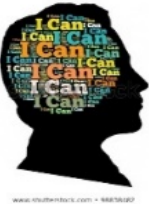






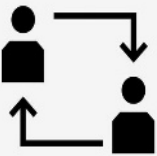



- Talk about how your practice (E) went in the past week.
- Complete self-help assignments.
- Discuss if the assigned self-help assignment improved your social situation and emotional life.
- Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance,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











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

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

Cheat Sheet #1: Pointless to plan because I'm not open to new ideas: vs. Being Receptive			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
	<p>(C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <ul style="list-style-type: none"> { } I feel lazy too much, { } I only do things when you feel like it. { } I feel it is okay to have a "I don't Feel Like It" Attitude. 	<p>5 Behavior:</p> <ul style="list-style-type: none"> { } Difficulty paying attention { } Go from one issue to another { } poor planning { } Laziness is the unwillingness to work or to take trouble to do a difficult task { } I only do what is fun.
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Addressing You Concerns</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>7 (B) Basic Attitude – "I Don't Feel Like It" Attitude" – It is Pointless to Plan:</p> <ul style="list-style-type: none"> o Most activities I do are boring. o I believe it is pointless to make plans or to plan my time. o I don't have to do tasks that I don't find exciting or fun. o I believe it is pointless to plan and manage my time and resources. (Index #5) o 		 <p>10.(D) Discover a New Way Thinking Receptive Attitude</p> <ul style="list-style-type: none"> • You want open and responsive to ideas, impressions, or suggestions. • (Your Name) you can plan enough time to get things done. • You can make sure you know what that other person wants before you start working on the assignment. • You don't like making plans, but you can tolerate making plans, and it is not horrible to take time to set goals and make plans, etc. • You know it is good to set goal and to manage your time, money and resources. • You are capable of making your life so that it is not boring or full with despair. (Index #) 	
 <p>8 (D) Discovering Meaningfulness in</p> <p>Certain moments in your life can appear</p> <ul style="list-style-type: none"> o <i>Boredom</i> is the incapacity to take interest, o <i>Apathy</i> is the inability to take initiative, and o <i>Despair</i> is the incapacity to find meaning in suffering. o These signs are a wakeup call that you want to address. o Be willing to change things on the fly. 		 <p>. 11 (D) Discovering Meaningfulness:</p> <p>{ } Frankl believes that meaningfulness is something that does not just bump into you one day – Meaningfulness will not come knocking on your day.</p> <p>{ } To discover meaningfulness, you want to be open to new ideas, new perspectives, and</p> <p>{ } You want to be receptive to another person's wants, feelings, and thoughts.</p> <ul style="list-style-type: none"> o You are open to receiving and giving in meeting life's demands. 	
<p>9 (C) Restriction of Uniqueness:</p>  <ul style="list-style-type: none"> o <i>When I am bored, apathetic, or I am experiencing despair,</i> o <i>I know my sense of uniqueness has been restricted because I am not learning new things, and I am unwilling to try new activities.</i> 		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <p>{ } You can acknowledge your uniqueness without having to be right all the time.</p> <p>{ } You are unique and irreplaceable even if someone else new idea or suggestion that better than yours, and</p> <p>{ } You know that each moment is unrepeatable even if you have planned that moment.</p>	

Worksheet #1: I don't Feel Like It!						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with			(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 nd Person			
 <p>. 3 (B): Basic Attitude – “I Don't Feel Like It” Attitude” – It is Pointless to Plan:</p> <ul style="list-style-type: none"> Most activities I do are boring. I believe it is pointless to make plans or to plan my time. I don't have to do tasks that I don't find exciting or fun. I believe it is pointless to plan and manage my time and resources. (Index #5) 		 <p>.6 (D) Discover a New Way Thinking</p>				
		4 (D) Discovering Meaningfulness in		 <p>. 7 (D) Discovering Meaningfulness:</p>		
		5 (C) Restriction of Uniqueness:		 <p>8. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>		
<p>(D) Discover New</p> 		<p>9 Feelings: How would you rather feel?</p> <p>Why is a willing to receive better than feeling lazy or feeling stubborn?</p>		<p>10 Behaving. What would you rather do?</p> <p>Why is being receptive and open to new ideas better than being unreceptive, closed minded, and not making plans?</p>		
		<p>11 Thinking: How would you rather think?</p> <p>I would like to get my way, but I don't have to get my way all the time because...</p>				
		<p>12 (F) Follow Up: What was the purpose of this exercise?</p> <p>13 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
		14 (E) Exercise: List three ways you can be more receptive?				
		15 (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

I Don't Have to do My Best Attitude: It is Pointless to Set Goals – (Index #6) Cheat Sheet:

Cheat Sheet#2: I don't Have to do My Best Attitude: It is Pointless to Set Goals: vs. having Self-Regulation Attitude (#6)			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
	<p>3 (C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <p>{ } I believe it is pointless to set goals because...</p> <p>{ } I have no control over my emotions and behavior.</p> <p>{ } I feel it is okay to have "I don't have to give my Best Attitude."</p>	<p>5 Behavior:</p> <p>{ } I can't handle distractions.</p> <p>{ } I can't concentrate when people are making noise</p> <p>6 Thinking:</p> <p>{ } I don't think it is important to manage my time and resources.</p> <p>{ } I believe that I have no control over my life because life is meaningless.</p>
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Being Organized		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 nd Person	
 <p>7 (B): Basic Attitude –</p> <p>1. : I Don't Have to do My Best Attitude: It is Pointless to Set Goals:</p> <ul style="list-style-type: none"> I think it is pointless to set goals. 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 have no control over my life, so it is pointless to set goals; I can't handle 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 have no control over my life. I can't handle distractions – I can't concentrate. (index #6) 		 <p>10.(D) Discover a New Way Thinking</p> <p>Realistic Self-Regulation Attitude is a higher value:</p> <ul style="list-style-type: none"> (Your Name) you can be concerned about the facts and reality and focus on things that will help you and not harm you. You can set realistic goals that are achievable and worthwhile. You can do your best so you have a better chance of succeeding in the future. Setting a goal helps you to be more successful. Doing your best gives you a better chance of achieving your goals and discovering meaningfulness in the moment. You can be successful when you set short-term goals. You can keep your commitments and promises. You can manage your time. You can handle distractions, and you can set your own priorities. 	
 <p>8 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> Sometimes it is a good idea to put things off when we don't have the necessary skills, resources, or time to complete a task to the fullest of our abilities. 		 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> You are exercising your creative values and your experiential values, which will help you do discover the meaningfulness of the moment. 	
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> This form of thinking restricts your uniqueness. If you don't do your best, then you cannot expand your uniqueness because you'll be doing tasks in a half-ass manner. 		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> 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. 	

I Don't Have to do My Best Attitude: It is Pointless to Set Goals – (Index #6) Worksheet

Worksheet#2: I don't Have to do My Best Attitude: It is Pointless to Set Goals: vs. having Self-Regulation Attitude

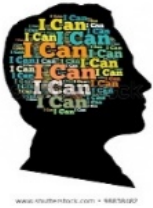


1. (A) Adversity:

2. Stresses:

(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with

(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person



. 3 (B): Basic Attitude –

- I think it is pointless to set goals.
- 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 have no control over my life, so it is pointless to set goals.
- I can't handle distractions, frustration or uncomfortable situations, so I decide not to do the task. (#6)

. 6 (D) Discover a New Way Thinking



4 (D) Discovering Meaningfulness in

. 7 (D) Discovering Meaningfulness:



5 (C) Restriction of Uniqueness:

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



(D) Discover New

9 Feelings: How would you rather feel?

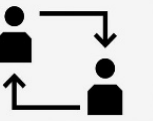
- { } Confident
- { } Self-assured I can handle stress.

10 Behaving: What would you rather do?

- { } You value being in control of yourself.
- { } You want to careful and socially precise.
- { } You know to avoid actions that will harm your social reputation.

11 Thinking: How would you rather think?

- { } You want to be concerned about the facts and reality.
- { } You know that you can focus on things that will help yourself.

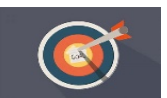


12 (F) Follow Up: What was the purpose of this exercise?

13 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?



14 (E) Exercise: List three ways you can be more X?



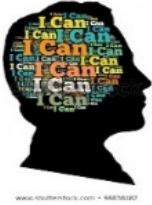







15 (G) Goal: What goal did you expect to reach by doing this exercise?









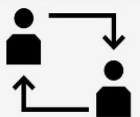


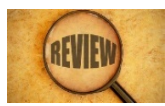









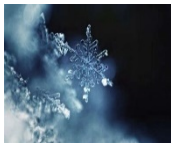
Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.









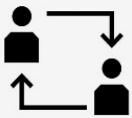


0	1	2	3	4
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful


Cheat Sheet #3: I don't Have to do My Best Attitude: It is Pointless to Set Goals: vs. having Self-Regulation Attitude			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
	<p>3 (C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <ul style="list-style-type: none"> { } frustrated { } easily bored { } You believe in the "I Feel Like Giving Up Attitude." { } When things don't go your way, you believe it is pointless to try. 	<p>5 Behavior:</p> <ul style="list-style-type: none"> { } You believe you can blame your addictions, or your ADHD controls your behavior. When things don't go your way, you give up <p>6 Thinking:</p> <ul style="list-style-type: none"> { } <i>You devalue trying.</i> { } <i>You want to give up when tasks become too frustrating or boring.</i> { } You believe in luck, or how past has control over your present life
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Addressing You Concerns		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person	
 <p>7 (B) Basic Attitude – "I Don't Feel Like It" Attitude" – It is Okay to Give Up Attitude - Pointless to Try:</p> <ul style="list-style-type: none"> ○ When things don't go my way, I believe it is pointless to try. ○ I believe that luck, fate, my past, my addictions, or my ADD-H, etc. controls my current behavior. ○ It is pointless to try because I have no control over what happens to me. (Index #7) 		 <p>10.(D) Discover a New Way Thinking Receptive Attitude</p> <ul style="list-style-type: none"> { } You can give your best effort so you can develop your talents and skills. { } You know the harder you try, the greater your success will be. { } You know effort leads to getting it right. { } (Your Name) you don't have to rely on luck to be successful. { } You realize that "effort" is the active use of energy in producing a result. { } You know that effort leads to success rather than luck. 	
 <p>8 (D) Discovering Meaningfulness in Certain moments</p> <ul style="list-style-type: none"> { } Sometimes we all need to retreat, and catch our breath. 		 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> { } 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>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> ○ 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. 		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> { } 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. 	

It is Okay to Give Up Index #7 Worksheet

Worksheet#3: I don't Have to do My Best Attitude: It is Pointless to Set Goals: vs. having Self-Regulation Attitude					
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3 (B): Basic Attitude – “I Don’t Feel Like It” Attitude” – It is Okay to Give Up Attitude - Pointless to Try:</p> <ul style="list-style-type: none"> ○ When things don’t go my way, I believe it is pointless to try. ○ I believe that luck, fate, my past, my additions, or my ADD-H, etc. controls my current behavior. ○ It is pointless to try because I have no control over what happens to me. (Index #7) 		<p>6.(D) Discover a New Way Thinking</p> 		
	<p>4 (D) Discovering Meaningfulness in</p>		<p>7 (D) Discovering Meaningfulness:</p> 		
	<p>5 (C) Restriction of Uniqueness:</p>		<p>8 (D) Discover Constructive Ways to Expand Your Uniqueness:</p> 		
<p>(D) Consequences of Adversity</p> 	<p>9 Feelings: How would you rather feel?</p> <ul style="list-style-type: none"> { } you show regret { } you feel remorse 	<p>10 Behavior: How would you rather do?</p> <ul style="list-style-type: none"> { } You know that people see you as being dependable. { } You know you can be reliable. { } You know people can count on you). { } You keep your promises and You can repair your broken promises. { } You keep your agreements and you can negotiate with others. { } You tell the tell the truth and you accept the consequences of your actions. { } You can readily show regret and experience remorse. 	<p>11 Thinking: How would you rather think?</p> <ul style="list-style-type: none"> { } You value being reliable { } You want people to take you seriously { } You know that people see you as being dependable. 		
	<p>12 (F) Follow Up: What was the purpose of this exercise?</p>				
	<p>13 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p>14 (E) Exercise: List three ways you can be more X?</p>				
	<p>15 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	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

Cheat Sheet #4: I Can't Be Bothered Attitude - Pointless to be Concerned			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
	<p>3 (C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <ul style="list-style-type: none"> { } I am easily frustrated { } irritated, easily annoyed, { } easily upset, { } get angry quickly 	<p>5 Behavior:</p> <ul style="list-style-type: none"> { } I am not accountable or answerable to anyone { } <i>You only want to do things that are fun and easy.</i>
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Addressing Your Concerns</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>7 (B) Basic Attitude –</p> <ul style="list-style-type: none"> ○ I Can't Be Bothered Attitude - Pointless to be Concerned: ○ I believe that life should always be fun and exciting. ○ I truly believe that it is pointless to be concerned. ○ Since, I have no control over my life, it is pointless to try. ○ I believe that life should always be fun and exciting. ○ I can't be concerned about tasks that are too difficult or boring. ○ I can't stand it when things are frustrating or boring. ○ If it is boring or not fun, then I don't have to do it. " ○ This is too hard – so I don't have to do it!" <p>(Index #8)</p>		 <p>10.(D) Discover a New Way Thinking</p> <p>Responsibleness is a higher value:</p> <ul style="list-style-type: none"> ○ You can work tough, even when tasks are not easy or when they are not fun. ○ You can take ownership for your emotional life (emotional responsibility). ○ You can do things that are difficult. ○ You know the difference between something being impossible and something being difficult. ○ You know that "Working Tough" is knowing that sometimes you have to do things that are not easy or fun. ○ You can do things that are difficult. ○ You know the difference between "Responsible for..." and ○ "Responsible to..." 	
 <p>8 (D) Discovering Meaningfulness in</p> <p>There are times when I have 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.</p>		 <p>. 11 (D) Discovering Meaningfulness:</p> <p>{ } Discovering meaningfulness takes hard work. Simply waiting for meaningfulness to come along will be frustrating, and your life will appear empty.</p>	
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> ○ Without being responsible, my freedom is restricted. ○ With people placing restricting on me, I will not have the freedom to expand my uniqueness. 		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <p>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, and you can recognize each moment is unrepeatable even if you have the same emotional reaction to the</p>	

		stress, trauma, and pain you experienced in the past.	
I Can't Be Bothered Attitude - Pointless to be Concerned (Index #8) Worksheet			
Worksheet#4:			
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>	
 <p>3 (B): Basic Attitude – “</p> <ul style="list-style-type: none"> ○ I Can't Be Bothered Attitude - Pointless to be Concerned: ○ I believe that life should always be fun and exciting. ○ I truly believe that it is pointless to be concerned. ○ Since, I have no control over my life, it is pointless to try. ○ I believe that life should always be fun and exciting. ○ I can't be concerned about tasks that are too difficult or boring. ○ I can't stand it when things are frustrating or boring. ○ If it is boring or not fun, then I don't have to do it. “ ○ This is too hard – so I don't have to do it!” (Index #8) 		 <p>6 (D) Discover a New Way Thinking</p>	
 <p>4 (D) Discovering Meaningfulness in</p>		 <p>7 (D) Discovering Meaningfulness:</p>	
 <p>5 (C) Restriction of Uniqueness:</p>		 <p>8 (D) Discover Constructive Ways to Expand Your Uniqueness:</p>	
<p>(D) Consequences of</p>  <p>Adversity</p>		<p>9 Feelings: How would you rather feel?</p> <ul style="list-style-type: none"> { } you show regret { } you feel remorse 	<p>10 Behavior: How would you rather do?</p> <ul style="list-style-type: none"> { } You know that people see you as being dependable. { } You know you can be reliable. { } You know people can count on you). { } You keep your promises and You can repair your broken promises. { } You keep your agreements and you can negotiate with others. { } You tell the tell the truth and you accept the consequences of your actions. { } You can readily show regret and experience remorse.
 <p>12 (F) Follow Up: What was the purpose of this exercise?</p>		<p>13 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>	
 <p>14 (E) Exercise: List three ways you can be more X?</p>			
 <p>15 (G) Goal: What goal did you expect to reach by doing this exercise?</p>			
<p>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>			

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	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful