

Make Love Possible Each Day



Love is an essential element in making life meaningful. Viktor Frankl believes that *love* is the only way to grasp another human being in the inmost core to become fully aware of the very essence.” (p.176, *Man’s Search for Meaning*). This form of thinking includes awareness of potentialities and helping the beloved to actualize. Frankl emphasizes that love is NOT a “mere epiphenomenon of sexual drives and instincts.” Instead, sex is a way of expressing the “experience of ultimate togetherness that is called love.” (p.177, *Man’s Search for Meaning*) **Love** is the recognition of the uniqueness of the other as an individual, with an intuitive understanding of their full potential as human beings. Frankl believes this is only possible within monogamous relationships. As long as partners are interchangeable, they remain objects (you see the person as being unique, irreplaceable, and their moments are unrepeatable).

We will explore the attitudes that reflect your ability to discover genuine love, such as responsiveness and to be reliable and trustworthy. We will also examine how being reflective is more productive than being impulsive, and being reasonable and tolerant is better than being irrational and intolerant. We will look at attitudes that reflect your ability to discover genuine love, such as resiliency skills such as responsiveness, reliability, reflectiveness, and tolerance.

My claim is that when you meet life’s demands, getting along with others, which is the giving and receiving love increase. When you cherish a desire with anticipation, and you appreciate what you have, you have a greater chance of meeting life’s demands with courage, positive feelings, and meaningfulness emerge. To meet these life’s demands and experience your higher values, you will use the following ABC model of Resiliency.



Each attitude I present will outline each issue using the ABC Model for Developing Resiliency. A part of love is learning to tolerate the other person’s quirks. I contend that without such a degree of tolerance, both parties could not expand their sense of uniqueness. And they will restrict their sense of individuality depending on the situation.

Life’s Demands: Getting Along with Others versus Rigid Anger



Life Demands that You Getting Along with Others: Life demands that you get along others. This means that you can work well with others and cooperative without losing your sense of independent thinking. You also can establish a working relationship with 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.

- (1) Life demands that you learn to accept people who are different than you
- (2) Life demands that you think before you act
- (3) Life demands that you play by the rules (Remember, that the only way to make an activity fair is by having rules.)
- (4) Life demands that you be as fair as possible and you are helpful to others



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.

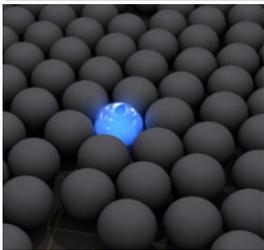


Figure 1: The Psychology of Being Unique

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.

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First, we will examine the attitudinal value of being reasonable, rational, and tolerant.

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.

Flipped Values: With stress, trauma, chronic pain, constant frustration, limited resources and the restriction of your uniqueness, you may experience a flip in your values.		Opposites of reasonableness is feeling uncertain, etc.
Index 4: Reasonable-Being Tolerant: <i>You value being reasonable, logical, and practical. You want to be tolerant of individual, family, and cultural differences.</i>	Unreasonable-Intolerant: <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>	Uncertain: <i>You value not knowing everything. You can't be expert in everything.</i>
Index 3: Reflective: <i>You value thinking before you act. You want to be reflective thinking, and you want to be aware of the consequences of your actions.</i>	Impulsive: <i>I devalue having to think before I act. I believe the consequences or thinking about the repercussions of my action is of little value to me.</i>	Spontaneous: <i>You are aware of external constraints, and you can be spontaneous. You are free from worry or excessive concerns of the day.</i>
Index 2: Reliable-People take Me Seriously: <i>You value being reliable, and you want people to take you seriously. You value people trusting you, and you value you having faith in important people in your life.</i>	Selfishness Attitudes: <i>I devalue what others want, and I value only what I want to do. I disregard another person's wishes. I do not care about others, and I value only the things I want to do.</i>	Carefree: <i>You value being free from care and having no worries or troubles. You feel carefree, lighthearted, happy-go-lucky</i>
Index 1: Responsiveness: <i>You value being responsive to others, and you want to listen to and be sensitive to others, and this responsiveness to be reciprocated.</i>	Self-Centeredness Attitudes: <i>I devalue being concerned about others, and I only value opinions that agree with my opinions.</i>	Objective: <i>You want to be free from prejudice or excessive self-interest.</i>

When one or more of these attitudinal values are flipped, e.g. tolerance to intolerance, etc., you have a greater chance of experience unhealthy anger that will get you in trouble with others and may lead to physical pain.

Rigid Anger	Annoyance-Aggravated- Mild Frustration	Satisfied
<ul style="list-style-type: none"> ○ I overestimate the extent to which the other person acted deliberately ○ I see malicious intent in the motives of others ○ I see yourself as <i>definitely</i> right; and ○ I see the other person as being definitely wrong ○ I am unable to see the other person's point of view. ○ I am plotting to seek to revenge. 	<ul style="list-style-type: none"> ○ 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 definitely wrong ○ You are able to see the other person's point of view. ○ You do not plot to exact revenge. (Windy Dryden) 	Satisfied: be adequate to (an end in view); to make true by fulfilling a condition. Extreme satisfaction may lead to laziness and feeling bored.

The objectives for this section are to apply the ABC model of Resiliency to Getting Along with others and engender love between two people.



The ABC Model in discovering meaningfulness.

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

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



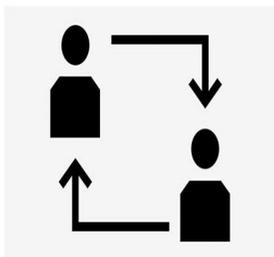
D: Discover New Ways of Thinking, Feeling, and Behaving - In this serious of worksheets, you will...

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



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

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



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

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



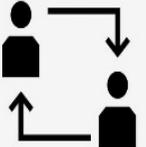
G: Goal Directed Behavior: In this serious of worksheets, you will...

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

<p>Cheat Sheet: 1 I overestimate the extent to which the other person acted deliberately.</p>			
	<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"> { } angry, excessively irritation, rage, { } antagonism, { } excessively annoyed { } frequently mad 	<p>. 5 Behavior:</p> <ul style="list-style-type: none"> { } You attack others physically, { } You attack others verbally, { } You attack others passive-aggressively, { } You displace the attack onto another person, animal or object, { } You withdraw aggressively, and you recruit allies against the other person. 	<p>6 Thinking:</p> <ul style="list-style-type: none"> { } Your self-esteem has been threatened, { } You experiencing constant frustration, { } You break the rules and misbehave.
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</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"> o I overestimate the extent to which the other person acted deliberately. o I see malicious intent in the motives of others. o I see myself as definitely right; and o I see the other person as being definitely wrong. o I am unable to see the other person’s point of view o I am plotting to seek to revenge 	 <p>10.(D) Discover a New Way of Feeling, such as mild Annoyance, mild Aggravated, non-rigid anger or feeling determined</p> <ul style="list-style-type: none"> o You do not overestimate the extent to which the other person acted deliberately o You do not see malicious intent in the motives of others o You do not see yourself as definitely right; or the other person is <i>definitely</i> wrong o You are able to see the other person’s point of view o You do not plot to exact revenge 		
 <p>8 (D) Discovering Meaningfulness in <i>We want to know the motives of others sometimes because their intentions are to hurt us or take away our uniqueness. So, don’t disregard your negative feelings so quickly</i></p>	 <p>. 11 (D) Discovering Meaningfulness: <i>Feelings of anger can be covering up feelings of sympathy and empathy of another person. You shouldn’t disregard injustice, and for you to be feeling angry may be justified.</i></p>		
 <p>9 (C) Restriction of Uniqueness: <i>Your anger maybe justified and unstandable, but falling prey to anger frequently may result in people putting into “He can’t control himself” box.</i></p>	 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>		

Adapted from the work of Windy Dryden

Getting Along with Others > Excessive Anger and Fighting

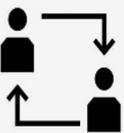
Worksheet: #1 – Feeling Rigid Anger – you get angry every time a specific situation arises						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>3 (D) Discover New Ways of</p> 		<p>4 Feelings: How would you rather feel?</p> <ul style="list-style-type: none"> { } mildly annoyed { } mildly annoyed, { } mild frustration because someone is interfering with your goals. 	<p>5 Behaving: What would you rather do?</p> <ul style="list-style-type: none"> { } You do not plot to exact revenge { } You express how you see the other person’s point of view. { } You don’t have to show that you are right; or the other person is definitely wrong. 	<p>6 Thinking: How would you rather think?</p> <ul style="list-style-type: none"> { } You do not overestimate the extent to which the other person acted deliberately { } You do not see malicious intent in the motives of others 		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>				
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<p>8 (D) Discovering Meaningfulness in</p>		 <p>. 11 (D) Discovering Meaningfulness:</p>				
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 <p>13 (F) Follow Up: What was the purpose of this exercise?</p> <p>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>						
 <p>15 (E) Exercise: List three ways you can be more X?</p>						
 <p>16 (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>				
		0	1	2	3	4
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Anger and Intolerance: I can't stand it when people are unlovable, unreasonable, act unfairly, are in bad moods

Cheat Sheet: # 2 - I can't stand it when people are in a bad mood index # 4 intolerance

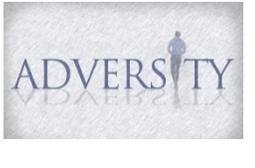
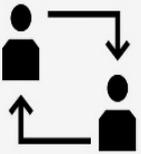
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3. (C) Consequences of Adversity</p> 	<p>. 4 Feelings:</p> <p>{ } angry, excessively mad, irritation, rage, antagonism, excessively annoyed frequently</p>	<p>. 5 Behavior:</p> <p>People must treat me in a certain way, and if they don't, they are totally worthless, therefore I can</p> <p>{ } attack others physically,</p> <p>{ } attack others verbally,</p> <p>{ } attack others passive-aggressively,</p> <p>{ } displace the attack onto another person, animal or object,</p> <p>{ } withdraw aggressively, and you recruit allies against the other person.</p> <p>{ } break the rules and misbehave.</p>	<p>6. Thinking:</p> <p>{ } People should always treat me fairly.</p> <p>{ } I can't stand it when people don't act unfairly or when another person acts stupidly.</p> <p>{ } Loved one's must never be in a bad mood.</p> <p>{ } People are worthless when they make too many mistakes</p>
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>(B): Basic Attitude – related to Anger and Intolerance:</p> <ul style="list-style-type: none"> ○ People should always treat me fairly. ○ I can't stand it when people don't act unfairly or stupidly. ○ They must never be in a bad mood. ○ They are worthless when they make mistakes or causes me more frustration. 	 <p>10.(D) Discover a New Way Thinking You recognize that Reasonableness and being Rational is a higher value:</p> <ul style="list-style-type: none"> □ (Your Name) you can have flexible beliefs when dealing with another person. □ You can tolerate people who are from different cultures, opinions, sexual orientation, or have different religious ideas. □ You can tolerate frustration because it doesn't last forever, and □ You may learn something new about yourself or learn a new skill by tolerating failure. 		
 <p>8 (D) Discovering Meaningfulness in Intolerance:</p> <ul style="list-style-type: none"> ○ Fairness is important in expanding my opportunities and possibilities. ○ We all need a fair chance to develop our skills and compete our sense of uniqueness. ○ My inability to tolerable frustration may be a signal that I need to find a new way or a better way of dealing with my frustrations. ○ Intolerance in certain situation is important. ○ For example, I am <i>intolerant</i> of children being abuse or staying in one of the richest countries in the world. 	 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> □ 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 you can never be replaced. □ 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>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> ○ When you are intolerant of individual difference, you may use negative and extreme evaluation 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 negative category of people. 	 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> □ 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. 		

Anger and Intolerance: I can't stand it when people are unlovable, unreasonable, act unfairly, are in bad moods

Worksheet: # 2														
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>													
<p>3 (D) Discover New Ways of</p> 	<p>4 Feelings: How would you rather feel? <i>{ } mildly frustrated { } impatient and some tension or stress is experienced.</i></p>	<p>5 Behaving: What would you rather do? <i>{ } You know you can learn something new about yourself when you are dealing with stress. { } You know that learning new skills will be difficult and frustrating, but you can tolerate such frustrations.</i></p>	<p>6 Thinking: How would you rather think? <i>{ } You value be reasonable, logical, and practical. { } You want to be tolerant of individual and cultural differences. { } You know you can have flexible beliefs when dealing with another person. { } You know you can tolerate frustration because this frustration will not last forever</i></p>											
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Anger & Disruptive Behavior: I don't have to think about or I can ignore the consequences of my actions-
Cheat Sheet

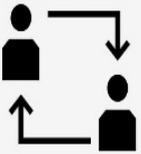
Cheat Sheet #3: Index 3 Acting out thinking - Not thinking before you act			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3 (C) Consequences of Adversity</p> 	<p>4 Feelings:</p> <ul style="list-style-type: none"> { } Can lead to feelings of anger { } You only have to be concerned about yourself. { } You don't have to be concerned about others. 	<p>5 Behaving:</p> <ul style="list-style-type: none"> { } You have difficulty dealing with people you disagree with { } You act overly self-sufficient in that you have an extreme confidence in your ability or worth, 	<p>6 Thinking:</p> <ul style="list-style-type: none"> { } <i>You devalue being concerned about others, and</i> { } <i>You only value your opinion over the thoughts, feelings, concerns, and wants of another person.</i>
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>	
 <p>. 7 (B): Basic Attitude – It is okay to be Impulsive:</p> <ul style="list-style-type: none"> ○ I believe that consequences only apply to other people. ○ My thinking has little to do with my emotional intensity. ○ I don't think about the consequence of different courses of action. ○ I don't have to think about the full range of consequences. ○ Impulsively thinking that the world, people and situations must treat me fairly. 	 <p>10.(D) Discover a New Way Thinking</p> <ul style="list-style-type: none"> ○ You can think before you act. (Your Name) you can think about the full range of the consequences. ○ You don't have to minimize the stress or adversity you are facing. ○ Not minimizing will help you to stay out of trouble with important people in your life. ○ You can think first and think of five negative consequences of your action. ○ You can think of a better way of behaving and recognize five positive implications of your productive behavior. ○ You can predict the impact of your actions. ○ You can think about how your actions influence the feelings of others, and, ○ You can realize that everything you do has consequences. 		
 <p>8 (D) Discovering Meaningfulness in in being spontaneous and surprising yourself</p> <ul style="list-style-type: none"> ○ Spontaneity can be a part of being creative. ○ I may have an idea for a painting or a novel that is derived from intuition or inspiration. <p>Over thinking consequences can inhibit my creative process.</p>	 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> • 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 what might happen. • (Your Name) you can think about the full range of consequences without becoming anxious or acting in a sneaky manner. 		
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> ○ You may see yourself as being unique by disregarding consequence, ○ Therefore, disregarding the consequences you can blame others for your actions. 	 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> □ 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 expanding your uniqueness. □ Thoughtful is also giving heedful anticipation of the needs and wants of others. □ Being <i>deliberative</i> is thinking about and discussing issues and decisions carefully. 		

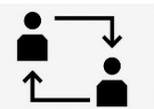
Worksheet: #3														
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>													
<p>3 (D) Discover New Ways of</p> 	<p>4 Feelings: How would you rather feel?</p> <p><i>{ } You do not want to be anxious about the future.</i></p> <p><i>{ } You rather be concerned about your future than the immediate</i></p>	<p>5 Behaving: What would you rather do?</p> <p><i>{ } You want to think before you act and use reflective thinking</i></p> <p><i>{ } You want to be aware of the consequences of your action,</i></p>	<p>6 Thinking: How would you rather think?</p> <p><i>{ } You know you can think before you act.</i></p> <p><i>{ } You know the full range of the consequences before in venture into an activity.</i></p> <p><i>{ } You know how to keep yourself out of trouble with important people in your life.</i></p>											
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>												
	<p>7 (B): Basic Attitude –</p> <p><i>{ } I don't think about the consequence of different courses of action.</i></p> <p><i>{ } I don't have to think about the full range of consequences.</i></p> <p><i>{ } Impulsively thinking that the world, people and situations must treat me fairly.</i></p>			<p>10.(D) Discover a New Way Thinking</p>										
	<p>8 (D) Discovering Meaningfulness in</p>			<p>. 11 (D) Discovering Meaningfulness:</p>										
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	<p>13 (F) Follow Up: What was the purpose of this exercise?</p> <p>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>													
	<p>15 (E) Exercise: List three ways you can be more X?</p>													
	<p>16 (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> <table border="1" data-bbox="358 1793 1518 1900"> <thead> <tr> <th>0</th> <th>1</th> <th>2</th> <th>3</th> <th>4</th> </tr> </thead> <tbody> <tr> <td>Not Helpful</td> <td>A Little Helpful</td> <td>Somewhat Helpful</td> <td>Helpful</td> <td>Very Helpful</td> </tr> </tbody> </table>				0	1	2	3	4	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful
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Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful										

Anger and Selfishness: I have to get my way because I should be able to do anything I want. Cheat Sheet

<p>Cheat Sheet: #4 index #2</p>				
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>		
<p>3 (C) Consequences of Adversity</p> 		<p>Feelings:</p> <ul style="list-style-type: none"> { } Anger { } Intolerant to stressful and difficulty situations, i.e., get upset, 	<p>Behaving:</p> <ul style="list-style-type: none"> { } You disregard another person's wishes { } You do not care about others, and you value only the things I want to do. { } You have a hard time adhering to structure in which you don't like routine, rules, and roles assigned to you. 	<p>Thinking:</p> <ul style="list-style-type: none"> { } 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.
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>		
 <p>. 7 (B): Basic Attitude – Extreme Evaluation:</p> <ul style="list-style-type: none"> o I can do anything I want – when I want! o I have to get my way because I should be able to do anything I want. o I can't stand having to follow rules. o I am concerned exclusively with myself (Index #2). 		 <p>10.(D) Discover a New Way Thinking Reliability:</p> <ul style="list-style-type: none"> o You can be reliable (dependable) when (Your Name) is dealing with another person. o You can be seen as a person who tells the truth in a (sincere), (authentic), (genuine) way without hurting others. o You are capable of seeing the value of rules. o You can you're your promises and agreements and repair broken promises and re-negotiate new agreements. o You can be reliable, and you can tell the truth. 		
 <p>8 (D) Discovering Meaningfulness in Selfishness</p> <ul style="list-style-type: none"> o There are times when we need to think about your needs, fears, and concerns. o Getting your way is important because it will help us to reach our long-term goals. o We can discover meaningfulness and allow others to have different interests and needs than our own. 		 <p>. 11 (D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> o You can discover meaningfulness and enjoy your uniqueness while having others being dependent on you. o You can learn new skills and be a dependable person. o You can follow the rules without losing your sense of remarkability. o You will not lose your sight of irreplaceability if other people rely on you to complete tasks on time. o You can recognize each moment is unrepeatable without other people being excessively concerned about you. 		
 <p>9 (C) Restriction of Uniqueness:</p> <ul style="list-style-type: none"> o All selfish people are the same. o They are only concerned about themselves; they seek their own advantage, pleasure, or well-being without regard for others. (Categorical Reasoning) 		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> o You can stay out of trouble, and o You can be successful by knowing when to expand your uniqueness and knowing how to restrict your originality. o When people trust you, you can do more activities and have more opportunities to develop your potential and o Expand your uniqueness. o You know when not to expand your uniqueness (constructively restricting your uniqueness). 		

Anger and Selfishness: I have to get my way because I should be able to do anything I want.

Worksheet: # 4						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>3 (D) Discover New Ways of</p> 		<p>4 Feelings: How would you rather feel? {} You can readily show regret and experience remorse.</p>	<p>5 Behaving: What would you rather do? {} You want people to take you seriously, so you take what they say seriously {} You know that people see you as being dependable, and they can count on you.</p>	<p>6 Thinking: How would you rather think? {} You know you are capable of seeing the value of rules. {} You keep your promises and You can repair your broken promises. {} You keep your agreements and you can negotiate with others. {} You tell the truth and you accept the consequences of your actions.</p>		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>				
<p>. 7 (B): Basic Attitude –</p>  <p>{} I can do anything I want – when I want! {} I have to get my way because I should be able to do anything I want. {} I can't stand having to follow rules. {} I am concerned exclusively with myself</p>		 <p>10.(D) Discover a New Way Thinking</p>				
 <p>8 (D) Discovering Meaningfulness in</p>		 <p>. 11 (D) Discovering Meaningfulness:</p>				
 <p>9 (C) Restriction of Uniqueness:</p>		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>				
 <p>13 (F) Follow Up: What was the purpose of this exercise?</p> <p>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>						
 <p>15 (E) Exercise: List three ways you can be more X?</p>						
 <p>16 (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>				
		0	1	2	3	4
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Worksheet: # 5 – being responsive versus being self-centered						
		<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
<p>3 (D) Discovering New Ways Responsiveness:</p> 		<p>4 Feelings:</p> <p>{ } Sympathy: You respond sympathetically; arising from sympathy, compassion, friendliness, and sensitivity to others' emotions.</p> <p>{ } Empathy: being understanding of another person thoughts, feelings, concerns, and experiences, and communicating fully in an objectively explicit manner;</p>	<p>5 Behavior:</p> <p>{ } You want to listen to and be sensitive to another person's feelings and welfare.</p> <p>{ } You know when to be sensitive to others, while being honest and being respectful to others without being submissive or passive.</p> <p>{ } Accept support and compliments graciously.</p>	<p>6 Thinking:</p> <p>{ } You want to be responsible because you see the value being responsive to others</p> <p>{ } You know it is important to care about someone or something bigger than yourself.</p>		
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</p>		<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>				
 <p>3 (B): Basic Attitude –</p> <p>4 I can do anything I want – when I want!</p> <p>5 I have to get my way because I should be able to do anything I want.</p> <p>6 I can't stand having to follow rules. I am concerned exclusively with myself (Index #2).</p>		 <p>10.(D) Discover a New Way Thinking</p>				
 <p>8 (D) Discovering Meaningfulness in</p>		 <p>. 11 (D) Discovering Meaningfulness:</p>				
 <p>9 (C) Restriction of Uniqueness:</p>		 <p>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</p>				
 <p>13 (F) Follow Up: What was the purpose of this exercise?</p> <p>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>						
 <p>15 (E) Exercise: List three ways you can be more X?</p>						
 <p>16 (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>				
		0	1	2	3	4
		Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful