

# Anger, Jealousy, Envy



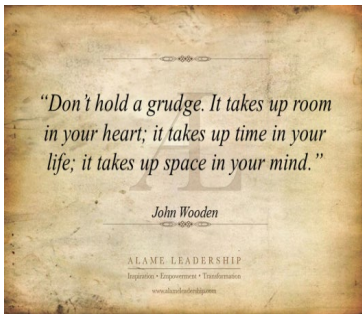
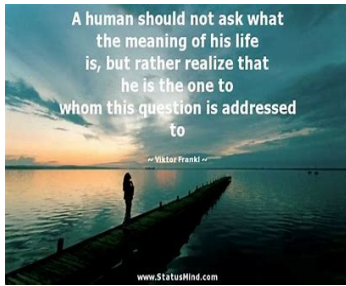
Anger, jealousy, and envy are gateway emotions to aggression. These emotions can interfere with genuine love. Viktor Frankl believes that *love* is the only way to grasp another human being in the inmost core to become fully aware of the very essence.” (p.176, *Man’s Search for Meaning*). This awareness includes mindfulness of potentialities and helping the loved ones to actualize his or her potential. 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*). He sees love as the recognition of the uniqueness of the other as an individual, with an intuitive understanding of his or her full potential as human beings. As long as partners remain objective and see each other 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. We will also explore the nature of jealousy and envy using the work of Windy Dryden.

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.

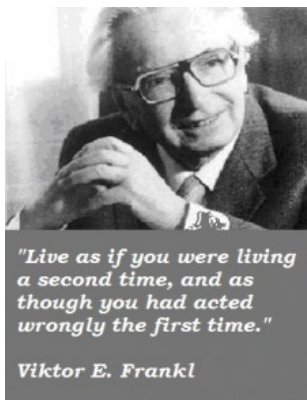
Table 1: Logotherapy View of Anger, Jealousy, Envy

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



**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

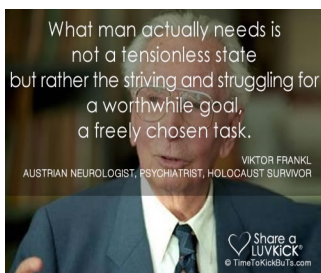


**Principles of Expanding Your Uniqueness:**

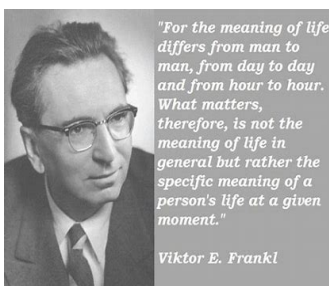
*Principle 1: Expressing Your Uniqueness to Others* - You want to express your thoughts, feelings, wants, and concerns to important people in your life. If you don't tell them, then they will have to guess, and they usually guess wrong. When they guess incorrectly, you get mad, hurt, anxious, etc.

*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.

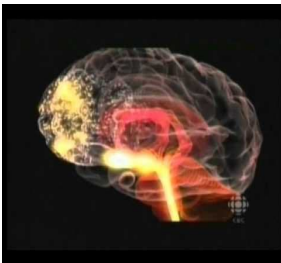
*Principle 3: Practicing Your Higher Values Increases Your Ability to be Resilient* - You see that caring is a higher value than being indifferent; you know that addressing your concerns is better than being anxious, and you acknowledge that being confident is better than putting yourself down.



*Principle 4: Developing a Sense of Conscience* needs to be developed before Expanding Your Uniqueness. Conscience is the consciousness of the moral goodness or blameworthiness of your conduct, intentions, and character together with a feeling of obligation to do right or be good. Frankl believes that conscience goes beyond the outside influences and the powerful. Conscience contains a personal voice, faint and prone to error, which can advise you to take a stand beside the dictates of the superego or cultural mores. Expanding your uniqueness is having the capacity to hear the voice of your conscience. Your conscience strengthens your capacity to respond to the best of your abilities.



*Principle 5: Know Thy Self* - You want to know yourself before you can expand your uniqueness. (you want to self-sentiments wants



**We will look at some basic definitions related to anger and assertiveness.**

**For example, 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.

Figure 1: The Annoyed Brain








Table 2: Anger and Related Negative Feelings

<p><b>Annoyance:</b> You are disturbed or irritated especially by repeated acts; annoyance-nuisance: to harass primarily by quick brief attacks; When another person goes out of his or her way to bug you, you feel annoyed</p>
<ol style="list-style-type: none"> <li>1. <i>Mildly Annoyed.</i> You feel like people are getting on your nerves with petty unpleasantness, but You can keep your composure.</li> <li>2. <i>Bothered.</i> You see another person interfering with your comfort level and peace of mind, but you don't have to upset yourself over their actions.</li> <li>3. <i>Impatient.</i> You feel irritated, as though you can't wait. you are over-eager or intolerant of such frustration</li> <li>4. <i>Irked.</i> You feel stressed out, and you have grown impatient and weary, but this stress will pass!</li> <li>5. <i>Confused.</i> You feel puzzled, vexed, perplexed, at a loss of what to do or what to say.</li> </ol>
<p><b>Disappointment:</b> to fail to meet the expectation or hope of; when things don't go your way or don't go as you planned, you feel disappointed, dissatisfied or saddened.</p>
<ol style="list-style-type: none"> <li>1. <i>Disappointed.</i> When events and people fail to meet your expectations, you feel disappointed.</li> <li>2. <i>Let down.</i> When people fail to support you and you need their help – you feel let down.</li> <li>3. <i>Dissatisfied.</i> You are not pleased in what has happened, and you are displeased</li> <li>4. <i>Saddened.</i> You feel some distress, and you don't like the way things turned out as you wished.</li> <li>5. <i>Disenchanted.</i> You feel disappointed about what was going on, and you did not like what you saw. (Note: It would freak out your kids if you said, "I disenchanted with your grades.")</li> </ol>
<p><b>Frustration:</b> a deep chronic sense or state of insecurity and dissatisfaction arising from unresolved problems or unfulfilled needs. In cognitive behavior therapy, you want to focus on the "situation" as frustrating. When you are having difficulties with something working right, another person is blocking your goals or is not following your instructions or requests, you feel frustrated.</p>
<ol style="list-style-type: none"> <li>1 Frustrated. You feel like your effort is ineffectual.</li> <li>2 Mild Frustration: You feel like giving up, but you don't give up. You remain persistent yet uncomfortable. Thwarted: Other ruined your efforts because they oppose your efforts or desires.</li> <li>3 Discouraged. You feel like giving up, and you are losing confidence in your abilities and skills.</li> <li>4 Obstructed. You feel like another person is getting in your way and placing restrictions of you.</li> <li>5 Aggravated. You feel like another person is making it worse, more serious, or more severe for you.</li> </ol>
<p><b>Jealous:</b> hostile toward a rival or one believed to enjoy an advantage intolerant of rivalry or unfaithfulness; disposed to suspect rivalry or unfaithfulness, and vigilant in guarding a possession</p>
<p><b>Envious:</b> painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage; malice,</p>
<p><b>Greedy:</b> selfish and excessive desire for more of something than is needed; showing a selfish desire for possessions,</p>
<p><b>Avaricious:</b> greedy of gain; excessively acquisitive especially in seeking to hoard riches, covetous</p>

Table 3: Assertiveness

<p><b>Assertiveness-Determination:</b> Self-determine - free choice of one's acts or states without external compulsion; the act of deciding definitely and firmly. When you set a realistic goal, and you want to achieve this goal, help another, or fix a wrong, you are determined.</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>
<p><b>Assertiveness:</b> disposed to or characterized by bold or confident assertion without becoming hostile, bossy, or nasty, you are...</p>
<ol style="list-style-type: none"> <li>1. <i>Expressive.</i> You tell people how You feel, what You think, and what You need without being overconfident or demeaning</li> <li>2. <i>Confident.</i> 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.</li> <li>3. <i>Direct.</i> 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.</li> <li>4. <i>Able to stand up</i> for without hurting another person or being overly demanding.</li> <li>5. <i>Assertive.</i> 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.</li> </ol>

Table 4: Many Faces of Anger

<p><b>Anger:</b></p> 	<p>a strong feeling of displeasure and usually of antagonism (actively expressed opposition or hostility; conflicting forces) (self-defeating anger involves demandingness; devaluing; destructiveness; and low frustration tolerance (which involves absolutes, blaming, contempt, and demanding)</p>
<p><b>States of Displeasure</b></p> 	<p>Anger, ire, rage, fury, indignation, wrath mean an <i>intense emotional state induced by displeasure</i>.  <i>Anger</i>, the most general term, names the reaction but in itself conveys nothing about intensity or justification or manifestation of the emotional state (a strong feeling of displeasure and usually of antagonism).  <i>Ire</i> may suggest greater intensity than anger, often with an evident display of feeling (used in literary contexts).  <i>Rage</i> suggests loss of self-control from violence of emotion.  <i>Fury</i> is overmastering destructive rage that can verge on madness.  <i>Indignation</i> stresses <i>righteous anger</i> at what one considers unfair, mean, or shameful.  <i>Wrath</i> is likely to suggest a desire or intent to revenge or punish</p>
	<p><b>Bitterness:</b> Exhibiting intense animosity (ill will or resentment tending toward active hostility; an antagonistic attitude); marked by cynicism and rancor;  <b>Resentment:</b> feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury  Cynicism is contemptuously distrustful of human nature and motives.</p>
	<p><b>Contempt:</b> The act of despising; the state of mind of one who despises; lack of respect or reverence for something; (2) the state of being despised; (3) willful disobedience to or open disrespect; <i>disdain</i> (feeling of contempt for someone or something regarded as unworthy or inferior); (scorn: open dislike and disrespect or derision often mixed with indignation; (2) an expression of contempt or derision; (3) an object of extreme disdain, contempt, or derision; something disgraceful; shameful; contemptible</p>
<p><b>Deep-Seated Distrust</b></p> 	<p>Cynical, misanthropic, pessimistic mean <i>deeply distrustful</i>.  Cynical implies having a sneering <i>disbelief in sincerity or integrity</i>.  Misanthropic suggests a rooted <i>distrust</i> and dislike of human beings and their society.  Pessimistic implies having a <i>gloomy, distrustful view of life</i>.  Mistrust: to have no trust or confidence in; suspect; to doubt the truth, validity, or effectiveness; mistrust is often a general sense of unease toward someone or something.  Distrust: distrust is to have no trust or confidence in and is often based on experience or reliable information</p>
<p><b>State of Deep-Seated Ill Will:</b></p> 	<p>Enmity, hostility, antipathy, antagonism, animosity, rancor, animus mean <i>deep-seated dislike or ill will</i>.  <i>Enmity</i> suggests positive hatred which may be open or concealed.  <i>Hostility</i> suggests an enmity showing itself in attacks or aggression.  <i>Animosity</i> suggests intense ill will and vindictiveness that threaten to kindle hostility.  <i>Antipathy</i> and antagonism imply a natural or logical basis for one's hatred or dislike.  Antipathy suggesting repugnance, a desire to avoid or reject, and <i>antagonism</i> suggesting a clash of temperaments leading readily to hostility.  <i>Rancor</i> is especially applied to bitter brooding over a wrong.  <i>Animus</i> adds to animosity the implication of strong prejudice.</p> <p><b>Hate:</b> Intense hostility and aversion usually deriving from fear, anger, or sense of injury; extreme dislike or antipathy; loathing; to dislike greatly and often with disgust or intolerance; detest: to feel intense and often violent antipathy toward; curse; denounce;</p> <p><b>Hatred:</b> Prejudiced hostility (deep-seated usually mutual ill will) or animosity (ill will or resentment tending toward active hostility)</p> <p><b>Hostility:</b> Deep-seated usually mutual ill will; warlike; conflict, opposition, or resistance in thought or principle;</p>
<p><b>State of Arousing Scorn</b></p> 	<p>Contemptible, despicable, pitiable, sorry, scurvy mean <i>arousing or deserving scorn</i>.  <i>Contemptible</i> may imply any quality provoking scorn or a low standing in any scale of values.  <i>Despicable</i> may imply utter worthlessness and usually suggests arousing an attitude of moral indignation deserving to be despised; you see an action or object as worthless or obnoxious as to rouse <i>moral indignation</i>, which is anger aroused by something unjust, unworthy, or mean.  <i>Pitiable</i> applies to what inspires mixed contempt and pity of a kind to evoke mingled pity and contempt especially because of inadequacy. <i>Sorry</i> may stress pitiable inadequacy or may suggest wretchedness or sordidness.  Sordidness: vile; dirty, filthy; wretched, squalid; meanly avaricious; covetous;  Jealous; envious; greedy; avaricious;  <i>Scurvy</i> adds to despicable an implication of arousing disgust</p>

Taken from the Merriam-Webster's 11<sup>th</sup> Collegiate Dictionary, 2014

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.</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>
<b>Reflective Thinking:</b> <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>	<b>Impulsive:</b> <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>	<b>Spontaneous:</b> <i>You are aware of external constraints, and you can be spontaneous. You are free from worry or excessive concerns of the day.</i>
<b>Reliable and Trustworthiness:</b> <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>	<b>Selfishness Attitudes:</b> <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>	<b>Carefree:</b> You value being free from care and having no worries or troubles. You feel carefree, lighthearted, happy-go-lucky
<b>Responsiveness:</b> <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>	<b>Self-Centeredness Attitudes:</b> <i>I devalue being concerned about others, and I only value opinions that agree with my opinions.</i>	<b>Objective:</b> <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.

<b>Rigid Anger</b>	<b>Annoyance-Aggravated- Mild Frustration</b>	<b>Satisfied</b>
<ul style="list-style-type: none"> <li>{ } You overestimate the extent to which the other person acted deliberately</li> <li>{ } You see malicious intent in the motives of others</li> <li>{ } You see yourself as <i>definitely</i> right; and</li> <li>{ } You see the other person as being definitely wrong</li> <li>{ } You are unable to see the other person's point of view.</li> <li>{ } You are plotting to seek to revenge.</li> </ul>	<ul style="list-style-type: none"> <li>{ } You do not overestimate the extent to which the other person acted deliberately</li> <li>{ } You do not see malicious intent in the motives of others</li> <li>{ } You do not see yourself as definitely right; or the other person is definitely wrong</li> <li>{ } You are able to see the other person's point of view.</li> <li>{ } You do not plot to exact revenge. (Windy Dryden)</li> </ul>	Satisfied: be adequate to (an end in view); to make true by fulfilling a condition. <b>Extreme</b> satisfaction may lead to laziness and feeling bored.
<b>Jealousy -Concerned about the relationship</b>	<b>Morbid Jealousy</b>	<b>Not Concerned</b>
<ul style="list-style-type: none"> <li>{ } You want to be in a loving relationship, but you are not worthless if you are not in such a relationship.</li> <li>{ } You know your feelings of jealousy is a feeling and just a feeling. It cannot make another person think differently.</li> <li>{ } Doubt is not the same as despair or desperation.</li> <li>{ } You can show concern about your relationship and instill confidence in each other, which is more productive than morbid jealousy.</li> </ul>	<ul style="list-style-type: none"> <li>{ } I'm worthless if I lose this meaningful relationship.</li> <li>{ } I believe my self-defeating jealousy will help me to be vigilant when there is a clear threat to my relationship.</li> <li>{ } I doubt the other person loves me.</li> <li>{ } I am distrustful of him or her.</li> <li>{ } I have no trust or confidence in the other person.</li> </ul>	{ } Not marked interest or regard usually arising through a personal tie or relationship; easy state of blended interest, certainty, and no apprehension, something that does not relate to or belong to one; not a matter for consideration
<b>Envy, Constructive</b>	<b>Self-Destructive Envy</b>	<b>Not interested, no interest</b>
<ul style="list-style-type: none"> <li>{ } Another person's possessions and enjoyment of those possessions are often irrelevant to your happiness.</li> <li>{ } Your goodness or badness cannot be determined by what another person has.</li> <li>{ } You don't like to be criticized or seen as selfish, but it is not awful or horrible that others see you as selfish or a monster with one green eye. { } You can be accepted, loved even if others see you as greedy.</li> </ul>	<ul style="list-style-type: none"> <li>{ } I have to have what another person has to feel good about myself.</li> <li>{ } Unhealthy envy will motivate you to get what you covet. { } I believe that I am a total failure for not achieving an important goal</li> <li>{ } I start feeling guilty because greed and envy is a sin. { } I fear being criticized by others because I appear selfish. { } I may even put myself down because I think it is ridiculous to want what other people have. { } I believe that I am not being accepted, approved, appreciated, or loved by important people because I am being greedy and envious.</li> </ul>	Having no special interest in topic or issues; no feeling that causes special attention to an object or class of objects or something that does not arouse attention

A time not to expand your uniqueness – Anger, Jealousy, and Envy are threats to our uniqueness.

**How will demandingness interfere with your ability to expand your uniqueness?**

The Psychology of Being Unique (PBU) assumes uniqueness is not a drive or even if you wanted to be unique. PBU also assumes that you do not choose to be angry, anxious, depressed, etc., but PBU does think that expanding your uniqueness or restricting your uniqueness is a choice. Depending on your resources and the social situation, you will need to decide to expand or limit your uniqueness.

There are two ways you can restrict your uniqueness. You can use demandingness, which involves using rigid statements that do not correspond with reality or use necessary attitudes with their negation. For example, a strict demand stating that “In my important relationships, I *must always* get your way.” Albert Ellis frequently details this form of thinking. An essential attitude that is realistic, logical, and pragmatic with a negation would read: “When I am dealing with relationships, I *want* to get your way, *but I don’t always have to* get your way.” When you use rigid demands, you are attempting to exercise a dominating influence over others and the world. When you place another person in the category of being “obedient,” your attempt to restrict his or her uniqueness will be met with resistance or even aggressive behavior. Regarding the world, it doesn’t give a shit about your demands. A principle in PBU states that when you use manipulation or unfairness to restrict other people’s uniqueness, you, in turn, will limit your sense of being unique.

**How will extreme evaluation interfere with your ability to expand your uniqueness?**

Extreme evaluations are the fastest way to put yourself in a negative category.

Examples of extreme evaluation that depreciates your internal resources. For example, you think, “I’m stupid, I can’t do anything right, you’re a jerk, loser, retarded asshole, etc.” Another form of extreme evaluation is evaluating an event as being horrible, awful, or terrible. Tim Beck calls this form of harsh evaluation as catastrophic thinking, and Ellis calls this form of thinking as “awfulizing.”

Table 5: Forms of Extreme Evaluations

Catastrophic Beliefs	Exaggeration Belief	Realistic Response
<b>It is a “Catastrophe.”</b> (Small events become a disaster)	Disasters do happen, but they rarely happen every day; a sudden calamitous event bringing great damage, loss of life, and destruction	Factually, we rarely die of bad events we face each day. I don’t like it. It is not the end of the world.
<b>It is “Horrible.”</b> (Disgustingly Dreadful)	Calling something horrible will tend to make a bad thing seem to be worse than it is; marked by or arousing horror (painful and intense fear, dread, or dismay), extremely bad or unpleasant	Exaggerations hardly help correct bad events.
<b>Dread:</b> great fear especially in the face of impending evil	Dreadful: extremely bad, distasteful, unpleasant, or shocking; causing great and oppressive fear;	May need to call in a third party such as a lawyer, police, court system, etc.
<b>It is “Terrible.”</b> (The outside events are causing dread);	It is so bad that it absolutely should not and must not exist; state of intense fear; violent or destructive acts in order to intimidate;	Exaggerations are usually not factually. Need to call in a third party, FBI, Home Land Security; etc.
<b>It is “Awful”</b> (Misfortune becomes dreadful);	Misfortune is “totally bad,” as bad as it could be.	Realistically, things could always be worse.

**How will conditional thinking interfere with your ability to expand your uniqueness?**

When you call yourself “stupid” or call another person “stupid,” you may believe that you are like all “stupid” people. So, labelling yourself stupid assumes that you were stupid in the past, you’re stupid now, and you will be stupid in the future. You experience an overgeneralization when you call yourself stupid. This distortion is when you make a vague or indefinite statement about yourself that happens in all your life situations, so you don’t sense your uniqueness. Still, you believe you always act or feel the same in all situations. Therefore, when you make a mistake, you think and act like all those “stupid people.” When you label yourself as being “stupid,” you believe you always act unreasonably. You will always behave in an unintelligent or careless manner, and you are always working brutish and torpid.

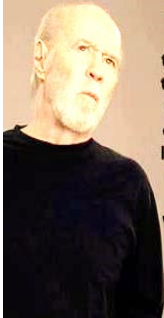



When You are in Survival Mode, you are not ready to Expand Your Uniqueness:			
	Impatient	Disorganized	Immature
Emotional Control	Your feelings influence your actions too much	You have moods of self-pity and you give up easily;	When something is bothering you, you <i>have to</i> blow off steam
Doing the Right Thing	You do what you want and pay no attention to rules and regulations;	If a job gets too hard for you, you’d rather say so and let somebody else do it.	Doing the right thing is not important to you
Thinking and Actions	You often jump into things too fast, and you seem to rush from one thing to another	You become tense and excitable, unable to think clearly;	You don’t rely on logic or objective reasoning to make decisions

Knowing when to restrict or expand your uniqueness, you want to invest time and energy to learn about yourself.				
	Self-Control	Self-Knowledge	Self-Development	Excel
Personal-Control	You want to control impulse and mental processes	So, you can grow up normally, and have peace of mind;	Develop your skills so you never damage your self-respect;	Never to damage your self-respect; you want to be seen as a patient person,
Emotional Control	you want to control your unruly emotions that get you in trouble.	You want to know more about ourselves; you want to correct your bad habits	Interests that enrich your self-development	To be responsible, and to be organized
Control Environment	Never go insane	Know more about science, arts, or literature	Have an interest in business	To maintain a good social reputation, you are socially careful.
Maintaining the social acceptability of your sense of self	Shame versus Regret	To feel secure and excel in you line of work; to be in charge at work	You want to have a good social reputation	To have a successful relationship (marriage)

Knowing when to restrict or expand your uniqueness, you want to invest time and energy to learn about your society & culture.				
	Control-Correct Behavior	Control Over Your Life	Concerns	Benevolent -Humble
Social-Self	You want to maintain good self-control	you believe having self-control in your life is important.	you want to avoid temptations	Never to be selfish in my acts, you don't others to see you as being selfish.
Moral-Self	You want to correct your bad habits	you want to control your vices, such as drinking, drugging, gambling, i.e., vices	To avoid perverted or sinful expression of sex needs; you want to avoid errant -sinful behaviours	To satisfy a sense of duty (work, church, parents, etc.)
Meeting Life's Demands	Persistent Plan ahead,	Do what is best for others; getting along with others	You are concerned about moral standards,	You want to be respectful to your parents; good manners are important,
	Guilt versus Remorse			

<b>Benevolence:</b> a disposition to do good and to act with kindness				
	<b>Goodwill-Concern:</b> involves a kindly feeling of approval and support;	<b>Mercy:</b> implies compassion that forbears punishing even when justice demands it	<b>Grace:</b> implies a benign attitude and a willingness to grant favors or make concessions	
<i>Forbearance –</i>	<b>Generosity</b>	<b>Patience</b>	<b>Sympathy &amp; Kindness</b>	
	Characterized by a noble or forbearing spirit; kindly;	Bearing pains or trials calmly or without complaint;	Sympathetic or helpful nature; of a forbearing nature;	
Action taken toward another	<b>Supportive:</b>	<b>Understanding:</b>	<b>Empathy:</b>	
	Being there when someone needs you emotionally;	Having attained a firm mental grasp of something; appreciative	Being sensitive to the feelings, thoughts,	
Conscious Effort	<b>Fortitude</b>	<b>Clemency</b>	<b>Compassion</b>	
	Implying a strength of mind that enables a person to encounter danger or bear pain or adversity with courage;	Implying a mild or merciful disposition in one having the power or duty of punishing	Implying a sympathetic consciousness of others' distress together with a desire to alleviate it	
<b>Forgiveness,</b>	<b>Conditional Forgiveness:</b> maintaining boundaries and limits	Granting relief without conditions, but no further forgiveness is implied	<b>Unconditional Forgiveness:</b> letting go of resentment; (forgiving: allowing room for error or weakness)	

Table 6: Anger and Four Tensions

<p><input checked="" type="checkbox"/> <b>Social Tension</b></p>  <p>"We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much. We have multiplied our possessions but reduced our values. We talk too much, love too seldom, and hate too often. We've learned how to make a living but not a life. We've added years to life, not life to years." - George Carlin 1937 - 2008</p>	<p><b>Easily Frustrated</b></p> <p>{ } You get <b>angry</b> too quickly</p> <p>{ } You are too impatient</p> <p>{ } You get in bad mood too easy, { } You often feel moody</p>	<p><b>Easily Emotionally Hurt</b></p> <p>{ } You feel misunderstood { } You feel emotionally <b>hurt</b></p> <p>{ } You feel that you can't count on others</p> <p>{ } You feel ignored by others</p>	<p><b>Difficult Making Decisions</b></p> <p>{ } You see yourself as being disorganized</p> <p>{ } You have difficulty making decisions</p> <p>{ } You put things out of order</p>
<p><input checked="" type="checkbox"/> <b>Projected Tension</b></p> 	<p><b>Intolerant</b></p> <p>{ } You often feel <b>angry</b> at others</p> <p>{ } You are intolerant of people because of their size, IQ, race, their religion, etc.</p> <p>{ } You often disagree with others</p>	<p><b>Irritable</b></p> <p>{ } You get irritated at others too easily</p> <p>{ } You are easily annoyed, { } You are distrustful { } You use negative mind reading</p> <p>{ } You believe people show off too much</p>	<p><b>Mistrustful</b></p> <p>{ } You are suspicious and mistrustful</p> <p>{ } You don't like to talk about yourself</p> <p>{ } You don't like to talk with people</p>
<p><input checked="" type="checkbox"/> <b>Physical-Nervous Tension</b></p> 	<p><b>Irritable</b></p> <p>{ } You believe you can't control your emotional reactions</p> <p>{ } Insignificant things upset you too much</p> <p>{ } You have a short-temper (and that's a bad thing)</p>	<p><b>Edgy</b></p> <p>{ } You are easily upset, { } You feel tense, irritable</p> <p>{ } You are over sensitive { } You are easily <b>hurt</b> emotionally,</p> <p>{ } You are on edge { } You feel too nervous too often</p>	<p><b>Restless:</b></p> <p>{ } You feel restless { } You feel tired too much</p> <p>{ } You feel physical tension, { } You are unable to relax</p> <p>{ } You feel fatigued, { } You feel worn out, but you can't get a good rest.</p>
<p><input checked="" type="checkbox"/> <b>Disapproval Tension</b></p>  <p>"I can't believe I did that." "I'm such an idiot."</p>	<p><b>Emotional</b></p> <p>{ } You are fussy { } You are apprehensive (viewing the future with tension or alarm)</p> <p>{ } You often feel sorry for yourself (excessive self-pity)</p> <p>{ } You believe you can't do anything worthwhile</p>	<p><b>Feeling Down</b></p> <p>{ } You feel down, and dejected, cast down in spirits; { } You feel down and bummed out</p> <p>{ } Criticism <b>hurts</b> you too much</p> <p>{ } You don't get along with others</p>	<p><b>Low Self-Esteem: Inadequate</b></p> <p>{ } You feel inadequate, { } You feel unsure of yourself</p> <p>{ } Small failures upset you too much</p> <p>{ } You feel lonely, { } You feel worthless</p>



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## The ABC Model in discovering meaningfulness and developing your resiliency skills.

**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 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 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...

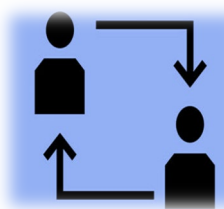
- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, etc. that are more helpful and which will provide you with the means strengthen wanted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

increases 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 your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience your higher values and
- Discover meaningfulness of the moment.









Cheat Sheet #1:			
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>3. (C) Consequences of Adversity</b></p> 	<p><b>. 4 Feelings:</b></p> <ul style="list-style-type: none"> <li>{ } angry, excessively irritation, rage,</li> <li>{ } antagonism,</li> <li>{ } excessively annoyed</li> <li>{ } frequently mad</li> </ul>	<p><b>. 5 Behavior:</b></p> <ul style="list-style-type: none"> <li>{ } You attack others physically,</li> <li>{ } You attack others verbally,</li> <li>{ } You attack others passive-aggressively,</li> <li>{ } You displace the attack onto another person, animal or object,</li> <li>{ } You withdraw aggressively, and you recruit allies against the other person.</li> </ul>	<p><b>6 Thinking:</b></p> <ul style="list-style-type: none"> <li>{ } Your self-esteem has been threatened,</li> <li>{ } You experiencing constant frustration,</li> <li>{ } You break the rules and misbehave.</li> </ul>
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li>o I overestimate the extent to which the other person acted deliberately.</li> <li>o I see malicious intent in the motives of others.</li> <li>o I see myself as definitely right; and</li> <li>o I see the other person as being definitely wrong.</li> <li>o I am unable to see the other person’s point of view</li> <li>o I am plotting to seek to revenge</li> </ul>		 <p><b>10.(D) Discover a New Way of Feeling, such as mild Annoyance, mild Aggravated, non-rigid anger or feeling determined</b></p> <ul style="list-style-type: none"> <li>o You do not overestimate the extent to which the other person acted deliberately</li> <li>o You do not see malicious intent in the motives of others</li> <li>o You do not see yourself as definitely right; or the other person is <i>definitely</i> wrong</li> <li>o You are able to see the other person’s point of view</li> <li>o You do not plot to exact revenge</li> </ul>
	<p><b>8 (D) Discovering Meaningfulness in</b>  <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><b>. 11 (D) Discovering Meaningfulness:</b>  <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><b>9 (C) Restriction of Uniqueness:</b>  <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><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness: { }</b></p>

Adapted from the work of Windy Dryden

Getting Along with Others > Excessive Anger and Fighting








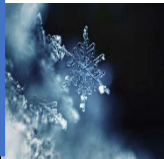





Worksheet: #1 – Feeling Rigid Anger – you get angry every time a specific situation arises					
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>				
<p><b>3 (D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b></p> <ul style="list-style-type: none"> <li>{ } mildly annoyed</li> <li>{ } mildly annoyed,</li> <li>{ } mild frustration because someone is interfering with your goals.</li> </ul>	<p><b>5 Behaving: What would you rather do?</b></p> <ul style="list-style-type: none"> <li>{ } You do not plot to exact revenge</li> <li>{ } You express how you see the other person’s point of view.</li> <li>{ } You don’t have to show that you are right; or the other person is definitely wrong.</li> </ul>	<p><b>6 Thinking: How would you rather think?</b></p> <ul style="list-style-type: none"> <li>{ } You do not overestimate the extent to which the other person acted deliberately</li> <li>{ } You do not see malicious intent in the motives of others</li> </ul>		
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b>		<b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b>			
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 <p><b>8 (D) Discovering Meaningfulness in</b></p>	 <p><b>. 11 (D) Discovering Meaningfulness:</b></p>				
 <p><b>9 (C) Restriction of Uniqueness:</b></p>	 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>				
 <p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>					
 <p><b>15 (E) Exercise: List three ways you can be more responsive and reflective in annoying situations?</b></p>					
 <p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>					
	<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>

Excessive Anger and Fighting with Others: Cheat Sheet, Index 4 Intolerance & Anger

<p><b>Cheat Sheet: 2</b> I overestimate the extent to which the other person acted deliberately. Dryden's Concept of Anger</p>			
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>3. (C) Consequences of Adversity</b></p> 	<p><b>. 4 Feelings:</b></p> <ul style="list-style-type: none"> <li>{ } angry, excessively irritation, rage,</li> <li>{ } antagonism,</li> <li>{ } excessively annoyed</li> <li>{ } frequently mad</li> </ul>	<p><b>. 5 Behavior:</b></p> <ul style="list-style-type: none"> <li>{ } You attack others physically,</li> <li>{ } You attack others verbally,</li> <li>{ } You attack others passive-aggressively,</li> <li>{ } You displace the attack onto another person, animal or object,</li> <li>{ } You withdraw aggressively, and you recruit allies against the other person.</li> </ul>	<p><b>6 Thinking:</b></p> <ul style="list-style-type: none"> <li>{ } Your self-esteem has been threatened,</li> <li>{ } You experiencing constant frustration,</li> <li>{ } You break the rules and misbehave.</li> </ul>
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li>o I overestimate the extent to which the other person acted deliberately.</li> <li>o I see malicious intent in the motives of others.</li> <li>o I see myself as definitely right; and</li> <li>o I see the other person as being definitely wrong.</li> <li>o I am unable to see the other person's point of view</li> <li>o I am plotting to seek to revenge</li> </ul>		 <p><b>10.(D) Discover a New Way of Feeling, such as mild Annoyance, mild Aggravated, non-rigid anger or feeling determined</b></p> <ul style="list-style-type: none"> <li>o You do not overestimate the extent to which the other person acted deliberately</li> <li>o You do not see malicious intent in the motives of others</li> <li>o You do not see yourself as definitely right; or the other person is <i>definitely</i> wrong</li> <li>o You are able to see the other person's point of view</li> <li>o You do not plot to exact revenge</li> </ul>
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	<p><b>9 (C) Restriction of Uniqueness:</b>  <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><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } Discovering meaningfulness and doing your best takes frustration tolerance, patience, and hard work. You will find creative ways to solve difficult problems and to make important decisions.</li> </ul>








Adapted from the work of Windy Dryden

Getting Along with Others > Excessive Anger and Fighting








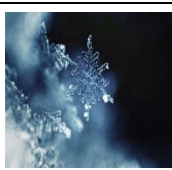




<b>Worksheet: #2 – Feeling Rigid Anger – you get angry every time a specific situation arises</b>					
	<p><b>3. (A) Adversity:</b></p> <p><b>4. Stresses:</b></p>				
<p><b>3 (D) Discover</b></p>  <p><b>New Ways of</b></p>	<p><b>4 Feelings: How would you rather feel?</b></p> <ul style="list-style-type: none"> <li>{ } mildly annoyed</li> <li>{ } mildly annoyed,</li> <li>{ } mild frustration because someone is interfering with your goals.</li> </ul>	<p><b>5 Behaving: What would you rather do?</b></p> <ul style="list-style-type: none"> <li>{ } You do not plot to exact revenge</li> <li>{ } You express how you see the other person’s point of view.</li> <li>{ } You don’t have to show that you are right; or the other person is definitely wrong.</li> </ul>	<p><b>6 Thinking: How would you rather think?</b></p> <ul style="list-style-type: none"> <li>{ } You do not overestimate the extent to which the other person acted deliberately</li> <li>{ } You do not see malicious intent in the motives of others</li> </ul>		
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b>		<b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b>			
	<p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li>o I overestimate the extent to which the other person acted deliberately.</li> <li>o I see malicious intent in the motives of others.</li> <li>o I see myself as definitely right; and</li> <li>o I see the other person as being definitely wrong.</li> <li>o I am unable to see the other person’s point of view</li> <li>o I am plotting to seek to revenge</li> </ul>			<p><b>10.(D) Discover a New Way Thinking</b></p>	
	<b>8 (D) Discovering Meaningfulness in</b>			<b>. 11 (D) Discovering Meaningfulness:</b>	
	<b>9 (C) Restriction of Uniqueness:</b>			<b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b>	
	<b>13 (F) Follow Up: What was the purpose of this exercise?</b>				
	<b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b>				
	<b>15 (E) Exercise: List three ways you can be more responsive and reflective in annoying situations?</b>				
	<b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b>				
	<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
	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: # 3 - I can't stand it when people are in a bad mood index # 4 intolerance













	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>3. (C) Consequences of Adversity</b></p> 	<p><b>. 4 Feelings:</b></p> <p>{ } angry, excessively mad, irritation, rage, antagonism, excessively annoyed frequently</p>	<p><b>. 5 Behavior:</b></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, { } withdraw aggressively, and you recruit allies against the other person.</p> <p>{ } break the rules and misbehave.</p>	<p><b>6. Thinking:</b></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>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
 <p><b>. 7 (B): Basic Attitude</b> – related to Anger and Intolerance:</p> <ul style="list-style-type: none"> <li>o People should always treat me fairly.</li> <li>o I can't stand it when people don't act unfairly or stupidly.</li> <li>o They must never be in a bad mood.</li> <li>o They are worthless when they make mistakes or causes me more frustration.</li> </ul>	<p><b>10.(D) Discover a New Way Thinking</b> You recognize that Reasonableness and being Rational is a higher value:</p> <ul style="list-style-type: none"> <li>o (Your Name) you can have flexible beliefs when dealing with another person.</li> <li>o You can tolerate people who are from different cultures, opinions, sexual orientation, or have different religious ideas.</li> <li>o You can tolerate frustration because it doesn't last forever, and</li> <li>o You may learn something new about yourself or learn a new skill by tolerating failure.</li> </ul>		
 <p><b>8 (D) Discovering Meaningfulness in Intolerance:</b></p> <ul style="list-style-type: none"> <li>o Fairness is important in expanding my opportunities and possibilities.</li> <li>o We all need a fair chance to develop our skills and compete our sense of uniqueness.</li> <li>o 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.</li> <li>o Intolerance in certain situation is important.</li> <li>o For example, I am <i>intolerant</i> of children being abuse or staving in one of the richest countries in the world.</li> </ul>	 <p><b>. 11 (D) Discovering Meaningfulness:</b></p> <ul style="list-style-type: none"> <li>o Your expression of love can be uniquely your own invention, while still being reasonable, relational, and rational.</li> <li>o You can discover meaningfulness when you realize that you can never be replaced.</li> <li>o Being logical and sensible doesn't make you a conformist, but helps you to know when to expand or restrict your uniqueness.</li> <li>o You can understand that each moment is unrepeatable, even if you use your critical thinking skills.</li> </ul>		
 <p><b>9 (C) Restriction of Uniqueness:</b></p> <ul style="list-style-type: none"> <li>o When you are intolerant of individual difference, you may use negative and extreme evaluation to judge that person.</li> <li>o 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).</li> <li>o Problems arise when you make the same mistake as that person has made and</li> <li>o You then put yourself down and place yourself into the negative category of people.</li> </ul>	 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</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.</p> <p>{ } You don't have to give up your standards to accept people unconditionally, and</p> <p>{ } You can expand your uniqueness by being responsible and wanting others to be responsible.</p>		

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








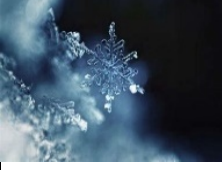
Worksheet: #3					
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>				
<p><b>3 (D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b></p> <p><i>{ } mildly frustrated</i> <i>{ } impatient and some tension or stress is experienced.</i></p>	<p><b>5 Behaving: What would you rather do?</b></p> <p><i>{ } You know you can learn something new about yourself when you are dealing with stress.</i> <i>{ } You know that learning new skills will be difficulty and frustrating, but you can tolerate such frustrations.</i></p>	<p><b>6 Thinking: How would you rather think?</b></p> <p><i>{ } You value be reasonable, logical, and practical.</i> <i>{ } You want to be tolerant of individual and cultural differences.</i> <i>{ } You know you can have flexible beliefs when dealing with another person.</i> <i>{ } You know you can tolerate frustration because this frustration will not last forever</i></p>		
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b>			<b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b>		
 <p><b>7 (B): Basic Attitude</b> – related to Anger and Intolerance:</p> <ul style="list-style-type: none"> <li>○ People should always treat me fairly.</li> <li>○ I can't stand it when people don't act unfairly or stupidly.</li> <li>○ They must never be in a bad mood.</li> <li>○ They are worthless when they make mistakes or causes me more frustration.</li> </ul>				 <p><b>10.(D) Discover a New Way Thinking</b></p>	
 <p><b>8 (D) Discovering Meaningfulness in</b></p>				 <p><b>. 11 (D) Discovering Meaningfulness:</b></p>	
 <p><b>9 (C) Restriction of Uniqueness:</b></p>				 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>	
 <p><b>13 (F) Follow Up:</b> What was the purpose of this exercise?</p> <p><b>14 (F) Follow UP:</b> Talk about or write about how this exercise was meaningful and relevant to you?</p>					
 <p><b>15 (E) Exercise:</b> List three ways you can be more tolerant?</p>					
 <p><b>16 (G) Goal:</b> What goal did you expect to reach by doing this exercise?</p>					
	<b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b>				
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful















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

<b>Worksheet: #4</b>					
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>				
<p><b>3 (D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b></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><b>5 Behaving: What would you rather do?</b></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><b>6 Thinking: How would you rather think?</b></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>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>			
	<p><b>7 (B): Basic Attitude –</b></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><b>10.(D) Discover a New Way Thinking</b></p>		
	<p><b>8 (D) Discovering Meaningfulness in</b></p>			<p><b>. 11 (D) Discovering Meaningfulness:</b></p>	
	<p><b>9 (C) Restriction of Uniqueness:</b></p>			<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>	
	<p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>				
	<p><b>15 (E) Exercise: List three ways you can be a reflective thinker?</b></p>				
	<p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>				
	<p><b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b></p>				
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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

<b>Cheat Sheet: #5</b>			
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>3 (C) Consequences of Adversity</b></p> 	<p><b>Feelings:</b></p> <ul style="list-style-type: none"> <li>{ } Anger</li> <li>{ } Intolerant to stressful and difficulty situations, i.e., get upset,</li> </ul>	<p><b>Behaving:</b></p> <ul style="list-style-type: none"> <li>{ } You disregard another person's wishes</li> <li>{ } You do not care about others, and you value only the things I want to do.</li> <li>{ } You have a hard time adhering to structure in which you don't like routine, rules, and roles assigned to you.</li> </ul>	<p><b>Thinking:</b></p> <ul style="list-style-type: none"> <li>{ } You can do anything you want – when you want to do it!</li> <li>{ } You have to get your way because you should be able to do anything you want.</li> <li>{ } You can't stand having to follow rules.</li> </ul>
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>. 7 (B): Basic Attitude – Extreme Evaluation:</b></p> <ul style="list-style-type: none"> <li>o I can do anything I want – when I want!</li> <li>o I have to get my way because I should be able to do anything I want.</li> <li>o I can't stand having to follow rules.</li> <li>o I am concerned exclusively with myself (Index #2).</li> </ul>		
			<p><b>10.(D) Discover a New Way Thinking Reliability:</b></p> <ul style="list-style-type: none"> <li>o You can be reliable (dependable) when (Your Name) is dealing with another person.</li> <li>o You can be seen as a person who tells the truth in a (sincere), (authentic), (genuine) way without hurting others.</li> <li>o You are capable of seeing the value of rules.</li> <li>o You can you're your promises and agreements and repair broken promises and re-negotiate new agreements.</li> <li>o You can be reliable, and you can tell the truth.</li> </ul>
<p><b>8 (D) Discovering Meaningfulness in Selfishness</b></p> <ul style="list-style-type: none"> <li>o There are times when we need to think about your needs, fears, and concerns.</li> <li>o Getting your way is important because it will help us to reach our long-term goals.</li> <li>o We can discover meaningfulness and allow others to have different interests and needs than our own.</li> </ul>			<p><b>. 11 (D) Discovering Meaningfulness:</b></p> <ul style="list-style-type: none"> <li>o You can discover meaningfulness and enjoy your uniqueness while having others being dependent on you.</li> <li>o You can learn new skills and be a dependable person.</li> <li>o You can follow the rules without losing your sense of remarkability.</li> <li>o You will not lose your sight of irreplaceability if other people rely on you to complete tasks on time.</li> <li>o You can recognize each moment is unrepeatable without other people being excessively concerned about you.</li> </ul>
	<p><b>9 (C) Restriction of Uniqueness:</b></p> <ul style="list-style-type: none"> <li>o All selfish people are the same.</li> <li>o They are only concerned about themselves; they seek their own advantage, pleasure, or well-being without regard for others. (Categorical Reasoning)</li> </ul>		
		<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <ul style="list-style-type: none"> <li>o You can stay out of trouble, and</li> <li>o You can be successful by knowing when to expand your uniqueness and knowing how to restrict your originality.</li> <li>o When people trust you, you can do more activities and have more opportunities to develop your potential and</li> <li>o Expand your uniqueness.</li> <li>o You know when not to expand your uniqueness (constructively restricting your uniqueness).</li> </ul>	








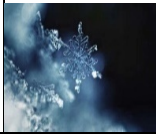




Anger and Selfishness: I have to get my way because I should be able to do anything I want.

Worksheet: # 5					
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>				
<p><b>3 (D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b> {} You can readily show regret and experience remorse.</p>	<p><b>5 Behaving: What would you rather do?</b> {} 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><b>6 Thinking: How would you rather think?</b> {} 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>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>			
 <p><b>. 7 (B): Basic Attitude –</b> {} 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><b>10.(D) Discover a New Way Thinking</b></p>				
 <p><b>8 (D) Discovering Meaningfulness in</b></p>	 <p><b>. 11 (D) Discovering Meaningfulness:</b></p>				
 <p><b>9 (C) Restriction of Uniqueness:</b></p>	 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>				
 <p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>					
 <p><b>15 (E) Exercise: List three ways you can be more reliable and trustworthy?</b></p>					
 <p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>					
	<p><b>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</b></p>				
	<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	<b>Not Helpful</b>	<b>A Little Helpful</b>	<b>Somewhat Helpful</b>	<b>Helpful</b>	<b>Very Helpful</b>









Anger: I only have to be concerned about myself. Cheat Sheet

<b>Cheat Sheet: #6 – being responsive to others is greater than being selfish</b>			
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>(3 C) Consequences of Adversity</b></p> 	<p><b>4 Feelings:</b></p> <ul style="list-style-type: none"> <li>{ } Can lead to feelings of anger</li> <li>{ } You only have to be concerned about yourself.</li> <li>{ } You don't have to be concerned about others.</li> </ul>	<p><b>5 Behaving:</b></p> <ul style="list-style-type: none"> <li>{ } You have difficulty dealing with people you disagree with</li> <li>{ } You act overly self-sufficient in that you have an extreme confidence in your ability or worth,</li> </ul>	<p><b>6 Thinking:</b></p> <ul style="list-style-type: none"> <li>{ } <i>You devalue being concerned about others, and</i></li> <li>{ } <i>You only value your opinion over the thoughts, feelings, concerns, and wants of another person.</i></li> </ul>
<b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b>		<b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b>	
 <p><b>. 7 (B): Basic Attitude – Self-Centeredness Attitudes:</b></p> <ul style="list-style-type: none"> <li>o I only have to be concerned about myself.</li> <li>o I don't have to be concerned about others.</li> <li>o I have to be independent of outside forces or influences.</li> <li>o I have to be self-sufficient. (index #1)</li> </ul>	 <p><b>10.(D) Discover a New Way Thinking Responsiveness:</b></p> <ul style="list-style-type: none"> <li>{ } You know it is essential to do your best.</li> <li>{ } You know it is important to care about someone or something.</li> <li>{ } (Your Name) you can be honest and respectful to others without being submissive or passive.</li> <li>{ } You can be alert to the concerns and needs of others.</li> <li>{ } You can be fair and just with others even when you make a mistake. { } You can make others feel safe and secure.</li> <li>{ } You can be sensitive to the feelings of others.</li> <li>{ } You can act honestly and respectfully (appreciation, gratitude, and thankfulness). { } You can do activities that protect the environment.</li> </ul>		
 <p><b>8 (D) Discovering Meaningfulness in</b></p> <ul style="list-style-type: none"> <li>o In times of stress or trauma, we need to focus on how we are feeling and what we are thinking.</li> <li>o Stressful situations may demand maintaining boundaries, and</li> <li>o I need to think about myself and my immediate needs.</li> </ul>	 <p><b>. 11 (D) Discovering Meaningfulness:</b></p> <ul style="list-style-type: none"> <li>o You can discover meaningfulness without thinking that you are more important than others.</li> <li>o When you discover meaningfulness, you know you are irreplaceable; another person's good ideas or effort cannot replace or overshadow your contributions.</li> <li>o You can recognize each moment is meaningful and unrepeatable without disrespecting another person's attempt to help you.</li> </ul>		
 <p><b>. 9 (C) Restriction of Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } I am like all those other people who are self-centered – only concerned about themselves.</li> <li>{ } I am unresponsive.</li> <li>{ } I only care about myself, I'm just like all those other egotistic creeps.</li> </ul>	 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } When you do your best, there is a greater probability that you will expand your uniqueness because you are thinking about others and their uniqueness.</li> <li>{ } Expanding another person's uniqueness also increases the probability of expanding your own sense of uniqueness.</li> </ul>		

Anger: I only have to be concerned about myself.








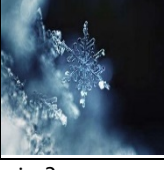




Worksheet: # 6 – being responsive versus being self-centered															
		<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>													
<p><b>3 (D) Discovering New Ways Responsiveness:</b></p> 		<p><b>4 Feelings:</b></p> <p>{ } Sympathy: You respond sympathetically; arising from sympathy, 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><b>5 Behavior:</b></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><b>6 Thinking:</b></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>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b></p>			<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>												
 <p><b>. 7 (B): Basic Attitude –</b></p> <p>{ } I can do anything I want – when I want!</p> <p>{ } I have to get my way because I should be able to do anything I want.</p> <p>{ } I can't stand having to follow rules.</p> <p>{ } I am concerned exclusively with myself</p> <p>(Index #2).</p>			 <p><b>10.(D) Discover a New Way Thinking</b></p>												
 <p><b>8 (D) Discovering Meaningfulness in</b></p>			 <p><b>. 11 (D) Discovering Meaningfulness:</b></p>												
 <p><b>9 (C) Restriction of Uniqueness:</b></p>			 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p>												
 <p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>															
 <p><b>15 (E) Exercise: List three ways you can be more responsive to others?</b></p>															
 <p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>															
		<p><b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p> <table border="1"> <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
0	1	2	3	4											
Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful											

# Jealousy

Cheat Sheet #7 Jealousy			
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>		
<p><b>3. (C) Consequences of Adversity</b></p> 	<p><b>. 4 Feelings: You</b></p> <ul style="list-style-type: none"> <li>{ } jealous</li> <li>{ } anxious</li> <li>{ } desirous</li> <li>{ } <b>green-eyed</b></li> <li>{ } worried about what you will lose.</li> <li>{ } apprehensive about what you will miss.</li> <li>{ } nervous about not having someone that is important to you now.</li> <li>{ } You feel frightened that someone will take something away.</li> <li>{ } feel unloved</li> </ul>	<p><b>. 5 Behavior: You...</b></p> <ul style="list-style-type: none"> <li>{ } Seek reassurance that you are loves.</li> <li>{ } Monitor the actions and feeling of your partner</li> <li>{ } Search for evidence that your partner is involved with someone else</li> <li>{ } Attempt to restrict the movements or activities of your partner</li> <li>{ } Set tests which partner has to pass</li> <li>{ } Retaliate for your partner's presumed infidelity</li> <li>{ } Sulk</li> </ul>	<p><b>6 Thinking: I</b></p> <ul style="list-style-type: none"> <li>{ } Think the loss of your relationship is imminent.</li> <li>{ } Misconstrue your partner's ordinary conversations as having romantic or sexual connotations.</li> <li>{ } Construct visual images of partner's infidelity.</li> <li>{ } Tend to see threats to my relationships when none exists</li> <li>{ } If my partner admits to finding another attractive, and believes that the other is seen is more attractive than me. { } I feel anxious that my partner will leave me for the other person.</li> </ul>
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li>{ } I'm worthless if I lose this meaningful relationship.</li> <li>{ } I believe my self-defeating jealousy will help me to be vigilant when there is a clear threat to my relationship.</li> </ul> <p>{ } I doubt the other person loves me.          { } I am distrustful of him or her.          { } I have no trust or confidence in the other person.</p>		 <p><b>10.(D) Discover a New Way Thinking,</b></p> <ul style="list-style-type: none"> <li>{ } You want to be in a loving relationship, but you are not worthless if you are not in such a relationship.</li> <li>{ } You know your feelings of jealousy is a feeling and just a feeling. It cannot make another person think differently. { } Doubt is not the same as despair or desperation. { } You can show concern about your relationship and instill confidence in each other, which is more productive than morbid jealousy.</li> </ul>
	<p><b>8 (D) Discovering Meaningfulness in</b></p> <p><i>{ } Morbid jealousy is meaningful because my emotional brain is telling me that I need to focus more energy on my relationships.</i></p>		 <p><b>. 11 (D) Discovering Meaningfulness:</b></p> <p><i>{ } Showing concern for your love relationships helps you to see what is important in your life, and see the uniqueness in the other person.</i></p>
	<p><b>9 (C) Restriction of Uniqueness:</b></p> <p><i>{ } If I see loved one's as an object, then 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.</i></p>		 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } Basing your worthwhileness, confidence, and ability to trust another person is risky.</li> <li>{ } Responsiveness and instilling confidence in each other can expand your uniqueness more than all the self-downing and hurtful remarks you can invent.</li> </ul>









Adapted from the work of Windy Dryden

# Jealousy

Worksheet: #7- Jealousy				
	<p><b>5. (A) Adversity:</b></p> <p><b>6. Stresses:</b></p>			
<p><b>3 (D) Discover New</b></p>  <p><b>Ways of</b></p>	<p><b>4 Feelings: How would you rather feel?</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> concerned for relationship</li> <li><input type="checkbox"/> confident</li> <li><input type="checkbox"/> reassured</li> <li><input type="checkbox"/> loved</li> </ul>	<p><b>5 Behaving: What would you rather do? You can</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> allow your partner to express love without seeking reassurance.</li> <li><input type="checkbox"/> allow your partner freedom without monitoring his or her feeling, actions, and whereabouts,</li> <li><input type="checkbox"/> allow him or her to show natural interest in members of the opposite/same sex without setting tests.</li> </ul>	<p><b>6 Thinking: How would you rather think? You</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> tend not to see threats to your relationship when none exists,</li> <li><input type="checkbox"/> do not think that the loss of your relationship is imminent,</li> <li><input type="checkbox"/> do not misconstrue ordinary conversations between your partner and other men and women,</li> <li><input type="checkbox"/> do not construct visual images of partner's infidelity</li> <li><input type="checkbox"/> accept that your partner will find others attractive but you do not see this as a threat.</li> </ul>	
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b></p>			<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
 <p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> I'm worthless if I lose this meaningful relationship.</li> <li><input type="checkbox"/> I believe my self-defeating jealousy will help me to be vigilant when there is a clear threat to my relationship.</li> </ul> <p><input type="checkbox"/> I doubt the other person loves me.</p> <p><input type="checkbox"/> I am distrustful of him or her.</p> <p><input type="checkbox"/> I have no trust or confidence in the other person.</p>	<p><b>10.(D) Discover a New Way Thinking</b></p> 			
 <p><b>8 (D) Discovering Meaningfulness in</b></p>	<p><b>. 11 (D) Discovering Meaningfulness:</b></p> 			
 <p><b>9 (C) Restriction of Uniqueness:</b></p>	<p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> 			
 <p><b>13 (F) Follow Up: What was the purpose of this exercise?</b></p> <p><b>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</b></p>				
 <p><b>15 (E) Exercise: List three ways you can be more responsive and reflective in annoying situations?</b></p>				
 <p><b>16 (G) Goal: What goal did you expect to reach by doing this exercise?</b></p>				
	<p><b>Rate</b> from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>			
	<p><b>0</b></p> <p><b>Not Helpful</b></p>	<p><b>1</b></p> <p><b>A Little Helpful</b></p>	<p><b>2</b></p> <p><b>Somewhat Helpful</b></p>	<p><b>3</b></p> <p><b>Helpful</b></p>















Envy

Cheat Sheet #8 Envy			
	<p><b>3. (A) Adversity:</b></p> <p><b>4. Stresses:</b></p>		
<p><b>3. (C) Consequences of Adversity</b></p> 	<p><b>. 4 You Feel:</b></p> <ul style="list-style-type: none"> <li>{ } envious,</li> <li>{ } resentful,</li> <li>{ } covetous</li> <li>{ } spiteful</li> <li>{ } <b>green</b></li> </ul>	<p><b>. 5 Behavior: You...</b></p> <ul style="list-style-type: none"> <li>{ } stealing, { } putting others down,</li> <li>{ } gossiping and hurting others</li> <li>{ } Disparage verbally the person who has the desired possession.</li> <li>{ } Disparage verbally the desired possession.</li> <li>{ } Take away the desired possession from the other person so that you will have it or the other person is deprived of it.</li> <li>{ } Spoil or destroy the desired possession so that the other person does not have it.</li> </ul>	<p><b>6 Thinking: You</b></p> <ul style="list-style-type: none"> <li>{ } Denigrate the value of the desired possession.</li> <li>{ } Try to convince yourself that you are happy with your possessions, although you are not.</li> <li>{ } Think about how to acquire the desired possession regardless of its usefulness.</li> <li>{ } Think about how to deprive the other person of the desired possession.</li> </ul>
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Make Love Possible Each Day</b></p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>	
	<p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li>o I have to have what another person has to feel good about myself.</li> <li>o unhealthy envy will motivate you to get what you covet</li> <li>o I believe that I am a total failure for not achieving an important goal</li> <li>o I start feeling guilty because greed and envy is a sin.</li> <li>o I fear being criticized by others because I appear selfish.</li> <li>o I may even put myself down because I think it is ridiculous to want what other people have.</li> <li>o I believe that I am not being accepted, approved, appreciated, or loved by important people because I am being greedy and envious.</li> </ul>		 <p><b>10.(D) Discover a New Way of Thinking,</b></p> <ul style="list-style-type: none"> <li>{ } Another person’s possessions and enjoyment of those possessions are often irrelevant to your happiness.</li> <li>{ } Your goodness or badness cannot be determined by what another person has.</li> <li>{ } You don’t like to be criticized or seen as selfish, but it is not awful or horrible that others see you as selfish or a monster with one green eye.</li> <li>{ } You can be accepted, loved even if others see you as greedy.</li> </ul>
	<p><b>8 (D) Discovering Meaningfulness in</b></p> <ul style="list-style-type: none"> <li>{ } Envy can be meaningful in the sense that you have not achieved your goals. You may want to decide to change your goals and develop a better plan.</li> </ul>		<p><b>. 11 (D) Discovering Meaningfulness:</b></p> <ul style="list-style-type: none"> <li>{ } Being honest to others that you have desires can be uplifting.</li> <li>{ } Discovering meaningfulness is spiritual rather than the world of materialism.</li> </ul>
	<p><b>9 (C) Restriction of Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } When you feel envy, you may tend to compare yourself with others. It is okay to compare, and it is okay that you want to belong, but comparing yourself to others will restrict your uniqueness.</li> </ul>		 <p><b>12. (D) Discover Constructive Ways to Expand Your Uniqueness:</b></p> <ul style="list-style-type: none"> <li>{ } Allowing others to enjoy their possessions and gifts will go farther than being greedy in expanding your uniqueness.</li> </ul>

Adapted from the work of Windy Dryden

Envy

<b>Worksheet: #8- Envy</b>														
	<p><b>1. (A) Adversity:</b></p> <p><b>2. Stresses:</b></p>													
<p><b>3 (D) Discover New Ways of</b></p> 	<p><b>4 Feelings: How would you rather feel?</b></p> <ul style="list-style-type: none"> <li>{} confident</li> <li>{} persistent-work tough</li> <li>{} joy</li> <li>{} friendship,</li> <li>{} companionship</li> <li>{} pride</li> <li>{} fulfilled</li> </ul>	<p><b>5 Behaving: What would you rather do?</b></p> <ul style="list-style-type: none"> <li>{} You honestly admit the desired possession.</li> <li>{} You do not try to convince yourself that you are happy with your possession when you are not.</li> <li>{} You think about how to obtain the desired possession because you desire it for rational reasons</li> <li>{} You can allow the person to have and enjoy the desired possession without denigrating the person or the possession</li> </ul>	<p><b>6 Thinking: How would you rather think?</b></p> <ul style="list-style-type: none"> <li>{} You can obtain the desired possessions if it is truly what you want.</li> </ul>											
<p><b>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with Getting Along with Others</b></p>  <p><b>. 7 (B): Basic Attitude –</b></p> <ul style="list-style-type: none"> <li>o I have to have what another person has to feel good about myself.</li> <li>o unhealthy envy will motivate you to get what you covet</li> <li>o I believe that I am a total failure for not achieving an important goal</li> <li>o I start feeling guilty because greed and envy is a sin.</li> <li>o I fear being criticized by others because I appear selfish.</li> <li>o I may even put myself down because I think it is ridiculous to want what other people have.</li> </ul> <p>I believe that I am not being accepted, approved, appreciated, or loved by important people because I am being greedy and envious.</p>		<p><b>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2<sup>nd</sup> Person</b></p>  <p><b>10.(D) Discover a New Way Thinking</b></p>												
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<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>										
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