

Emotions

In Make Life Meaningful, (MLM), I have presented several charts, tables, lists, etc. I want to put all these items in one place, so I do not have to go about hunting through numerous files and worksheets. I hope I find these charts exciting and means to expand my beautiful uniqueness.

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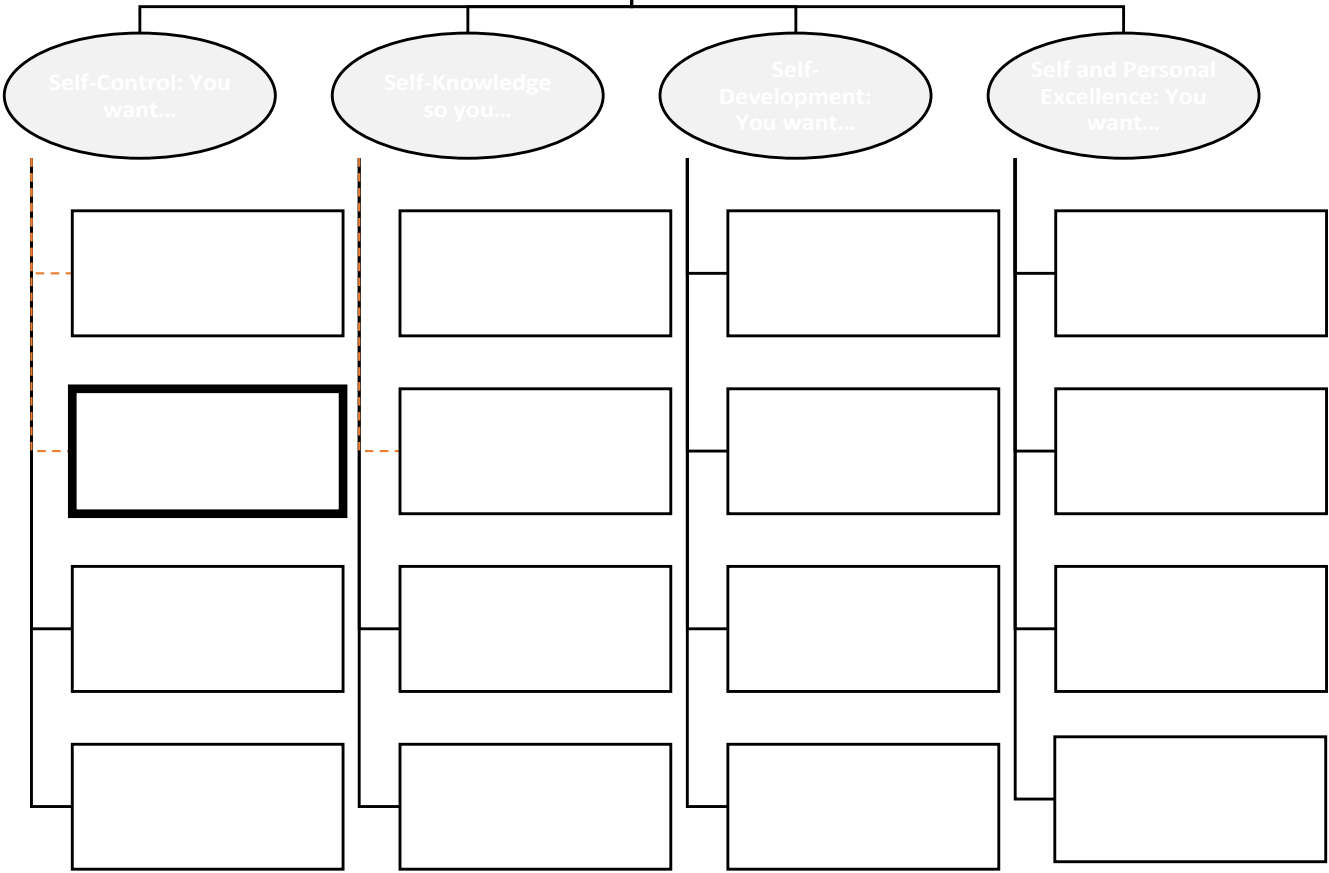
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ABC and D of Extreme Evaluation:

Emotive-Behavioral ABC Worksheet: Date	
1	(A) Adversity-
2	(Ac) Critical Aspects of A:
3	(Ba) Belief:
4	(B) Extreme Evaluations:
5	(C) Anthropological-Evolutionary Consequences of Belief:
6	(Ca) Consequences of Your Belief – Emotional: (Rate affective intensity 1-10)
7	(C) Meaningfulness of My Feelings:
8	C) Consequences of Your Belief - Behavioral Consequences: (victim, rescuer, persecutor: Switching Interpersonal Patterns)
9	
10	
11	
12	

Notes:

Purpose of ABC Worksheet

ABC and D of Extreme Evaluation:

Emotive-Behavioral ABC Worksheet: Date		
1	(A) Adversity: Adversity- Activating Event that result in undesired negative emotions and self-defeating behaviors: (1) Disappointment-Failures, losses, or undeserved burden, (2) Disapproval, disrespect, rejection, acts of betrayal or insufficient recognition, (3) Deprivation of pleasure or states of discomfort (physical, emotional, and the state of facing uncertainty)	
2	(Ac) Critical Aspects of A: What is the most distressing or threatening element or aspect of this adversity?):	
3	(Ba) Belief: should or shouldn't, must, demands,	(D) Discover New Ways of Thinking that are effective, flexible, non-extreme attitude towards this adversity: I want, or I don't want statements – Rate 1-10 level of desire
4	(B) Extreme Evaluations: (B) Extreme Evaluations: musts, frustration intolerance, awfulizing, global devaluation):	(E) Exercise & Practice New Thinking: Three reasons why extreme evaluation is false.
5	(C) Anthropological-Evolutionary Consequences of Belief:	(D) Discovering & Accepting Your Biological Nature:
6	(Ca) Consequences of Your Belief – Emotional: (Rate affective intensity 1-10)	(E) New Effective Feeling: (1-10)
7	(C) Meaningfulness of My Feelings:	
8	(C) Consequences of Your Belief - Behavioral Consequences: (victim, rescuer, persecutor: Switching Interpersonal Patterns)	(E) Effective and Discovering Meaningfulness in Your New Emotions:
9		(E) Exercise & Practice Discovering Meaningfulness: Emotional Life:
10		(E) Effective New Ways of Behavior –
11		(E) Exercise & Practice New Behavior:
12		(F and G): Complete Evaluation Sheet:

Menu of Solutions & Effective Strategies (MOSES)	
1	(A)
2	Critical Aspects of A:
3	(Ba) Belief:
4	(E) Exercise & Practice New Thinking: Three reasons why extreme evaluation is false.
5	C) Anthropological-Evolutionary Consequences of Belief:
6	(D) Discovering & Accepting Your Biological Nature: (D) Discover a New Way of Feeling: (E) Exercise & Practice New Emotional (Rate intensity 1-10)
7	(C) Meaningfulness in My Feelings:
8	(C) Consequences of Your Belief - Behavioral Consequences: (victim, rescuer, persecutor: Switching Interpersonal Patterns)
	(D) Discovering Meaningfulness in Your New Emotions: (E) Exercise & Practice Discovering Meaningfulness: Emotional Life:
	(D) Discover New Ways of Behavior – Constructive New Behavior consistent with this new flexible and non-extreme attitude towards this adversity: (E) Exercise & Practice New Behavior:

Perspective Box: Walter J. Matweychuk, Ph.D.

Three Categories of Adversities

There are three broad categories of Adversities:

1. Failures, losses, or undeserved burden
2. Disapproval, disrespect, rejection, acts of betrayal, or insufficient recognition.
3. Deprivation of pleasure or states of discomfort (physical, emotional, and the state of facing uncertainty)

All adversities fit into one of these three categories. Knowing the three groups can help you identify your Adversity when you notice you are disturbing yourself. Ask these questions:

1) "Am I disturbing myself over a failure, loss, or an undeserved burden?" Examples are job loss or illness (an *undeserved burden*). There is something wrong with me because I'm disturbing myself! Frustration and intolerance stem from my inability to expand my uniqueness because I lack the resources and support to deal with this unwanted burden. I feel impatient, disorganized, and immature because of this lack of resources and my inability to expand my uniqueness.

- a) I'm an ordinary person who does not like dealing with an undeserved burden, and I'm scared I will not get rid of this unwanted burden. What resources and support can I marshal to deal with the unwanted burden.
- b) Remember, your attitudinal values are a source of health and support.
- c) Frustration Intolerance is meaningful because your values are denied or blocked.
Instead of complaining about the blocks, build new ways to think about the problem you are facing.

1. "Am I angering myself over disapproval, disrespect, rejection, or insufficient recognition?" Examples here would include your supervisor criticizing your work (*disapproval*), lost love (rejection), and not getting promoted at work (insufficient recognition).



1. "Am I depressing myself over experiencing some deprivation from pleasure or encountering a state of discomfort?" Examples include canceling vacation plans due to the pandemic or not exercising because it requires effort or results in muscle tenderness after exercise.

[\[1\]](#) I recommend either How to Make Yourself Happy and Remarkably Less Disturbable by Dr. Ellis or How to Stubbornly Refuse to Be Miserable About Anything, Yes Anything by Dr. Ellis

Remember REBT's Rule of Three When Doing Your ABCs

You need to understand the theory and core concepts to derive maximum benefit from REBT. To use the ABC model of REBT, you need to identify the Adversity you are facing and the Basic Beliefs responsible for your emotional upset. The beliefs you hold have profound consequences on how you function. Then you need to Discover new ways of thinking about the beliefs at the core of your emotional disturbance and transform them into constructive attitudes. To do this, remember REBT's rule of three when doing your ABCs.

Differentiate the Limbic System from the Prefrontal Lobe Handout

 <p>Survival Brain: negative storm, global evaluation, goes for the short-term fix and quickly puts object or people into categories The Survival Brain <u>Can't</u> Change</p>	 <p>Prefrontal Lobe and Thinking Brain: applying cognitive abilities, goal-directed behavior, and it works slower (deliberate) The Thinking Brain <u>Can</u> Change</p>
<p>Interferes with Getting Along with Others</p>	<p>Helps meets life's demands</p>
<p>Negativity Bias: Negative Storm: (negative associations multiple) {} I have numerous negative thoughts in which I think about one adverse event after another. {} I endorse a high number of irrational beliefs and cognitive distortions. {} I want to avoid talking about your problems and conflicts. {} I use rationalizations to justify my negative and self-defeating behaviors.</p>	<p>Apply Cognitive Abilities: {} Using firm and logical thinking to integrate your resources and address your concerns, {} You overcome perceptual distractions, (mindfulness: being in the presence). {} You use your personality resources to reach short-term goals. {} You implement your cognitive ability to reach short-term goals. {} You know how short-term plans help you reach long-term plans, and you have organizational and management skills. {} You implement your cognitive ability to reach long-term goals, (differentiate goals and plans) {} You apply pragmatic and functional thinking to control and develop your concerns and interests.</p>
<p>Global Rating: {} I feel unsafe and unsure of myself, {} I feel sure about my decisions with no evidence or reasoning to back up that decisions. {} I do not recognize that I am being irrational, {} I do not disclose personal information because I feel ashamed or guilty about my actions. {} I feel worthless (I can't do anything right.) {} I believe I <i>can't</i> get what I genuinely want. {} I blame others for my negative feelings. {} I think I can reach my goals effortlessly.</p>	<p>Goal Directed: {} You extract and comprehend the relevant stimulus and utilize competitive inhibition. {} You consciously and deliberately developing interests and the means to achieve your chosen goals. {} You restrain and inhibit so you can follow social expectations. {} You are willing to prepare and repeat a process (that works), so others reward you. {} You apply reality-orientated thinking and investing your sense of self in integrating your wants and interests.</p>
<p>Short Term Fixes and the emotional brain works quickly, placing objects or people into categories instantly: {} I agree with others too quickly. {} I disregard the costs and consequences of my behavior. {} I need to make decisions more quickly. {} I think and feel helpless because no one addresses my concerns. {} I think people control my emotional life, i.e., "You piss me off," {} I quickly blame others and find fault in others.</p>	<p>Long Term Fixes: The prefrontal lobe is slower: {} learning and awareness is remote reward but are realistic rewards. {} realizing interests that have an orientation to reality, {} giving your best effort (100%) in completing your responsibilities. {} anticipating and restraining yourself willfully, {} ready to make decisions in a systematic and orderly fashion. {} solve problems with others in a systematic and orderly fashion</p>

Raymond B. Cattell and Dennis Child, Motivation and Dynamic Structure, 1975




Note: When we were hunters and gathers, our emotional brain developed significantly. Hunter-gatherers were prehistoric nomadic groups that harnessed fire, created intricate knowledge of plant life, and advanced technology for hunting and domestic purposes as they spread from Africa to Asia, Europe, and beyond. Hunting and gathering remained a way of life for Homo heidelbergensis (700,000 to 200,000 years ago), the first humans to adapt to colder climates and routinely hunt large animals through the Neanderthals (400,000 to 40,000 years ago), who developed more sophisticated technology.

Level 3: Will to Meaning - Review Emotional Brain Functioning Worksheet



Objective: There are six ways the brain can go from the thinking brain to the survival-emotional brain. Recognize how your emotional limbic system processes information and how your prefrontal limbic system processes information. If you are upset at yourself, you want to acknowledge your negative thought, irrational beliefs, etc. is how your brain processes when you are under Stress, Trauma, Chronic Pain, and constant frustration. The person has limited resources, chronically. People placing stereotypes on you. When experiencing stress, etc. the person flips from the attitudinal values (higher values) to survival self-centered modes of thinking. The left column represents behaviors associated with the limbic system, and the right column signifies the prefrontal lobe and your executive functioning.

	The Emotional Brain and the Thinking Brain	Limbic	Prefrontal
1	Using firm and logical thinking to integrate your resources and address your concerns,		
2	Numerous negative thoughts run through your mind.		
3	You learn and are aware of long-term goal (remote goals) but realistic rewards.		
4	I do not want to talk about your problems and conflicts.		
5	You use your personality resources to reach short-term goals. (What are personality resources		
6	Which part of the brain is faster and stronger?		
7	You consciously and deliberately developing interests and the means to achieve your chosen goals.		
8	I feel sure about my decisions with no evidence or reasoning to back up that decision.		
9	You disregard the costs and consequences of my behavior.		
10	You know how short-term plans help you reach long-term plans, and you have organizational and management skills		
11	You feel hopeless and feel helpless.		
12	I blame others for my negative feelings.		
13	You restrain yourself so you can follow social expectations.		
14	You are ready to make decisions in a systematic and orderly fashion.		
15	{ } I believe I can reach my goals easily.		
16	You are persistent and giving your best effort (100%) in completing your responsibilities.		
17	You are willing to prepare and repeat a process that works, so others will reward you.		
18.	I feel I can't do anything right.		
Thank You for Completing This Form			

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

Comments:

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

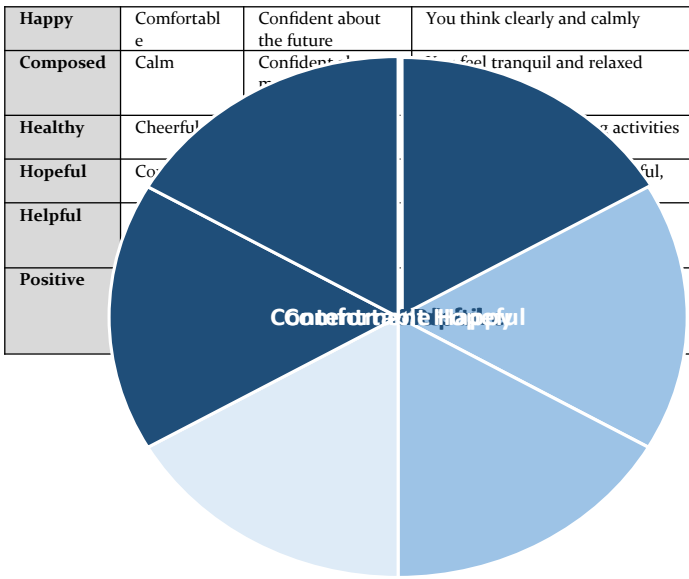
Pointless to Plan - Non-Receptive Beliefs: I do not value making plans or setting goals. (Index #5).	In a hunter-gatherer society, it was more authoritarian. The chief led the hunting parties, and everyone obeyed. The chief learned how to hunt from experience, so the less experienced hunters had to be nonreceptive; they just had to listen.
Pointless to Set Goals Beliefs: Pointless to have adequate self-control: I devalue tasks others assign to me (#6)	Our ancestors were more interested in the process rather than goals. When they were hunting, they had plans but again, what nature presented them that's what they used.
Pointless to Try: Giving Up Behavior: I devalue trying. I want to give up when tasks become too frustrating or tedious (Index 7). Giving my best effort is a waste of time, and completing tasks half-heartedly has no impact on the things I like to do.	In hunter-gathering societies, you had to quickly decide went to fight or went to retreat. Giving your best effort in a lost cause meant a loss of life.
Pointless to be Concerned Beliefs - Lack of Effort: I don't value being responsible, and you are working hard in the face of frustration and in times of stress (# 8). Being irresponsible in the here and now has no effect on my future.	Our ancestors conserved sources of protein in times of stress or extreme weather. They had to limit their effort to save their energy.

Self-Centeredness Beliefs: I devalue being concerned about others. (Index 1).	70,000 years ago, when drought and famine took over, the people that were self-centered most likely survived.
Selfishness Beliefs: I devalue what others want and value only what I want to do. (Index 2).	In a time of extreme weather, each member had to be selfish. This motivation of selfishness actually helped the group survive because each member gave their best effort. We see that today and the idea of enlightened self-interest.
Impulsive Behavior: I devalue always having to think before I act. (Index #3).	Our ancestors, while hunting, had to act quickly. The wild animals of that time were vicious.
Unreasonableness-Intolerance Beliefs related to Intolerance: I don't value tolerating other people's beliefs or ideas (#4)	70,000 years ago, democracy, individual differences, and believing in your own thing were not acceptable. The village survived because there were standards and beliefs that everyone had to follow.

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

Goal Title	Emotions	Motive	Examples of...
Gregariousness	Loneliness	#1 To be Accepted by Others	Play, spend time with others, active part in sports or group activities, watch and talk about sports-activity, spirit of comradeship, indoor sociable games, not to disagree with authority figures, passive sympathy, help others, have a place to turn for help,
Laughter	Amusement	#2 To Join Groups	pleasurable diversion, to entertain or occupy in a light, playful, or pleasant manner, your attention is engaged lightly or frivolously, divert is distracting your attention from worry or routine occupation especially by something funny, entertain supplies amusement or diversion by contrived methods
Self-Assertion	Pride	#3 To Influence Others	Increase in salary, first-rate job, excelling colleagues, follow a winning team, have a good reputation, making a profit in business, take part in political arguments, own a home, call things I call my own, spend free time by myself,
Appeal:	Despair	#3 To Influence Others	Not interested in maintaining self-respect, parents never lacking necessities, feel in touch with God, appeal: to make an earnest request, to arouse a sympathetic response
Parental	Pity	#4 To Protect Others	Others to be proud of me, get support and be dependent on others
Exploration	Curiosity	#4 To Protect Ourselves & Our Resources	reading, knowing about science, listening to music, knowing what is going on in my neighborhood, paintings, sculptures, mechanical interests, good movies or plays, being smartly dressed,
Escape to Security	Fear	#4 To Protect Ourselves & Resources	Alter us to respond to threats, protection from terrorists, wanting protecting from death & disease, never want to go insane, want a good insurance policy, want an increase in salary,
Pugnacity	Anger	#4 To Protect Ourselves & Resources	destroy enemies, not caring about social reputation, wanting to take the easy way out, violent movies-games, proficient in career,
Acquisitiveness	Greed	#4 To Protect Ourselves & Resources	selfish and excessive desire for more of something (as money) than is needed
Constructiveness	Creativity	#4 To Protect Ourselves & Resources	having the quality of something created rather than imitated the act or power of forming a mental image of something not present to the senses or never before wholly perceived in reality, creative ability, ability to confront and deal with a problem, resourcefulness
Self-Abasement	Humility	#4 To Protect Ourselves & Resources	To lower in rank, office, prestige, or esteem, reflecting, expressing, or offered in a spirit of deference or submission
Disgust:	Disgust	#4 Protecting Ourselves & Resources	To provoke loathing, repugnance, or aversion, be offensive to an unwanted object, to cause (one) to lose an interest or intention
Food-seeking	Hunger	#5 To Establish Relationships	A craving or urgent need for food or a specific nutrient, an uneasy sensation occasioned by the lack of food, a weakened condition brought about by prolonged lack of food, a strong desire
Mating	Sex	#5 To Establish Intimate Relationships	To fall in love, make love to a beautiful person, to satisfy sexual needs, be seen as good looking, attractive be attracted, smoking and drinking, music, travel, eating at an excellent restaurant
Narcistic Sex	Sensuousness	#5 To Establish Intimate Relationships	Sensual the indulgence of the physical appetites as ends in themselves gratification of the senses,
Rest-Seeking	Sleepiness	fatigue	not to be physically active, listen to music, more time enjoying sleep and rest.

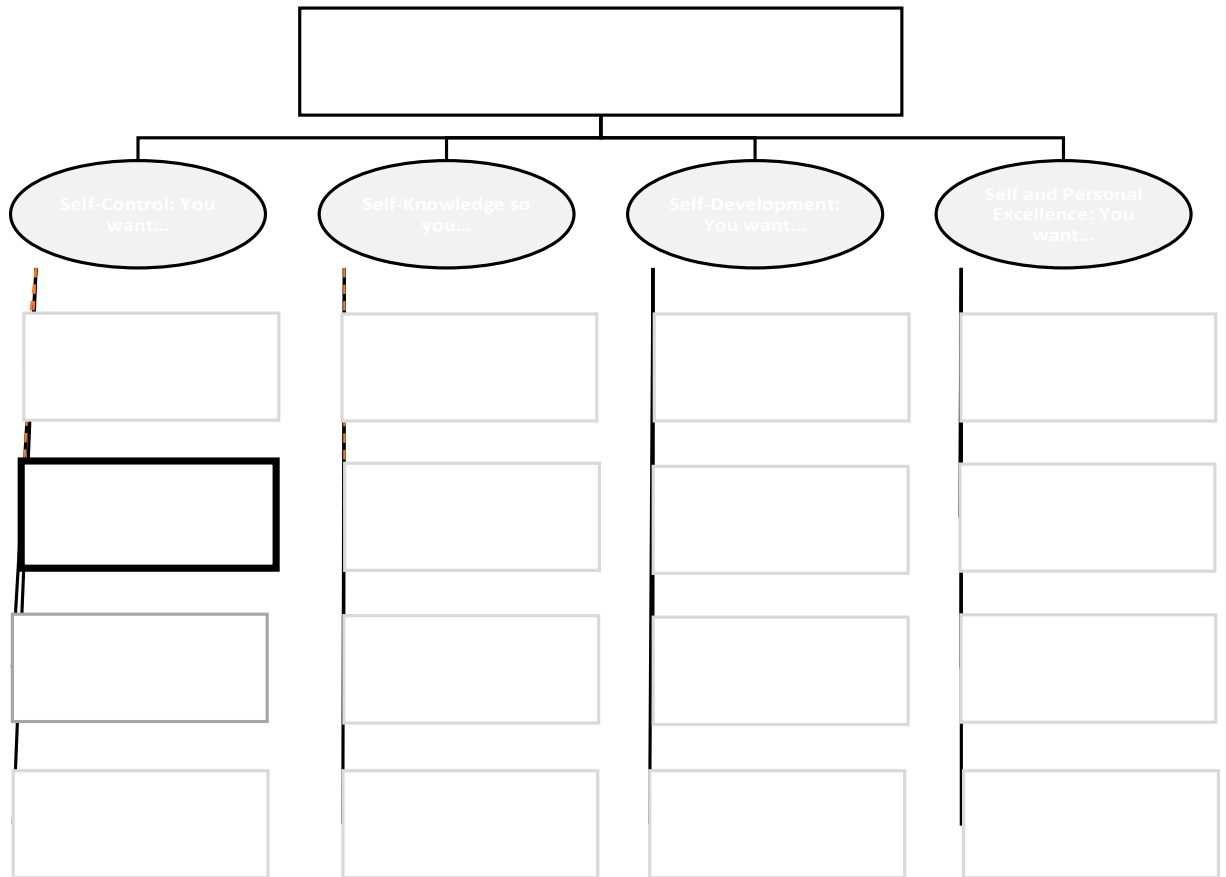
Positive Feelings that hang out together



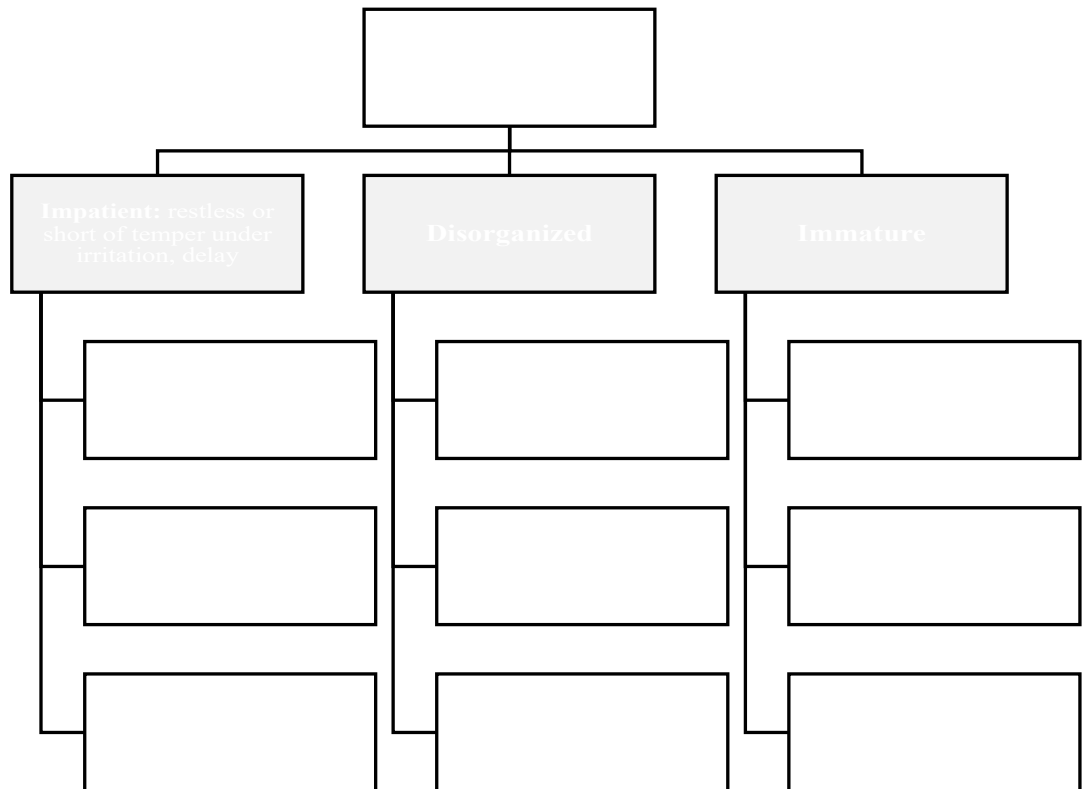
Coping with the thought “Nothing Goes My Way.

	Thankfulness: recognition of benefits received; sense of well-being increases	Gratefulness: heartfelt recognition; recognizes the source of benefits; affirms goodness;	Appreciation: recognition of effort and skills; sincere and genuine expression of approval
Comfortable and Happy; thinks clearly and calmly; a sense of well-being	Well-being increases	Sees the goodness	Thinks clearly about others
Contentment and Hopeful: sees life as meaningful, having value and worth; showing satisfaction with possessions, status, or situation			
Cheerful and Healthy: enjoys life and doing activities; full of good spirits; lightness of mind and feeling; animation;			
Caring and Helpful sees one’s self as having skills and talents, and we are unique and irreplaceable; cares about others			
Calm and Poised tranquil and relaxed; free from agitation; calm implies a contrast with a foregoing or nearby state of agitation or violence; calm - quiet and free from disturbance; free from agitation,			
Confident and Positive encourages others because I can accept myself and others unconditionally; I am conscious of powers; reliance on our circumstances; indicating,			

ABC model to controlling your emotions gives you opportunities to expand your uniqueness.



When you believe that stress, trauma, medical problems, and your lack of resources are controlling you, you feel impatient, disorganized, and immature.



Worksheet: Mix and Match – Getting to know the full range of your emotional life

Love	Hate	Indifference
Friendly	Unfriendly	Cruel-Unkind
Happy	Sad	Depressed

Using Feeling Dictionary

Care oppression of the mind weighed down by responsibility or disquieted by apprehension	Don't Care	Apathetic
Concern a troubled state of mind because of personal interest, relation, or affection	Unconcerned	Aloofness
Calm	Angry	Enrage-Violent
Confident	Apprehensive	Self-Doubting
Trust	Mistrust	Fear
Trust	Distrust	Mistrust
Secure	Insecure	Uncertain-Nervousness
Responsiveness	Resentment	Malice
Understood	Misunderstood	Undervalued
Relaxed	Restless	Agitated
Adequate	Inadequate	Incompetent
Hope	Hopeless	Irredeemable
Support-Protected	Helpless	Secure-Preserve
Solicitude great concern and connotes either thoughtful or hovering attentiveness toward another	Anxiety anguished uncertainty or fear of misfortune or failure	Worry fretting over matters that may or may not be real cause for anxiety

CARE, CONCERN, SOLICITUDE, ANXIETY, WORRY mean a troubled or engrossed state of mind or the thing that causes this.

CARE implies.

CONCERN implies.

SOLICITUDE implies.

ANXIETY stresses.

WORRY suggests.

1	Meaningful:	Meaningful	Meaningful
2	Cost	Cost	Cost
3	Benefit	Cost	Cost
4	Unhealthy Restriction of Your Uniqueness:	Unhealthy Restriction of Your Uniqueness:	Unhealthy Restriction of Your Uniqueness:
5	Healthy Restriction of Your Uniqueness	Healthy Restriction of Your Uniqueness	Healthy Restriction of Your Uniqueness
6	Unhealthy Expansion of Your	Unhealthy Expansion of Your	Unhealthy Expansion of Your

	Uniqueness	Uniqueness	Uniqueness
7	Healthy Expansion of Your Uniqueness	Healthy Expansion of Your Uniqueness	Healthy Expansion of Your Uniqueness
8	Wards off Anxiety	Wards off Anxiety	Wards off Anxiety
9	Protects Self-Esteem	Protects Self-Esteem	Protects Self-Esteem
10	Trains People	Trains People	Trains People
11	Healthy Dialectic	Healthy Dialectic	Unhealthy Dialectic
Notes:			

	Love	Hate	Indifference
1	Meaningful: an intimate relationship that can't be repeated.	Meaningful: An event or a person is going to my cherished attitudinal values, so I can experience my purpose.	Meaningful
2	Cost: I have to sacrifice my needs for another.	Cost	Cost
3	Benefit: I have positive feelings, an enduring sense of joy and commitment.	Cost	Cost
4	Unhealthy Restriction of Your Uniqueness: I may restrict my uniqueness by giving into what the loved one may want.	Unhealthy Restriction of Your Uniqueness:	Unhealthy Restriction of Your Uniqueness:
5	Healthy Restriction of Your Uniqueness: I may need to compromise and given to another person's wishes when their needs are greater than mine.	Healthy Restriction of Your Uniqueness	Healthy Restriction of Your Uniqueness
6	Unhealthy Expansion of Your Uniqueness: I may become overconfident because the love person may say positive things about me, but then I feel disappointed when they criticize me.	Unhealthy Expansion of Your Uniqueness	Unhealthy Expansion of Your Uniqueness
7	Healthy Expansion of Your Uniqueness: I learned new things about myself. I might learn things that I don't like about myself, but I need to improve. Feedback with love will always expand my uniqueness.	Healthy Expansion of Your Uniqueness	Healthy Expansion of Your Uniqueness
8	Wards off Anxiety: when I experience love I may feel secure, but this sense of security may also be taking the other person for granted.	Wards off Anxiety	Wards off Anxiety
9	Protects Self-Esteem: My self esteem is derived from what another person thinks of me. If they love me, I feel I have more worth than other people.	Protects Self-Esteem	Protects Self-Esteem
10	Trains People: Love my help me develop a sense of caring, concern, and reciprocal confidence.	Trains People	Trains People
11	Healthy Dialectic:	Healthy Dialectic	Unhealthy Dialectic
Notes:			

	Love	Hate	Indifference
1	Meaningful	Meaningful	Meaningful
2	Cost	Cost	Cost
3	Benefit	Cost	Cost
4	Unhealthy Restriction of Your Uniqueness:	Unhealthy Restriction of Your Uniqueness:	Unhealthy Restriction of Your Uniqueness:
5	Healthy Restriction of Your Uniqueness	Healthy Restriction of Your Uniqueness	Healthy Restriction of Your Uniqueness
6	Unhealthy Expansion of Your Uniqueness	Unhealthy Expansion of Your Uniqueness	Unhealthy Expansion of Your Uniqueness
7	Healthy Expansion of Your Uniqueness	Healthy Expansion of Your Uniqueness	Healthy Expansion of Your Uniqueness
8	Wards off Anxiety	Wards off Anxiety	Wards off Anxiety
9	Protects Self-Esteem	Protects Self-Esteem	Protects Self-Esteem
10	Trains People	Trains People	Trains People
11	Healthy Dialectic	Healthy Dialectic	Unhealthy Dialectic
Notes:			

Exercise: You look at the footnotes, which list synonyms for a feeling word such as courage. You'll see courage includes mettle, spirit, resolutions, and tenacity, which all mean resisting hardship.

COURAGE, METTLE, SPIRIT, RESOLUTION, TENACITY mean mental or moral strength to resist opposition, danger, or hardship.
COURAGE implies firmness of mind and will in the face of danger or extreme difficulty.
METTLE suggests an ingrained capacity for meeting strain or difficulty with fortitude and resilience.
SPIRIT also suggests a quality of temperament enabling you to hold to your morale when opposed or threatened.
RESOLUTION stresses firm determination to achieve one's ends.
TENACITY adds to **RESOLUTION** implications of stubborn persistence and unwillingness to admit defeat.

	Courage is...		What is your spirit in the context of courage?
	How does courage differ from spirit?		
	How is courage meaningful?		How is spirit meaningful?
	What are the costs of courage?		What are the costs of your spirit?
	What are the benefits of courage?		What are the benefits of exercising your spirit?
	How does courage help you accept your vulnerabilities?		How does spirit help you accept your vulnerabilities?
	How does courage help you ward off anxiety?		How does your spirit help you ward off anxiety?
	How does courage restrict your uniqueness?		How does your spirit restrict your uniqueness?
	How does courage expand your uniqueness?		How does your spirit expand your uniqueness?

ABANDON, DESERT, FORSAKE mean to leave without intending to return. ABANDON suggests that the thing or person left may be helpless without protection.

DESERT implies that the object left may be weakened but not destroyed by one's absence.

FORSAKE suggests an action more likely to bring impoverishment or bereavement to that which is forsaken than its exposure to physical dangers.

Forsaken (verb)

	Feeling abandon is...	What is your spirit in the context of forsakened?
	How does abandon differ from forsaken?	
	How is abandon meaningful?	How is forsaken meaningful?
	What are the costs of feeling abandon?	What are the costs of feeling forsaken?
	What are the benefits of feeling abandon?	What are the benefits of feeling forsaken?
	How does feeling abandon help you accept your vulnerabilities?	How does feeling forsaken help you accept your vulnerabilities?
	How does feeling abandon help you ward off anxiety?	How does your feeling forsaken help you ward off anxiety?
	How does feeling abandon restrict your uniqueness in healthy ways?	How does feeling forsaken restrict your uniqueness in healthy ways?
	How does feeling abandon expand your uniqueness in healthy ways?	How does feeling forsaken expand your uniqueness in healthy ways?

CALM, TRANQUIL, SERENE, PLACID, PEACEFUL mean quiet and free from disturbance.

CALM often implies a contrast with a foregoing or nearby state of agitation or violence.

TRANQUIL suggests a very deep quietude or composure.

SERENE stresses an unclouded and lofty tranquility.

PLACID suggests an undisturbed appearance and often implies a degree of complacency.

PEACEFUL implies a state of repose in contrast with or following strife or turmoil.

Feeling calm is...	What are feeling in the context of feeling peacefulness?
How does feeling calm differ from feeling peaceful?	
How is feeling calm meaningful?	How is peacefulness meaningful?
What are the costs of feeling calm?	What are the costs of peacefulness?
What are the benefits of feeling calm?	What are the benefits of peacefulness?
How does feeling calm help you accept your vulnerabilities?	How does peacefulness help you accept your vulnerabilities?
How does feeling abandon help you ward off anxiety?	How does your peacefulness help you ward off anxiety?
How does feeling calm restrict your uniqueness in healthy ways?	How does feeling peacefulness restrict your uniqueness in healthy ways?
How does feeling calm expand your uniqueness in healthy ways?	How does peacefulness expand your uniqueness in healthy ways?

Pick other feelings from the footnotes:




Triad Model of Emotions

I have grouped emotions into three categories: (1) negative and toxic emotions, (2) healthy emotions that help us to be emotionally adjusted to the stresses and demands of life, and (3) the opposite of toxic and healthy emotions. The first category is harmful; toxic emotions are dysfunctional, get us into legal, financial, and social problems. They also interfere with reaching our long-term goals, creating other cognitive distortions and toxic emotions, and creating interpersonal difficulties.

Note: Negative yet Toxic Emotions are in 1st person and Negative. yet Healthy Emotions are in 2nd person.

Note: Negative yet Toxic Emotions are in 1st person and Negative. yet Healthy Emotions are in 2nd person.

Toxic Anger and Healthy Anger Worksheet

Negative yet Toxic Emotion	Negative yet Healthy Emotion	Opposite
		
<p>Toxic Anger: {} I overestimate the extent to which the other person acted deliberately. {} I see malicious intent in the motives of others. {} I see yourself as definitely right; and I see the other person as being wrong. {} I am unable to see the other person's point of view. {} I am plotting to seek to revenge. (Windy Dryden)</p>	<p>Healthy Anger: {} You do not overestimate the extent to which the other person acted deliberately. {} You do not see malicious intent in the motives of others. {} You do not see yourself as definitely right; or the other person is wrong {} You can see the other person's point of view. {} You do not plot to exact revenge.</p>	<p>Satisfied: be adequate to (an end in view) Extreme satisfaction may lead to laziness and feeling bored, and you stop trying.</p>

#1 What does it mean to feel angry?

#2 For you what does anger feel like?

#3 What does your excessive anger look like?

#4 What makes you feel excessively angry?

#5 How can you express your anger, so it doesn't get you into trouble?

#6 How does your excessive anger impact others?

#7 When others are excessive angry how does impact me?

#8 What are some of the possible reasons why mild anger is functional and excessive anger is dysfunctional?

#9. In what situations do you feel satisfied?

#10 In what situations do you need to experience disappointment?

#11 How is Excessive Anger Meaningful?	How is Mild Anger Meaningful?
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#12 Cost Benefit Analysis

Cost of Excessive Anger	Benefit of Mild Anger
Benefit of Excessive Anger	Cost of Mild Anger
How does anger ward off feelings of anxiety?	
How does anger protect my self-esteem?	
My anger trains people to...	
13. Characteristics of Excessive Anger that results in toxic way of expanding your uniqueness.	15. Characteristics of Mild Anger that result in healthy way of expanding your uniqueness.
14. Characteristics of Excessive Anger that results in toxic way of restricting your uniqueness.	16. Characteristics of Mild Anger that results in restricting your uniqueness.

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Adapted from Christian Reese 2018 Book Attachment

1	Toxic Anger (4-10)	Healthy Anger (1-3)
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Toxic Anger		Fix
1	 <p>I overestimated the extent to which the other person acted deliberately.</p>	Not all behavior is deliberate or intentional because people make mistakes, act carelessly, and are forgetful.
2	 <p>I believe people want to intentionally hurt me. I see malicious intent in the motives of others.</p>	It is difficult to determine another person's motivation when both parties are angry or stressed out. You do not see malicious intent in the motives of others.
3	 <p>I see myself as definitely right, and I see the other person as being wrong.</p> <p>I can't see the other person's point of view.</p>	You do not see yourself as right or the other person as wrong. You can see the other person's point of view.
4	 <p>Plotting to seek to revenge.</p>	There is no profit in revenge (Mr. Spock). You do not plot to exact revenge

Spirituality goes beyond Human Law – It is Experiential: Human law is about right and wrong. Spirituality is when you are inspired to integrate your thoughts, feelings, and actions. You feel that you are doing something bigger than yourself, To avoid becoming demanding, you want to recognize spirituality and rigid rules. Toxic anger results from demandingness combined with intolerance, unreasonableness, awfulizing, and putdowns of others. With toxic anger, you don't experience the other person's uniqueness because you don't know what the other person wants, feels, desires, and thinks.

Toxic Anger and Intentionality	
Not Having a Sense of Choice	If you are angry, you do not see being assertive or learning a new social skill as an option. You believe that the only way to control your anger is to withdraw, so you do not see the possibility of being assertive or learning a new social skill as an option; you believe that the only way to control your anger is to withdraw. Whenever you think that the only thing you can do is recruit allies against your opponents, you will have to blame them. You cannot take responsibility for the actions you have taken.
Resisting and/or Refusing to Change	It is not only that you ruminate about how unfairly people treat you or how stupid they are, but you also plot revenge to maintain the status quo; you think you can control the situation with anger, thinking that if you get angry, then they will stop acting stupidly; you believe that if you want to show them what you are all about, you need to withdraw aggressively.
Not Self-Correcting misperceptions and Mistaken Beliefs	Despite your misperceptions of others' malicious intent, you try to demonstrate that you're right and that others are wrong. You overestimate the extent to which others act deliberately; you ignore your misperceptions about their malicious intent; you try to prove how right you are and how wrong others are; you do not understand another person's point of view; you believe you have been frustrated in some way; someone has violated one of your personal rules; someone has disrespected you; and someone has threatened your self-esteem.

Worksheet:

What role does adherence to rigid demands and toxic anger play in your life? Do you attack the other person physically, or passive aggressively?

How does toxic anger interfere with your sense of choice? Do you displace the attack onto another person, animal, or object?

How will rigid demandingness and toxic anger make change difficult? Do you assert yourself with others, do you request but not demand behavioral changes from others.

How will demandingness and toxic anger interfere with your ability to self-correct? Are you able to see the other persons point of view?

	Survival Mode	Attitudinal Value	Opposite
1	Anger versus Getting Along with Others		
2	Toxic Self-Centeredness Beliefs: I devalue being concerned about others. (Index 1). independent of outside force or influence, self-sufficient, concerned solely with my desires, needs, or interests	Healthy Responsiveness Attitudes: You value responding to others, and you want to listen to and be sensitive (#1).	Objective: You want to be free from prejudice or excessive self-interest.
3	Toxic Selfishness Beliefs: I devalue what others want, and I value only what I want to do. (Index 2). arising from concern with my welfare or advantage in disregard of others	Healthy Reliability Attitudes You value being dependable, and you want people to take you seriously (Index 2).	Carefree: You value being free from care and having no worries or troubles.
4	Toxic Impulsive Behavior: I devalue always having to think before I act. (Index #3). tendency usually other than rational	Healthy Reflective Behavior: You value thinking before you act (Index 3).	Spontaneous: You are free from worry or excessive concerns of the day.
5	Toxic Unreasonableness-Intolerance Beliefs related to Intolerance: I don't value tolerating other people's beliefs, ideas (#4) unable or unwilling to endure individual differences.	Healthy Reasonableness Tolerance Attitudes: You value being reasonable, practical, and tolerant (Index 4).	Uncertain: You value not knowing everything. You know you can't be an expert in everything.
Adapted from the work of Michael Barnard, Ph.D.			

Anger








Healthy Anger: Fights Apathy and Indifference			
1	When you are having difficulties with something working right, another person is blocking your goals, or is not following your instructions or requests.	When someone goes out of his or her way to bug you.	When things don't go your way, or they don't go as you planned.
2	Dealing with Frustrated. You feel like your effort is ineffectual. You feel like giving up, but you don't give up. You remain persistent yet uncomfortable.	Coping with Annoyances. You feel like people are getting on your nerves with petty unpleasantness, but you know you can keep your composure.	Managing Disappointed. When events and people fail to meet your expectations. What can you do?
3	V Dealing with Being Thwarted: You feel your efforts are ruined because others oppose your efforts or desires.	Coping with being Bothered. People are interfering with your level of comfort and your peace of mind.	Managing Being Let down. When people fail to support you, and you need their help. What you want to do? can you do?
4	Dealing with Discouragement. You feel like giving up, and you lose confidence in your abilities and skills.	Coping with being Impatient. You feel irritated, as though you can't wait, but you can stay calm. You are over eager or intolerant of such frustration, but you know you can tolerate frustration.	Dealing with Feeling Dissatisfied. You are not pleased with what has happened; you are displeased. What are your options?
5	Dealing with Obstructions. You feel like another person is getting in your way and placing restrictions on you	Coping with being Irrked. You feel stressed out, and you have grown impatient and weary, so you remind yourself stay calm.	Dealing with Feeling Saddened. You feel some distress, and You don't like how things turned out. How can you accept your negative feelings?
6	Dealing with Aggravation. You feel like another person is making it worse, more serious, or more severe for you.	Coping with feeling Confused. You feel puzzled, vexed, perplexed, at a loss of what to do or say, so you ask the person to explain what they want, feel, and think.	Dealing with Feeling Disenchanted. You feel disappointed about what was going on, and you did not like what You saw. How can you accept your negative feelings?

What situations do you find yourself frustrated?

Impatient

Dealing with disappointment

Many Faces of Anger

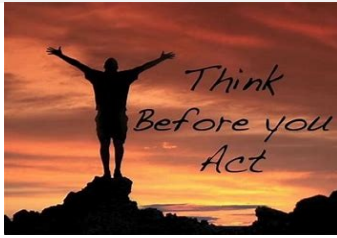
<p>Toxic Anger:</p> 	<p>a strong feeling of displeasure and usually of antagonism (actively expressed opposition or hostility; conflicting forces) (self-defeating anger involves demandingness; devaluing; destructiveness; and low frustration tolerance (which involves absolutes, blaming, contempt, and demanding)</p>
<p>States of Displeasure</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>Toxic Bitterness: Exhibiting intense animosity (ill will or resentment tending toward active hostility; an antagonistic attitude); marked by cynicism and rancor; <i>Resentment:</i> 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>Toxic Contempt: 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>State of Arousing Scorn</p> 	<p>Toxic Contempt: 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; I 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. <i>Sordidness:</i> vile; dirty, filthy; wretched, squalid; meanly avaricious; covetous: <i>Jealous; envious; greedy; avaricious.</i> <i>Scurvy</i> adds to despicable an implication of arousing disgust</p>
<p>Deep-Seated Distrust</p> 	<p>Toxic Cynicism: Overly 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>State of Deep-Seated Ill Will:</p> 	<p>Toxic Ill-Will: 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>Hate: 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>Hatred: Prejudiced hostility (deep-seated usually mutual ill will) or animosity (ill will or resentment tending toward active hostility)</p> <p>Hostility: Deep-seated usually mutual ill will; warlike; conflict, opposition, or resistance in thought or principle;</p>

Taken from the Merriam-Webster's 11th Collegiate Dictionary, 2014

Situations: Contempt

Healthy Anger-Action

A



- Healthy **Action**-anger leads to *prudent* action as it does not compel me to act immediately or in short-sighted ways.

C



- Healthy Anger is a **call** to action when the situation goes against my ethical-higher values and my cherished goals.

T



- **Take** actions so that another party's *deplorable steps* do not undermine my goals and attitudinal values and demoralize other people's significant values.

I



- Take **Initiative** that motivates me to take steps to make right a wrong; engage in activities to accomplish my goals or correct social injustice.

O



- **Only Option** - Healthy action-anger can lead to violence, but such violence is limited to self-defense. When violence in self-defense is the only option, it is always in strict proportion to what is sufficient for warding off the attack.

N



- **Non-aggressive** is the ultimate goal-value: Healthy action-anger does not possess the quality of hostility towards a person or a group of people, as in toxic anger. Healthy anger focuses on the transgression and opposes and targets the violation – not the transgressor.

Adapted from the work of Walter J. Matweychuk, Ph.D.

#1. Where have you taken healthy **action** in which anger lead to *prudent* action as it does not compel you to act immediately or in

short-sighted ways?

#2. Where were you called to healthy anger when the situation goes against you ethical-higher values and my cherished goals?

#3: When did you take actions so that another party's *deplorable steps* do not undermine your goals, and what attitudinal values did you employed?

#4. Where did you take initiative that motivates you to take steps to make right a wrong; engage in activities to accomplish my goals or correct social injustice?

#5. When were you forced to healthy action-anger that led to violence, but such violence is limited to self-defense. When were you defend yourself (emotionally or physically)?

#6. When did you focuses on the transgression and opposes and targets the violation – not the transgressor.

Toxic Anger: Gets Your Juices Going,

But in The Wrong Direction

- J**  • You use poor **judgment** when I experience toxic angry. Poor Judgment is the inability to process information, so I do not form a sound opinion, and I fail to evaluate using with sensitivity and valid (logical) comparisons.
- U**  • Your toxic anger seems **useful** and justified in the moment of heat, **but** it brings about too many negative consequences.
- I**  • When I experience toxic angry, I am impulsive. You do not think before I act, which brings about self-defeating behaviors, and the intensity of my toxic anger turns to violence.
- C**  • Your toxic anger **carries** long-term costs with it, and the price may be too high. For example, I punch the fender of a car, and my wrist is permanently damaged.
- E**  • You evaluate and devalue another person's uniqueness. You use toxic hurtful name-calling and place toxic global labels on another person, i.e., "You're so stupid!"
- S**  • Your toxic anger may produce some short-term benefits, but my shortsightedness will cost I in the long run.

A closer examination of toxic anger reveals that the overall utility for productive change is less likely than that of healthy anger. Adapted from the work of Walter J. Matweychuk, Ph.

#1 Where were you when you used poor **judgment**. Not processing information can lead to poor judgment. You did not spend enough time formulating a sound opinion, and you failed to evaluate using with sensitivity and valid (logical) comparisons.

#2. Give a situation when your toxic anger seemed useful and justified in the moment of heat, but it brings about too many negative consequences.

#3. When did you act impulsively, in which you do not think before you acted? What -defeating behaviors emerge, or did the intensity of my toxic anger turn to violence.

#4. In what situation did you evaluate and devalue another person's uniqueness? When did you use hurtful name-calling and place toxic global labels on another person, i.e., "You're so stupid!"

#5. In what situation did you find short-term beneficial, but my shortsightedness will cost you in the long run?

Frustrated: I feel discouraged, ineffectual, defeated, irritated, exasperated, unfulfilled. Feeling frustrated is meaningful because I need to realign my purpose and goals with reality or with

Anxiety: I feel anxious when I can't experience my opportunities.

1st Fear of Deprivation: I believe (1) I am in a non-nurturing environment, (2) I feel something, or someone will be taken away, which I believe I *need*, and (3) I know something, or someone will be withheld, which implies that others will refrain from granting, giving, or allowing. Situational uncertainty regarding fear of deprivation; personality factor H: socially bold versus shy; H-: timid, cautious, discomfort in a new setting; lack of self-esteem in interpersonal settings; I think I am not going to get what I want and there is a degree of uncertainty in each situation; I have multiplied by of fear (lack of security) minus social boldness.

Security-Alertness to external danger vs. (Feeling secure is the absence of fear). I want to avoid danger and disease. I want to see the threat of death by accident and illness reduced. I want to feel safe. I feel unworthy of receiving safety. I want threats to be destroyed. I am fearful of germs. I lack self-confidence, and I make self-deprecating statements. I never want to be an insane patient in a mental hospital. I want my country to get more protection from terrorists. I see the world as a threatening place. I think it is imperative to obey traffic laws. I want to protect myself from contagious diseases. More money should be spent on finding a cure for diseases. I am interested in how to stop the war. I am interested in diets that reduce the possibility of heart disease.

Lack of Resiliency: Difficulty adjusting emotionally. I am not in really high spirits. I get overly excited or rattled. I am not wide awake and alert. I don't feel in tip-top shape. I can't manage most things that happen. I find your life complicated or confusing. I don't enjoy doing something for myself. I feel angry. I don't think things out clearly. I am not doing really well. I am not cooperative in a group. I have difficulty going to sleep. I lie awake at night thinking of what I have done wrong. I feel uncomfortable in a crowd. I don't enjoy playing a game. If I had to make an all-out physical effort, I would get dizzy or feel faint. I feel down or sad (H-). I think I am not going to get what I want, and the degree of uncertainty is multiplied by fear (lack of security) minus our social boldness (personality factor H).

2nd Level of Anxiety: Fear of Losing Control: The ratio between the strength of self-sentiment and the strength of our sense of resiliency (C+ and Q3+) over the power of the need that is in doubt (what I think I am not going to get something)

Learned Attitudes: Lack of Opportunities:

I don't have access to your opportunities. I want to: control my impulses and control my mental processes. Maintain a good reputation. Excel in your line of work. Be seen as a responsible person. I never want to damage your self-respect. I never want to go insane. I want to be in charge of things. I want to know more about science, art, and literature. I want to know more about myself. I want to grow up normally. I want peace of mind.

I am interested in business and politics. I want to feel secure about your job. I am interested in self-development. I want to know ways to control your emotions. I want to be in a successful marriage.

Behaviors: Non-assertive behavior. Limited social skills. Lack of planning skills Perceived inability to modulate emotions.

Emotional Self: I cross the street to avoid meeting people I don't like seeing. I have been let down by your friends. People seem to ignore and avoid me, although I don't know why. People misunderstand me when I mean well. In making decisions in my life and work, I have trouble understanding my parents, spouse, or friends. People treat me less reasonably than your good intentions deserve:

Planning: I plan things and then do not feel like doing them. When the time comes to do something I have planned and looked forward to, I don't feel up to doing it.

Sleep: I can't get to sleep because an idea keeps running through my mind. I have vivid dreams that disturb my sleep and very emotional dreams that leave me scared when I wake up.

Emotional Instability: I often get angry with people too quickly. I am hurt more by how people say things than what they say. When people don't listen to me, I get impatient. I have big "ups" and "downs" in your mood. I get strong feelings that come without any real cause (C-)

Impatient and Impulsivity – Not thinking before acting, Not Organized, Lack of Persistence

Don't Care

- *Impatient:* I do what I want and ignore rules and regulations. I say what I feel in an argument because my feelings influence my actions. Without thinking first, I say hateful things to people I usually love. I like to say something just as they come to me when I talk. I am patient with people because I have trained myself to be that way. I like to go my own way instead of approving rules. My mind is focused on what I am doing. I often need to catch up on things. When I go places, out to eat, to work, etc., I rush from one thing to another.
- *Disorganized:* I have moods of self-pity, and I give up easily. It is all right to leave your bed unmade for a day or two. I get puzzled when looking in a mirror as to which is your right and left. Once I give up on something, I never return to it. If a job gets too hard for me, I'd rather say so and let somebody else do it. When quick decisions must be made. I become tense and excitable, unable to think clearly.
- *Socially Careless-Immature:* I say silly things just to see what people will say. I have to blow off steam when something is bothering me. I could be a more caring person. Doing the right thing is not important to me. I don't rely on logic or objective reasoning to make decisions. (Q3-)

3rd Level of Anxiety: The strength and level of frustration. This is determined by the desired and actual satisfaction, which results in total tension.




Second-Order Anxiety (UI 24) is reactive, vigilant, apprehensive, tense,

- **Irritable and Edgy:** When people talk nonsense, I have to put them straight. The noise of a nail on glass and other screechy sounds set your nerves on edge. When something makes me furious, I find I cannot calm down. I get angry with people too quickly. I am so annoyed in discussions that I cannot control your voice. If someone annoys me, I must speak to someone else to "let off steam." Minor setbacks irritate me too much. It upsets me when I'm playing a game and people show suggestions. Small things get on your nerves though I realize they are trivial. I say things on the spur of the moment that I regret.
- **Restless and Tired:** I feel restless, as if I want something but do not know what. I feel restless without any reason. I get tense as I think of everything lying ahead of me. I sometimes have worries that start me thinking about dreadful things for no reason. I am not able to relax. Even your sleep is often not rested. I have a history of sleepwalking or talking in my sleep. I feel fatigued when I get up in the morning (Q4+)
- **Lack of confidence and esteem - Approval:** I am sensitive to people's approval or disapproval. I am not self-assured, secure, or feel adequate about your abilities. I am not a confident person; I get upset by small failures. I am frequently worried, insecure, and lonely, and I am fussy. I feel troubled

apprehensive and easily overcome by moods. I get depressed if I overthink my serious responsibilities. I lie awake because of unhappy ideas and disturbing ideas. I regret telling people frankly about my feelings and thoughts. I feel some punishment is coming to me even when I have done nothing wrong. I feel sorry for myself. When I am with people, I feel lonely and worthless. I find it embarrassing to have praise or compliments bestowed on me. I feel dejected when people criticize me in a group. When criticized wrongly for something I did not do, I still feel a bit guilty. I am upset rather than helped by the kind of criticism many people offer. I keep your feeling bottled up. I feel like I don't do anything worthwhile. I don't learn new things quickly. I don't get along with others (O+)

- Limited self-disclosure and easily annoyed.
- Lack of understanding of others. I need more ambition, be unfriendly, and have to correct people. When bossy people try to “push me around,” I do just the opposite of what they wish. People cannot be trusted, and I often feel irritable. People show off and put on superior airs too much, and I get very annoyed. When people show off or brag, it annoys me. When people adopt a morally superior attitude. Those people irritate me. I don't like to talk about myself when I'm around people I hardly know. When people put me in charge, I insist that your instructions are followed or resign. When people are friendlier than I would expect, I doubt their honesty. When I'm around poorly educated people, I get bored or annoyed. When people act stupid. I never listen and never take orders from them. When people want me to do something. I'm suspicious of those people. I'm wary of people. I get easily annoyed by people showing off and putting on superior airs. I don't like to talk about myself to strangers (L+)

Anxiety from Concern Worksheet

Negative yet Toxic Emotion	Negative yet Healthy Emotion	Opposite
		
<p>Toxic Anxiety: {} <i>I have to be overly concerned about the threats in my life and {} I believe I can't control those threats.</i> {} When I feel worried and tense {} I overestimate the negative features of the threat, {} I underestimate my ability to cope with the threat. {} I create an even more negative threat in my mind, {} I have to have more task-irrelevant thoughts than concern,</p>	<p>Healthy Concern: {} You view the threat realistically. {} You realistically appraise my ability to cope with the threat. {} You don't have to create an even more negative threats in my mind (if I lose my job, I get disapproval forever), {} You won't be homeless, and no one is looking down at I {} And if they look down at I, I can realize they're in survival mode and {} You can be resilient and stay calm.</p>	<p>Healthy Tension: as in a movie – building suspense. feeling good after a strenuous workout. Unhealthy Tension: irritable, to provoking impatience, toxic anger, chronic annoyance. Unhealthy tension can lead to hyper-tension or be a sign of hyper-tension.</p>

#1 What is feeling anxious mean to you?

#2 What does my feeling of anxiety feel like?

#3 What does my feeling excessive concern look like?

#4 What makes me feel feeling excessive concern?

#5 How can I express my feelings of anxiety, so it doesn't get me into trouble?

#6 How does my feeling excessive concern and anxiety impact others?

#7 How does the feeling anxiety of other people impact me?

#8 What are some of the possible reasons why concern attitudes are more functional than anxiety beliefs?

#9. In what situations do you need to be concerned??

#10 In what situations do you need to experience healthy tension?

#11 How is Anxiety Meaningful?	How is Addressing your Concerns Meaningful?

#12 Cost Benefit Analysis

Cost of Anxiety	Benefit of Addressing Your Concern
Benefit of Anxiety	Cost of Addressing Your Concern
Feeling protects my self-esteem by...	
Feeling anxious avoids my real concerns.	
When I'm anxious I train people to...	
Anxiety expands my uniqueness in unhealthy ways	Addressing my concerns expands my uniqueness by...
Anxiety restricts my uniqueness in unhealthy ways.	Addressing my concerns restricts my uniqueness by...

Adapted From Christian Reese 2018 Book Attachment

1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Spirituality goes beyond Compulsions – It helps you experience Freedom: You can change your attitude in the face of unavoidable fate, but when you believe you can deal with your fate and you believe it is awful that fate has gone against your dreams and hope, you become anxious.

Anxiety-Worry and a Lack of Intentionality	
Not Having a Sense of Choice	When managing threats, it can sometimes feel like you need more effective methods. Therefore, you resort to ineffective means of managing them, such as being kind or submissive to people you fear. This reduces your sense of choice because you need another person’s love and approval. As a result, you become overly reliant on others; you calm your emotions and over-prepare for a threat, as you fear that you cannot handle the threat you are experiencing. In fact, there is no doubt that your fear of the threat is why you hope other people will be able to deal with it for you. This not having a sense of choice can increase your anger because you think your anger can break through your frustration.
Resisting and/or Refusing to Change	When you believe you can’t reach your goals or execute your plans, you create a more severe threat by ruminating about what you don’t have rather than thinking about what you do have. You become distracted from your constructive goals. Because of this, you become distracted from your goals by creating a more significant threat, overcompensating, and imagining yourself dealing with an even more substantial threat in a way that makes you feel vulnerable. As a result, you withdraw from the threat, convince yourself it is not imminent, and distract yourself from the danger, which interferes with problem-solving, so you end up playing the role of persecutor which is then shifted to playing the role of victim.
Not Self-Correcting	Consequently, you may overestimate the probability of the threat occurring; you may underestimate your ability to cope with the threat, so you don’t correct your irrational beliefs or cognitive distortions; you may magnify negative consequences; you may minimize positive effects; you may face a threat to your personal domain as a result, which you conclude you can’t do anything about your situation.

Worksheet:

What role does compulsive extreme evaluations and worrying play in your life? Do you withdraw physically or mentally from the threat?

How does anxiety interfere with your sense of choice? Do you ward off the threat with superstitious thinking or avoidance? Do you self-medicate to ward off the threat?





How will compulsive extreme evaluations and worrying make change difficult? Do you face up to the threat and deal with the threat constructively or do you seek reassurance from others?

How will compulsive extreme evaluations and worrying interfere with your ability to self-correct? Do you realistically appraise your abilities to cope with the threat?

Anxiety: Four Tensions - when our concerns are not being met

Toxic-Tension: Factor Analysis of Tension

1	2	3	4
<i>False</i>	<i>Somewhat True</i>	<i>True</i>	<i>Completely True</i>

Social Tension	Easily Emotionally Hurt	Easily Frustrated	Difficult Making Decisions		
 <p>Factor C</p>	1	{} I feel emotionally hurt . {} I feel misunderstood. {} {} I often feel moody.	{} I get angry too quickly. {} I don't belong. {} Others treat me unfairly.	{} Others see me as being disorganized. {} I see myself as disorganized. {} I hate making plans.	15
	2	{} I feel that I can't count on others	{} I am too impatient	{} I have difficulty making decisions.	
	3	{} I feel ignored by others	{} I get in bad mood too easy.	{} I can't find things we need easily.	
Projected Tension	Irritable	Intolerant	Mistrustful		
 <p>Factor L</p>	4	{} I am easily annoyed. {} I am distrustful of others. {} I use negative mind reading (other don't like me but they don't say it).	{} I often feel angry at others. {} I get annoyed with others too much. {} People piss me off too much.	{} I am suspicious of others. {} I am mistrustful of others. {} I am too wary and cautious of other people's motives.	15
	5	{} I get irritated at others too easily.	{} I often disagree with others.	{} I don't like to talk about myself. .	
	6	{} I believe people show off too much.	{} I use name-calling, i.e., When people make dumb mistakes. I tell them, "You're stupid."	{} I don't like to disclose personal information.	
Physical-Nervous Tension	Edgy	Short-Tempered	Restless:		
 <p>Factor Q4</p>	7	{} I am easily upset. {} I feel tense, irritable. {} Others hurt me too easily.	{} I have a short temper. {} My short temper gets me in trouble. {} I believe I can't control my emotional reactions.	{} I feel physical tension. {} I feel restless. {} I feel tired too much.	15
	8	{} I am oversensitive.	{} Insignificant things upset me too much.	{} I am unable to relax.	
	9	{} I feel too nervous too often.	{} I am on edge.	{} I feel worn out.	
Disapproval Tension	Feeling Down	Emotional	Inadequate		
 <p>Factor O</p>	10	{} I feel down, and dejected, cast down in spirits. {} I feel bummed out too much. {} I feel unhappy most of the time.	{} I am fussy. {} I am apprehensive (viewing the future with tension and alarm). {} I feel lonely.	{} I feel inadequate. {} I feel unsure of myself. {} I have low self-esteem.	15
	11	{} Criticism hurts me too much.	{} I often feel sorry for myself (excessive self-pity).	{} Small failures upset me too much.	
	12	{} I don't get along with others.	{} I believe I can't do anything worthwhile.	{} I feel worthless.	

Based on the work of Raymond Cattell and his work on the 16 PF

4. Concerns

Instructions: Use checks (✓) to indicate how you've been feeling the past couple of weeks. **Please answer all the items.**

Feeling Distressed ^o

	1-Very False	2-False	3 Not Sure	4-True	5-Very True
1 I get angry too easily					
2 I get frustrated and annoyed too quickly					
3 I feel too disgusted to eat and/or I have problems sleeping					
4 I have big ups and downs in my mood					
5 I have too many restrictions placed on me					
Total Items 1 to 5 →					

Feeling Distrustful ^L

	1	2	3	4	5
1. I don't trust people because they have cheated me or hurt me					
2 I am touchy, and I am easily irritated (exasperated, frustrated,)					
3 I feel most people lie					
4 I loose my temper easily and yell at people too much					
5 I worry about what other people might say about me or do to me.					
Total Items 1 to 5 →					

Feeling Distraught and Tense ^{o4}

	1	2	3	4	5
1 I worry about myself too much					
2 I feel uneasy and angry with people					
3 I feel on edge and tense					
4 I give up easily because I get frustrated easily					
5 I feel nervous, shaky, and restless					
Total Items 1 to 5 →					

Feeling Downhearted ^o



	1	2	3	4	5
1 I feel inferior to others					
2 I am too afraid of failure					
3 I feel lonely too much					
4 I feel downhearted and disappointed too much					
5 I have too many negative feelings					
Total Items 1 to 5 →					


Feeling Dread ^o


	1	2	3	4	5
1 I feel dread and fear too much					
2 I feel terribly dejected when people criticize me					
3 I feel guilty over small mistakes I have made					
4 I feel like some punishment is coming to me					
5 I blame myself for too many things that go wrong					
Total Items 1 to 5 →					


NOTES:

Anxiety and Tensions:

Relationship Toxic Tension	Easily Emotionally Hurt	Easily Frustrated	Difficult Making Decisions
 <p>Factor C</p>	<p>1 Emotional Brain and Divestment of Will to Meaning: Belief I lose control over my feelings easily. Belief: I can't stand beliefs, and I have low frustration tolerance. Belief: I should get what I want easily. Belief: I have to discount my feelings to control my feelings Belief: I don't have to see alternative actions to my difficulties. Belief: Timing and managing my time is a waste of time. Belief: It is okay not to act.</p> <p>2 Prefrontal Lobe and Investment in Will to Meaning Develop a Stoic orientation to stress, conflicts, and advertise. Formulate problems in a concrete and specific terms (ABC Model) Set priorities, use time management techniques, and time framing. Confront problems, anti-procrastination and, perfectionistic thinking Increase and practice healthy self-acceptance attitudes Prepare for stressful events</p>		
Projected Toxic Tension	Irritable	Intolerant	Mistrustful
 <p>Factor L</p>	<p>3 Emotional Brain and Divestment of Will to Meaning Suspicious: the act or an instance of suspecting something wrong without proof or on slight evidence, mistrust, a state of mental uneasiness and uncertainty, doubt. <input type="checkbox"/> Jealous: intolerant of rivalry or unfaithfulness, hostile toward a rival or one believed to enjoy an advantage, vigilant in guarding a possession <input type="checkbox"/> I'm worthless if I lose this meaningful relationship. <input type="checkbox"/> I believe my self-defeating jealousy will help you to be vigilant when there is a clear threat to my relationship. <input type="checkbox"/> I doubt the other person loves you. <input type="checkbox"/> I am distrustful of my loved one <input type="checkbox"/> This person is dependable for future contingences. <input type="checkbox"/> I have no trust or confidence in my loved one. <input type="checkbox"/> My beliefs have demanding shoulds and tyrannical beliefs. <input type="checkbox"/> I often feel irritable. <input type="checkbox"/> I have a sense of deprivation, or someone will deprive you soon. <input type="checkbox"/> People make or I make unfavorable comparison. <input type="checkbox"/> I can't redress disparities between what I think and what others think. I am defensive (resisting or preventing aggression or attack) to restore my self-esteem I am overly self-sufficient, and I'll withdraw from others.</p> <p>4 Critical hostility Prefrontal Lobe and Investment in Will to Meaning Develop a healthy sense of self-acceptance, acceptance of individual differences, and accepting the sometimes goes your way and sometimes it doesn't. Know the four aspects of establishing trust, reestablishing trust, and compassion and tolerance leading to forgiveness Develop inner relaxation: music, images of dynamic nature –</p>		

	Edgy	Short-Tempered	Behavior:
	<p>5 Emotional Brain and Divestment of Will to Meaning: <input type="checkbox"/> Behavior: I have trouble relaxing <input type="checkbox"/> Belief: I need to be doing something <input type="checkbox"/> Sensation: I get physiologically aroused easily. <input type="checkbox"/> Behavior: I tap my fingers, pace the floor, and fidget too much. <input type="checkbox"/> Behavior: I blame others for my feelings too much.</p>		

Physical-Nervous Tension Factor Q4	<input type="checkbox"/> Behavior: I act out my anger rather than express my thoughts and feelings. <input type="checkbox"/> Belief: I use extreme negative self-evaluation to motivate myself to act better. <input type="checkbox"/> Defensiveness: project my fears onto others <input type="checkbox"/> Feel: tense, frustrated, overwrought, fretful			
	6 Prefrontal Lobe and Investment in Will to Meaning: <input type="checkbox"/> medication, <input type="checkbox"/> biofeedback, <input type="checkbox"/> mindfulness exercises, <input type="checkbox"/> vigorous exercise, <input type="checkbox"/> meditation, <input type="checkbox"/> develop social skill so I can be composed in social situation, <input type="checkbox"/> anger management, <input type="checkbox"/> Rational-Emotive Behavior Therapy (focus on becoming less demanding), <input type="checkbox"/> Behavior Therapy, systematic desensitization to stressful stimulus.			
Disapproval Toxic Tension  Factor O	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 33%;">Feeling Down</th> <th style="width: 33%;">Emotional</th> <th style="width: 33%;">Inadequate</th> </tr> </table>	Feeling Down	Emotional	Inadequate
	Feeling Down	Emotional	Inadequate	
5 Emotional Brain and Divestment of Will to Meaning: Feeling: dejected when criticized Behavior: Self-Deprecating Behavior: Self-Reproaching Belief: decreased sense of self-worth – “I don’t like myself.” Belief: if I fail or experience a loss, my status in my primary group goes down. Belief: I have low self-esteem				
	6 Emotional Brain and Divestment of Will to Meaning: <input type="checkbox"/> My low esteem is meaningful because it is a counterforce against selfishness, appearing greedy, cruelty, and irresponsibility. <input type="checkbox"/> Increase self-confidence Increase resiliency skills Emotionally Tough, resilient, best effort across all situations Increase sensible risk-taking behaviors and attitudes			

Social Tension  Factor C	Easily Emotionally Hurt	Easily Frustrated	Difficult Making Decisions
	1 <input type="checkbox"/> I feel emotionally hurt. <input type="checkbox"/> I feel misunderstood. <input type="checkbox"/> I often feel moody.	<input type="checkbox"/> I get angry too quickly. <input type="checkbox"/> I don’t belong. <input type="checkbox"/> Others treat me unfairly.	<input type="checkbox"/> Others see me as being disorganized. <input type="checkbox"/> I see myself as disorganized. <input type="checkbox"/> I hate making plans.
	2 <input type="checkbox"/> I feel that I can’t count on others	<input type="checkbox"/> I am too impatient	<input type="checkbox"/> I have difficulty making decisions.
	3 <input type="checkbox"/> I feel ignored by others	<input type="checkbox"/> I get in bad mood too easy.	<input type="checkbox"/> I can’t find things we need easily.

Social Tension: When you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempting to take your uniqueness away by stereotyping you, your brain goes into survival mode.

1. In survival mode, you may feel some of the following.
 - You feel unsafe and unsure of yourself.
 - You have a damaging storm in which you think about one adverse event after another.
 - You feel certain about decisions with no evidence or reasoning, and you agree with others too quickly
 - You endorse a high number of irrational beliefs that you don’t recognize as being irrational on your own.
 - You don’t want to talk about your problems and conflicts, and don’t disclose personal information because you feel ashamed or guilty about your actions.
 - You use rationalizations to justify your negative and immoral behaviors, and you disregard the costs and consequences of your behavior.

- You believe your goals can be easily reached and make decisions too quickly.
- You feel controlled by the situation, so you feel helpless, or you find fault in others and blame them for your negative feelings.
- You feel hopeless and believe you can't get what you want.

1. When you feel calm, your prefrontal lobe is active. The following abilities emerge:
 - Learning and awareness of remote but realistic rewards.
 - Able to overcome perceptual distractions. (mindfulness: being in the presence)
 - You extract and comprehend the relevant stimulus using competitive inhibition.
 - Realized interests have a reality orientation.
 - Consciously and deliberately develop interests and the means to achieve your chosen goals.
 - You can restrain and inhibit following social expectations.
 - You can be persistent, you are prepared to repeat a process to be rewarded.
 - You can anticipate and restrain willfulness.
 - You use your personality resources and cognitive ability to reach short-term and long-term goals.
 - You make decisions and solves problems in a systematic and orderly fashion.
 - Firm, logical, reality-orientated, cognitively invested in integrated and controlled interests.

(Note: This list was adapted from the work of Raymond Cattell) When you are in survival mode, you experience four forms of tension: Nervous Tension. Social Tension. Disapproval Tension and Projected Tension.

I can't count on important people in my life.

- Social Tension: I can't count on important people in my life; people are undependable;	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover Thinking using 2nd Person
<i>Belief -Personal Demands:</i> <input type="checkbox"/> Important people in my life must always be reliable and dependable. <input type="checkbox"/> I need people that I can depend on. <input type="checkbox"/> I need people because I feel worthless and can't meet my needs. And <ul style="list-style-type: none"> • they may see me as demanding and get mad at me. <input type="checkbox"/> I am only happy when there are people I can count on and <ul style="list-style-type: none"> • their love and approval are my only source of pleasure and happiness. <input type="checkbox"/> I will never be happy or feel secure if I don't have people I can count on.	<i>(D) Discover a New Way of Thinking About Getting Along with Others by using Self-Distancing Technique:</i> There is no logical connection between your ardent desire for people to be reliable and their actual behavior. <ul style="list-style-type: none"> • There is no logical connection between your desires and their tendency to be unreliable. • Your calculation that people will always be reliable is inaccurate because people's dependability or lack of reliability will not determine if good things or adversities will happen. • You are <i>not</i> responsible for other people's choices because your choices are not identical to other people's choices and • Those choices can exclude and contradict your options. • Their behavior will sometimes predict some behaviors, and other behaviors will not be predictable. • Making a cause-and-effect connection between your sense of happiness and people's ability to be reliable suggests you're in survival mode, and your thinking is unreasonable. <input type="checkbox"/> Factually, some people have let you down sometimes, and these very same people have helped you. <ul style="list-style-type: none"> • They were kind to you at other times.
<i>(D) Discovering Meaningfulness in that people don't understand me</i> <input type="checkbox"/> My personal demands will interfere with my ability to meet life's demands because I am focusing on one aspect of my life and not addressing all five demands. <ul style="list-style-type: none"> <input type="checkbox"/> I can discover meaningfulness in addressing their concerns, even when anxious. 	<i>(D) Discovering Meaningfulness:</i> <input type="checkbox"/> Addressing Your Concern: <ul style="list-style-type: none"> <input type="checkbox"/> You are concerned about people understanding you. and <input type="checkbox"/> This concern is valid because understanding each other brings about more positive feelings, which will open the door to you discovering the meaningfulness of the moment.
<i>(C) Consequences: I will restrict my ability to expand my uniqueness because</i> <input type="checkbox"/> I am overfocusing on what other people can do for me, so I will have to conform to please the other person.	<i>(D) Discover Constructive Ways to Expand Your Uniqueness by...</i> <input type="checkbox"/> Addressing Your Concern: You are concerned about people being dependable and trusting, and this is a realistic and pragmatic concern. <ul style="list-style-type: none"> <input type="checkbox"/> Clarifying Your Preference: You like it when you have friends you can count on, but there is no evidence that they have to be dependable or any other way you wish them to be.

Loved one's must never let me down.

- Social Tension: people have let me down; loved ones must never let me down.	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover Thinking using 2nd Person
<p><i>Belief-Personal Demands:</i></p> <ul style="list-style-type: none"> □ Friends. family and loved ones <i>must</i> never let me down. and it would be terrible when loved ones let me down □ When friends. family. loved ones let me down. I am positive that bad things “will” happen to me. □ People’s bad behavior causes me to feel bad. so if they would stop treating me badly – <ul style="list-style-type: none"> ○ I wouldn’t feel horrible. 	<p>(D) Discover a New Way Thinking About Getting Along with Others by using Self-Distancing Technique:</p> <ul style="list-style-type: none"> □ The idea that “people must never let you down” is <i>rigid</i> because you are only giving people one choice. you are not allowing new information to come into this situation. □ You are restricting the parameters on your ability to problem solve. [] you will end up giving in or giving up. and [] there is no give and take in that situation. □ The belief “you don’t want people to let you down. but they don’t have to do what you wish because you cannot control their choices and it would not serve your own self-interest if you did control their every choice” is flexible.
<p><i>(D) Discovering Meaningfulness</i></p> <ul style="list-style-type: none"> □ I want to recognized that my personal demands will interfere with my ability to meet life’s demands and find meaningfulness 	<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> □ There is no evidence that people must never let you down. and it is false that you can predict what will happen by the way other people act toward you. □ Logically. you cannot derive the rigid belief. such as people must never let me down from a flexible belief of (I don’t want people to let me down.
<ul style="list-style-type: none"> □ <i>(C) Consequences: I will not expand my uniqueness because</i> □ I will see people not understanding me as a catastrophe. □ I will not be able to tolerate future frustrations. 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness by...</p> <ul style="list-style-type: none"> □ Concern: you are concerned about people not being there when you want their assistance. □ Preference: You like it when you have friends. family to be supportive. □ Very Bad: It is not the end of the when your family is not supportive. □ Tolerate Frustration: you don’t like unreliable people but you can stand it □ Acceptance: Nobody is perfect and 100% reliable. so you will stop rating them as worthless individuals because they are not perfect as you demand.

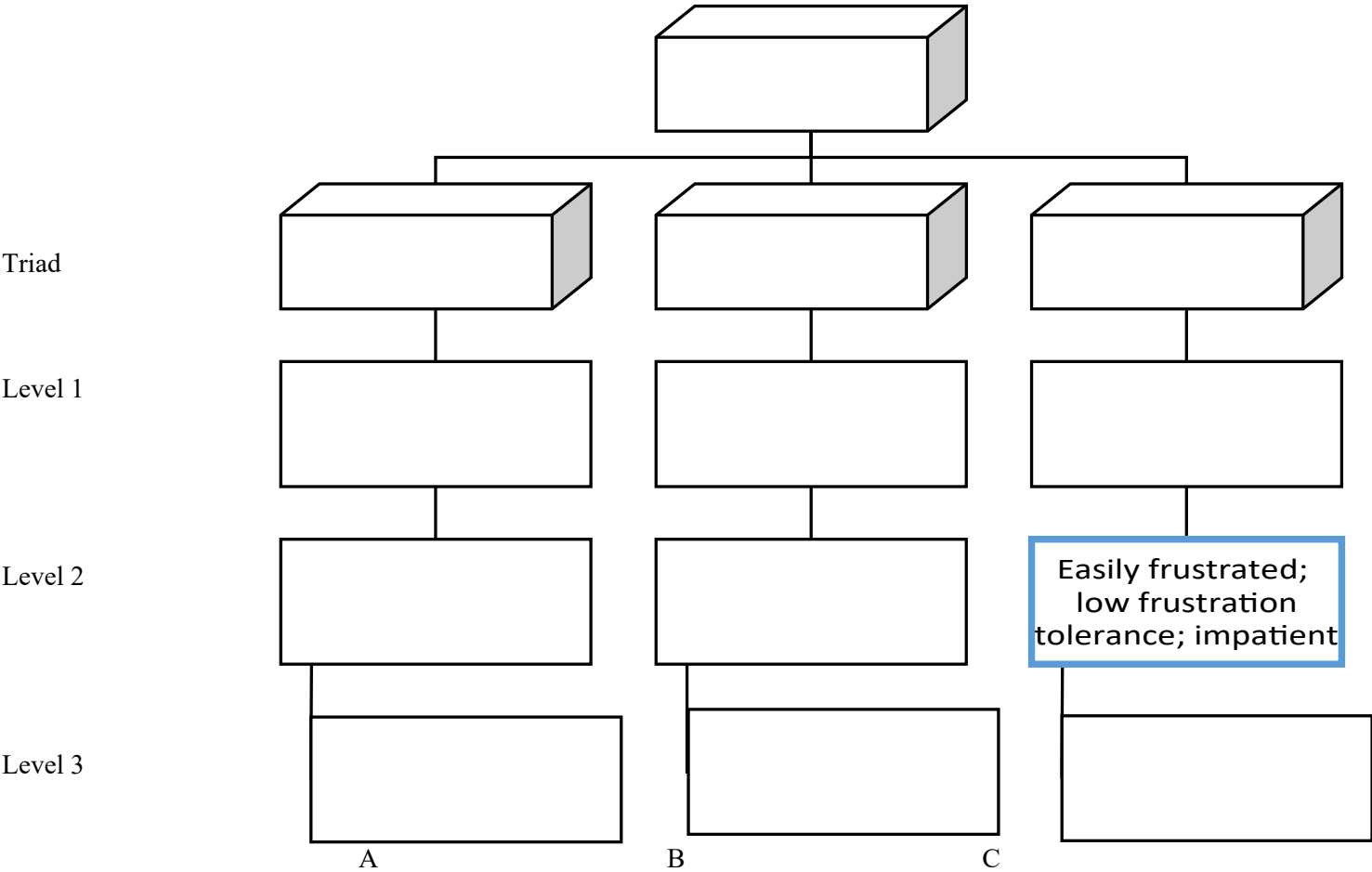
I only see the negative aspects of the situation.

Social Tension: I only see the negative aspects of the situation	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover Thinking using 2nd Person
<p>1. <i>Belief-Personal Demands:</i></p> <ul style="list-style-type: none"> □ I don’t think about how the stress is causing my brain to go into survival mode. □ I only see all the negative things I am facing. □ Important people in my life <i>must</i> not let me down – regardless of the situation! □ If they let me down. then I know I’ll never be happy. □ Other people will think that there is something wrong with me because people are always letting me down. 	<p>(D) Discover a New Way Thinking About Getting Along with Others by using Self-Distancing Technique: When people let you down.</p> <ul style="list-style-type: none"> □ They are not evil people for letting you down. and they don’t even realize that they let you down. □ When you use extreme evaluations when others let you down. you are judging them for making the same mistakes that you may do in the future. □ You make will only increase your chances of feeling down. anger. and worried when you only think about how people have let you down.
<p>(D) Discovering Meaningfulness in that people don’t understand me</p> <ul style="list-style-type: none"> □ If I want to get along with people. then worrying about how people don’t understand me may motivate me to start getting along with others and discover meaningfulness. ○ I have better focus on how I can communicate better. so my concerns and wishes are known. 	<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> □ This worrying will surely not solve any problems. □ Factually. demanding that people never make mistakes and they must never disappoint you will make your life miserable. □ Because you see that this old belief of people must not let you down is untrue. illogical. and impractical. you can change your thinking about how you see other people.
<p>(C) Consequences: I will not expand my uniqueness because</p> <ul style="list-style-type: none"> □ I will see people not understanding me as a catastrophe. □ I will not be able to tolerate future frustrations. which 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness by...</p> <ul style="list-style-type: none"> □ Concern: you are concerned about people not being there when you want their assistance.

will restrict my uniqueness.	<input type="checkbox"/> Preference: You like it when you have friends. family are supportive. so, you can expand your uniqueness. <input type="checkbox"/> Remember you need others to be creative and innovative.
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Social Tension (Factor C)

A lack of resiliency can be observed in our tendency to be reactive. This inability to be responsive to our wants and the needs of others



Our goal is to develop emotional stability versus emotional reactivity. Our focus will be on develop a healthy sense of resiliency so you can stay calm in stressful and frustrating situation. Emotional stability involves our ability to cope with day-to-day life and its challenges. With an adequate degree of emotional stability, you take life in stride and to manage events and emotions in a balanced and adaptive way. We see the value in proactive choices in managing our life. Our focus will be on Level 2 and C column, which involve moving from low frustration beliefs to high frustration attitudes.

Level 1-A: **Persistence** means trying hard to do our best and not giving up when something feels like it is too difficult or boring Being Persistent (1) the harder I try the more successful I will be. (2) I can do things that are not easy or fun; (3) when I practice. I'll get better; (4) I am a capable and likable person; Dependable: to place reliance or trust on you:

Level 1-B: **Organization** means setting a goal to do our best, listening carefully to instructions, planning our time so you are not rushed, having all our supplies ready and keeping track of our assignments' due dates; (1) setting goals helps me to be more successful; (2) Planning my time improves my performance; (3) I can plan enough time to get everything done; (4) Giving my best effort helps me to achieve my goals

Level 1-C: **Resilience** means to know how to stay calm and be able to stop us from getting extremely angry, down, or worried when “bad” things happen. It means being able to calm down and feel better after getting extremely upset. Resilience also means being able to control our behavior when you are particularly upset so that you bounce back from difficulty and return to work or play. (1) I can stay calm facing difficult events; (2) I can tell people what I think and feel; (3) I can tell people how happy or sad I am; (4) I can tell people what I don’t like when I don’t get my way

Impatient-Disorganized-Immature

Level 2-C (Responsiveness: Low frustration beliefs involve if this frustration continues,

1. I’ll disintegrate, die, and/or loss all capacity for happiness.
2. It is difficult situation; therefore, it is intolerable (an extreme evaluation added to non-extreme evaluation creates a feeling that something about my thinking does not match (cognitive dissonance)
 - a. *Because it is difficult* (endurable, very bad, very disagreeable, *it is intolerable* (unbearable, excessive, no degree of moderation, extreme).

	Survival Values	Attitudinal Values
##	Low frustration tolerance Belief (LFT) (I can’t bear it; It’s intolerable) (hidden demand: conditions and other people must not be frustrating) are irrational for the following reasons:	Tolerating Frustration and Attitudinal Values: I can tolerate frustration, which is challenging to put up with... but I can manage it. I can be rational for the following reasons:
	<i>Frustration intolerance beliefs are inflexible and extreme.</i>	<i>I can use flexible thinking when I am facing frustrating situation and adversities.</i>
	Usually, unwanted changes are frustrating because you like familiarity and you often see any change as negative. When you tell yourself, you “can’t stand it,” you are resisting change or denying the existence of change.	A high frustration tolerance value is flexible because you have the realistic expectation that you can cope with frustration confidently. You want to see frustrations as a are part of learning new and challenging tasks, and you can change your thinking when you cannot change the particular adversity you are facing.
	When you adhere to a low frustration tolerance belief, you believe it is intolerable to cope with change and that learning new skills is too unbearable, too frustrating, etc. so you avoid learning new behaviors, new ways of thinking, etc. you avoid frustrating situation or use unhealthy anger as strategy to change.	
	<i>Low frustration tolerance beliefs are illogical.</i>	<i>I can use logical thinking when facing frustrating situation and adversities.</i>
	An LFT belief is made up of two components. (1) non-extreme component (e.g. “It is difficult to tolerate”) and (2) An extreme component (“...therefore it is intolerant”). The latter does not logically follow from the former, since you logical cannot derive something extreme from something that is non-extreme.	A high frustration tolerance attitudinal values e.g., it is difficult to tolerate not doing well, but I can tolerate not doing well. This value is made up of two non-extreme components that are logically connected since both are non-extreme. I want to do well, but I can tolerate not doing well.
	<i>Low frustration tolerance beliefs are false:</i>	<i>High Frustration Tolerance Attitudinal Values are true.</i>
	LFT beliefs mean that you will die, disintegrate, or lose the capacity for happiness if what you deem to be intolerable exists. None of these is likely to happen. It can also suggest a lack of coping skills and believing you do not have any way to deal with frustration, dissatisfaction, and/or stress	You can prove that it is difficult to put up with not having your preference met. You can also confirm that you can tolerate doing so since when your preference is not met, (i) you will, in all probability, neither die nor disintegrate, and (ii) you will still retain the capacity for future happiness.
	Its too hard to change my thinking, my feelings, and my behavior.	<i>High Frustration Tolerance Attitudes</i> are also true; while not liking the situation, because you can accept that it is a struggle for everyone, you are strong enough and smart enough to change your thinking about this very bad event, it is significant for you to tolerate such a situation because it may happen again. You will only screw yourself over if you do not learn how to tolerate such frustrations and disappointments.
	<i>Low frustration tolerance beliefs yield poor results:</i>	<i>High frustration tolerance attitudinal values yield reliable results:</i>
	While demands may have some positive results (e.g., they may be motivating), by and large most of the results yield are poor (e.g. they result in anxiety; thus their motivating effect contaminated with anxiety and with the inefficiency that often goes with it).	An elevated level of frustration tolerance may result in poor results (e.g., they may initially not motivate as much as demanding things must work out as you want). Still, most of the results produced by these behaviors are positive (e.g., they result in healthy negative emotions if adversity is encountered instead of unhealthy negative emotions if

		adversity is experienced, and they become more motivated in the long run).
	Adapted from the work of Windy Dryden, Ph.D.	

Need to edit survival vales – attitudinal values are edited,

PRINT FULL NAME: _____

Today's DATE _____

Tolerating Frustration:

0	1	2	3	4	5
False	Hardly True	Somewhat True	True	Very True	Completely True
Causes No Problems for me	Causes Little Problems	Causes Some Problems for me	Causes Problems for me	Causes Lots of Problems	Causes Extreme Problems
Causes No Problems for others	Causes Little Problems	Causes Some Problems for others	Causes Problems for others	Causes Extreme Problems	Causes Very Extreme Problems

		Rate 0-5	For Me	Others
1	You have a "short fuse" when things don't go your way			
2	You gobble handfuls of snack food (i.e., potato chips) after a frustrating situation. You want to eat something to feel better after a frustrating situation.			
3	When delayed or waiting, you tend to tap your fingers or pace.			
4	You ask questions, then don't pay attention to the answers.			
5	When things do not happen quickly enough for you, you put your hands on your waist, sigh, or express other body movements to signify impatience.			
6	You say or do things impulsively – You often don't think before you act.			
7	You act cranky and irritable when you don't immediately get what you want.			
8	You tend to dramatize your complaints – You make a big deal out of your complaints-grievances; you want everybody to know what is bothering you!			
9	You harbor grudges and recycle them in your mind. (grudge = a feeling of deep-seated resentment or ill will)			
10	You think to yourself "I can't stand it when..."			

What did you learn about yourself after completing this questionnaire?

Frustrated	Situations are frustrating in which a desired endeavor is defeated or has the possibility of being defeated, which may induce feelings of discouragement; the word " <i>frustrate</i> " implies making vain or ineffectual all efforts however vigorous or persistent. A frustrating situation is when there is a gap between what we want and what we get, and we experience discouragement, feel uncertain, don't care, and there is a lack of confidence. (Confidence stresses faith in ourselves and our powers without any suggestion of conceit or arrogance. In other circumstances, we may become overconfident when we are in a stressful and frustrating situation. The word frustration comes from the Latin <i>frustratus</i> , past participle of <i>frustrare</i> to deceive, <i>frustrate</i> , from <i>frustra</i> in error, in <i>vain</i>)
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Frustrate, thwart, foil, baffle, balk mean to check or defeat another's plan or block achievement of a goal.	
Frustrate	Situations are frustrating in which a desired endeavor is defeated or has the possibility of being defeated, which may induce feelings of discouragement; frustrate implies making vain or ineffectual all efforts however vigorous or persistent. A frustrating situation is when there is a gap between what we want and what we get, and we experience discouragement, feel uncertain, don't care, a lack of confidence. (Confidence stresses faith in oneself and one's powers without any suggestion of conceit or arrogance. Therefore, people may become overconfident when they are in a stressful and frustrating situation.
Thwart	thwart suggests frustration or checking by crossing or opposing
Foil	foil implies checking or defeating so as to discourage further effort
Baffle	baffle implies frustration by confusing or puzzling
Balk	balk suggests the interposing of obstacles or hindrances

Stress	a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation
	Low stress tolerance or high leads to high stress vulnerability
VAIN, NUGATORY, OTIOSE, IDLE, EMPTY, HOLLOW mean being without worth or significance	
	VAIN implies either absolute or relative absence of value
	NUGATORY suggests triviality or insignificance
	OTIOSE suggests that something serves no purpose and is either an encumbrance or a superfluity
	IDLE suggests being incapable of worthwhile use or effect
	EMPTY and HOLLOW suggest a deceiving lack of real substance or soundness or genuineness
Distress	
DISTRESS, SUFFERING, MISERY, AGONY mean the state of being in great trouble.	
	distress implies an external and usually temporary cause of great physical or mental strain and stress
	suffering implies conscious endurance of pain or distress
	misery stresses the unhappiness attending especially sickness, poverty, or loss
	agony suggests pain too intense to be borne
	Distress comes about when we magnify our troubles, think life is too tough, we view ourselves as too helpless to cope, and feel easily hurt by slights that are often more imaginary than real.

Self-Statements dealing with frustrating situations

List three situations you believe you can't stand someone or something

- 1.
- 2.
- 3.

I don't like it, but I can tolerate it because

I am smart enough

- ✓ I have put up with it before, and I do tolerate it again.
- ✓ I know that this is not "always" happening to me.
- ✓ I can tolerate what I claim I cannot tolerate.
- ✓ I know there are no facts that back up the claim I can't put up with this awkward-annoying situation
- ✓ I can be in the present, and no one can predict the future perfectly
- ✓ I know nobody is perfect, and everyone makes mistakes

I am strong enough

- ✓ I won't die, disintegrate, pass out or faint.
- ✓ I won't melt or fall apart.
- ✓ I am not a wilting flower that will turn into dust.

I am sensible enough.

Rational Self-Talk:

- I can solve problems because I am organized and approach problems logically.
- I can see both sides of the story, which helps me get along with others.
- I can learn from my past mistakes, and I set goals for the future.
 - It is not helpful to dwell on one event because I can't change the past, and obsessing about one event won't help me solve the problem.
 - I can't perfectly predict the future, but I can set goals for the immediate future.
-

Low frustration tolerance beliefs are false	High Frustration tolerance beliefs are true
When I hold on to a LFT belief, I adopt a very short-term	I may find it difficult to feel happy in the face of aversive events, but this

perspective and I fail to consider anything from a longer-term standpoint. LFT is false because it does not consider the long term effect of my actions.	does not mean that I have lost the capacity for happiness. If I fail in my relationships, I will not die, melt, go to pieces;
Low frustration tolerance beliefs are extreme and illogical	High frustration tolerance beliefs are not extreme and logical
Extreme positions are inaccurate because many people have tolerated much more pain and misery than I have. In an extreme position, death usually ensues, I will mentally or physically go to pieces, and I will loss all capacity to be happy in the future. So, no matter how unhealthy I think or how bad things turn out, my capacity to be happy is not lost.	Non-Extreme position: I am attempting to derive something extreme from something that is not extreme. This cannot be done from a logical point of view. I know that everyone is different and the degrees of tolerance vary from person to person because "It is not the situation that determines my tolerance but how I view the situation." Outside events and other people cannot directly control my thoughts.
Low frustration tolerance beliefs are not helpful because they...	High frustration tolerance beliefs are helpful because they...
Lead to unhealthy negative emotions, such as anxiety, depression, guilt, shame, hurt, anger, and it will screw up relationships I do develop in the future. Lead to behaviors that are not constructive, such as withdrawing, avoidance, overwork, substance abuse. Lead to distorted thinking such as over-estimating negative events and under-estimating your resources	Lead to healthy negative emotions, such as concern, sadness, remorse, disappointment, sorrow, etc. Lead to constructive behavior, such as facing up to and dealing with difficult situations, healthy habits. Lead to realistic thinking such as making realistic estimates, being reasonable and seeing positive events as equally likely to occur as negative events, seeing negative events in perspective and in a sensible context.

Behavioral Resiliency: Flexibility

1. Self-monitoring of our emotions (Rational-Emotive Skills)
2. Relaxation and mindfulness (Healthy Intentionality)
3. Keeping things in Perspective (Rational-Emotive Skills)
4. Using confident attitudinal values.
5. Finding someone to talk to
6. Positive and realistic self-talk
7. Finding alternative activities

0 – Not at all true	1 – Slightly True	2 – Moderately True	3 – Very True	4 – Completely True
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1. Acceptance

	0	1	2	3	4
1. I admit personal problems-mistakes to other people openly and honestly					
2. I am critical when I need to be, but I am rarely harsh or demeaning with my criticism.					
3. I can accept other people’s faults and strengths without being overly judgmental					
4. I can accept negative feedback while giving the other person positive feedback about his or her critical remarks.					
5. I am self-reliant but not pushy or demanding.					

2. Realistic

	0	1	2	3	4
1. I am realistic about my personal strengths, abilities, skills, etc.					
2. Before I do something, I think of a wide range of consequences that might happen					
3. I believe that a skilled person can make mistakes					
4. I am <i>responsible for my</i> mistakes, successes, thoughts, feelings, and behaviors because no one can control my thoughts					
5. I am <i>not responsible for other people’s</i> thoughts, feelings, and behaviors because I cannot control their thoughts					

3. Coping

	0	1	2	3	4
1. I can cope and I don’t get stressed out when I don’t get what I want					
2. I can put up with not achieving my goals					
3. I can deal with being rejected by important people in my life					
4. I can face highly frustrating and challenging schoolwork and/ or work projects					
5. I can cope with other people treating me unkindly and disrespectfully					

4. Emotional Stability

	0	1	2	3	4
1. I do not get extremely angry or get into fights when someone disrespects me or acts unfairly					
2. I do not worry a lot about taking a test or meeting someone new.					
3. I do not get very down and stay away from people when I do not understand something or someone criticizes me.					
4. I do not get overly frustrated and angry about work that I see to be boring or that takes a lot of my time.					
5. I do not get very down about bosses/teachers who seem more interested in what he or she is doing/teaching than you					

5. Staying Calm

	0	1	2	3	4
1. I can stay in the face of difficult or challenging situations					
2. When I get upset, I control my behavior by not fighting or withdrawing (reacting).					
3. When I get extremely upset, I can calm myself down within a reasonable time for my age.					
4. When I get extremely upset, I bounce back to work and I continue interact with others					
5. I am able to calm down when I am facing difficult people and events					

I try new activities, accept the facts of the situation and I finish what I start.

Resilience

Instructions: Our ability to adjust emotional to new and challenging situations involves a number of factors. Rate the item with a check (✓) to indicate your ability to adjust to new and challenging situations.

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Responsive: H

0 1 2 3 4

1.	<i>Social: being social and interacting with other people in a friendly and pleasant way</i>				
2.	<i>Sensitive: sensitive to the feelings; concern of others; shows concern for a specified matter</i>				
3.	<i>Friendly: friendly and welcoming to people's ideas, interests, and feelings</i>				
4.	<i>Carefree.: does not have excessive worries or troubles</i>				
5.	<i>Responsive: responds appropriately and quickly to other people's concerns.</i>				

Accepting: L

0 1 2 3 4

6. 7.	<i>Accepting: endures things I don't like without protest or reaction</i>				
8. 9.	<i>Tolerant and Understanding: endures other people's reactions without serious discomfort</i>				
10. 11.	<i>Consistent: reconciles: restores friendships in a harmonious way</i>				
12. 13.	<i>Congruent: actions matches thoughts, true feelings, goals, and ideals</i>				
14. 15.	<i>Trusting: Does things without fear or misgivings; confidence in others not to cheat/hurt</i>				

Calm: C

0 1 2 3 4

16. 17.	<i>Emotional stable and mature: gives careful consideration to important issues of life</i>				
18. 19.	<i>Faces reality: Faces reality so I can anticipate consequences of my actions</i>				
20. 21.	<i>Adjusts to facts: achieves mental & behavioral balance between needs and demands of others</i>				
22. 23.	<i>Resiliency: faces of setbacks or confusion, I want to be composed, calm, and collected</i>				
24. 25.	<i>Calm: In times of stress, stays calm and show restraint in avoiding difficulties</i>				

Self-Assured: O

0 1 2 3 4

26.	<i>Self-Confident: believes in ability and learns new skills (not overconfident or cocky)</i>				
27.	<i>Resilient: To remain calm and cheerful when things are going poorly</i>				
28.	<i>Rudely Vigorous. In times of stress; shows energy, vitality and force.</i>				
29.	<i>Secure: feels secure expanding my uniqueness and restricting my uniqueness in a healthy way.</i>				
30.	<i>Few Fears or phobias in trying new things or activities - not afraid to expand and restrict my uniqueness.</i>				

Relaxed: Q4


0 1 2 3 4

31. 32.	<i>Relaxed: stays relaxed in times of stress; calms down in times of stress; quick recovery time</i>				
33. 34.	<i>Tranquil: free from agitation of mind or spirit</i>				

3536.	<i>Composed: free from anxieties and worries (anxiety: apprehensive uneasiness of mind)</i>					
3738.	<i>Un-frustrated: believes can achieve goals, get needs met, and gets along with others</i>					
3940.	<i>Tolerates Stress: endures stress, discomfort, and frustrations; tolerates changes of circumstances, or challenging new projects</i>					

Repetitive Thoughts


Resiliency 3: Pseudo Maturity
1 OCD (As)
1 I am compulsive in which I have irresistible persistent impulse to perform an act, such as counting steps, excessive hand washing
2 I have an urge to do disorderly and violent things.
3 Dirty words and embarrassing ideas run through my mind and I can't get rid of them
4 I keep worrying even about unimportant things if they don't seem quite right
5 I excessive use of will power; overly concerned about how others see me
2 Perfectionistic
1 I have a hard time delegating tasks because I think others won't do a good job
2 When I make a mistake, I feel like a complete failure
3 I get overly self-critical whenever I fail to achieve my goals.
4 I strongly believe I must never fail or make a mistake
5 I believe anything short of perfection is unacceptable
3 Rigid Self-Perception
1 I worry about other people not following the rules
2 I believe I am more conscientious and hardworking than most people
3 I wish people were as responsible and mature as I am
4 I take everything seriously and I am thoughtful, reflective, introspective
5 I am more sophisticated, cleverer, and worldly than most people
4 low level of self-disclosure (un-integrated)
1 I rarely show my true feelings.
2 I spend a lot of energy controlling my feelings
3 I act indifferent and unconcerned so I can cover up my actual feelings
4 I ignore other people's concerns and feelings so I don't get overly upset
5 I feel like I'm always "looking ahead" so I can be in control
5 signs of pseudo maturity and pseudo resiliency
1 I get excessive upset when things go wrong in my life
2 I become defensive when others criticize me or complain about me
3 I believe it is awful to have irrational thought or stupid thoughts
4 If people found out how I really think and feel, they wouldn't like it
5 People think I am overconfident and brash (I really don't care about the consequences; I act without restraint and discernment; too assertive)

Projected Tension		Irritable	Intolerant	Mistrustful
 <p>Factor L</p>	4	<ul style="list-style-type: none"> <input type="checkbox"/> I am easily annoyed. <input type="checkbox"/> I am distrustful of others. <input type="checkbox"/> I use negative mind reading (other don't like me but they don't say it). 	<ul style="list-style-type: none"> <input type="checkbox"/> I often feel angry at others. <input type="checkbox"/> I get annoyed with others too much. <input type="checkbox"/> People piss me off too much. 	<ul style="list-style-type: none"> <input type="checkbox"/> I am suspicious of others. <input type="checkbox"/> I am mistrustful of others. <input type="checkbox"/> I am too wary and cautious of other people's motives.
	5	<ul style="list-style-type: none"> <input type="checkbox"/> I get irritated at others too easily. 	<ul style="list-style-type: none"> <input type="checkbox"/> I often disagree with others. 	<ul style="list-style-type: none"> <input type="checkbox"/> I don't like to talk about myself. .
	6	<ul style="list-style-type: none"> <input type="checkbox"/> I believe people show off too much. 	<ul style="list-style-type: none"> <input type="checkbox"/> I use name-calling, i.e., When people make dumb mistakes. I tell them, "You're stupid." 	<ul style="list-style-type: none"> <input type="checkbox"/> I don't like to disclose personal information.

Adversities will happen to me if I can't count on important people in my life.

Projected Tension: I can't count on important people; people are undependable.	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover Thinking using 2nd Person
<p>Projected Tension <i>Belief</i>-Personal Demands:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Adversities will happen to me if I can't count on important people in my life. <input type="checkbox"/> Important people <i>must</i> be dependable and consistent for me to feel good about myself and for them to feel good about me. <input type="checkbox"/> I <i>have to</i> have people to count on. <input type="checkbox"/> I want people to be dependable and consistent, so they <i>must</i> be responsible consistently regardless of their feelings and stress. or what pain they may be experiencing <input type="checkbox"/> It would be awful when important people are undependable, and I can't count on them. 	<p>(D) Discover a New Way Thinking About Getting Along with Others by using Self-Distancing Technique: They were kind to you at other times.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Realistically. people make numerous mistakes and not being 100% dependable. and If they are in survival mode most likely that they will be unreliable. <input type="checkbox"/> Being obsessive about other people's dependability will have you focusing on the times they are unreliable and <input type="checkbox"/> You will overlook the times they are reliable. <input type="checkbox"/> This over focusing will bring about more interpersonal conflicts. and <input type="checkbox"/> You will enjoy your life less if you spend much of your time worrying about other people's choices. <input type="checkbox"/> Because you see that your old belief is untrue. illogical. and impractical. it won't get you what you want.
<p>(D) Discovering Meaningfulness in that people don't understand me –</p> <ul style="list-style-type: none"> <input type="checkbox"/> I will realize that I may be using negative mind reading, which may diminish my ability to develop confidence in myself or decrease my ability to instill confidence in the other person. 	<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> When you strengthen your ability to tolerate frustration. <input type="checkbox"/> You will be more reliable people. which enables you do discover meaningfulness in the moment because people are more supportive of people they trust as compared to people they don't trust.
<p>(C) Consequences: I will restrict my ability to expand my uniqueness because</p> <ul style="list-style-type: none"> <input type="checkbox"/> I am overly concerned about what the other person thinks about me. This may result in negative mind reading. and <input type="checkbox"/> This may diminish my ability to develop confidence in myself or decrease my ability to instill confidence in the other person. 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness by...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Addressing Your Concern: You are concerned about people being dependable and trusting people. which is a worthwhile idea. <input type="checkbox"/> Clarifying Your Preference: You like it when you have friends that you can count on. but there is no evidence that they have to be dependable. You want to clarify you desires. wishes. & wants. <input type="checkbox"/> Knowing it is Very Bad but Not Awful: It is not the end of the world when your friends are undependable because this badness does not last forever.

Disapproval Tension

Disapproval Tension		Feeling Down	Emotional	Inadequate
 <p>Factor O</p>		{} I feel down, and dejected, cast down in spirits. {} I feel bummed out too much. {} I feel unhappy most of the time.	{} I am fussy. {} I am apprehensive (viewing the future with tension and alarm). {} I feel lonely.	{} I feel inadequate. {} I feel unsure of myself. {} I have low self-esteem.
		{} Criticism hurts me too much.	{} I often feel sorry for myself (excessive self-pity).	{} Small failures upset me too much.
	1 2	{} I don't get along with others.	{} I believe I can't do anything worthwhile.	{} I feel worthless.

Toxic Restriction of Uniqueness

Disapproval Lack of Confidence: Restricts Uniqueness

	Very True	True	Don't Know	False	Very False
1. People don't see me as a solid or as a confident person.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I regret telling people my feelings and ideas frankly and honestly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel dejected when people criticize me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I find myself upset rather than helped by criticism.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I find it difficult to go up and introduce myself to important people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I have trouble know what people expect of me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. When criticized wrongly for something I didn't do, I still feel a bit guilty.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I feel like I'm not getting along well, and people expect too much from me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Low Esteem

1. I am oversensitive to people's approval or disapproval	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am not self-assured, secure, and I feel inadequate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I find it embarrassing to have praise or compliments bestowed on me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Even when I am with people, I feel lonely and worthless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I feel punishment is coming to me even when I have done nothing wrong.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I'm upset by small failures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I think I can't do anything right.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I often feel, "this isn't right for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Too Emotional

1. I am frequently worried,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. I am frequently feeling insecure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1. I am frequently feeling lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel troubled.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I am easily overcome by moods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel uneasy, worried, apprehensive,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I feel sorry for myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I get depressed if I think too much about my serious responsibilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I lie awake because of unhappy ideas; I have disturbing ideas.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I keep my feeling bottled up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I do not learn games quickly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I never do anything worthwhile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Very True	True	Don't Know	False	Very False

I feel upset when people don't understand me.

<p>- Social Tension: I feel upset when people don't understand me</p> <p>1. (C) Consequences of Adversity</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feelings: I am moody. I feel fatigue. tired. I am easily upset and changeable. I become overly emotional when frustrated. <input type="checkbox"/> I worry a lot. I feel emotionally hurt – {} I don't belong. {} people are more concerned about themselves than with me. <p>2. Behavior: I am disorganized. I am emotional ambivalence (I love-I hate) in which I am indecisive. and act inefficiently.</p> <ul style="list-style-type: none"> <input type="checkbox"/> I blame others for my feelings. I avoid your responsibilities. I tend to give up. (I'm not persistent in executing and practicing my plan. I get into fights and problem situations. 	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover Thinking using 2 nd Person
<p><i>Belief -Personal Demands:</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Important people in my life people must understand me, and they must care about me all the time. <input type="checkbox"/> I want important people in my life to understand me, so they <i>have to</i> care about me. <input type="checkbox"/> I need important people in my life to understand me. care about me. etc. 	<p>(D) Discover a New Way Thinking About Getting Along with Others by using Self-Distancing Technique:</p> <ul style="list-style-type: none"> <input type="checkbox"/> <i>Where is the evidence that people must always understand you?</i> <ul style="list-style-type: none"> <input type="checkbox"/> Throughout your life. people have not understood you completely, but things worked out to your best interests. <input type="checkbox"/> You can strongly tell yourself that. "I <i>can't</i> stand" for their lack of understanding. but this is unrealistic because in the past. <input type="checkbox"/> You were not injured, and you didn't die because they did not understand you.
<p><i>(D) Discovering Meaningfulness in that people don't understand me</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> People not understanding me may be an opportunity for me to be more responsive to others. <input type="checkbox"/> Getting closer to people 	<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Knowing that reasonable and rational thinking is greater than irrational thinking. <input type="checkbox"/> This thinking can help you to discover the meaningfulness of the moment because... <input type="checkbox"/> You are calm and exercising your higher values.
<p><i>(C) Consequences: Self-Defeating Restriction of Uniqueness: I will not expand my uniqueness because</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> My concerns and worries will not be addressed. <input type="checkbox"/> I will not state my preference clearly and assertively. 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness by...</p> <ul style="list-style-type: none"> <input type="checkbox"/> Addressing Your Concern: <ul style="list-style-type: none"> <input type="checkbox"/> You are concerned about people understanding you. <input type="checkbox"/> This concern is valid because understanding each other brings about more positive feelings.




1	
2	<input type="checkbox"/> B-C Connection: People's criticism of me proves I can't get along with people because there is something wrong with me. People must not criticize me. When I believe I can't get along with others, I feel lonely. I must never be criticized, and people must always like and approve of me. I need people's love and positive attention. When I don't get the love and approval I need, I think it is a reflection on me and my worth.
3	<input type="checkbox"/> Discovering Meaningfulness:
4	<input type="checkbox"/> Discover Meaningfulness in New Ways of Thinking:
5	<input type="checkbox"/> Extreme Evaluation:
6	<input type="checkbox"/> Unhealthy Expansion of My Uniqueness
7	<input type="checkbox"/> Unhealthy Restriction of My Uniqueness:
8	<input type="checkbox"/> Conditional Thinking:
9	<input type="checkbox"/> Socratic Questioning -Realistic Thinking:
10	<input type="checkbox"/> Aristotelian Questioning - Logic:
11	<input type="checkbox"/> Pragmatic-Rational Thinking:
12	<input type="checkbox"/> Self-Responsibility:
13	<input type="checkbox"/> Healthy Expansion of Your Uniqueness:
14	<input type="checkbox"/> Healthy Restriction of Your Uniqueness:
15	Toxic Dialectic:
16	Healthy Dialectics:
17	

Disapproval Tension: I feel ambivalent (I think I can't -but now I can), and I feel lonely and worthless. I feel dejected. I often worry, feel depressed, and feel anxious. I feel miserable. I feel guilty, I cry easily, and I am easily overcome by my moods. I can't get along with others because criticism hurts me.	
1	Demandingness: <input type="checkbox"/> I must act a particular way to be loved, admired, appreciated, etc. <input type="checkbox"/> Otherwise, I am totally worthless. <input type="checkbox"/> Others have to treat me in a specific way, or else they are weak, useless, etc. <input type="checkbox"/> Conditions don't give me what I want because I am helpless to do anything about my life.
2	<input type="checkbox"/> <i>B-C Connection</i> : People's criticism of me proves I can't get along with people because there is something wrong with me. People must not criticize me. I feel lonely when I believe I can't get along with others. I must never be criticized; people must always like and approve of me. I need people's love and positive attention. It reflects on me and my worth when I don't get the love and approval I need.
3	<input type="checkbox"/> <i>Discovering Meaningfulness</i> :
4	<input type="checkbox"/> <i>Discover Meaningfulness</i> :
5	<input type="checkbox"/> <i>Extreme Evaluation</i> : It is awful and horrible that people criticize me.
6	<input type="checkbox"/> <i>Unhealthy Expansion of My Uniqueness</i> : My only source of pleasure is always feeling cheerful and having self-confidence.
7	<input type="checkbox"/> <i>Unhealthy Restriction of My Uniqueness</i> : I'll never be self-assured or feel happy if people don't stop criticizing me.
8	<input type="checkbox"/> <i>Conditional Thinking</i> : If people like me, I'll feel happy – so other people control my sense of esteem and happiness.
9	<input type="checkbox"/> <i>Socratic Questioning -Realistic Thinking</i> : Where is the proof? Do I have to get along with everyone? There is overwhelming proof that not getting along with people brought me more happiness. One time, I left a job because I didn't get along with my boss, and the next job I got, I really liked my boss, and the job paid twice the salary. Criticism can motivate me to improve my life.
10	<input type="checkbox"/> <i>Aristotelian Questioning - Logic</i> : Is it logical that I can only be happy if I get along with people and they never criticize me? The idea that "people must never criticize me" is <i>rigid</i> because I am only giving people one choice; I am not allowing current information to come into this situation, I end up giving in or giving up, and there is no give and take in this situation. The belief "I don't want people to criticize me too much, but they don't have to do what I wish because I cannot control their choices, and it would not serve my self-interest if I did control their every choice" is flexible. Logically, I cannot derive a rigid belief (People must not...) from a flexible belief (I don't want...).
11	<input type="checkbox"/> <i>Pragmatic-Rational Thinking</i> : Is demanding absolute love and acceptance helpful to me? No. For me to get along with people and get what I want, I am in situations where I have to disagree with them, confront them, and argue with them. Pragmatically, their criticism may help me at times. Even though I don't like criticism, Getting feedback about how others see me and rate my performance is sometimes helpful. If the criticism is constructive and valuable to me, I had better learn how to tolerate such statements.
12	<input type="checkbox"/> <i>Self-Responsibility</i> : Because I see that is untrue, illogical, and impractical, it won't get me what I want and this belief is destructive and leads to unhealthy negative emotions.
13	<input type="checkbox"/> <i>Healthy Expansion of Your Uniqueness</i> : Criticism feels like "hurts" but it is just disappointing. <i>Tolerate Frustration</i> : I can tolerate people making negative comments about me even though I will never like their harsh comments.
14	<input type="checkbox"/> <i>Healthy Restriction of Your Uniqueness</i> : I'll stop upsetting myself, Irrational thinking sparks unhealthy emotions, and I can alter my thinking to alter my unhealthy emotions. I can accept myself unconditionally even when people strongly disagree with me.
15	Toxic Dialectic:
16	Healthy Dialectics:
17	

Disapproval Tension: I am inadequate. I feel unsure of myself. I have no self-confidence.	
1	Other adversities will happen if I fail.
2	<input type="checkbox"/> B-C Connection: Feeling inadequate and unsure of myself brings on anxiety and avoiding behavior because I believe I will fail, and people will disapprove of me. I feel ambivalent (I think I can't -but now I can), and I feel lonely and worthless. I feel dejected. I often worry, feel depressed, and feel anxious. I feel miserable. I feel guilty, I cry easily, and I am easily overcome by my mood because I can't succeed.
3	<input type="checkbox"/> Discovering Meaningfulness: Feeling inadequate is meaningful because I want to develop and practice those skills to build a healthy sense of confidence.
4	<input type="checkbox"/> Discover Meaningfulness in New Ways of Thinking: I want to be sure of myself, but feeling unsure of myself does not make me weak or vulnerable. Recognizing my lack of confidence can encourage me to develop new attitudes.
5	<input type="checkbox"/> Extreme Evaluation: It would be awful if I failed.
6	<input type="checkbox"/> Unhealthy Expansion of My Uniqueness: I feel unsure of myself, so I put on a front of self-confidence and self-assurance.
7	<input type="checkbox"/> Unhealthy Restriction of My Uniqueness: Feeling unsure of myself restricts my uniqueness because there is a good chance I won't attempt new behaviors and activities.
8	<input type="checkbox"/> Conditional Thinking: If I judge myself as incompetent, I will have a greater chance of feeling guilty. Will choosing to believe that I am incompetent and having a proneness to feeling guilt – help me or hurt me?
9	<input type="checkbox"/> Socratic Questioning -Realistic Thinking: Where is the proof? Where is the evidence? Where is it written that I must always succeed. My only source of pleasure is their approval. FALSE.
10	<input type="checkbox"/> Aristotelian Questioning - Logic: Is it logical to label me a failure if I fail in one or two areas of my life? Even if I fail at everything, can I still call myself a complete failure? I am illogically connecting "success" with being good and "failure" with bad. If "good" is not identical to "bad," and I know that good excludes and contradicts bad, I am being logical. It is logical to see that success and failure are not identical, and success excludes and rejects failure. My reasonableness is thrown off track when I tell myself that "success" is similar to "being good." Factually, "success" could exclude and contradict "being good." For example, if I am cheating, I am doing a "bad" behavior, and being honest (being good) excludes and contradicts – lying (doing bad behaviors). I want to remind myself that I don't want to mix up my "personhood" with my good and bad deeds, such as being honest and lying.
11	<input type="checkbox"/> Pragmatic-Rational Thinking:
12	<input type="checkbox"/> Self-Responsibility: <input type="checkbox"/> Self-Responsibility: Because I see that is untrue, illogical, and impractical, it won't get me what I want, and this belief is destructive and leads to unhealthy negative emotions.
13	<input type="checkbox"/> Healthy Expansion of Your Uniqueness:
14	<input type="checkbox"/> Healthy Restriction of Your Uniqueness:
15	Toxic Dialectic:
16	Healthy Dialectics:
17	

MORE is Disapproval tension file

Depression Worksheet

	Depression	Healthy Sadness	Content
			
Sadness > Depression: Feeling Content is the opposite of feeling sad and the opposite of feeling depressed			
1	<p>{ } I believe that I "can't win" leads to devaluation because I am judging myself as worthless if I don't win. This form of thinking leads to depression.</p> <p>{ } I think I will <i>never</i> be good at anything. { } If I believe I can't win, then I won't be so disappointed when I finally do lose. { } However, if I win, then I'll blame it on luck.</p> <p>{ } I only see negative aspects of the loss or failure. { } I think of other losses and failures that I have experienced. { } I think I am unable to help myself (helplessness). { } I only see pain and gloom in the future (hopelessness). (Windy Dryden)</p>	<p>{ } You want to think "hard work and persistence will increase your chances of succeeding." { } You want to accept reality and see mistakes as a natural process of learning. { } Accepting reality, while not liking it, will help you because you can express your concern and have an opportunity to use healthy behaviors to deal with my disappointments or feelings of sadness. { } You would like to be perfect if you would be immune to not winning but you are not. { } It is possible for you to experience sadness and disappointment and have to get used to those feelings without liking them. (Windy Dryden)</p>	<p>Contented: feeling or showing satisfaction with your possessions, status, or situation; happy, joyful, joyous; blithe, inspired, uplifted.</p> <p>Extreme: not caring, contented but other people are hurting. Indifference, coldness, callousness,</p>

1. What is feeling down (Depression)?
2. What does my Feeling Down feel like?
3. What does my Feeling Down look like?
4. What makes me feel Down and Depressed?
5. How can I express my Feeling Down, so it doesn't get me into trouble?
6. How does my Feeling Down impact others?
7. How does Feeling Down of other people impact me?

#11 How is Feeling Down Meaningful?	#12 How is Mild Sadness Meaningful?

#13 Cost Benefit Analysis

Cost of Feeling Down	Benefit of Sad
Benefit of Feeling Down	Cost of Sad
How does feeling down protect your self-esteem?	
How does feeling "down" ward off anxiety?	
Feeling down trains people to treat you like...	
14. Characteristics of Feeling Down results in unhealthy way of expanding your uniqueness.	16. Characteristics of Sad that result in healthy way of expanding your uniqueness.
15. Characteristics of Feeling Down that results in toxic way of	17. Characteristics of Sad that results in restricting your

restricting your uniqueness.	uniqueness.
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Adapted from Christian Reese 2018 Book Attachment

1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to ...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Depression Factors		
Helplessness (Ps)	Hopelessness (D2)	Feeling Rejected & Guilt (D6)
I'm helpless, I'm no good, I'm doomed, I have no talents, I'm inadequate, No one respects me I am inferior to others	I feel hopeless, I'm easily bored, I feel disgusted, Life is painful, I have no future, I feel empty & meaningless,	I feel rejected, People bore me, I have too many regrets, I have failed too much, I feel incomplete, I often feel guilty
Feeling Anxious & Depression (D4)	Brooding Discontent (D3+)	
I feel clumsy, shaky, tense, I can't manage my responsibilities, I feel discouraged, I act non-assertively, I am easily upset, I feel on edge, I am irritable, I lack self confidence	I feel restless, I take unnecessary risks, I always feel dissatisfied, restless desire for something more or different, I seek out daring activities, I am fearless, spend too much money, I have to have a lot of fun and excitement to live, ennui – demanding something exciting must happen. D3- I avoid risks, I want to feel safe all the time, I feel I'll never do anything interesting, I have little need for excitement, I avoid adventurous undertakings,	
Low Energy Depression (D5)	Somatic Depression (D1)	Withdrawn Worthless (D7)
I feel lonely, I feel miserable, I feel tired, I often feel sad & gloomy, I sit around all day, I feel empty & lonely	I feel sick too often, I feel weak, I often feel sluggish, I feel weary, I feel out of sorts, My mind is not sharp or alert,	I feel useless, I feel worthless, I don't care about others, NOT CARING I feel downhearted, I feel dejected. It is hard for me to relax, I rather be by myself

Spirituality goes beyond pleasure and power: When you seek to control and pleasure over spirituality, you have a greater chance of experiencing depression because power and pleasure are short-lived. When you believe you can't go beyond pleasure and control over others, you feel helpless and hopeless, resulting in depression.

Depression and Intentionality	
Not Having a Sense of Choice	Whenever you feel that you do not have a sense of choice, you are likely to withdraw from others and reduce your social interaction with them. You focus on your failures, losses, and underserved plights; feelings of helplessness, hopelessness, and worthlessness increase; you see your life as useless, pointless, and meaningless. Frequently, you feel unwanted, unacceptable, inferior, and inadequate, and you have an increased sense of self-doubt. You believe you can't work on your feelings. If you become upset, you think something is wrong with you because you feel sad – you should always be happy – you believe you cannot express what has happened to you.
Resisting and/or Refusing to Change	When you are depressed, you tend to ruminate about the reasons and causes of this depression. You tend to avoid thinking about what you are "responsible for..." You believe you are too dependent on others to solve your problems, making you weak and inferior. It is as if you are overly reliant on them to become better, but you do not get better. As the sense of self-pity increases, you may lament your fate, hoping that someone will make it better for you; you may believe that you cannot change the environment with your feelings of depression; and you may respond to your feelings of depression with self-destructive actions, such as self-medication and self-destructive behaviors.
Not Self-Correcting	You believe you cannot correct your thinking and behaviors. It is important that you improve your skills in order to be able to cope with the situation better. In your mind, loss, failure, or the plight of the underserved are only negative aspects; pain and blackness are the only things you see in the future; you experience only the negative side of loss, failure, and the underserved; you cannot help yourself. You consider yourself totally dependent on others; you see yourself as being disconnected from others; and you know the world is full of unfairness; you are often in a state where you cannot do anything.

Worksheet:

#1. What role does seeking power and pleasure and depression play in your life? Do you only see the negative aspects of the loss or failure?

#2. How does depression and feeling down interfere with your sense of choice? Do you think of other losses and failures that you have experienced? Do you only see the pain and hopelessness of the future?

#3. How will seeking power and pleasure and depression make change difficult? Do you see both negative and positive aspects of loss or failure? Do you seek help and support while grieving? Can you see the future with hopefulness?

#4. How will seeking power and pleasure and depression interfere with your facility to self-correct? Do you express your thoughts and feelings about the loss of failure to significant others? Do you seek out reinforcements after a period of mourning?

Beliefs: Cognitive Consequences = feeling down (Dryden)	Toxic Self-Doubt: I Can't > Healthy Self-Reassurance (Bernard).	Toxic Seeking Approval > Healthy Self-Reliant (Bernard).	Toxic Self-Perfection > Constructively Taking Sensible Risk (Bernard).	Toxic Self-Downing > Healthy Unconditional Self-Acceptance (USA)
<i>I only see negative aspects of the loss or failure.</i>	When I fail or experience loss, I am not good at anything.	The slightest sign of disapproval, I feel down.	My <i>only</i> path to happiness is to be successful.	One failure proves that I am a total failure and I see myself as being useless.
<i>I think of other losses and failures that I have experienced.</i>	I can't do anything right – nothing ever works out for me.	I only think about how others have rejected and left me.	I ruminate about how certain people in my life have rejected me.	I obsess about thinking about all my failures in hopes that I won't make any mistakes in the future.
<i>I think I am unable to help myself (helplessness, Ps).</i>	I am unable to control or restrain my feelings or behavior (helpless and defenseless).	I cannot control what people think of me, so I go out of my way to please them.	I must be successful in everything I do, and it awful (dreadful) if I fail.	Since I have failed in the past, I will be unable to improve my life today and tomorrow.
<i>I only see pain and darkness in the future (lack of meaningfulness, hopelessness, D2).</i>	I have no expectation of success (despair) I am not susceptible to remedy or cure. I am incapable of redemption or improvement. I have giving no grounds for hope (desperate.)	I'll never learn how to think for myself, and my life seems disheartened when people disapprove of me.	Since, my life seem hopeless and despairing, I have no future.	I've so many mistakes that ensures I'll fail in the future.

Action Tendencies				
I withdraw from reinforcement.	I don't feel like doing rewarding and pleasurable activities because I will fail in finding rewarding activities.	I don't do enjoyable activities or things that make me interesting because people might reject me and disapprove of me.	If I can't do an activity perfectly, then I won't ever try to do such an activity. It is horrible to fail, even at the smallest event.	I think of myself as being "useless," so I can't do anything enjoyment. If I'm not motivated to do anything, then it is okay not to do anything.
I withdraw into myself.	Other people don't want to be with me because my friendships never work out.	Since people may reject me, I would rather be by myself so people can put me down.	Perfection is never doing anything, especially when there is nobody around.	If I try to do anything, I will fail. If I fail, people will reject me, so I'll just be alone in my misery.
I create an environment consistent with my negative feelings	Nothing ever works out for me, so my house, office, workspace is disorganized. I don't care about my environment.	People don't think much of me because I'm not rich enough, smart enough, went to the wrong school. The atmosphere in my home-office is grim.	I don't live in a perfect world, so why should I try to anything in my life. My negative feelings dictate my life. If I don't feel like, I won't do it, even if it is good for me.	People will reject me no matter what I try to improve my life. I can't live in a wonderful home and have a great job because people won't feel sorry for me.
I attempt to terminate feelings of depression in self-destructive ways.	I don't care what happens to me because I'm not good at anything.	Since people don't care about me, I don't care about myself. It is okay to hurt myself.	Since my depression proves I am imperfect, I have to go to extremes and desperate measure to stop feeling depressed.	I have to feel sad and mourn for a long time to get over my personal loss. I have to look for external means to feel better.

I feel down.

Feeling Down – when tension, hurt, and anger become overwhelming, and you feel down	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover New Ways of Feeling Using 2 nd Person
<p><i>Beliefs related to feeling down</i></p> <ul style="list-style-type: none"> ⊖ I only see negative aspects of the loss or failure and <ul style="list-style-type: none"> ○ I withdraw from rewarding experiences. ⊖ I think of other losses and failures that I have experienced, and <ul style="list-style-type: none"> ○ I withdraw into myself. ⊖ I think I am unable to help myself (helplessness), and <ul style="list-style-type: none"> ○ I am creating an environment consistent with my feelings. ⊖ I only see pain and blackness in the future (helplessness), and <ul style="list-style-type: none"> • I am attempting to terminate feelings of depression in self-destructive ways. • From the work of Windy Dryden 	<p>(D) Discover a New Way of Thinking about Sadness and Grief</p> <ul style="list-style-type: none"> ± Believing that you “can’t win” leads to devaluation because you are judging yourself as worthless if you don’t win. ± You want to think "hard work and persistence will increase your chances of succeeding." ± You want to accept reality and see mistakes as a natural process of learning. ± Accepting reality, while not liking it, will help you because you can express your concern and have an opportunity to use constructive behaviors to deal with your disappointments or feelings of sadness. ± You would like be perfect if you would be immune to not winning but you’re not. ± It is possible for you to experience sadness and disappointment, and you’ll have to get used to those feelings without liking them. <p>(Windy Dryden).</p>
<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> • When we are unsure of a situation, we may need to retreat to get our bearings, and • if you feeling hopeless may need help to get you past this stress point. 	<p>(D) Feeling Down (Depression) involve extreme evaluations,</p> <ul style="list-style-type: none"> □ If you keep telling yourself you are going to fail, then most likely, you will fail. □ If you keep working about overcoming your vulnerabilities, limitations, and negative tendencies. ○ you know you can develop new behaviors that will help you reach your realistic goals. When you say, “It is hopeless” you are only reinforcing your negative thinking and generating an excuse to give up.
<p>(C) Consequences:</p> <ul style="list-style-type: none"> • You will difficulty expanding your uniqueness because <ul style="list-style-type: none"> ○ you start fearing that another loss or failure is around the corner. ○ you withdraw from others because you think you’re like all those depressed people that nobody wants to be around you. 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> • When you find ways to help yourself and take on new responsibilities, • You can find new ways to solve problems, • And to get along with others. • You can develop confidence in the new ways of thinking and feeling.

It is Okay to Give Up Attitude - Pointless to Try: (index 7)

(B) Belief related to Stress/Trauma/Pain/ Extreme	(D) Discover New Ways of Feeling Using 2 nd Person
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<p><i>Belief:</i></p> <ul style="list-style-type: none"> ○ It is Okay to Give Up Attitude ○ When things don't go my way, I believe it is pointless to try. ○ I believe that luck, fate, my past, my additions, or my ADD-H, etc. controls my current behavior. ○ It is pointless to try because I have no control over what happens to me. (Index 7) 	<p>(D) Discover a New Way Thinking Self-Distancing ○ Resoluteness-having Resolve is a higher value:</p> <ul style="list-style-type: none"> ○ You can give your best effort so you can develop your talents and skills. ○ You know the harder you try, the greater your success will be. ○ You know effort leads to getting it right. ○ (Your Name) you don't have to rely on luck to be successful. ○ You realize that "effort" is the active use of energy in producing a result. ○ You know that effort leads to success rather than luck.
<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> • Sometimes we all need to retreat, and catch our breath. 	<p>(D) Showing Resolve and Meaningfulness:</p> <ul style="list-style-type: none"> • You know you are irreplaceable even if you fail along the way, and • You know each moment is unrepeatabe, so there will be times when you succeed and times you fail.
<p>(C) Consequences: Restricting My Uniqueness:</p> <ul style="list-style-type: none"> ○ When I give up, I do not pay attention to what is important to me and, ○ I over focus on what is not very important. ○ Thus, I restrict my ability to learn new skills, so I can be creative. 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness: ○ You can be unique by giving you best effort and ○ Developing your talents even if another person does not appreciate your talents. (See Index #10)</p>

Feeling Down: We all have felt run down, tired, unmotivated, stressed, etc. You wouldn't say you're a rundown or have an unmotivated personality. The Psychology of Self-Respect stems from the work of Viktor Frankl. His life experiences and the philosophy of Viktor Frankl. His writings describe the kinds of situations from which he and his fellow prisoners at Auschwitz were able, on a day-to-day basis, to extract the life-sustaining meaning essential to their survival. In this section, you will learn how to use "Self-Distancing" techniques to develop a healthy sense of resiliency. It will also help you discover meaningfulness and find better ways to expand your uniqueness.

When you think, "I'm depressed," you restrict your uniqueness and put yourself in a negative box. For instance, let's say there is a group of people in the depression box. All these people are feeling helpless. Those people can't do anything about their life; they are all hopeless; in which every person in the depression box doesn't have a future, and nobody wants to hang around them because they are always sad and complaining. PBU disagrees with placing people in this category of "I'm depressed," and there is Something wrong with me. PBU holds this position for the following reasons:

- (1) Linguistics has shown us that when you use the verb "to be," such as "I am depressed," you are implying that a. You were depressed in the past.
 1. You are depressed now, and
 2. You will be depressed in the future.
- (2) This form of the verb "to be" is called E-prime, which can bring about extreme evaluations, and you may think that "Something is terribly wrong with me because I'm depressed, and people will be down on me, and I am no use to anybody."
- (3) When they see themselves as weak, they go to a therapist, who tells them they have deficient cognition and irrational beliefs. They have poor social skills or are not living a valued life. If the person wasn't that depressed before, he now feels more depressed because he shouldn't be feeling this way or thinking this way. This is the decisive method of "Kicking a good person when he's down.

We will look at Dryden's view of depression and Michel Barnard's view of feeling down. One of the important ideas in the work of Dryden and Barnards is that...

- Acceptance is primarily compassion - compassion for yourself, others, and the world.
- Accepting the fact that you are social creatures, and you don't always live with the goodwill and cooperation of others.
 - Therefore, you work on accepting others unconditionally to preserve your physical health and enjoy being with others.
- Accepting your awareness, aliveness, and ongoingness is a part of being human, but knowledge is limited.
- Therefore, you can realize and perceive aspects of yourself but also understand you cannot know everything about yourself, others, and the world.
- Accept your aliveness in that you will experience pain, suffering, and unwanted changes.
- You can learn from your mistakes, but you do your best to change some of your inept and immoral behaviors.

- You can admit your ongoingness in that you are born, live, and die, but o you don't over-focus on what you don't have and can't control while you are alive.
 - Accepting your proneness to have good, bad, and neutral feelings.
 - o Therefore, with hard work and reflection, you can improve your self-defeating and self-destructive behaviors while achieving minimal feelings will achieve minimal aliveness.
 - Accepting that you give meaning, purpose, and intentionality to your life, you make long-range goals and develop ongoing vital absorbing interests.
 - Accepting you can support others but not demanding they must assist you is irrational and unproductive.
 - Therefore, you can be generous with others while not demanding that people be generous with you.
 - Accepting that magic won't solve your problems, but hard work, effort, and understanding may alleviate them.
- Therefore, can see that you want to work in your own sabotaging way but don't overly depend on others. o You can appreciate their efforts.
- You can accept that others may mistreat you, but forgiveness, not revenge, may change them in the future, and o Accepting without liking your failings and incompetence.

When I fail, I feel worthless.

– Self-Doubt (index 9) I can't do it;	
(B) Belief related to Stress/Trauma/Pain/	(D) Discover New Ways of Feeling Using 2 nd Person
<p><i>Belief: Self-Doubt</i> (Index 9)</p> <ul style="list-style-type: none"> • <i>When I doubt myself, I believe I can't do what I need to do;</i> • <i>When I fail, I think I am not good at anything;</i> • <i>I think, "nothing ever works out for me,"</i> • <i>I must do an activity in a certain or else I am worthless.</i> 	<p>(D) Discover a New Way Thinking Self-Distancing – Self-Reassurance:</p> <ul style="list-style-type: none"> o You can do this! (Your Name) you truly believe that you are more likely to be successful than you are to fail. o If you work hard, you can be successful at relationships, school, and at work. o You will give yourself credit when you are successful, and o If you fail, you can remember of the things you are good at (list specific skills or accomplishments).
<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> o Doubt in of itself is neither good or bad, but o it is a deliberate suspension of judgment, which o may be necessary to make certain decisions. 	<p>(D) Why is Feeling Sad will help you in discover Meaningfulness?</p> <ul style="list-style-type: none"> o <i>Sadness is helping you to recognize you are missing someone deeply, so</i> o <i>You had a meaningful relationship, and</i> o o <i>You can discover meaningfulness that is purposeful and important to you.</i>
<p>(C) Consequences of self-doubt on your sense of uniqueness: When I doubt myself, I am less persistent, less confident, and my ability to be resilient cannot be exercised.</p>	<p>(D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> o Self-reassurance is when you go about restoring your confidence. o Expanding your uniqueness is have faith and confidence that your uniqueness is good for you and helpful to others.

Seeking Approval (index #10) vs. Self-Reliance

(B) Belief related to Stress/Trauma/Pain/ Extreme	(D) Discover New Ways of Feeling Using 2 nd Person

<p><i>Belief about Seeking Approval</i></p> <ul style="list-style-type: none"> ✓ Seeking Approval involves believing I <i>have to</i> have people's approval and love to be happy or successful. ✓ I need their complete admiration 24/7, ✓ I think it is horrible if people reject me, ✓ I can't stand it when I get rejected or ✓ when people strongly disagree with me. (Index #10) 	<p>(D) Discover a New Way Thinking about Self-Reliance ✓ Self-Reliant is when can think for yourself.</p> <ul style="list-style-type: none"> ✓ (Your Name) you know that it is important to speak up. <ul style="list-style-type: none"> ○ even if others think you are being silly or acting stupid. ✓ You don't like to get rejected, but ○ it is not awful when people reject you or criticize you.
<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> ✓ In seeking approval, it may help me to be open to your audience's needs and emotions. ✓ It may help me open the doors to new perceptions, which helps me to discover the meaningfulness of each moment. ✓ I can appreciate that people have different opinions from my own, and ✓ I can acknowledge that their opinions are important and significant to them. 	<p>(D) Self-Reliant and Logotherapy:</p> <ul style="list-style-type: none"> ✓ You can grasp the nature, worth, quality, and significance of your uniqueness. ✓ without being overly dependent on other or being overly self-sufficient. ✓ You know you are irreplaceable but ✓ You know you will need to get along with others and appreciate their love and support, and ✓ You can recognize each moment is unrepeatable, so you are grateful for the love and support you receive.
<p>(C) Approval seeking reduces your sense of uniqueness:</p> <ul style="list-style-type: none"> ○ Seeking approval is one of the fastest ways of restricting your uniqueness. ○ Conforming for the sake of seeking approval is conceptually the opposite of expanding your uniqueness. 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> ○ When you are self-reliant, you appreciate that you can think for yourself, and ○ you appreciate your uniqueness

<p>^ I have to do every perfect to be happy. Self-Perfection (index #) vs. Sensible Risk Taking</p>	
<p>(B) Belief related to Stress/Trauma/Pain/ Extreme</p> <p><i>Belief: Self-Perfection Attitude:</i></p> <ul style="list-style-type: none"> ☑ I have to do every perfect to be happy. ☑ I can only be happy if I do things perfectly. ☑ ☑ I have to be successful in everything I do and ☑ It is horrible when I am imperfect. ☑ I can only be happy if I do a task perfectly. ☑ Perfection always results in happiness 	<p>(D) Discover New Ways of Feeling Using 2nd Person</p> <p>(D) Discover a New Way Thinking Self-Distancing Sensible Risk Taking:</p> <p>You can learn new behaviors and skills. (Your NAME), you can learn new ways of thinking. You don't have to get yourself in trouble with others. You can reach your long-term goals. (Your Name) you can develop your talents even though You might not able to do them immediately</p>
<p>(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> ◆ Perfection actually means to complete, to make whole. ◆ Wanting to doing something better takes effort and time, so ◆ perfection is your appreciation of something that is bigger than yourself, such as art, music, science, etc. ◆ You can do your best without being perfect – ◆ Effort is greater than being perfect. 	<p>(D) Why is Taking Sensible Risk Taking Meaningful:</p> <ul style="list-style-type: none"> ✓ You can appreciate your uniqueness without hurting others or hurting yourself, ✓ You can expand your irreplaceability by taking practical risks that are workable. ✓ You can restrict your uniqueness by not getting yourself into legal, social, or economic trouble. ✓ You can recognize a moment is unrepeatable without having those moments repeated.


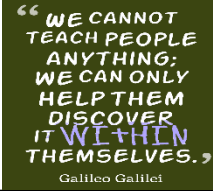

<p>(C) Consequences: Self-Defeating Restriction of Uniqueness:</p> <ul style="list-style-type: none"> ✓ You don't always have to do things the same way or in the same style. ✓ Imitating is the highest form of flattery for the other person but not for you! 	<p>(D) Constructively Expanding Your Uniqueness: (socially appropriate; getting along with others)</p> <ul style="list-style-type: none"> ✓ Taking sensible is one of the major ways of expanding your uniqueness. ✓ Remember, when take risks and try something new, others may attempt to put you in one of their categorical boxes, such as "you're weird, that's dump, what's wrong with your!"
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<p>– When I think that I am a total failure or I am useless when I make a mistake or people reject me.</p> <p>Self-Downing # versus Self-Acceptance</p>	
<p>(B) Belief related to Stress/Trauma/Pain/</p>	<p>(D) Discover New Ways of Feeling Using 2nd Person</p>
<p><i>Belief: Self-Downing Thinking</i> is When I think that I am a total failure and I am useless when I make a mistake and people reject me and they will disapprove of me for a long time. I think that I <i>have to</i> perform in a particular way, or else I'm 100% worthless.</p>	<p>(D) Discover a New Way Thinking Self-Distancing</p> <ul style="list-style-type: none"> • Unconditional Self-Acceptance is when you respect yourself, and you appreciate your uniqueness without holding it over others;.Knowing you are irreplaceable without worrying about being replaced, and • Recognizing each moment is unrepeatable without hoping those moments have to be repeated. • You can express your thoughts and feelings honestly without hurting another person's feelings. • You don't have to judge yourself by using extreme evaluation (you're stupid, dump, etc.) or ☹ By judging others harshly. • You know damn well that putting yourself down will not motivate you to do better.
<p>8(D) Discovering Meaningfulness:</p> <ul style="list-style-type: none"> • In recognizing my failures, • I can help myself by making plans to improve or alter my behavior. • It's those moments of imperfection that makes you a little more perfect. 	<p>(D) Why is Feeling Different help you in discovering Meaningfulness?</p> <ul style="list-style-type: none"> • You can appreciate your uniqueness without holding it over others; • You know that you are irreplaceable without worrying about being replaced, and • You recognize each moment is unrepeatable while • Knowing those moments don't <i>have to</i> be repeated.
<p>(C) Consequences:</p> <ul style="list-style-type: none"> • <i>Self-Downing will make me over focus on my mistakes,</i> • <i>But seeing myself, others, and the world unconditional may help me expand my sense of uniqueness without hurting others.</i> 	<p>(D) Discover Constructive Ways to Expand Your Uniqueness:</p> <ul style="list-style-type: none"> • When you appreciate and admire other people's skills, • You can expand your uniqueness by taking a different perspective. • When you don't worry about being replaced, • you feel more confident about trying new behaviors that are helpful to others and to yourself.

(D) Discovering Meaningfulness:
In recognizing my failures,
I can help myself by making plans to improve or alter my behavior.
It's those moments of imperfection that make you a little more perfect.

C) Consequences:
Self-Downing will make me over-focus on my mistakes,
But seeing myself, others, and the world unconditionally may help me expand my sense of uniqueness without hurting others.

Feeling Helpless

	<p>Survival Mode:</p> 	<p>Attitudinal Values</p> 	<p>Opposite of</p> 
1	<p>Toxic Helplessness: I feel helpless, and I can't protect myself or get support from others. I feel defenseless. I am marked by an inability to act or react, and I am not able to control or restrain my negative emotions. I feel helpless. I believe I am no good. I feel timid and inferior to others. I feel doomed. I have no talents. I am inadequate. No one respects me. I am inferior to others, and I feel like a victim (Ps).</p>	<p>Healthy Feeling Competent: I can develop my skills in this specific situation. I am a competent person, and I am dependable. I feel equal to others, and I do worthwhile activities. I consider myself as a good, dependable, and smart as others. I am interested in developing my cognitive and verbal abilities.</p>	<p>Enjoyment: I don't feel helpless, inadequate, or esteemed. I enjoy doing activities because it's fun and, I like doing things with other people.</p>

#1 What are some of the possible reasons why feeling competent is **more effective than** using feeling helpless?

#i.

#ii.

#2. In what situations do you need to believe in yourself?

#3 In what situations do you to enjoy yourself?

#4 How is feeling helpless Meaningful?	#5 How is feeling competent Meaningful?

#6 Cost Benefit Analysis

Cost of feeling helpless	Benefit of feeling competent
Benefit of feeling helpless	Cost of feeling competent
How does feeling helpless ward off my feelings of anxiety?	
?	
How does feeling helpless protect my self-esteem?	
What am I training people to treat me like when I act helpless?	
#7 Feeling helpless is an toxic way to expand your uniqueness.	#9 Feeling competent is a healthy way of expanding your uniqueness.
#8 Feeling helpless is an toxic way of restricting your uniqueness.	#10 Feeling competent is a healthy way of restricting your uniqueness.

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1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Beliefs Using Lies & Liabilities

146	<p>(H) Helplessness: Because I feel helpless, I have to have others' assistance. I think (belief) I can't do anything about my situation. I feel my moods (my past, my education, my skill level, and my family) are caused by factors beyond my control, such as fate, hormone cycles, dietary factors, luck, and others' evaluations. I feel helpless (powerless, feeble, vulnerable; depression Factor Ps-psychological inadequacy) to do anything. I think because I failed before, I'll fail again.</p>
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Feeling Hopelessness: My Life is Meaningless

	Survival Mode:	Attitudinal Values	Opposite of
1	Hopelessness (D2) {} I feel hopeless. {} I feel my life is meaningless. I feel empty & meaningless. {} I feel hopeless. {} I feel disgusted. {} Life is too painful. {} I have no future. {} I feel my life is empty. {} I'm easily bored. {} I don't expect to be successful. I feel despairing. I am not susceptible to remedy or cure. {} I am incapable of redemption or improvement. {} I feel desperate. {} I am incapable of solution, management, or accomplishment.	I have meaning or purpose SIGNIFICANT	Encouraged, positive, optimistic, confident

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#ii.

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Cost of feeling helpless	Benefit of feeling competent
Benefit of feeling helpless	Cost of feeling competent
How does feeling helpless ward off my feelings of anxiety?	
?	
How does feeling helpless protect my self-esteem?	
What am I training people to treat me like when I act helpless?	
#7 Feeling helpless is an toxic way to expand your uniqueness.	#9 Feeling competent is a healthy way of expanding your uniqueness.
#8 Feeling helpless is an toxic way of restricting your uniqueness.	#10 Feeling competent is a healthy way of restricting your uniqueness.

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3	Cost of	Cost of Being
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5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
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7	Toxic Dialectic:	Healthy Dialectics:

Meant: transitive verb -

1 a : to have in the mind as a purpose : INTEND; sometimes used interjectionally with I, chiefly in informal speech for emphasis *he throws, I mean, hard* or to introduce a phrase restating the point of a preceding phrase *we try to answer what we can, but I mean we're not God — Bobbie Ann Mason* b : to design for or destine to a specified purpose or future *I was meant to teach*
 2 : to serve or intend to convey, show, or indicate : SIGNIFY *a red sky means rain*
 3 : to have importance to the degree of *health means everything*
 4 : to direct to a particular individual
 intransitive verb : to have an intended purpose

Meaningful experiences result from seeing something as important, worthwhile, and inspiring. Sensing meaningfulness inspires you to influence others; that action is significant, substantial, and extensive. When you feel meaningfulness, the feeling is intrinsic, important, intrinsic to your uniqueness, and essential to your community. It helps you positively impact the world around you, and it is something bigger than yourself.

Meaningfulness and hopefulness activate your emotions and rational thinking. It is spiritual because you go beyond materialism, nihilism, and authoritarianism. It helps you engage the world and provides insight into others and yourself.

Meaningfulness – you find a purpose () that you see as important-influential, significant-substantial, and something-activity you see as having great worth reflecting your ethical values.		
Importance- Inspirational IMPORTANCE implies a value judgment of the superior worth or inspirational: to exert an animating, enlivening, or exalting influence on;	Influential-Significant: Influential causing an effect in intangible ways significant -having meaning, it takes effect on your part, yourself, others, and the community	Intrinsic: and will help your community. having great worth - Moral worth: personal value
marked by or indicative of significant worth or consequence (worth: to the fullest extent of one's value or ability)	having or likely to have influence or effect;	moral or personal value
	SIGNIFICANCE implies a quality or character that should mark a thing as important but that is <i>not self-evident</i> and may or may not be recognized	WEIGHT implies a judgment of the immediate relative heavily on his mind; importance of something
	influential: the power or capacity of causing an effect in indirect or intangible ways	Value: relative worth, utility, or importance; something (as a principle or quality) intrinsically valuable or desirable
IMPORTANCE, CONSEQUENCE, MOMENT, WEIGHT, SIGNIFICANCE mean a quality or aspect having great worth or significance.		
IMPORTANCE implies a value judgment of the superior worth or influence of something or someone CONSEQUENCE generally implies importance because of probable or possible effects MOMENT implies conspicuous or self-evident consequence. WEIGHT implies a judgment of the immediate relative importance of something. SIGNIFICANCE implies a quality or character that should mark a thing as important but that is not self-evident and may or may not be recognized		

Meaningfulness is different from secondary gains.

I: You must have love and approval from people you find significant or important (*exaggerated fear of disapproval*).

Secondary Gains: if you approve of me, then that proves I'm a good person; getting approval means people will give you what you want; when you get disapproval, you can play the role of "victim," so other people will feel sorry for you and they will give you the approval that you are demanding;

Meaningfulness: experiencing disapproval is meaningful because...

1. You are not allowing your relationship(s) to develop maturely, you're stuck – wake up;
2. Getting along with others is a meaningful activity and helps you to accomplish important and meaningful tasks;
3. You learn something about your strengths and your ability to connect with others;
4. Wanting approval helps with understanding each other because you're taking the time to get along;
5. Wanting approval opens the door to helping each other, whereas, disapproving of each other makes people avoid each other;
6. It keeps your focus on relationships and want to connect with another; reinforces commitments that are bigger than each other.

II: You must have competence or talent in some important area, and if not – you're a total failure (*exaggerated fear of failure*).

Secondary Gains: if I fail are something, then I can say, "I don't have any talent, so I can give up and avoid my responsibilities."

Meaningfulness: failing is meaningful because...

1. It means you want to be more persistent in reaching your goals and dreams.
2. Seeing yourself as being deficient is a wake up call you need to learn new skills.
3. Things have change and things are always changing, so the meaning of the moment may also change.
- 4.

III: When people treat you unfairly or act inconsiderately, you have to blame and damn them, and see them as bad wicked, or rotten individuals (*exaggerated fear of being hurt by others*).

Secondary Gains: when I blame others, people may feel sorry for me (self-pity); judging people proves I'm right and they are wrong – so I'm the better person (see-saw esteem); I can avoid my responsibilities; I can't stand it when people make mistakes;

Meaningfulness: people's unfairness is meaningful because...

1. Shows that I'm not naïve,
2. Pointing out where injustices, partialities, or deceptions so they can be confronted and corrected
- 3.

IV: You have to view things as awful, terrible, horrible, and catastrophic when you get seriously frustrated, treated unfairly, or rejected (*exaggerated fear of bad things happening such as rejection*)

Secondary Gains: people will help me

Meaningfulness:

1. When awful things do happen, such as a natural disaster, I can help others;
2. respond to bad situations with compassion

V: You believe that emotional misery comes from external presses and that you have little ability to control or change your feelings (*exaggerated fear of being helpless*).

VI: When something seems dangerous or fearsome, you must preoccupy yourself with that threat and make yourself anxious about it (*exaggerated fear of being afraid*).

VII: You can make your life easier by avoiding life's difficulties and being irresponsible rather than developing self-discipline (*exaggerated fear of taking on difficult tasks*).

VIII: Your past remains all-important and because that something once strongly influenced your life, it has to determine your feelings and behavior today (*exaggerated fear of feeling hopeless*).

IX: Events should turn out better than they do and that you must view it as awful and horrible if you don't find good solutions to life's grim realities (*exaggerated fear of bad events happening*).

Page	Beliefs Using Lies & Liabilities
148	(H) Hopelessness—I never get anything right. – Depression: When I'm feeling down, I believe I can't win, but I almost got it right. things repeatedly, but I never get them right. I think I will <i>never</i> be good at anything, so I'll never be successful." I believe I am incapable of redemption or improvement. I <i>have to</i> see my life as hopeless because I "never do anything right.
149	(H) Hopelessness –have to wait Until... Depression: When I think about my current situation, I believe I <i>have to</i> experience pain and suffering before the right things in my life will happen. I don't get to the good until I've spent some time suffering needlessly. I can't get what I want until I perform a set of tasks. My actions are not susceptible to remedy, and I believe I am incapable of redemption or improvement. I have compelling cause for my hopelessness because I have an utter loss of hope. There is no chance for me to have any expectations of confidence so I can avoid my responsibilities because I am a complete wreck.
150	(H) Hopeless Concluding – Depression: When I experience a lack of success, I believe I don't <i>have to</i> act on my current goals because the future looks bleak. I contemplate that my problems could <i>never</i> be solved. I think, "I could never feel truly happy or fulfilled." I believe I can't do it because it is utterly hopeless!" I reiterate the pessimistic conclusion, "Because I've thought this way for so long, it is utterly useless to think I can't change."
151	(H) Hopelessness- Evaluative – Depression: When I have no expectation of succeeding, and there is no susceptible to remedy or cure, I believe I am incapable of redemption or improvement. Why should I bother to try? I've tried repeatedly, but nothing works, so why get my hopes up? I'll just end up feeling frustrated and disappointed again. If nothing ever works for me, it's not my fault.
152	(H) Hopelessness – Pessimistic Anticipation – Depression: When I experience an adverse event, I believe I <i>have to</i> see things negatively today so I am not disappointed tomorrow. I know I can get what I want now, which I believe is good, but it will all turn lousy tomorrow. I think I will never be good at anything or be successful. I'm thinking, "There is nothing I can do because I am just an unlucky person," so why do anything. I don't have to keep my responsibilities because I will have bad luck tomorrow. I believe that good luck follows lousy luck.
153	(H) Hopelessness – Global Rating - I never get what I want. When things are not going my way, I believe I have to think I can't improve my life. I guess I will never be good at anything or be successful. I think that my actions are not susceptible to remedy. Everyone is depressed – people are always taking pills for depression. When I use a self-serving distortion, I underestimate my responsibilities; I forget or distort past events.

Moods:

- Insecure-Dependent Mood (OU) vs. Fair Mindedness
- Irritable-Anxious Mood (OO) vs. Resiliency Skills
- Introverted Cautious Mood (UU) vs. Caring Confidence
- Impatient-Impulsive Mood (UO) vs. Expand Uniqueness

Impatient-Impulsive-Distractible Mood versus Healthy Expansion of Your uniqueness

You underestimate the impact of the situation, and you overestimate your ability to deal with the situation.

##	Impatient-Impulsive-Distractible Mood	Healthy Expansion of Your uniqueness	Appropriately not caring about something
	<input type="checkbox"/> Socially bold <input type="checkbox"/> Impulsive, imprudent <input type="checkbox"/> Friendly <input type="checkbox"/> Carefree – I don't see dangers <input type="checkbox"/> Responsive <input type="checkbox"/> Active <input type="checkbox"/> Immature, demanding, impatient, irritated, annoyed, intolerant <input type="checkbox"/> self-assertive, <input type="checkbox"/> Egotistical <input type="checkbox"/> Distractible <input type="checkbox"/> Competitive <input type="checkbox"/> Stubborn <input type="checkbox"/> Independent minded <input type="checkbox"/> Rebellious <input type="checkbox"/> Stern, hostile <input type="checkbox"/> Headstrong <input type="checkbox"/> Demand admiration	Reflective (index # 3) Reasonable and tolerant (index # 4) Receptive and enjoys making plans (#5)	

is is your thinking different in healthy ways to expand your uniqueness verse feel impatient and being easily distracted?

#1

#2

List things you don't have the time or energy to care about something.

#11 How is feeling irritable & distractable meaningful?	#12 How is expanding your uniqueness meaningful?

13 Cost Benefit Analysis

Cost of Feeling irritable & distractable	Benefit of expanding your uniqueness
Benefit of Feeling irritable & distractable	Cost of expanding your uniqueness

How does irritable & distractable ward off anxiety?

How does irritable & distractable protect your anxiety?

What will feeling irritable & distractable train people to do?

14. How does irritable & distractable expand your uniqueness using in a toxic way?	16. How is expanding your uniqueness helpful?

15 How does irritable & distractable restrict your uniqueness in a toxic way?	17. What are the healthy ways to expand your uniqueness?
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1		
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	Protects Self-Esteem	
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6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Explain Your View: Instructions – don't copy the statement from the Dictionary of Beliefs Using Lies & Labilities. Write your point of view about the excuse, distortion, or defense mechanism you choose to examine.

Excuse, Distortion, or Defense mechanism:
How is this excuse related to Impatient-Impulsive-Distractible Mood?

What are the emotional consequences of this excuse, distortion, or defense mechanism?
What are the behavioral consequences of this excuse, distortion, or defense mechanism?
What are the cognitive consequences of this excuse, distortion, or defense mechanism?
What are your demands on yourself, others, and/or the world? Where is the must or should?
Extreme Evaluation: Dreading-Awfulizing
Extreme Evaluation: Discomfort Anxiety-Intolerance to Frustration
Extreme Evaluation: Depreciation – Self-Downing or putting others and the world down.

What dichotomous thinking engages in this excuse?

What possible conditional thinking might you be using?
When using this excuse, how are you lying to yourself?
How are you being unreasonable, and how can you become more reasonable and rational?
How will this excuse, distortion, or defense mechanism hurt you, and how will discovering new ways of thinking help you?

Spiritual Dimensions of Excuse, Cognitive Distortions, and Defense Mechanisms:

What excuse, distortion, or defense mechanism are you working on?
How will looking at the excuse, distortion, or defense mechanism give you insight into others and yourself?
How will addressing this excuse, distortion, or defense mechanism help problem-solve?
By rethinking this excuse, distortion, or defense mechanism will help you to engage the world?
How is this excuse, distortion, or defense mechanism meaningful?
Are these excuses, distortions, and defense mechanisms effective at preventing anxiety?
How does this excuse, distortion, and defense mechanism protect my self-esteem?
What do you teach people when you use this excuse, distortion, or defense mechanism?

How will your responsibilities be clarified by a new way of thinking?
Is there a way to expand your healthy uniqueness through your thinking?
What thinking will help you restrict your uniqueness when necessary?

Explain Your View: Instructions – don't copy the statement from the Dictionary of Beliefs Using Lies & Labilities. Write your point of view about the excuse, distortion, or defense mechanism you choose to examine.

Excuse, Distortion, or Defense mechanism: Emotional Reasoning (justification) Impatient-Impulsive
How is this excuse related to Impatient-Impulsive-Distractible Mood? I justify my anger because I must punish them for their unfairness, and if they are inconsiderate, I'm a loser, inadequate that would be awful.

What are the emotional consequences of this excuse, distortion, or defense mechanism? Increased feeling of anger.
What are the behavioral consequences of this excuse, distortion, or defense mechanism? I justify my anger and putting others down, so I yell and say mean things.
What are the cognitive consequences of this excuse, distortion, or defense mechanism?
What are your demands on yourself, others, and/or the world? Where is the must or should?
Extreme Evaluation: Dreading-Awfulizing
Extreme Evaluation: Discomfort Anxiety-Intolerance to Frustration
Extreme Evaluation: Depreciation – Self-Downing or putting others and the world down.

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Is there a way to expand your healthy uniqueness through your thinking?
What thinking will help you restrict your uniqueness when necessary?

Insecure-Dependent Mood vs. Fair Mindedness

You overestimate the adversity, and you underestimate your ability to deal with the adversity. (OU)

##	Insecure-Dependent Mood	Fair Mindedness
	<input type="checkbox"/> Sensitive <input type="checkbox"/> Seek help and sympathy <input type="checkbox"/> Seek attention from others, flighty, <input type="checkbox"/> Anxious about myself <input type="checkbox"/> Affection <input type="checkbox"/> Indulges others <input type="checkbox"/> Fastidious, fussy, demanding, picky <input type="checkbox"/> Absent minded <input type="checkbox"/> Absorbed in ideas <input type="checkbox"/> Swings of giving up <input type="checkbox"/> Outgoing <input type="checkbox"/> Ready to cooperate <input type="checkbox"/> Trustful <input type="checkbox"/> Attentive to people <input type="checkbox"/> Enjoys verbal-social expression <input type="checkbox"/> Explicit self-expression	

1		
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7	Toxic Dialectic:	Healthy Dialectics:

Introverted-Cautious Mood versus Caring Confidence

You underestimate the impact of the situation, and you underestimate your ability to deal with stress. You believe that if you do less, it will be better for you (UU).

##	Introverted-Cautious Mood	Caring Confidence
	<input type="checkbox"/> Mature but feels insecure about ambitions. <input type="checkbox"/> Thinks rather than feel. <input type="checkbox"/> Unfriendly, detached, aloof. <input type="checkbox"/> Cautious, vigilant, alert. <input type="checkbox"/> Reserved. <input type="checkbox"/> Distrustful, skeptical, cold, <input type="checkbox"/> Prone to sulk. <input type="checkbox"/> Incommunicative. <input type="checkbox"/> Serious. <input type="checkbox"/> Shy, withdrawn. <input type="checkbox"/> Emotionally cautious, <input type="checkbox"/> restricted interests. <input type="checkbox"/> Threat sensitive. <input type="checkbox"/> Calculating <input type="checkbox"/> Emotionally detached, disciplined. <input type="checkbox"/> Overly Self-syffucuebt <input type="checkbox"/> Prefers own decisions.	

1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:

6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:


Irritable-Anxious Mood versus Resiliency Skills

You overestimate the adversities of the event, and you overestimate the impact of your feelings (OO)

##	Irritable-Anxious Mood	Resilient
	<input type="checkbox"/> Jealous, <input type="checkbox"/> Dogmatic, tyrannical <input type="checkbox"/> Suspicious of interference <input type="checkbox"/> Dwells on frustration <input type="checkbox"/> Irritable, short-tempered, petulant <input type="checkbox"/> Easily upset <input type="checkbox"/> Avoids responsibilities <input type="checkbox"/> Worries. <input type="checkbox"/> Tends to give up <input type="checkbox"/> anxious <input type="checkbox"/> depressed <input type="checkbox"/> cries easily <input type="checkbox"/> Strong sense of obligation <input type="checkbox"/> Sensitive to approval and disapproval <input type="checkbox"/> Feels lonely, brooding, <input type="checkbox"/> feels inadequate <input type="checkbox"/> Tense, frustrated, overwrought, fretful <input type="checkbox"/> Immature, guarded, wrapped up in myself <input type="checkbox"/> Obstructive, uncooperative, unhelpful	Reasonable and tolerant (index #4) Responsible – give my best effort (#8) Self-Reliant (index # 10) Sensible Risk Taking (index # 11)

1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
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	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Self-Downing

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of
			
1	Toxic Self-Downing: I feel like a total failure when another person rejected me. Thinking that I am a total failure or useless. I a failure for failing.	Healthy Self-Respect: You express your thoughts and feelings, and I don't have to judge others or yourself harshly. Putting myself down will not motivate you to do better.	Bold-Shameless: having no shame : insensible to disgrace

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

#i.

#ii.

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

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

#4 How is Self-Downing Meaningful?	#5 How is Self-Respect Meaningful?

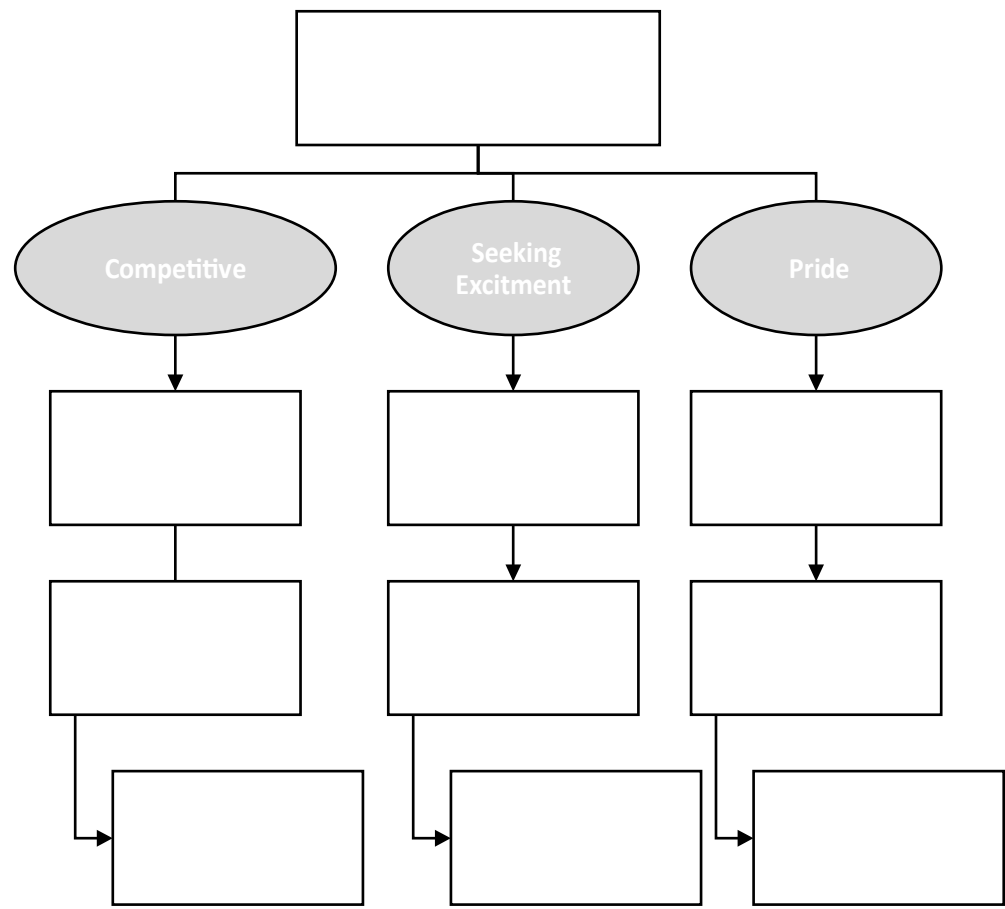
#6 Cost Benefit Analysis

Cost of Self-Downing	Benefit of Self-Respect
Benefit of Self-Downing	Cost of Self-Respect
How does self-downing ward off my feelings of anxiety? ?	
How does self-downing protect my self-esteem?	
What am I training people to treat me like when I put myself down?	
#7 Characteristics of toxic way of expanding your uniqueness using Self-Downing.	#9 Characteristics of healthy way of expanding your uniqueness and Self-Respect
#8 Characteristics of toxic way of restricting your uniqueness using Self-Downing.	#10 Characteristics of healthy way of restricting your uniqueness and Self-Respect.




1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

E

Factors that you may mix up with self-respect.



ENVY

<p style="text-align: center;">Toxic Envy</p> 	<p style="text-align: center;">Healthy Envy</p> 	<p style="text-align: center;">Healthy Lack of Interest</p> 
<p>Healthy Envy > Self-Destructive Envy: The opposite of envy is that I am not interested</p>		
<p>Toxic Envy {} I have to have what another person has to feel good about myself. {} Toxic envy will motivate me to get what I covet. {} I believe that I am a total failure for not achieving an important goal. {} 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. {} Toxic competitiveness entails boasting my latest news and achievements, showing off, or trying to have or be the best. But toxic envy is destructive, and it isn't about improving. {} Toxic Envy is a grudge-bearing emotion arising from wanting to spoil what the other person has or enjoys, including any good feelings they might have about their achievements. {} Toxic Envy happens when I cannot feel empathy, love, generosity, or even kindness to the other. {} When I experience toxic envy, I can be friendly to others but only direct viciousness towards the one person who triggers extremes of that feeling. With {} Toxic Envy, I perceive that another person's talents and skills are easily achieved. {} I think the person with such talents is better looking or has advantages accrued through nepotism or a privileged background.</p>	<p>Healthy Envy {} Another person's possessions and enjoyment of those possessions are often irrelevant to my happiness. {} Your goodness or badness cannot be determined by what another person has. {} You don't like it when people criticize you or they see me as selfish, but it is not awful or horrible that others see me as selfish or a monster with one green eye. {} You can be accepted, loved even if others see me as greedy.</p>	<p>Healthy Lack of Interest: Having no special interest in topic or issues. no feeling that causes special attention to an object or class of objects something that does not arouse attention.</p> <p>Unhealthy Lack of Interest: You don't show an interest in a love's hops, dreams, and values.</p>

#1 What are some of the possible reasons why Healthy Envy is more effective than toxic envy?

#i.

#ii.

#2. What situations you have no interest in?

#3 In what situations or issues are you envious?

#4 How is toxic envy belief meaningful?	How are healthy envy meaningful?

#5 Cost Benefit Analysis

<p style="text-align: center;">Cost of toxic envy</p>	<p style="text-align: center;">Benefit of healthy envy</p>
<p style="text-align: center;">Benefit of toxic envy</p>	<p style="text-align: center;">Cost of healthy envy</p>
<p>#6 How does toxic envy ward of anxiety?</p>	
<p>#7 How does toxic envy protect your self-esteem?</p>	
<p>#8 How will others respond to your toxic pride?</p>	
<p>#9 Characteristics of toxic way of expanding your uniqueness.</p>	<p># 11 Characteristics of healthy way of expanding your uniqueness.</p>
<p>#10 Characteristics of toxic way of restricting your uniqueness.</p>	<p>#12 Characteristics of healthy way of restricting your uniqueness.</p>

Menu of Solutions & Effective Strategies		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
4	Benefit of	Benefit of being
	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Spirituality vs. Materialism: Envy is wanting what another has. It is a painful or resentful awareness of an advantage enjoyed by another, joined with a desire to possess the same benefit. With materialism, you overfocus on getting, gaining, comparing, and competing with others. With envy, you want more money, a bigger house, a faster car, etc. As your envy intensifies, you believe you don't have a choice because you think you have to have that object; you resist change because you want to keep the things you have, you crave more, and you feel like the other person's success is controlling your emotional life.

Unhealthy Envy	
Not Having a Sense of Choice	When you feel envious, you want to take away the desired possession from the other person so that you would have it or the other person cannot. You feel envious because the person is doing well, and you are not doing well. You choose not to be happy with your progress, or you believe you have to be unhappy about your challenges. You think you <i>have to</i> have that object – there is no sense of having a choice. Envy is when you want to ruin or destroy the desired possession so that the other person would not have it or not enjoy it. For example, you are not sincere when telling someone else that you are pleased they are doing well.
Resisting and/or Refusing to Change	You don't want to work hard to get what you don't have; you want to be comfortable and magically get something you don't have. You need to change your routine, find another job, save money, and do without certain pleasures to obtain the things you desire. With envy, you make disparaging remarks about the person who has the possession that you wish to possess.
Not Self-Correcting	You tend to denigrate in your mind the value of the desired possession and/or the person who possesses it; you try to convince yourself that you are happy with your possessions, although you are not; you think about how to acquire the desired object regardless of its usefulness; you think about how to deprive the other person of the desired possession; you think about how to spoil or destroy the other's desired object.

Worksheet:






What role does materialism and envy play in your life?

How does envy interfere with your sense of choice?

How will materialism and envy make change difficult?

How will materialism and envy interfere with your ability to self-correct?

Guilt

Toxic Guilt and Intentionality: I don't see my guilt feeling as intentional, but		
<p>Not Having a Sense of Choice</p>		<p>I believe I can't help but break my moral code. I don't realize I am choosing to escape from pain and failure in self-destructive ways, and I promise unrealistically that I will not sin again. I do not recognize that I am choosing to feel guilty rather than healthy guilt and remorse, so I can't do anything about my situation; I don't see healthy guilt and remorse as a choice.</p>
<p>Resisting and/or Refusing to Change</p>		<p>I spend my time begging for forgiveness and hoping the person won't feel hurt or angry. I defensively disclaim responsibility for wrongdoing, hoping this manipulative behavior will change the situation; I look for reasons and make excuses; I reject offers of forgiveness.</p>
<p>Not Correcting misperceptions and Mistaken Beliefs</p>		<p>I punish myself for hurting someone or breaking a moral code, concluding that I have committed a horrible sin. I assume more personal responsibility than warrants; I assign far less responsibility to others. I dismiss possible mitigating factors; I fail to put my behavior into an overall context; I fear receiving retributions; I punish myself physically or deprive myself in hopes of changing my behavior.</p>
<p>Toxic self-deprecation and pseudo humility wards off anxiety but is an unhealthy way to restrict your uniqueness.</p>		<p>I avoid anxiety employing retiring, embarrassed diffidence because people won't expect so much from someone modest, unpretentious, and reserved. I ward off stress utilizing self-deprecation (pseudo humility). Self-abasing individuals provoke punitive and arrogantly superior reactions from others.</p>
<p>Obsessing about your worth is a worthless activity.</p>		<p>Toxic Self-Depreciation: Façade of guilty submissiveness, feels anxious around aggressive individuals, obsessive thoughts, ruminative self-doubt, which inhibits actions and expressive, spontaneous actions, indecisive, and depressive immobilization,</p>

What are the consequences of not having a sense of choice?

I believe I can't help but break my moral code. What is your moral code? What can you do to maintain your moral code and values?

I don't realize I am choosing to escape from pain and failure in self-destructive ways, and I promise unrealistically that I will not sin again.

I do not recognize that I am choosing to feel guilty rather than healthy guilt and remorse, so I can't do anything about my situation;

I don't see healthy guilt and remorse as a choice.

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What are repercussions of resisting and/or refusing to change?

How will you get along with people if you spend my time begging for forgiveness and hoping the person won't feel hurt or angry.

What will happen if you defensively disclaim responsibility for wrongdoing, hoping this manipulative behavior will change the situation; I look for reasons and make excuses; I reject offers of forgiveness.

What will the significances of not correcting your misperceptions, cognitive distortions, and mistaken beliefs?

I punish myself for hurting someone or breaking a moral code, concluding that I have committed a horrible sin. I assume more personal responsibility than warrants; I assign far less responsibility to others. I dismiss possible mitigating factors; I fail to put my behavior into an overall context; I fear receiving retributions; I punish myself physically or deprive myself in hopes of changing my behavior.

Toxic self-deprecation and pseudo humility wards off anxiety but is an unhealthy way to restrict your uniqueness.

I avoid anxiety employing retiring, embarrassed diffidence because people won't expect so much from someone modest, unpretentious, and reserved. I ward off stress utilizing self-deprecation (pseudo humility). Self-abasing individuals provoke punitive and arrogantly superior reactions from others.

Obsessing about your worth is a worthless activity.

Toxic Self-Depreciation: Façade of guilty submissiveness, feels anxious around aggressive individuals, obsessive thoughts, ruminative self-doubt, which inhibits actions and expressive, spontaneous actions, indecisive, and depressive immobilization,

Toxic Guilt 	Healthy-Existential Guilt 	Healthy Innocence 
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Feeling Remorse > Feeling Guilty: Being free from guilt and sin is the opposite of feeling remorse and feeling guilty

Toxic Guilt: {} I assume that I have committed the sin, {} I assume more personal responsibility than the situations warrant, {} I assign far less responsibility to others than is warranted. {} I do not think of mitigating (extenuating) factors, {} I think that you will receive retribution (*the dispensing or receiving of reward or punishment latter on*)

Remorse {} You consider behavior in context and with understanding in making a final judgment concerning whether you have sinned. {} You assume appropriate level of personal responsibility. {} You assign appropriate level of personal responsibility to others. {} You consider mitigating factors, {} You do not think you will receive retribution.

Innocence: freedom from guilt or sin through being unacquainted with evil; blamelessness; chastity, freedom from guilt of a particular crime or offense,

1. What is Guilt?
2. What does your Guilt feel like?
3. What does your Guilt look like?
4. What makes you feel Guilty?
5. How can you express your Guilt, so it doesn't get you into trouble?
6. How does you Guilt impact others?
7. When others feel guilty, how does that impact you?
8. What are some of the possible reasons why Remorse is more effective than Guilt?
9. In what situations or issues, you want to develop your sense of self-respect?
10. What situations do you feel remorse?

#11 How is Feeling Guilty meaningful?	#12 How is Remorse meaningful?

14 Cost Benefit Analysis

Cost of Feeling Guilt	Benefit of Feeling Remorse
Benefit of Feeling Guilt	Cost of Being Remorseful
How does guilt ward off anxiety?	
How does guilt protect my anxiety?	
When I feel guilt, people will treat me as...	
14. How does guilt expand your uniqueness using in a toxic way?	16. How is feeling remorse a healthy way of expanding your uniqueness.
15 How does guilt restrict your uniqueness in a toxic way?	17. How is feeling remorse a healthy way of restricting your uniqueness.

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Menu of Solutions & Effective Strategies		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
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	Wards off Anxiety	
	Protects Self-Esteem	
	Trains people to...	
5	Toxic Expansion of My Uniqueness:	Discover Healthy Expansion of Your Uniqueness:
6	Toxic Restrictions of Your Uniqueness: (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),	Discover Healthy Restrictions of Uniqueness:
7	Toxic Dialectic:	Healthy Dialectics:

Spirituality goes beyond compulsions to feel guilt, thinking that everything that goes wrong is your fault, you feel you are responsible for every, and it is your job to improve things. Spirituality helps you experience freedom, autonomy, self-determination, independence, and choice. Without freedom, you cannot expand your uniqueness in healthy ways.

Guilt and Intentionality	
Not Having a Sense of Choice	You believe you can't help but to break your moral code, not realizing you are choosing to escape from pain and failure in self-destructive ways; you promise unrealistically that you will not sin again; you do not recognize that you are choosing to feel guilty rather than remorse, so you can't do anything about your situation; you don't see remorse as a choice.
Resisting and/or Refusing to Change	You spend much of your time begging for forgiveness and hoping the person won't feel hurt or angry; you defensively disclaim responsibility for wrongdoing, hoping this manipulative behavior will change the situation; you look for reasons and make excuses; you reject offers of forgiveness.
Not Self-Correcting	Instead of correcting how you broke your moral code, you punish yourself for you hurting someone. You conclude that you have definitely committed the sin; you assume more personal responsibility than it warrants; assign far less responsibility to others; you dismiss possible mitigating factors; you fail to put your behavior into an overall context; you fear receiving retributions; you punish yourself physically, or you deprive yourself in hopes that will change your behavior.

Worksheet:

What role does compulsively feeling guilt play in your life? Do you try to escape from unhealthy pain of guilt and self defeating ways?

How does compulsively feeling guilt interfere with your sense of choice? Do you beg for forgiveness from the person wronged question you promise unrealistically that you will not sin again.

How will compulsively feeling guilt make change difficult? Do you punish yourself physically or by deprivation. Do you disclaim responsibility from wrongdoing? Do you take into account mitigating factors?

How will compulsively feeling guilt interfere with your capability to self-correct? Do you consider your behavior in the context and with understanding and making a final judgement concerning whether you have sinned. Do you use some appropriate levels of personal responsibility? Do you assign appropriate levels of responsibility to others?

Will to Meaning: Rating Form:

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

Topic: _____

Date: _____



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



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



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



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

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



1
Not Helpful

2
A Little Helpful


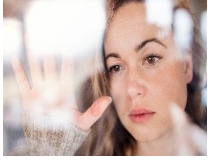

3
Somewhat Helpful

4
Helpful

5
Very Helpful

Comments: _____

Emotional Hurt

Toxic Emotion	Negative yet Healthy Emotion	Opposite
<p>Toxic Hurt:</p> 	<p>Healthy Unhappy Hurt</p> 	<p>Healthy Disappointment:</p> 
<p>Toxic Hurt: {} I am overestimating unfairness. {} I think others don't care about me, {} Others don't understand me. {} Thinking others put their concerns before my needs. remove my sense of choice by demanding that I "don't deserve such treatment." I choose to stop communicating with the other person. I prefer to sulk. I decide not to disclose details of the matter. I indirectly criticize or punish the other person for his/her offense. I decide not to express feelings directly. I want to feel hurt rather than sorrow. <i>[] over-focus on past hurts, or ways I can undo what went wrong. I am not open to the idea of making the first move toward another person. [] I overestimate the unfairness of the other person's behavior. I believe that others devalue my relationship. I think the other persons believe the relationship is more important than I think it is. I believe the other person doesn't care about me. I see myself as being alone, uncared for, or misunderstood. I over evaluate the other person's unruly behavior.</i></p>	<p>Healthy Unhappy Hurt {} You directly communicate my feelings and thoughts to the other person, {} You are realistic about unfairness. {} You see the other person misbehaving rather than uncaring or indifferent. {} you do not see yourself as being alone, uncared for, and misunderstood. {} You are less likely to think of past hurts than when feeling hurt. {} You don't believe the other person has to make the first move.</p>	<p>Healthy Disappointment: to fail to meet my expectations. You don't feel emotionally hurt or grief. You think, "I wish it wasn't so."</p>

1 What are some of the possible reasons why hurt-unhappy is more effective than feeling emotionally hurt?

#i.

ii.

#2. What situations did you feel unhappy and hurt?

#3 In what situations or issues, did you feel disappointed in?

#4 How are being emotionally hurt beliefs meaningful?	How is being unhappy-hurt meaningful?

#5 Cost Benefit Analysis

Cost of Being emotionally hurt	Benefit of feel unhappy-hurt
Benefit of Being emotionally hurt.	Cost of unhappy hurt

#6 How does emotionally hurt wards of anxiety?

#7 How does emotionally hurt protect my self-esteem?

#8 How will others respond to when you feel emotionally hurt?

#9 Characteristics of toxic way of expanding your uniqueness.

Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.

Characteristics of healthy way of restricting your uniqueness.

1		
2	Discovering Meaningfulness	Discovering Meaningfulness:
3	Cost of	Cost of Being
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7	Toxic Dialectic:	Healthy Dialectics:

Spirituality goes beyond all the masks: I feel emotionally hurt, and I'm irreplaceable. I put on social masks to protect myself from emotional hurt and feeling replaced. To discover your spiritual nature, I want to develop your sense of choice, accept and direct changes in your life, and self-correct.

Emotionally Hurt	
Not Having a Sense of Choice	You remove your sense of choice by requiring that you "don't deserve such treatment;" you choose to stop communicating with the other person; you choose to sulk; you choose not to reveal information; you choose not to disclose details of the matter; you indirectly criticize or punish the other person for his/her offense; and you decide not to express feelings directly; you choose to feel hurt rather than disappointment, displeasure, dissatisfaction, and mildly distress.
Resisting and/or Refusing to Change	You over-focus on past hurts; or ways you can undo what went wrong; you are not open to making the first move toward the other person. I obsess about past mistakes and past hurts.
Not Self-Correcting	You think that you are alone, that you are unloved, that you are misunderstood, and that you are alone. You believe that people care more about themselves than you, so you don't try to correct your behavior or beliefs about their injurious behavior. To be happy, you believe that the other person can make the first move for you. You don't self-correct about how I can correct your behavior and make the first move to reconcile your hurt feelings. Since your negative feelings are 100% their fault, you are waiting for the other person to change.

Adapted from the work of Windy Dryden.

Worksheet:

#1. What role does emotionally hurt play in your life? Do you criticize the other person without disclosing what you feel hurt about?

#2. How does emotionally hurt interfere with your sense of choice? How can you communicate your feelings and thoughts to the other person directly?

#3. How will emotionally hurt make change difficult? How can you influence the other person to act in a fair manner?


#4 How will emotionally hurt interfere with your capability to self-correct? Are you being realistic about the degree of unfairness of the other person's behavior?


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Will to Meaning: Rating Form:


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

Topic:	Date:
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	<p>#1 (F) Follow Up: What was the purpose of this exercise?</p>
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	<p>#2 (F) Follow Up: Talk about or write about how this exercise was meaningful and relevant to you?</p>
---	---

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

	<p>#4 (G) Goal: What goal did you expect to reach by doing this exercise?</p>
--	--

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

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

Emotional Hurt		Fix
1	 <p>People don't understand me</p>	Talk about thoughts and feelings and know why you need to express thoughts and feelings.
2	 <p>People treat me unfairly.</p>	Develop and modify rules
3	 <p>I don't belong – fit in</p>	Participate in school and family activities
4	 <p>People care more about themselves than me.</p>	Focus on your responsibilities: School - Grades: (Work-Excel) Social -Friends- Sports-Physical Activities Activities-Hobbies: