

Finding Meaningfulness in Every Moment



Viktor Frankl (1959) believes that life has meaning under all circumstances, but to discover the meaning in every situation - you want to use the gift of reasoning. Paul Welter (2010), you “are gifted with the power to reason things out” unless you are in a state of denial. He further states that when you become unreasonable, you want to regain this ability by asking yourself questions (page 25). Neuro-behaviorally, Welter is asking you to engage your thinking brain – your prefrontal cortex. Psychologists have known for a century that thinking, using metaphors, and reasoning about something is not enough. There needs to be a call to action, an action to find buried treasure, to appreciate humility without giving in or giving. It is a call to actions to meet life’s demands, to expand

your sense of uniqueness, and discover meaningful under all circumstances. The Psychology of Being Unique (PBU) believes that you should not search for an abstract meaning of life. Instead, you want a specific vocation or mission in life to carry out a concrete assignment that demands fulfillment. Therefore, your unique style of using reason in fulfilling your responsibilities is a gift that life affords you, so Frankl encourages you to show concern and care about your opportunities and possibilities.

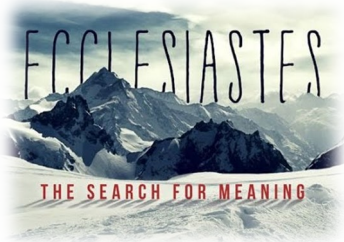
As each situation in life represents a challenge to you and presents a problem for you to solve, the question of the meaning of life may actually be reversed. Ultimately, you should not ask what the meaning of life is, but rather you must recognize that it is *you* who is asked. You are questioned by life; and you can only answer to life by *answering for your* life. You can respond to life by being *responsible*. Therefore, dealing with situations that bring about attitudinal value conflicts, you are responsible the very essence of your existence.

To meet these challenges, PBU differentiates reason from responsibility. When you make a choice, you want to understand the reasons for that choice, your responsibilities involving that choice, and what are the consequences and repercussions. When you think about cause and effect reasoning, you want to recognize that there are multiple reasons and multiple causes even for the simplistic behaviors. With increasing your rational thinking, you want to avoid simplistic explanations, such as “I can’t do this because I’m stupid.” You want to avoid underestimating the reasons why you made a mistake, such as “my lack of effort” has nothing to do with my failings.’ You also want to avoid overestimating the reasons why you were successful. Concerning the issue of responsibilities, you want to be task specific and know what is exactly what is expected of you, and you want to define the boundaries between authority figures and co-workers. You want to recognize the complexity of a situation and to know the other person’s thoughts, feelings, and concerns, and you don’t want to underestimate consequences of being irresponsible. The last area of concern is that you want to rewards of maintaining

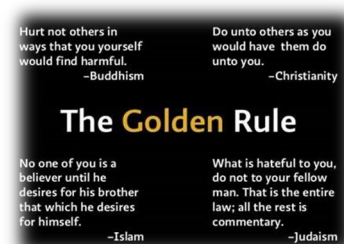
Reasons	Responsibilities	Repercussions
Multiple reasons: there are many reasons why something happens and many reasons why things don’t happen.	Task specific: you can’t be responsible for everyone and everything because...	Praise and Punishment: Someone is taking something away from you or is giving you something you really don’t want; Other-Directed: imposed on you; decrease or increase behavior; focus on the past: obedient; social reality
Multiple causes: you live in a complex world and each person is unique and irreplaceable, which adds to you being complex	Defined boundaries: responsibilities involves authority, who is answerable to whom; who has the power and authority;	Positive and Negative Consequences: Consequences are things that natural happen in the physical world or in your social world; goal-directed behavior; social belonging; in the present: physical & objective reality
Simple: reasons are often simple – “you didn’t go to the store because you “forgot.” He made a mistake because he is stupid!	Complex: have a number of known and unknown variables (variables are things that change);	Personal Cost are consequences that bother you more than it bothering other people. Feeling lonely is an example of a personal cost. self-directed; attitudinal values; meaningful to you; future: personal & subjective reality; emotional responsible.
Underestimating the causes why you make mistakes	Underestimating consequences and being irresponsible.	
Overestimating the causes why you are successful or failures	Over extending your responsibilities;	

This series of worksheets examines how you can discover meaningfulness even in cognitive distortions.

Principles of Expanding Your Uniqueness:



Principle I: Ecclesiastic Principle: There is a time and place to expand your uniqueness, and there is a time and place to restrict your originality. For example, if you are at a sad funeral, you wouldn't be jumping around and screaming about a beautiful time. This principle claims that you need to be careful and understand the social and emotional consequences of your actions before executing your plan to expand your uniqueness.



Principle II: Reverse Golden Rule Principle: You know the Gold Rule is doing to others what you would wish to have done to yourself. The Reverse Golden Rule is that when you attempt to take another person's sense of uniqueness away, you limit your sense of uniqueness.



Principle III: Categorical Principle: Is placing objects into a "good category" or a "bad category" a good idea. The Psychology of Being Unique would say, NO! For example, if you are depressed, you are in a negative box with only negative qualities – such as feelings of helplessness, hopelessness, worthlessness. You are like those other people who can't get out of bed and lack the motivation to work hard and overeat or eat too little. You can see this when you place people in a "positive box." They are successful, happily married, have beautiful children, never feel sad, never abuse drugs or alcohol. You place famous and wealthy people in this "positive box," but as you know, movie stars are not always

happy. When you think categorically, you have trouble seeing how similar or different two things are. Once in that category, you are in an inescapable, undeniable, and universal trap.



Principle IV: Conscience Principle: You want to develop your sense of conscience before expanding your uniqueness. Conscience is the consciousness of the moral goodness or blameworthiness of your conduct, intentions, and character together with a feeling of obligation to do right or be good. Frankl believes that conscience goes beyond the outside influences and the powerful. Conscience contains a personal voice, faint and prone to error, which can advise you to take a stand beside the dictates of the superego or cultural mores.

Expanding your uniqueness is having the capacity to hear the voice of your conscience. Your conscience strengthens your capacity to respond to the best of your abilities.

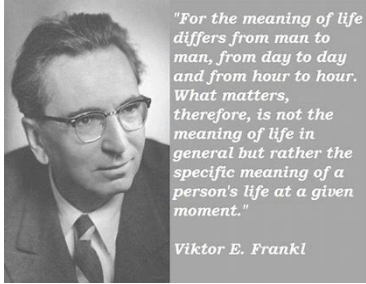


Principle V: Principle of Flipped Values: The Psychology of Being Unique contends that stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness (stereotyping) lead to the flip of values. A flip of values is when you know it is better to love than hate, but when stress, trauma, and the like., occur your limbic system takes over, and hostility appears better than love and kindness. For example, parents teach their children that love is a higher value than hatred. The person grows up, and in a combat situation, attitudinal values quickly flipped from love to hate. Your need to

survive is more powerful than love, kindness, etc. Only by having secondary attitudinal values, such as patriotism, love of family, can a warrior be resilient in a time of combat.



Principle VI: Principle of Resiliency – When you put time, energy, and effort into practicing your Higher Values, you can increase your ability to be resilient. Resiliency is staying calm in stressful situations. Life demands that you are resilient in times of stress. This means you know how to stay calm in stressful situations, and you are able to stop yourself from getting extremely angry, down, or worried when something “bad” happens. It also means that you can calm down and feel better when you get extremely upset. You see that caring is a higher value than being indifferent; you know that addressing your concerns is better than being anxious, and you acknowledge that being confident is better than putting yourself down.



Principle VII: Expressing Your Uniqueness to Others - You want to express your thoughts, feelings, wants, and concerns to essential people in your life. If you don't tell them, then they will have to guess, and they usually guess wrong. When they assume incorrectly, you get mad, hurt, anxious, etc. **Seeing Uniqueness in Others** - You want to know what another person's concerns, thoughts, feelings, and wants. If you don't, you will have to guess, and you will most likely think it incorrectly. When you assume mistakenly, they will get mad at you or feel hurt, anxious, etc.

Find New Ways of Thinking: Finding Meaningfulness: What are the reasons why certain attitudes, beliefs, and thoughts lead to unhealthy emotions that result in dysfunctional behavior and conflicts with important people in our lives? On the other hand, there are attitudes, beliefs, and cognitions that, while not eliminating negative emotions, lead to healthy emotions, functional behavior, and fewer conflicts with essential people in our lives? The following self-distancing method and resiliency training answers these questions.

Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C).

The Psychology of Being Unique contends that stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness (stereotyping) lead to the flip of values. A flip of values is when you know it is better to love than hate, but when stress, trauma, and the like., occur your limbic system (emotional brain) becomes overactive, and hate appears a better than hatred. Examples of attitudinal values that are sensitive to stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness include:

Higher Value	Values Survival	Opposite
Responsiveness: <i>You value being responsive to others, and you want to listen to and be sensitive to others, and this responsiveness to be reciprocated.</i>	Self-Centeredness Attitudes: <i>I devalue being concerned about others, and I only value opinions that agree with my opinions.</i>	The opposite of Responsiveness and Self-Centeredness is being Objective. <i>You want to be free from prejudice or excessive self-interest.</i>
Reliable-Trustworthiness: {} <i>You value being reliable, and you want people to take you seriously.</i> {} <i>You value people trusting you, and</i> {} <i>you value you having faith in important people in your life.</i>	Selfishness Attitudes: {} <i>I devalue what others want, and I value only what I want to do.</i> {} <i>I disregard another person's wishes. I do not care about others, and</i> {} <i>I value only the things I want to do.</i>	The opposite of being reliable and being selfish is being Carefree: <i>You value being free from care and having no worries or troubles. You feel carefree, lighthearted, happy-go-lucky</i>
Flipped Values: <i>With stress, trauma, chronic pain, constant frustration, limited resources and the restriction of your uniqueness, you may experience a flip in your values.</i>		
See Appendix 1 for twelve attitudinal values.		
Adapted from the theory and work of Mike Bernard, Ph.D.		




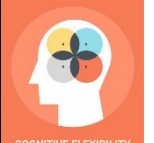






Inflexible attitudinal values increase stress, lead to rigid-dysfunctional emotions, such as depression, anxiety, excessive anger, etc., and restrict your uniqueness because...

- A: **Always Thoughts:** it will always be this way.
- B: **negative thoughts** Begets other negative thoughts and cognitive distortions
- C: **Categorical Thinking:** you are either in the “positive good-person box” or you’re in the negative bad-person box.
- D: **Desires become demands,** signs of **desperation** and feelings of **despair.**
- E: **Endless negative thoughts,** stirs memories related to negative images and hurtful past events, and
- F: **Frustrations and other stresses** increase negative emotional expression.

“Always Thinking” is when you feel your adversity, bad luck, depression, etc. are always going to be with you. You believe your life will always be this way. You think you can never win, and life appears hopeless. Since life is hopeless, you are helpless and worthless. With negative thoughts spawn a host of negative thoughts, your survival brain becomes aroused. Since life is hopeless, you are weak and worthless. With negative thoughts, they spawn a host of negative thoughts. The survival brain only sees the negative and ignore the positive because the positive won’t kill you, but ignoring the negative aspects of the situation could lead to sickness and death. When you use “Categorical Thinking,” you suggest that you are in an inescapable, undeniable, and universal negative or positive situation. For example, if you are depressed, you are in a negative box with only negative qualities – such as feelings of helplessness, hopelessness, worthlessness. You are like those other people who can’t get out of bed and lack the motivation to work hard and overeat or eat too little. You can see this when you place people in a “positive box.” They are successful, happily married, have beautiful children, never feel sad, never abuse drugs or alcohol. You place famous and wealthy people in this “positive box,” but as you know, movie stars are not always happy. Other reasons why inflexible thinking leads to unhealthy-dysfunctional emotions include turning a desire, something you want into demand. If you do not get that demand met, you will be filled with despair and will behave from desperation. You face endless negative thoughts that stir memories of negative images and past failures when you are in survival mode.

The far-left column (Boxes 1-4) represents inflexible thinking and rigid-irrational beliefs, while the far right column (Boxes 5-8) reflects flexible and rational thinking. Read both sides and answer questions 9 through 12.

Go down the left side and then read down the right side

Managing Expectations: Cognitive Flexibility has a higher value than Cognitive Inflexibility	
 <p>Box 1: Cognitive Inflexibility – (B) Basic Attitudes and Beliefs that are rigid</p>	 <p>Box 5: Cognitive Flexibility (D) Discover a new way of thinking that helps you see the meaningfulness of the moment.</p>
 <p>Box 2: Consequences – (C) What are the emotional and behavioral of your basic attitudes and irrational beliefs.</p>	 <p>Box 6: Consequences: (D) What are the emotional and behavioral of your newly discovered basic attitudes, beliefs, and higher attitudinal values.</p>
 <p>Box 3: Meaningfulness (D) Although negative, why is your inflexible basic attitude (D) meaningfulness</p>	 <p>Box 7: Meaningfulness (D) How are you discovered attitudinal values meaningful?</p>
 <p>Box 4: Restricts Uniqueness: (C) How will your inflexible basic attitude (flipped value) inhibit your ability to expand your uniqueness ethically and morally?</p>	 <p>Box 8: Expand Uniqueness (D) How will your flexible basic attitude (higher value) expand your uniqueness in a way that is ethical and moral?</p>

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Worksheet 1 only giving myself or others one choice

Managing Expectations: Cognitive Flexibility has a higher value than Cognitive Inflexibility	
 <p>Box 1: Cognitive Inflexibility – {} When I am demanding, I am usually giving others and myself “one choice.” I am over-extending my responsibilities when I give people one choice. This absence of exceptions leads to blaming, condemning, and feelings of anger, anxiety, helplessness or hopelessness.</p>	 <p>Box 5: Cognitive Flexibility {} You want people to agree with your choices, concerns, and values, but there is no evidence that they <i>have to</i> agree with you. {} You want to take on an attitudinal value of unconditional acceptance in which you believe that there are no absolute fixed ideas that people must obey. {} You can accept that you are accountable, and you can figure out what you are responsible for, but believing there is no exception to your demands suggests you’re in survival mode</p>
 <p>Box 2: Consequences – This form of thinking is maladaptive and leads to your inability to adjust emotionally. In any given situation, you have several choices, and the belief that you don’t have any options leads to feelings of hopelessness and helplessness results in feelings of depression. You believe you can do anything, so you don’t “feel like doing anything.</p>	 <p>Box 6: Consequences: {} Getting along with people and instilling confidence in each other involves making decisions together and solving problems with each other.</p>
 <p>Box 3: Meaningfulness – {} You may be standing up for yourself and giving another person one choice. Unfortunately, giving a person one reason or one option can be reductionistic, leading to more frustration and conflicts with others.</p>	 <p>Box 7: Meaningfulness: {} Getting along with people and instilling confidence in each other helps both parties to discover meaningfulness in their unique way.</p>
 <p>Box 4: Restricts Uniqueness {} Concepts help you communicate complex ideas using simple language, but abstract concepts such as love, trust, respect take on various definitions and people often use concepts in their own unique way. So, if you restrict your semantic understanding to what other people think without using critical thinking can restrict your uniqueness.</p>	 <p>Box 8: Expand Uniqueness {} As confidence in your abilities increases, so you are active, and your life becomes interesting. When you have confidence in our abilities, you can make decisions efficiently. When you are confident, you have the fortitude (resilience + courage + determination). You know what right behaviors you want to do to reach your healthy and realistic goals, and you are more persistent even when the task is tedious or difficult.</p>


 **Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?**


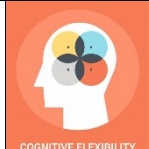











 **Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?**

 **Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.**

 **Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?**


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

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


Thoughts Matching Reality: Cognitive Flexibility has a higher value than Cognitive Inflexibility					
	<p>Box 1: Cognitive Inflexibility Sameness Distortion: {} I believe everything has to be the same. {} Everyone else must agree with my sense of right and wrong. I think everyone should think like me. {} I generally evaluate that event or that person being "100% useless or worthless." {} When I think I have to be "absolutely right," I twist the facts – I distort reality.</p>			<p>Box 5: Cognitive Flexibility - While not liking change, you can Accept change and individual differences because this is a fact of life; you may not like it, but you can tolerate it; everyone is different. Each person has many different talents and traits. No one trait is better or worse than another quality. Change is a part of life, but change is only one dimensional of life. Changes represent the ebb and flow of growth and development.</p>	
	<p>Box 2: Consequences: {} When you feel you have to be "absolutely right," you refuse to hear what the other person is saying, which creates more conflict in your life. {} When you distort the facts, you increase the chances of feeling anxious, angry, or depressed because your ability to solve problems become limited. {} When you believe everything has to be the same, you see people as replaceable and everyone in that group is the same. {} These limitations result in more conflicts and feelings of helplessness, which increases the development of other distorted inferences.</p>			<p>Box 6: Consequences: When you think clearly and flexibly, you can accept and tolerate life's unwelcomed stresses and hardships. Accepting change enables you to find new coping skills to adjust emotionally and discover meaningful.</p>	
	<p>Box 3: Meaningfulness: {} Wanting people to think like us may be a desire to belong and get along with each other. When we get along with others, we have a greater chance of discovering meaningfulness.</p>			<p>Box 7: Meaningfulness {} When you are accepting of change and the flux of time, you have a better chance of discovering meaningfulness because you focus on what is essential and significant.</p>	
	<p>Box 4: Restricts Uniqueness When you don't see the others person's uniqueness, you see that person as being replaceable. You diminish your ability to discover meaningfulness when you place another person in an arbitrary category (box). Therefore, your ability to experience meaningful is diminished. This leads to global rating and you have one overarching and general view of others, the world, and yourself.</p>			<p>Box 8: Expand Uniqueness {} Flexible Preferences: When work on achieving your preference flexibly, you have a greater chance of dealing with roadblocks. When you approach the problem in a flexible manner and with an accepting attitude, you can cope with these stresses in a non-extreme manner.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>				
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>				
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>				
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Worksheet #3 subjective decisions can interfere with discovering meaningfulness


Managing Expectations: Cognitive Flexibility has a higher value than Cognitive Inflexibility




Box 1: Cognitive Inflexibility - {} When I make arbitrary decisions, others may see my choices as excessively subjective, capricious, or impulsive. {} When I base my decision on pure chance, and {} I am uninformed, I have a greater chance of making a bad decision. {} This kind of thinking can increase stress and frustration in my life and cause greater conflicts with others.




Box 5: Cognitive Flexibility: {} Actively work on making good decisions that will serve your own best interests and will help others and your community. {} You have healthier advantages and opportunities when you accurately correct your misperceptions and think through the consequences of your actions.




Box 2: Consequences: {} When you base your decisions on your convenience or absolute-unrestrained control, you don't have all the information, and {} you don't have a complete picture of the situation. {} Your judgment is tainted, and {} your resolve grows weaker. {} This thinking creates more conflicts with loved ones, which brings about self-defeating behaviors and feelings.




Box 6: Consequences – {} Not addressing your concerns or if you go about hinting at what you want to others, you are non-assertive. You are more indirect, and you use manipulative strategies to get what you think you need. You feel you don't deserve what you want or feel embarrassed or ashamed of expressing your feelings. When you don't express your concerns directly, people often jump to a false conclusion, which makes solving problems more difficult. This frustration can bring about more anger, anxiety, etc.




Box 3: Meaningfulness: {} Arbitrary decisions are the first step to discovering meaningfulness. {} You want to collect information and research your alternative.




Box 7: Meaningfulness: {} Compare and Contrast: When you compare realistically, you see the relative value by bringing out the qualities, whether similar or divergent. When you contrast, you emphasize the differences, and you can appreciate and accept those differences.




Box 4: Restricts Uniqueness: When you think you have to be “absolutely right” or you unconsciously believe you are “absolutely right,” you refuse to hear what other people are saying. This rigid thinking creates conflicts and stress in your lives. When you use biased and prejudicial information, you base your decisions on incomplete information. When you base your decisions on subjective half-truths, your perception is distorted and this makes it difficult to make sound decisions.




Box 8: Expand Uniqueness Accepting what you can change and accept what you can't change. While believing you are capable of being known. Your thinking is within the range of known possibilities and probabilities. When you challenge and check out your thinking, you are more credible, which leads to corrective and constructive actions. When you check out your internal sentences to see if those sentences match reality, you are more believable to others. A greater sense of reality enables you to actualize your talents and potentials.




Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?




Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?
















Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.

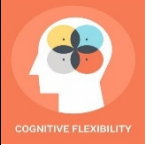











Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?







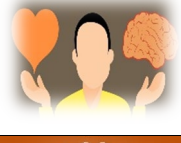


	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful








Worksheet #4 I have to be right all the time


Cognitive Flexibility (Demanding) has a higher value than Cognitive Inflexibility					
	<p>Box 1: Cognitive Inflexibility – {} “Absolutely Right:” When I think I have to be right. I twist the facts – I distort reality. I believe I “have to be right – all the time.” I think, “This is the way other people have to act, think, feel, conduct business, etc. I could also think, “This is the way the world should treat me.”</p>			<p>Box 5: Cognitive Flexibility {} Accepting what you can change and accept what you can’t change. {} While believing you are capable of being known. {} You want to be right, but there is no evidence that you always have to be right, and people must always agree with you.</p>	
	<p>Box 2: Consequences – Thinking you have to be absolutely right about can bring about conflicts with others because you are unwilling to address the other person’s concern. {} When you think you have to be “absolutely right” or unconsciously believe you are “absolutely right,” you refuse to hear what other people are saying. This rigid thinking creates conflicts and stress in your lives. When you use biased and prejudicial information, you base your decisions on incomplete information. When you base your choices on subjective half-truths, your perception is distorted, making it difficult to make sound decisions</p>			<p>Box 6: Consequences - {} Your thinking is within the range of known possibilities and probabilities. {} When you are challenging and checking your statements, you are more credible, which leads to corrective and constructive actions.</p>	
	<p>Box 3: Meaningfulness – {} I want to be right is meaningful because if there were no sense of right and wrong there would only be chaos.</p>			<p>Box 7: Meaningfulness –{} In accepting the world and others as they rather than how you think they should be opens you up to see what is really important in your life.</p>	
	<p>Box 4: Restricts Uniqueness {} Demanding that I must always be right restricts my uniqueness because I am not looking at the other person’s point of view. This narrow-mindedness will inhibit my ability to be creative and see some action or person in a different light. You think you are “absolutely right” and you have to prove that anyone who has a contrary opinion is wrong and worthless.</p>			<p>Box 8: Expand Uniqueness -{} When you check out your internal sentences to see if those sentences match reality, you are more believable. {} A greater sense of reality enables you to actualize your talents and potentials.</p>	
<p> Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>					
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Cognitive Flexibility has a higher value than Cognitive Inflexibility					
	<p>Box 1: Cognitive Inflexibility - {} I believe for me to be happy; I think everything has to go my way. Demanding that things must go my leads to dysfunctional and unhealthy emotions and creates an environment of harmful conflicts.</p>			<p>Box 5: Cognitive Flexibility {} Appreciating when you do get your way and being thankful other people's efforts when they get their way. {} You don't have to like it, but you can accept the fact that no one currently or historically has obtained his or her way all the time. {} You can tolerate not always getting your way.</p>	
	<p>Box 2: Consequences – {} I am disregarding the frequency in which something happens and replacing it how often it should happen. {} This form of thinking is analogous to beating myself over the head – I think I am accomplishing something (correcting yourself), but I am not accomplishing anything. {} All the demands in the world will not change reality, and it will let to more conflicts and tension. {} This tension leads to anxiety, anger, depression, etc.</p>			<p>Box 6: Consequences – {} Controlling leads to more personal conflicts, less problem resolution, more broken promises, and fewer agreements. {} A dogmatically held belief is when you believe your presumption is irrefutable. You see, your faith is self-evident. {} You think these "commands" become permanent. {} Therefore, flexible thinking is non-dogmatic and has fewer negative consequences.</p>	
	<p>Box 3: Meaningfulness – {} You want things to go your way because you see your desires as purposeful, but always demanding that you must get your way distorts your thinking.</p>			<p>Box 7: Meaningfulness – {} Showing appreciation helps you to see yourself, others, and the world accurately. {} When you disregard the frequency in which something happens and replacing it how often it <i>should</i> happen, the meaningfulness of the moment may pass. All the demands in the world do not change reality or make your life more meaningful.</p>	
	<p>Box 4: Restricts Uniqueness - {} Thinking I Always have to get my way creates conflicts with others and leads to excessive disappointment for myself. {} Demanding that things must go my way leads to dysfunctional, unhealthy, and negative emotions and creates an environment of stiff and unhealthy conflicts.</p>			<p>Box 8: Expand Uniqueness – {} When you do get your way, you want to appreciate other people's efforts when they get their way. {} You don't have to like it, but you can accept that no one currently or historically has gotten their way all the time. {} You can tolerate not always getting your way because death or dismemberment does not occur when you don't get your way.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>				
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>				
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>				
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Worksheet #6 Exaggerating

Cognitive Flexibility has a higher value than Cognitive Inflexibility					
	<p>Box 1: Cognitive Inflexibility - Exaggeration: {} When I exaggerate, I see things as being “exceptionally bad,” which gives me the idea that this situation is 100% awful. {} I believe that I will disintegrate and go crazy.” {} I could also think, “I will go to “pieces” if this horrible thing continues to happen.”</p>			<p>Box 5: Cognitive Flexibility {} Expectations are good for setting standards, but you want to remember that expectations can easily become “demands,” which is irrational. {} When your expectations are realistic, you understand that bad things don’t last forever. {} Many events are moderately unsatisfactory, and you can remind yourself the situation could be worse. {} You can change your goals and alter your plans.</p>	
	<p>Box 2: Consequences - {} When I exaggerate, I am using incorrect information to solve problems. {} This form of thinking will lead to unsuccessful attempts to improve my life. {} When I exaggerate, I feel the way I don’t want to feel. {} When I exaggerate, I don’t see reality accurately, which has an impact on my ability to solve problems and my ability to make rational decisions.</p>			<p>Box 6: Consequences – {} Disasters do happen, but you rarely face such disasters daily. {} Picturing in your mind and imagining the worse will lead to anxiety and the self-fulfilling prophecy that horrible things will befall you because you imagined those terrible events in your head.</p>	
	<p>Box 3: Meaningfulness – {} Exaggerating helps me to bring important issues to the forefront of my mind. Clarifying my concerns helps me to find out what is really bothering me.</p>			<p>Box 7: Meaningfulness – {} When you over focus your anxiety, you lose sight of your concerns, which results in not effectively solving your problems. {} You want to focus on task-relevant thoughts and about what you can do about the threat in a constructive way. This form of thinking helps you to discover new perspectives, so you can find meaningfulness of the moment.</p>	
	<p>Box 4: Restricts Uniqueness - {} When I make a feeling of “make-believe,” I am not helping myself, and I am creating more problems for myself. {} This form of awfulizing usually leads to anxiety because I am thinking I may re-experience this horrible event. {} When I overestimate the probability of a threat and underestimate my ability to cope, I increase feeling anxious, and I have more negative thoughts in my mind.</p>			<p>Box 8: Expand Uniqueness -{} Develop a practical and helpful means of dealing with anxiety, depression, and unhealthy anger. {} You can alter our plan, set new goals, and use appropriate social skills to influence rather than attempting to control other people.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>				
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>				
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>				
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cognitive Flexibility has a higher value than Cognitive Inflexibility						
	<p>Box 1: Cognitive Inflexibility - Enlarging involves “<i>make-believe feelings:</i>” Awfulizing develops a sense of make-believe. When people face an actual disaster, they feel numb, and the world is passing them by quickly, but they feel like everything is going in slow motion.</p>				<p>Box 5: Cognitive Flexibility {} Use your Energy to construct good solutions and fun activities. {} Over focusing on how things may turn out badly with lead to anxiety and hopelessness. You want to decide what you are responsible for and what is the range of your authority. {} You will want to focus on activities and tasks you can control and influence.</p>	
	<p>Box 2: Consequences – {} When I over-focus on my anxiety, I lose sight of my concerns, which results in not effectively solving my problems. {} I want to focus on task-relevant thoughts and think about what I can do about the threat in a constructive way.</p>				<p>Box 6: Consequences – {} When you base our Decisions on accurate information and not on exaggerations, you develop more flexible plans and set realistic goals. {} Basing your decisions practicalities, you have a great chance of being more effective, and you are open to new information and ideas so that you can discover meaningfulness.</p>	
	<p>Box 3: Meaningfulness – {} There is a thin line between make-believe and inspiration. Awfulizing gives you time to look over all of the negative possibilities, but it often disregards positive opportunities.</p>				<p>Box 7: Meaningfulness – {} It takes Courage to meaningfulness in suffering and pain. It takes courage to break away from this need for certainty and putting another person in a box.</p>	
	<p>Box 4: Restricts Uniqueness – {} Putting people in positive or negative boxes involve Categorical Thinking. {} This form of thinking implies something is inescapable, undeniable, and universal, which implies finality and totality. {} Categorical thinking cannot be confirmed or falsified, so you end up in the endless arguments that lead to increased interpersonal and social conflicts.</p>				<p>Box 8: Expand Uniqueness – {} When you over-focus on how awful things are, you are bound to feel anxious or depressed. Focusing on how awful things leads to unhealthy-dysfunctional feelings because endless negative thoughts stir memories of other negative images and past events of loss and failure. Putting effort and energy into your meaningful activities, you discover meaningful moments along the way. Nothing or no one is perfect – you only have fleeting moments of perfection.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>					
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>					
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>					
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>					
Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.						
	0	1	2	3	4	
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	














Cognitive Flexibility has a higher value than Cognitive Inflexibility					
	<p>Box 1: Cognitive Inflexibility - {} Estimations are extreme when I tell myself, "I Can't Stand It! {} When my judgments are harsh, I make more errors. More errors lead to more frustrations. {} With frustration, I see the slightest aggravation as unbearable.</p>			<p>Box 5: Cognitive Flexibility {} Endure: You can endure and tolerate this lousy event. {} You will never like this bad event, but you can carry on without wilting because you have faith in your abilities. {} You learn frustration tolerance by continuing not to enjoy what is happening, but you are smart and strong enough to tolerate this frustration. {} Putting up with others helps you to be more persistent and increases your ability to be more resilient.</p>	
	<p>Box 2: Consequences - {} These extreme estimations create more errors in your judgment because you are making a decision using faulty information. {} When you make bad decisions, you will experience more conflicts, tensions, depression, anger, etc. {} You tend to give up. {} When you stop trying, you experience more frustration, and {} you will not reach your short-term and long-term goals.</p>			<p>Box 6: Consequences - {} When you recognize the value of tolerating frustration, you don't give in to your urges and disregard the consequences of your actions. {} You don't get things to complete, and you believe you can't handle your responsibilities.</p>	
	<p>Box 3: Meaningfulness - {} Extreme estimations are meaningful because it is your way of trying to discover meaningfulness of the moment. This does not work because thinking in extremes, in either direction, is not a wise thing to do because you distort reality, placing yourself in a situation that is not helpful to you or others. When you pigeonhole problems and solutions, you are bound to get stuck in that hole.</p>			<p>Box 7: Meaningfulness - When you tolerate lousy events, you realize that it is your attitudes and values that influence your behavior and emotions. You have a greater chance of discovering meaningfulness when your attitude expresses your higher values.</p>	
	<p>Box 4: Restricts Uniqueness - {} Balanced thoughts are ignored or unrealized. {} When you experience frustration intolerance, you are ignoring the gains you will have as you learn to struggle. {} You don't think you can't tolerate things you previously believed you tolerated, and {} you don't see the worth in learning how to tolerate the frustrations you experience each day.</p>			<p>Box 8: Expand Uniqueness - {} Balanced thoughts are reviewed: {} When you experience frustration tolerance, you acknowledge the gains you will have as you learn to struggle, you can tolerate things you previously believed you couldn't tolerate, and {} you see the worth in learning how to tolerate the frustrations you experience each day.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>				
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>				
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>				
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cognitive Flexibility has a higher value than Cognitive Inflexibility						
	<p>Box 1: Cognitive Inflexibility – Conditional thinking – {} When you demand that people must meet the conditions you place on them; {} you are setting yourself up for failure. {} When you reduce an entire person to one or two parts, you justify your unethical actions, which only lead to feeling angry, jealousy, etc.</p>				<p>Box 5: Cognitive Flexibility - Unconditional Acceptance - {} You can accept yourself, others, and the world unconditionally. {} You take that you live in a dynamic world – {} You change and grow. {} You want to delight in new things. {} You can regress, or you can progress. {} Life demands that you grow by getting along with others, instilling confidence in other, and helping each other to be more resilient in times of stress.</p>	
	<p>Box 2: Consequences – {} You have painted yourself into an emotional corner when you see the world in simple terms, such as “all or none thinking.” {} Conditional thinking leads to blame. When people don’t do what you say exactly, you blame those people for causing your unhappiness. {} You don’t take responsibility for your actions, so in turn, you stop caring about yourself. {} This form of thinking results in more depression or anxiety.</p>				<p>Box 6: Consequences – {} Confidence in your abilities increases, so you are more active, and your life is more interesting. When you have confidence in your abilities, you can make decisions efficiently. When you are confident, you have the fortitude (resilience + courage + determination). You know what right behaviors you want to do to reach your healthy and rational goals, and you’re persistent even when the task is tedious or difficult. Confidence is skill-specific.</p>	
	<p>Box 3: Meaningfulness {} Putting stress in simple terms and using all or nothing thinking may give you time to get organized and help you to settle down and re-energize so you can start to problem-solve.</p>				<p>Box 7: Meaningfulness – {} When you have faith in yourself that you are doing the right thing, you can discover meaningfulness and helpfulness because you have confidence you are going to exercise your higher values.</p>	
	<p>Box 4: Restricts Uniqueness {} You think you will cure them of their immature behaviors; you think you will coerce them into acting better, and you think you will change them for the better from this day forward. Attempting to control others usually leads to more personal conflicts, less problem resolution, more broken promises, and fewer agreements. You believe these “commands” have to become permanent. Closed Mindedness is an unwilling to listen to other people’s ideas, concerns, or wishes.</p>				<p>Box 8: Expand Uniqueness – {} You expand your uniqueness by changing and maturing. {} You can get along people better when you accept and see that people are dynamic. {} You can observe and rate these dynamic patterns, so you have self-control and self-regulation.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>					
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>					
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>					
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>					
	0	1	2	3	4	
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	














Worksheet #10 Obsessional Thinking

Cognitive Flexibility has a higher value than Cognitive Inflexibility						
	<p>Box 1: Cognitive Inflexibility – {} Fanatical obsession about your esteem – {} you think your self-esteem is the essential thing in the world, and if you stop obsessing about your worth – you will become what you despise about yourself.</p> <p>{} You focus on your feeble attempts to get approval and love. {} This obsessing will increase anxiety and self-downing.</p>				<p>Box 5: Cognitive Flexibility <i>Free to accept</i> – {} You have the freedom to reject or to change your standards, values, opinions, or ratings. {} Decide to appreciate others and discover the value in everything and everyone. {} Accepting others unconditionally, and embrace your responsibilities.</p>	
	<p>Box 2: Consequences – {} When you judge yourself as being esteemed on one or two qualities; {} you will over evaluate your lesser qualities. {} When you obsess about your worth, you are using "Part-Whole" thinking, which leads to self-downing. {} Self-downing leads to feelings of depression and a sense of helplessness and hopelessness, which leads to feeling insecure, and you are unsure of yourself.</p>				<p>Box 6: Consequences – {} When you accept people unconditionally, you are free yourself from deception, hypocrisy, pretense, and free of dissimulation. Unconditional acceptance of yourself, others, and the world, so you can be sincere, genuine, and authentic.</p>	
	<p>Box 3: Meaningfulness – {} Obsessional thoughts are reminders that there is something wrong, and you are not addressing your genuine concerns.</p>				<p>Box 7: Meaningfulness – {} When you are free from insincerities, disingenuous feelings, inauthentic expressions of yourself, you have a greater chance of discovering the meaningfulness of the moment.</p>	
	<p>Box 4: Restricts Uniqueness – {} Absolute beliefs involve fixed ideas, which see the world in black or white terms. Things are either "completely good" or "totally bad." {} Absolute connotes totally. This "total" is unforgiving, unbending, no give or take, only one way of doing things, and there is only one perfect solution. {} Absolute suggests final and conclusive authority. You believe other people's action has to be done in this exact manner in ALL situations.</p>				<p>Box 8: Expand Uniqueness – {} Acknowledging: When you recognize your choices, you can serve your own best interests. {} Acknowledging your emotional and behavioral preferences leads to flexible problem-solving. {} When you acknowledge your choices, you Accept that you have no absolute control over other people's choices.</p>	
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>					
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>					
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>					
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>					
	0	1	2	3	4	
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	


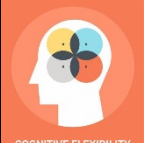



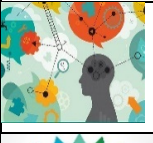









Worksheet 11: I can't stand frustration

Cognitive Flexibility has a higher value than Cognitive Inflexibility					
	<p>Box 1: Cognitive Inflexibility – {} I believe this frustration is unbearable; I think, “there is no worthwhile reason why I should tolerate frustration.” I feel the situation or other person has the power to defeat me emotionally and spiritually, and I am devoid of will and power,</p>				<p>Box 5: Cognitive Flexibility {} You have balanced thoughts. When you experience tolerate frustration, you acknowledge the gains you will have as you learn to struggle. You can take things you previously believed you couldn't tolerate, and you see the worth in learning how to tolerate the frustrations you experience each day.</p>
	<p>Box 2: Consequences – {} Frequently, frustrations are challenging, but rarely are they unbearable. When you view a terrible event or a problematic situation as unbearable, you are convincing yourself to give up before you have put your full weight of effort into that particular task. You rigidly believe that if view something as dreadful, so can't do it – it is too frustrating – it is impossible – there is no solution at hand.</p>				<p>Box 6: Consequences -</p>
	<p>Box 3: Meaningfulness -</p>				<p>Box 7: Meaningfulness -</p>
	<p>Box 4: Restricts Uniqueness -</p>				<p>Box 8: Expand Uniqueness – {} When you don't like misfortune, you are motivated to change the situation or change how you view it. You can expand your skillsets and develop your resolve and steadfastness</p>
	<p>Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?</p>				
	<p>Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?</p>				
	<p>Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.</p>				
	<p>Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Worksheet #12: I “need” my desire to get met or I’ll be miserable.

Cognitive Flexibility has a higher value than Cognitive Inflexibility						
	Box 1: Cognitive Inflexibility – {} Dire need - Believing a desire is a “dire need” turns a preference into a demand. When I perceive a “want” as a need, I turn a regular event into a “life or death” situation. I turn a “desire,” which is realistic and sensible, into a position overflowing with desperation and despair.				Box 5: Cognitive Flexibility {} When you base your Decisions on practical, logical, and helpful information and not on extreme beliefs or exaggerations, you develop more flexible plans and set realistic goals. When you base your decisions on reality, logic, and practicality, you have a great chance of being more effective and open to new information and ideas.	
	Box 2: Consequences –{} This form of thinking leads to more conflicts, more pain, more stress, and less happiness and productivity. Demanding is when you excessively complain about others because they are not as you expected them to be. Something that is “dire” is similar to something horrible, awful, or terrible. A need is something you need to exist physically.				Box 6: Consequences -	
	Box 3: Meaningfulness -				Box 7: Meaningfulness -	
	Box 4: Restricts Uniqueness -				Box 8: Expand Uniqueness -	
	Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?					
	Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?					
	Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.					
	Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?					
	0	1	2	3	4	
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	













Worksheet #13 – I can ignore my responsibilities













Cognitive Flexibility has a higher value than Cognitive Inflexibility					
	Box 1: Cognitive Inflexibility – {} I believe there can be only one outcome. My sense of choice decreases my chances of meeting life’s demands. This form of rigid thinking results in coercion and cruelty				Box 5: Cognitive Flexibility {} Choices have reasons, responsibilities, and repercussions. When you distort those reasons, responsibilities, and ignore the consequences, you end up sabotaging your own goals and well-being.
	Box 2: Consequences - Anger usually begets anger. When you are coercive or overly harsh, people typically respond in kind. When you use force to get your way, you typically end up in a power struggle in which nobody wins.				Box 6: Consequences – {} When you recognize how choices impact your responsibilities, you can experience the full range of emotions without judging yourself or others.
	Box 3: Meaningfulness – {} There are times when I am not ready to meet life’s demands, so I need to decide on one thing I can handle.				Box 7: Meaningfulness – {} Accepting and seeing multiple reasons helps you to discover meaningfulness by being open-minded to new experiences.
	Box 4: Restricts Uniqueness - Denying and disregarding the real conditions I am facing and ignoring the consequences of my actions. When confronted with a personal problem or with reality, I avoid the problem by denying the existence of the problem. I disregard other people’s wishes, hopes, or concerns in the process.				Box 8: Expand Uniqueness - You can decide what conditions you can have an impact on and what conditions are out of your purview—acknowledging that positive and negative consequences apply to everyone.
	Line 9 (C) What feeling or feelings emerge from the attitudes in Boxes 1 through 4?				
	Line 10 (B) What is the connection between the basic attitude (B) and the emotional consequence of adversity (C)?				
	Line 11 (E) Exercise: List three activities that will help you connect your thoughts, feelings, and behavior.				
	Line 12 (G) Goal: What goal did you expect to reach by doing this exercise?				
	0 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful
	Box 4: Restricts Uniqueness - {} When I make a feeling of “make-believe,” I am not helping myself, and I am creating more problems for myself. {} This form of awfulizing usually leads to anxiety because I am thinking I may re-experience this horrible event. {} When I overestimate the probability of a threat and underestimate my ability to cope, I increase feeling anxious, and I have more negative thoughts in my mind.				Box 8: Expand Uniqueness -{} Develop a practical and helpful means of dealing with anxiety, depression, and unhealthy anger. {} You can alter our plan, set new goals, and use appropriate social skills to influences rather than attempting to control other people.

Appendix 1: Attitudinal Values

Higher Value	Survival Mode	Opposite of Survival Model and Higher Value
Example: <i>You value love. You want to care about another person, a cause, or someone or something bigger than yourself.</i>	Example: <i>You devalue another person and you hate that person.</i>	Indifference: <i>You neither love or hate another person; vs. extreme indifferences can lead to catastrophic consequences, such as the Holocaust</i>
1. Responsiveness: <i>You value being responsive to others, and you want to listen to and be sensitive (Index 1)</i> Genuine Respect	Self-Centeredness Attitudes: <i>I devalue being concerned about others, and I only value opinions that agree with my opinions (Index 1)</i>	Objective: <i>You want to be free from prejudice or excessive self-interest.</i>
2 Reliable-Trustworthiness: <i>You value being reliable, and you want people to take you seriously (Index 2)</i>	Selfishness Attitudes: <i>I devalue what others want, and I value only what I want to do. I disregard another person's wishes. I do not care about others, and I value only the things I want to do.</i>	Carefree: <i>You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, happy-go-lucky</i>
3 Reflective: <i>You value thinking before I act. You want to reflective thinking and you want to be aware of the consequences of your actions (Index 3)</i>	Impulsive: <i>I devalue always having to think before I act. I believe the consequences or thinking about the repercussions of my action is of little value to me. (Index 3)</i>	Spontaneous: <i>You are aware of external constraints, and You can be spontaneous. You are free from worry or excessive concerns of the day.</i>
4 Reasonable-Being Tolerant: <i>You value be reasonable, logical, and practical. You want to be tolerant of individual and cultural differences. (Index 4)</i>	Unreasonable-Intolerant: Attitudes related to Intolerance: <i>I don't value tolerating beliefs, ideas. My values can go against my culture, religion, political views, or my social status. (index 4)</i>	Uncertain: <i>You value not knowing everything. You can't be expert in everything.</i>
5 Receptive: <i>You value being receptive to new ideas and perspectives. You want to be open-minded (Index 5)</i>	Pointless to Plan: Non-Receptive Attitude: <i>I do not value making plans or setting goals. I devalue new ideas or ideas that are different from mine. I don't value being open-minded. #5</i>	Neutral: <i>You value taking a neutral stand on certain issues. You want to be impartial regarding this issue.</i>
6 Realistic Self-Control: <i>You value being in control of yourself. You want to careful and socially precise. (Index 6)</i>	Pointless to Set Goals: Pointless to have adequate self-control <i>I devalue setting goals. I usually devalue tasks others assign to me. (Index 6)</i>	Concerned with maintaining your self-concept; <i>You value maintaining your sense of self, and you want to appreciate your individuality</i>
7 Resolve: <i>You value giving your best effort. You want to show resolve in times of stress and frustration. (Index 7)</i>	Pointless to Try: Giving Up Behavior <i>I devalue trying. I want to give up when tasks become too frustrating or boring. (Index 7)</i>	Unconcerned: <i>You do not value every issue that presents itself to you. You do not want to be overly involved in that particular issue.</i>
8 Responsibility: <i>You value being a responsible person. You want to work tough when tasks are not easy or fun. (Index 8)</i>	Pointless to be Concerned: Lack of Effort <i>I don't value being responsible and you are working hard in the face of frustration and in times of stress. Index 8</i>	Relevant: <i>You value issues that are relevant and pertinent to you, and you want to retrieve material that satisfies your needs</i>
9 Self-Reassurance: <i>You value in believing in yourself, and you want to believe that you can do this! (Index 9)</i>	Self-Doubt: <i>I devalue my worth when I fail or when I am unable to achieve a particular goal. (Index 9)</i>	Unenthusiastic: <i>You value being unenthusiastic and unsympathetic about certain issues,</i>
10 Self-Reliant – Independent Thinking: <i>You value your ability to think independently. (Index 10)</i>	Seeking Approval <i>I value another person's opinion too much, and I devalue your opinion and ideas. (Index 10)</i>	Contemplating: <i>You value thinking about something before you make a decision, and you want to be modest but you are not passive.</i>
11 Sensible Risk Taking: <i>You value trying positive and constructive ways to improve your life or the life of another. (Index 11)</i>	Self-Perfection Attitude: <i>I value being perfect. I want to do things perfectly, so I can feel good about myself. (Index 11)</i>	Self-Distancing – <i>You value being objective about your behavior. You want the capacity to look at yourself from the "outside, objectively.</i>
12 Unconditional Self-Acceptance: <i>You value accepting yourself unconditionally. You want to appreciate and accept another person's uniqueness. (Index 12)</i>	Self-Downing <i>I devalue myself. I want to put myself down because I believe this devaluing myself will motivate me to do better in the future. (Index 12)</i>	Unconnected: <i>You don't have to be always connected with others, ideas, etc.</i>

Appendix 2: Healthy and Unhealthy Emotions:

Negative yet Unhealthy Emotion	Negative yet Healthy Emotion	Opposite
<p style="text-align: center;">Anger</p> 	<p style="text-align: center;">Annoyed- Mild Frustration</p> 	<p style="text-align: center;">Satisfied</p> 
<i>Mild Frustration > Rigid Anger: Feeling Satisfied is the opposite of anger and the opposite of feeling mildly annoyed;</i>		
<p>{ } I overestimate the extent to which the other person acted deliberately and maliciously. I plot my revenge.</p>	<p>{ } You do not overestimate the extent to which the other person acted deliberately and maliciously. Your plan was unsuccessful.</p>	<p>Satisfied: be adequate to (an end in view); Extreme satisfaction may lead to laziness and feeling bored.</p>
<p style="text-align: center;">Emotionally Hurt</p> 	<p style="text-align: center;">Sorrow-Greif:</p> 	<p style="text-align: center;">Disappointment:</p> 
<i>Experiencing grief and sorrow > feeling emotionally hurt; Disappointment is the opposite of feeling hurt and the opposite of grief</i>		
<p>I am overestimating unfairness; I think others don't care about me, I don't belong, they care more about themselves than me.</p>	<p>You communicate directly your feelings and thoughts to the other person directly and address your concerns.</p>	<p>Disappointment: to fail to meet your expectations. You don't feel emotionally hurt or grief. You think, "I wish it wasn't so."</p>
<p style="text-align: center;">Anxiety</p> 	<p style="text-align: center;">Concern</p> 	<p style="text-align: center;">Healthy Tension</p> 
<i>Concern > Anxiety: Feeling Healthy Tension is the opposite of concern and feeling anxious</i>		
<p>I overestimate the negative features of the threat. I underestimate your ability to cope with the threat</p>	<p>You view the threat realistically, you realistically appraise your ability to cope with the threat,</p>	<p>Tension: as in a movie – building suspense; feeling good after a strenuous workout;</p>
<p style="text-align: center;">Depression</p> 	<p style="text-align: center;">Sadness</p> 	<p style="text-align: center;">Contented-Lighthearted</p> 
<i>Sadness > Depression: Feeling Content is the opposite of feeling sad and the opposite of feeling depressed</i>		
<p>{ } I think I will never 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>{ } Believing that I "can't win" leads to devaluation because I am judging myself as worthless if I don't win. { } I want to think "hard work and persistence will increase my chances of succeeding."</p>	<p>Contented: feeling or showing satisfaction with one's possessions, status, or situation; happy, joyful, joyous; blithe, lighthearted; exalted, inspired, uplifted;</p>

 <p style="text-align: center;">Regression</p>	 <p style="text-align: center;">Expression: Mobilization of Energy: Meaningfulness</p>	 <p style="text-align: center;">Acceptance</p>
<p><i>Meaningfulness > Regression: Feeling Acceptance is the opposite of feeling meaningfulness and the opposite of regression</i></p>		
<p>movement backward to a previous and especially worse or more primitive state or condition; Scenes from the past do not pop into my mind; I feel disorganized; it is pointless to set goals and make plans; it is pointless to try; it is pointless to be concerned; disorganized; pointless to set goals and make plans; pointless to try; it is pointless to be concerned; I wish my life would return to better time; I'm not interested in things I use to love to do – UI 23</p>	<p>I'm an interesting person and I have energy and vigor to do the things I love; scenes from the past do not pop into my mind: Organized to set goals and carry out my goals productively while using a moral-ethical plan; Organized: I know I can work on my goals and get something done today; Intentionality – Purpose-Plan-Practice-make a new Plan are all present</p>	<p>to endure without protest or reaction; to receive willingly – for example I accept my feelings are just feelings and my thought are thoughts – no more, no less; to receive favorably something offered</p>
<p style="text-align: center;">Feeling Guilty:</p> 	<p style="text-align: center;">Remorse</p> 	<p style="text-align: center;">Innocence</p> 
<p><i>Feeling Remorse > Feeling Guilty: Being free from guilt and sin is the opposite of feeling remorse and feeling guilty</i></p>		
<p>{ } I assume more personal responsibility than the situations warrant, { } I assign far less responsibility to others than is warranted,</p>	<p>{ } You assume appropriate level of personal responsibility, { } You assign appropriate level of personal responsibility to others</p>	<p>Innocence: freedom from guilt or sin through being unacquainted with evil; blamelessness; chastity, freedom from guilt of a particular crime or offense,</p>
<p style="text-align: center;">Shame; Embarrassed</p> 	<p style="text-align: center;">Regret</p> 	<p style="text-align: center;">Self-Respect</p> 
<p>Regret > Same: Self-Respect is the opposite of shame and the opposite of regret</p>		
<p>{ } I overestimate the shamefulness of the information revealed, { } I overestimate the degree of disapproval I will receive from others. { } I overestimate the length of time any disapproval will last</p>	<p>{ } You see information revealed in a compassionate self-accepting context, { } You are realistic about the likelihood that others will notice or be interested in the information,</p>	<p>You have pride in your accomplishments, you like yourself without lording it over others.</p>
 <p style="text-align: center;">Morbid Jealousy</p>	 <p style="text-align: center;">Jealousy -Concerned about the relationship</p>	 <p style="text-align: center;">Not Concerned</p>
<p>Showing concern about your relationship > Being Morbidly Jealous: The opposite of Jealousy and Concern is not concerned</p>		
<p>{ } vigilant in guarding a possession; intolerant of rivalry or unfaithfulness, distrustful of others.</p>	<p>{ } You want to be in a loving relationship, but you are not worthless if you are not in such a relationship. { } Doubt is not the same as despair or desperation.</p>	<p>Not marked interest or regard usually arising through a personal tie or relationship; easy state of blended interest, certainty, and no apprehension,</p>

	Self-Destructive Envy		Envy, Constructive	SORRY, BUT I'M NOT INTERESTED	Not interested, No interest
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Constructive Envy > Self-Destructive Envy: The opposite of envy is that you are not interested

<p>{ } painful or resentful awareness of an advantage enjoyed by another joined with a desire to possess the same advantage; motivates you to get what you covet</p>	<p>{ } Another person's possessions and enjoyment of those possessions are often irrelevant to your happiness. { } Your goodness or badness cannot be determined by what another person has.</p>	<p>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>
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<p>Obsessional Love</p> 	<p>Resilient Love</p> 	<p>Friendly</p> 
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Resilient Love > Obsessional Love: The opposite of resilient love and obsessional love is being friendly.

<p>pursue obsessively, deep down inside you feel unwanted; you show excessive devotion without reciprocation; obsessing about love object; excessive anxiety for love object; sacrifice self for love object, can lead to stalking;</p>	<p>Showing concern and caring, considerate, other positive interpersonal emotions; Showing mature respect, responsible, responsiveness; attentiveness, appreciation, acceptance, assertiveness; Resilient love-intimacy and affection; balanced care-concern-confidence; showing affection; having mature attachments,</p>	<p>Likeable, pleasant, agreeable, friendly, approachable, sociable</p>
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	<p>Attention Deficit-Can't Concentrate</p>		<p>Focused- Can Concentrate</p>		<p>Meditative State</p>
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Concentrating > unable to Concentrate: The opposite of concentration is being in a meditative state

<p>Great difficulty sustaining attention; Numerous car accidents; You believe you need immediate gratification; Disorganized; you procrastinate; Easily distracted, off topic, side-tracked; Daydreams too much; mind wonders; Forgetful, losses things easily; careless; Low frustration tolerance;</p>	<p>Focused-follows instructions Focused-follows though Focused-reliable-dependable</p>	<p>Not focusing on anything; alpha state; engage in contemplation; to engage in mental exercise (as concentration on one's breathing or repetition of a mantra)</p>
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<p>Active – Hyper Active</p> 	<p>Active</p> 	<p>Mindful</p> 
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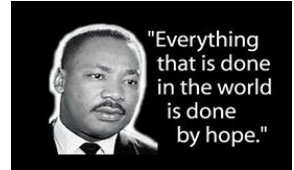

Being Active > Being hyper: The opposite of being active and hyper is mindfulness (bearing in mind and being aware and alive).

<p>“On the go,” frequently Impulsive, reckless, not thinking Can’t sit still, Clowns around too much, silly, brags; Impatient; restless, short of temper; trouble settling at night</p>	<p>Active- goals-plans vary Active -goals are realistic and plans are flexible Active- goals and plans reliable Active- productive-constructive</p>	<p>Settled, stable, calm, mindful – being in the here and now – You can’t change the past, but you can learn for the past; You can’t perfectly predict the future, but you can set reasonable goals and plans.</p>
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<p>Seeking Drama</p> 	<p>Happy</p> 	<p>Animated-Enthusiastic</p> 
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Being Happy > Being Overly Dramatic or Drama: Opposite of being dramatic and happy is being enthusiastic

<p>Seeking excessive attention by stirring up conflicts. Everything you do seem magnificence; Rapid speech with no need to sleep; Exaggerate your talents; overly excited; expansive-elevated mood; moody, agitated, mood changes easily, irritable; Have to express feelings in a big way. You may you seek out exciting- dangerous activities.</p>	<p>Happy and positive; healthy esteem-not inflated Happy and healthy Happy, healthy, and hopeful</p>	<p>Animated: to give spirit and support to; encourage; to give vigor and zest to your actions, to move to action Enthusiastic: strong excitement of feeling; ardor; do work with energy and enthusiasm, something inspiring zeal or fervor</p>
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<p>Passive Hope</p> 	<p>Realistic Active Hope</p> 	<p>Unambitious</p> 
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Realistic Hope > Passive hope: The opposite of both hopes is being unambitious

<p>Passive Hope; begging, people will save you without any effort on your part; it will come true without any effort or persistence on your part. You wish and hope to transcend the laws of nature, believe anything is possible just by thinking or wishing will make it happen; extreme evaluation and rigid demanding; dependent – you hope people will do it for you. Unrealistic Optimism: you think that good things are more likely to happen to you than to your peers; you have no goals or plans</p>	<p>Hope is to cherish a desire with anticipation; Active – setting realistic goals and making efficient that helps you and won’t hurt others; healthy confidence; having faith it will work; healthy hope is non-demanding. you desire with expectation of obtainment without demanding actualization; you see value in setting goals and making plans; rational faith – helps you to realize your goals</p>	<p>Not concerned about that particular matter; no strong desire to achieve something high or great; unambitious: Ambitious and aspiration mean strong desire for advancement. Ambition applies to the desire for personal advancement or preferment and may suggest equally a praiseworthy or an inordinate desire. Aspiration implies a striving after something higher than oneself and usually implies that the striver is thereby ennobled.</p>
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<p style="text-align: center;">Unhealthy Doubt</p> 	<p style="text-align: center;">Healthy Doubt</p> 	<p style="text-align: center;">Trust- Confidence</p> 
<p>Healthy Doubt and critical thinking > suspiciousness and mistrust: the opposite of doubt and suspiciousness is trust</p>		
<p>Overly Suspicious: suspecting something wrong without proof or on slight evidence; you feel uneasy; feel uncertain because you are suspecting something is wrong; you see others as being exploiting, harming, or deceiving you without sufficient evidence; you read hidden demeaning or threatening meanings into benign remarks</p> <p>Mistrust: you have a growing uncertainty; fear of being hurt or cheated by others; you are reluctant to confide in others because of unwarranted fear that the information will be used maliciously against you;</p> <p>Distrust: you see others as being undependable; sees others as disloyal or unfaithful</p>	<p>Doubt is a state of affairs giving rise to uncertainty, hesitation, or suspense</p> <p>Critical Thinking: you actively and skillfully conceptualize and analyze, synthesize, and evaluate information that reflects reasoning as a guide to belief and action.</p> <p>Healthy Skepticism: you have a method of suspending judgment; you have systematic doubt, or criticism; not gullible; not easily duped or cheated; empirical; checks out assumptions and inferences;</p>	<p>Trust is having confidence in another person. You commit yourself or entrust to another because you care about that person, and you both have an interest in one another.</p>