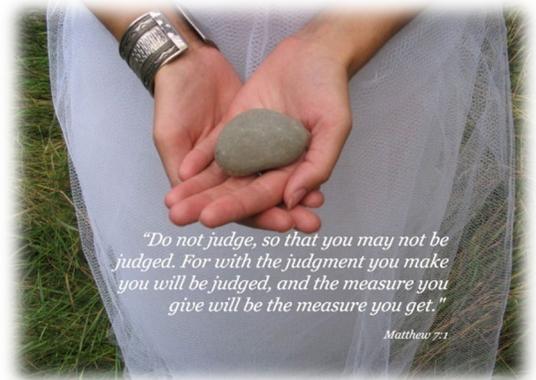


Countering Extreme Evaluation – Depreciation

Viktor Frankl sees most psychotherapies as being concerned about our capacity to work and to enjoy life, but he sees therapy as being concerned with the capacity to suffer. Today, therapist would see your capacity to suffer as being resilient, but Frankl goes beyond the notion of resiliency. He explores what are “the possibilities for giving life meaning, for realizing values?” (The Doctor of the Soul, 1986, 3rd Edition, page xix). Frankl believes that we give meaning to your life by realizing what, he calls creative values – by achieving tasks.



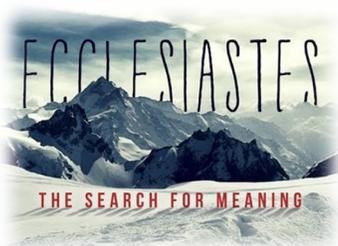
Making life meaningful involves developing a balanced way of thinking. To be open to discovering meaningfulness and having faith in yourself, you want to use non-extreme evaluations to make decisions about yourself or others. When you experience stress and

sensations that attempt to take away your uniqueness. They attempt to take away your uniqueness away by stereotyping you. When you experience stress or re-experience trauma, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.

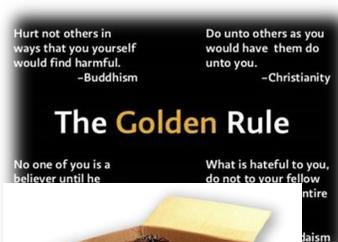
New Ways of Thinking: Countering Extreme Evaluations: Depreciation leading to a lack of Confidence We will explore the how meaningfulness is related to a healthy sense of confidence. The Psychology of Being Unique assumes that each moment you experience involves meaningful, even when you lack confidence.

When you lack of sense of healthy confidence, versus unhealthy overconfidence and conceit, you can see this lack of healthy self-confidence certain types of thinking. For example, if you have thoughts of self-doubt, and seeking excessive approval from others, you will have difficulty restoring your self-assurance, and you will have difficulty being self-reliant. When you demand self-perfection of yourself and put yourself down to motivate yourself to excel, you will not take sensible risks and place conditions on yourself to feel good about yourself. You can discover meaningfulness in self-doubt because your failings suggest you're on the wrong path. You may need to do something different, or learn new skills to deal with the changes in your life. You can find meaningfulness in seeking approval because you maybe sensing that you are not meeting life's demands of getting along with others. To discover meaningfulness, you want to think for yourself and have a willingness to expand your uniqueness without being insensitive or hurting others. You can realize meaningfulness in demanding self-perfection in yourself because you believe you haven't lived up to your higher values, and you feel stress and past trauma are taking over your current life. You can appreciate meaningfulness in putting yourself down because it may motivate you to find a different path to activities that encourages you to discover meaningfulness.

Principles of Expanding Your Uniqueness: Depreciation, Appreciation, and Unconditional Self-Acceptance.



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. People may put themselves down to improve their situation, so people are not so hard on them. There is a time and place to rate your actions, and a time to accept yourself unconditionally.



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. Unconditional Acceptance of Others goes hand and hand with Unconditional Self-Acceptance.



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. When others or yourself puts you in a categorical or diagnostic box, you have all the negative traits and characteristics of all the other people in that box.



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 do 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. Your “moral goodness” doesn’t make you a “good person” just as your moral “badness” doesn’t make you a “bad person.”

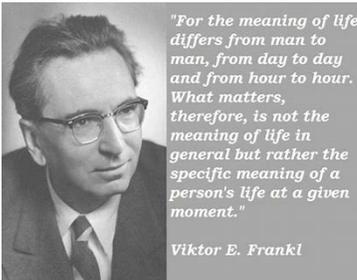


Principle V: Principle of Flipped Values: The Psychology of Being Unique contends that stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness (stereotyping) lead to the flip of values. A flip of values is when you 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. When your emotional-survival brain is over-aroused, you may put yourself down. For example, you see yourself as being self-centered rather than being responsive to another person’s needs and feelings. Instead of recognizing the stress and adversity you are facing; you put yourself down for being self-centered.



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. Unconditional Self-Acceptance and its relevant attitudinal values is essential in your ability to be resilient.



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. You can find interacting rewarding by expressing yourself with Unconditional Self-Acceptance, and listening to others with Unconditional Acceptance of Others



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

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



Figure 2: Prefrontal - Thinking Brain

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

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



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

A thought is a sentence in your head, usually using more than one word.

Examples: I have to go to the grocery store. John is picking me up at seven tonight.

A feeling describes something positive, negative, or neutral using one word.

Examples: happy, sad, indifferent, joy, excited, depressed, nervous, etc.

A concern: Concern comes from the Latin – sift together – you want to bring together, showing concern, caring, and instilling confidence in each other. Examples: doing well in school, getting love and support from others, etc.

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

Contents

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Part-Whole Error: One or two bad trait makes me a worthless person! 13

In these worksheets, I mention negative healthy and negative unhealthy emotions. Many people tell me that instead of feeling angry, depressed, anxious, etc. they want to feel “happy.” If your beloved grandmother died, you would not feel happy. You would not feel depressed about her passing, but you would feel sad. The following table examines the range of emotional expressions. (Complete listing is in Slides, Sayings: Emotions, Attitudinal Values, and Maxims.)



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

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

How to read chart: Frequently people believe the opposite of being depression is happiness. Actually, sad is better than feeling depressed because depression involves helplessness, hopelessness, worthlessness, low energy, a lack of motivation, etc. Sadness is associated with grief or unhappiness. You miss the person, but you are not feeling depressed about your loss or failure. Go to appendix 1 for complete listing of ranges of emotions

Goals: The goal of the following worksheet is to develop greater sense of resiliency through rational emotive thinking.



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

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



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

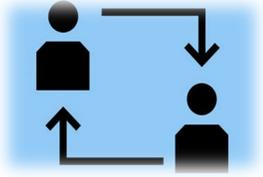
- Find new way disputing irrational and rigid thinking and find a better way of thinking and solving problems;
- Increase feelings of resiliency involving concern, sadness, disappointment, sorrow, grief, flexible anger, etc. that are more helpful and which will provide you with the means strengthen wanted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



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

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

that will increases your sense of genuine trust and sincere show of respect.



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

- Talk about how your practice (E) went in the past week.
- Complete self-help assignments.
- Discuss if the assigned self-help assignment improved your social situation and emotional life.
- Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance, taking sensible risks,

reasonableness, etc. and Discover these higher values have a greater influence over your life than self-centeredness, self-doubt, self-perfection, and intolerance to stress.



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

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

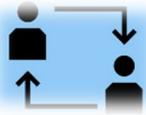
 <p>Emotionally Hurt I am overestimating unfairness; I think others don't care about me, I don't belong, they care more about themselves than me.</p>	 <p>Sorrow-Greif: You communicate directly your feelings and thoughts to the other person directly and address your concerns.</p>
 <p>Depression I think 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 loose.</p>	 <p>Sadness Believing that I "can't win" leads to devaluation because I am judging myself as worthless if I don't win.</p>
 <p>Can't Concentrate Difficulty sustaining attention; you believe you need immediate gratification; Disorganized; you procrastinate;</p>	 <p>Focused- Can Concentrate Focused-follows instructions Focused-follows though Focused-reliable-dependable</p>

I must do well in my relationships or I am a failure.

Cheat Sheet #1: I must do well in my relationships or I am a failure.	
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness</p>	<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>
 <p>1 (B): Basic Attitude – {} I am a failure if I get rejected by a loved one. {} I am worthless if this particular person doesn't love me anymore. {} It is okay to put myself or others down.</p>	 <p>7 (D) Discover a New Way of Thinking {} Accepting myself and others unconditionally is a higher value than putting myself or others down. Acceptance beliefs are true because it is an evaluation that reflects the complexity and dynamic nature of your personality and life. You have many sides (multifaceted) and complex. {} This belief has evaluating part, "Not doing well in relationships," and it has a negation "but does not prove that you are a failure." {} When you fail, it proves that you are a unique, fallible human being who is capable of doing well and not doing so well.</p>
 <p>2 (D) Discovering Meaningfulness {} Getting rejected by a loved one tells me that I am not getting along with others, and he or she does not have confidence in me.</p>	 <p>8 (D) Discovering Meaningfulness: {} When you accept yourself unconditionally, you have a greater chance of experiencing meaningfulness.</p>
 <p>3 How this form of thinking Restricts Your Uniqueness {} Depreciation beliefs are static, which means that I am this way all the time. I am dynamic human being. I see myself as a simplistic person in which I globally rate myself as being one-dimensional. I am a complex human. I can have sad-negative feelings that shows I am a complex entity.</p>	 <p>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {} Because each person has many traits, can grow and learn, and are unique, they are not unexceptional, but they are exceptional because everyone is different, unique, and fallible.</p>
 <p>4 (B) Basic Attitude in Unrealistic and Inflexible {} Depreciation beliefs are false because not doing well in my relationships is bad and proves that I am a failure. This experience proves I am unlovable and helpless in the face of this failure.</p>	 <p>10 (D): Discover Realistic-Flexible Thinking– {} Judging yourself and others based on one or two traits is false because it does not take into consideration the complete and fluidity of your life. Because of one or two events, you don't have to make a failure of your identity. There is a chance that you might do good relationships or in other areas. This experience proves that your self-depreciation belief only exists in your head and not in reality.</p>
 <p>5 (B) Basic Attitude in Unreasonable and Illogical {} Depreciation beliefs are illogical because not doing well in a relationship, proves that I am a failure, an incompetent fool who can't do anything right! {} All depreciation beliefs are illogical because you base them on the "part-whole error," which means if you are good at basketball but you stink at football suggests you're a worthless person because of your lack of football skills.</p>	 <p>11 (D): Discover Reasonable-Logical Thinking {} Acceptance beliefs are logical. If you are not doing well in relationships, it does not prove that you are a failure. It only proves that you have not experienced what other people experience in relationships. {} When you fail, it proves you are a unique person who is growing and changing. {} Your relationships are only one part of your life. {} Although it may be important, it is not your only source of pleasure.</p>
 <p>6 (B) Basic Attitude in Unworkable and Impractical {} When I depreciate myself or others, I will distort my thinking, such as over-estimating adverse events and under-estimating my resources, flaws, restrictions, and talents. When I make part-whole, I don't see the trees, and I get lost in the forest. When I make part-whole errors, I don't see reality very clearly, and I reduce my chances of solving problems and making sound judgments and decisions.</p>	 <p>12 (D): Discover Rational-Pragmatic Thinking {} Acceptance and Appreciation beliefs are helpful because they can lead to healthy negative emotions, such as concern, sadness, remorse, disappointment, sorrow, etc. {} They can also lead to constructive behaviors you want are dealing with in life. You are dealing with difficult situations, healthy habits. {} Appreciation beliefs can lead to realistic thinking such as making realistic estimates, being reasonable, and seeing positive events as equally likely negative events, seeing negative experiences in perspective, and a sensible context.</p>

See Windy Dryden's book "Reason to Change; 2001

I am a failure

Worksheet #1:		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 nd Person				
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness						
	<p>. 1 (B): Basic Attitude – {} {} I am a failure if I get rejected by a loved one. {} I am worthless if this particular person doesn't love me anymore. {} It is okay to put myself or others down.</p>		<p>7 (D) Discover a New Way of Thinking {}</p>			
	<p>2 (D) Discovering Meaningfulness in {}</p>		<p>. 8 (D) Discovering Meaningfulness: {}</p>			
	<p>3 How this form of thinking Restricts Your Uniqueness {}</p>		<p>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}</p>			
	<p>4 (B) Basic Attitude in Unrealistic and Inflexible</p>		<p>10 (D): Discover Realistic-Flexible Thinking–</p>			
	<p>5 (B) Basic Attitude in Unreasonable and Illogical</p>		<p>11 (D): Discover Reasonable-Logical Thinking</p>			
	<p>6 (B) Basic Attitude in Unworkable and Impractical</p>		<p>12 (D): Discover Rational-Pragmatic Thinking {}</p>			
	<p>13 (F) Follow Up: What was the purpose of this exercise?</p>					
	<p>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>					
	<p>15 (E) Exercise: List three ways you can be more rational thinking?</p>					
	<p>16 (G) Goal: What goal did you expect to reach by doing this exercise?</p>					
	<p>Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.</p>					
	0	1	2	3	4	
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	

Extreme Evaluation are Abstractions

Cheat Sheet #2: I have to be people and problems in boxes so I can change those people and solve those problems	
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to experience Unconditional Acceptance	(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 nd Person
 <p>. 1 (B): Basic Attitude – {} Devaluations are false: Extreme evaluations are abstractions, which are too theoretical and lead to impersonal and detached assessment. For instance, if someone says I am a “fool.” A fool is someone who never does anything non-foolishly. {} I use Abstract reasoning to detect patterns of behavior that contradict are essential and healthy values. {} I base an abstract idea. {} Abstract ideas that are too board, all-inclusive, and not specific. Abstract ideas cover every possible situation, and I believe it is right in every condition.</p>	 <p>7 (D) Discover a New Way of Thinking {} Unconditional Self-Acceptance is true: You recognize that you live in a dynamic world, ever-changing and growing. You want to delight in new things. You can regress, or you can progress. You become individuals 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>2 (D) Discovering Meaningfulness {} Extreme evaluations are meaningful because you can’t admire and like everything in life. Depreciation is a warning sign that you may be using global ratings when you need to be specific and rate situation if they help you reach your goals or interfere with you reaching your goals.</p>	 <p>. 8 (D) Discovering Meaningfulness: {} Non-Extreme evaluations helps you discover meaningfulness: You discover meaningfulness in change. {} You can accept change and the uniqueness in every person because this is a fact of life. {} Problem-solving and decision making would be very difficult if you don’t base your decisions on reality. {} 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>3 How this form of thinking Restricts Your Uniqueness {} When I believe everything has to be the same, I think the person is replaceable. I believe everyone in a particular group is the same. When I don’t see a person’s uniqueness, and I think he or she is replaceable, I depreciate that person and end seeing yourself as replaceable, which diminishes my ability to experience meaningful. This form of thinking leads to global rating, and I have one overarching and general view of others, the world, and yourself. I think everyone should think like us. I generally (globally) evaluate that event or that person is “100% useless or worthless.”</p>	 <p>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {} When your evaluations are not extreme, you have a more significant change to enrich your life. {} You can increase desirable, by appreciating individual differences and see how you can get along with others and instill confidence in each other.</p>
 <p>5 (B) Basic Attitude in Unreasonable and Illogical {} Depreciation beliefs are irrational because I start with a non-extreme belief, such as, “I don’t want to make mistakes.” Then I add an extreme view of “I must never make a mistake.” – When I use extreme evaluations, I devalue my sense of self and my sense of humanity.</p>	 <p>11 (D): Discover Reasonable-Logical Thinking {} Unconditional Self-Acceptance: When your evaluations are not extreme, you have a more significant change to enrich your lives. You can increase desirable, measuring qualities that appreciate individual differences and see how you can get along with others. When you use non-extreme evaluation, you realize that the world and other people are involved and multi-dimensional. You have many different skills and traits. {} You live in a multifaceted world full of intricate and complex parts, which work as an organic whole or as crystallizing units that affect every part of the system. Your complexities play a dynamic role in your growth and your ability to reach your potential.</p>
 <p>6 (B) Basic Attitude in Unworkable and Impractical {} Depreciations are dysfunctional: When I don’t see the value in other people and the world, the world appears meaningless. When I demand that everything must work in unity, I am unrealistic. Hyper-conformity or hyper-cooperation leads to lost dreams and feelings of helplessness. This process removes my sense of individuality and my sense of uniqueness, which may lead to anger and feeling empty.</p>	 <p>12 (D): Discover Rational-Pragmatic Thinking {} Unconditional Self-Acceptance is functional: When you use acceptance beliefs, you can effectively rate your behavior or others' behavior to help others and me. You can respond to your full range of successes. You may have failed in your job, but you have succeeded in school or in other areas of your life, such as fulfilling in friendships, succeeded in sports, succeeded in music, reached work, succeeded in getting your monthly bills paid, etc. Success as a concept means doing your personal best and accomplishing something without getting yourself in trouble.</p>

Worksheet #2:		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2 nd Person				
(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness		(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person				
	. 1 (B): Basic Attitude – {} {} I am a failure if I get rejected by a loved one. {} I am worthless if this particular person doesn't love me anymore. {} It is okay to put myself or others down.		7 (D) Discover a New Way of Thinking {}			
	2 (D) Discovering Meaningfulness in {}		. 8 (D) Discovering Meaningfulness: {}			
	3 How this form of thinking Restricts Your Uniqueness {}		9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}			
	4 (B) Basic Attitude in Unrealistic and Inflexible		10 (D): Discover Realistic-Flexible Thinking–			
	5 (B) Basic Attitude in Unreasonable and Illogical		11 (D): Discover Reasonable-Logical Thinking			
	6 (B) Basic Attitude in Unworkable and Impractical		12 (D): Discover Rational-Pragmatic Thinking {}			
	13 (F) Follow Up: What was the purpose of this exercise?					
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	15 (E) Exercise: List three ways you can be more rational thinking?					
	16 (G) Goal: What goal did you expect to reach by doing this exercise?					
	Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.					
	0	1	2	3	4	
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	

Cheat Sheet ##:

(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness

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



. 1 (B): Basic Attitude –
 {} **Depreciations are false:** When I depreciate, I see conditions in simplistic terms. {} I believe that there is only one global reason why people act in a certain way. {} I falsely believe that that a few bad parts determine the worth of the entire person. {} When I expect the world to be simple, and it turns out to be complicated, there is a high probability that I will feel angry, down, worried, hurt, etc.



7 (D) Discover a New Way of Thinking
 {} **Unconditional Self-Acceptance are true:** When you use acceptance beliefs, you can effectively rate your behavior or others' behavior to help others and me. {} You can respond to your full range of successes. {} You may have failed in your job, but you have succeeded in school or in other areas of your life, such as fulfilling in friendships, succeeded in sports, succeeded in music, reached work, succeeded in getting your monthly bills paid, etc. {} Success as a concept means doing your personal best and accomplishing something without getting yourself in trouble.



2 (D) Discovering Meaningfulness
 {} Recognizing you “not-so-parts,” you can begin fix the part that are not working right and start strengthening the positive parts



. 8 (D) Discovering Meaningfulness:
 {}



3 How this form of thinking Restricts Your Uniqueness
 {} When I depreciate myself or others, I am demanding absolute sameness. When I condemn and devalue others, I am demanding, which increases the probabilities I won't get what I want. I believe everyone and everything has to be similar, and they must think like me.



9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}
Unconditional Self-Acceptance: You want to base your beliefs on reason, logic, practicality, and reality lead to not getting excessively upset over the changes you see in your life. You want to solve your day-to-day problems with loved ones. To deal with change, you will use reason. You can use reason and logic in your style and flare. You realize that you and the world are complex and not simple.



4 (B) Basic Attitude in Unrealistic and Inflexible {} When I use extreme evaluations, I may over-focus on the negative traits of my personality traits. When I do this, I put yourself down or feel it is necessary to attack others to feel better about myself.



10 (D): Discover Realistic-Flexible Thinking– {} You don't have to upset yourself when things change. Realistically, the world is not extreme, and when something is severe, it is a rarity. For instance, white tigers do exist, but being confronted by a tiger is very rare.



5 (B) Basic Attitude in Unreasonable and Illogical {} I feel like I will never learn from my mistakes. I keep on making the same old errors – over and over again! Therefore, I'm an irrational person, and I will be irrational and illogical for the rest of my life!



11 (D): Discover Reasonable-Logical Thinking •Non-extreme evaluations are helpful and functional: Rating your behavior, using non-extreme evaluations, and accepting your fallibility will help you realize that these statements or thoughts will not change the past. You know those negative assessments and damning yourself won't change anything for the better.



6 (B) Basic Attitude in Unworkable and Impractical {} When I reduce an entire person to one or two parts, I justify my unethical actions, which only lead to feeling angry, jealousy, etc. I have painted yourself into an emotional corner when I see the world in simple terms, such as “all or none thinking.” Conditional thinking leads to blame. When people don't do what I say, I blame those people for causing my unhappiness. I don't take responsibility for my actions, so in turn, I stop caring about yourself. This form of thinking results in more depression or anxiety.



12 (D): Discover Rational-Pragmatic Thinking {} **Unconditional Self-Acceptance:** You recognize that you live in a dynamic world, ever-changing and growing. You want to delight in new things. You can regress, or you can progress. You become individuals 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.

Worksheet ##

(B) Basic Attitude about Stress/Trauma/Pain/ that create extreme evaluations: Depreciation

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



. 1 (B): Basic Attitude –
 {}



7 (D) Discover a New Way of Thinking
 {}



2 (D) Discovering Meaningfulness in
 {}



. 8 (D) Discovering Meaningfulness:
 {}



3 How this form of thinking Restricts Your Uniqueness
 {}



9. (D) Discover Constructive Ways to Expand Your Uniqueness: {}



4 (B) Basic Attitude in Unrealistic and Inflexible



10 (D): Discover Realistic-Flexible Thinking–



5 (B) Basic Attitude in Unreasonable and Illogical



11 (D): Discover Reasonable-Logical Thinking



6 (B) Basic Attitude in Unworkable and Impractical



12 (D): Discover Rational-Pragmatic Thinking
 {}



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

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



15 (E) Exercise: List three ways you can be more rational thinking?



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

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

(REVIEW)	0	1	2	3	4	Date:
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	

Part-Whole Error: One or two bad trait makes me a worthless person!

Cheat Sheet ##: Part Whole Error and Putting Yourself Down	
<p>(B) Basic Attitude about Stress/Trauma/Pain/ that interferes with your ability to Finding Meaningfulness</p>	<p>(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person</p>
 <p>How this form of thinking Restricts Your Uniqueness {} There is a chance that you might do well in relationships or other areas; this proves that your self-depreciation belief only exists in your head and not in reality. When the facts do not match your beliefs, as is in the case of devaluing myself and others, you tend to give up. You may become intolerable, feel left out and alienated from others, and attack others because their sense of reality does not match mine.</p>	 <p>(D) Discover Constructive Ways to Expand Your Uniqueness: {} Judging yourself and others based on one or two traits is false because it does not take into consideration the complete and fluidity of your life. Because of one or two events, you don't have to make your identity failure.</p>
 <p>(B) You not doing well in your relationships is bad and proves that You are a failure. You are unlovable and helpless in the face of this failure. Depreciation beliefs are Static (You are this way all the time; once and for all) vs. dynamic; Simplistic global ratings vs. Complex with specificities, and Sad-negative evaluation of a complex entity like the "self or identity."</p> <p>Human beings are not simple, but they are complex because people have multiple traits. People are not static, but they are dynamic because they change, grow, and respond to those changes. Historically, people are remarkably adaptive as well as unresponsive. If people can be unresponsive, they also can be responsive and dynamic. People are not "100% incapable," but they are capable because they can learn and be receptive. Because each person has many traits, can grow and learn, and are unique, they are not unexceptional, but they are exceptional because everyone is different, unique, and fallible.</p>	 <p>(D): Acceptance beliefs are true because it is an evaluation that reflects the complexity and dynamic nature of your personality and life. Evaluating one part, "Not doing well in relationships."</p> <p>Negation: but does not prove that You are a failure. It proves that You are a unique, fallible human being who is capable of doing well and not doing so well.</p> <p>Conclusion: You are dynamic and fluid (growing and changing). You have many sides (multifaceted) and complex. You are unique and fallible.</p>
 <p>5 (B) Depreciation beliefs are illogical because Not doing well in a relationship, proves that You are a failure, an incompetent fool who can't do anything right! All depreciation beliefs are illogical because you base your conclusions on the "part-whole error."</p>	 <p>11 (D): You are not doing well, but that does not prove that you are a failure. It only proves that you experience what other people experience in relationships. When you fail, it proves you are a unique person who is growing and changing. Your relationships are only one part of your life. Although it may be important, it is not your only source of pleasure</p>
 <p>6 (B) Depreciation beliefs are not helpful because Part-Whole Errors lead to unhealthy negative emotions, such as anxiety, depression, guilt, shame, hurt, anger. Lead to healthier negative emotions, which in turn lead to behaviors that are not constructive, such as withdrawing, avoiding, over-working, abusing substance. Lead to distorted thinking, such as over-estimating adverse events and under-estimating your resources, flaws, restrictions, and talents. When you make part-whole, you don't see the trees and get lost in the forest. When you make part-whole errors, you don't see reality clearly, and you reduce your chances of solving problems and making sound judgments and decisions. (See Dr. Windy Dryden's book "Reason to Change; 2001)</p>	 <p>12 (D): Acceptance Attitudes are helpful because they lead to healthy negative emotions, such as concern, sadness, remorse, disappointment, sorrow, etc.</p> <p>Acceptance Attitudes are helpful because they lead to constructive behaviors, such as facing up to and dealing with difficult situations, healthy habits.</p> <p>Acceptance Attitudes are helpful because they lead to realistic thinking such as making realistic estimates, being reasonable and seeing positive events as equally likely to occur as adverse events, seeing negative experiences in perspective and a sensible context.</p>

Worksheet ##	
(B) Basic Attitude about Stress/Trauma/Pain/ that create extreme evaluations: Depreciation	(D) Discover New Ways of Thinking Using Self-Distancing Techniques: Thinking in the 2nd Person
 <p>. 1 (B): Basic Attitude – {}</p>	 <p>7 (D) Discover a New Way of Thinking {} <small>shutterstock.com + 387365044</small></p>
 <p>2 (D) Discovering Meaningfulness in {} <small>shutterstock.com + 487471774</small></p>	 <p>. 8 (D) Discovering Meaningfulness: {} <small>shutterstock.com + 487471774</small></p>
 <p>3 How this form of thinking Restricts Your Uniqueness {} <small>shutterstock.com + 487471774</small></p>	 <p>9. (D) Discover Constructive Ways to Expand Your Uniqueness: {} <small>shutterstock.com + 487471774</small></p>
 <p>4 (B) Basic Attitude in Unrealistic and Inflexible</p>	 <p>10 (D): Discover Realistic-Flexible Thinking–</p>
 <p>5 (B) Basic Attitude in Unreasonable and Illogical</p>	 <p>11 (D): Discover Reasonable-Logical Thinking</p>
 <p>6 (B) Basic Attitude in Unworkable and Impractical</p>	 <p>12 (D): Discover Rational-Pragmatic Thinking {} <small>shutterstock.com + 487471774</small></p>
 <p>13 (F) Follow Up: What was the purpose of this exercise?</p>	
 <p>14 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>	
 <p>15 (E) Exercise: List three ways you can be more rational thinking?</p>	
 <p>16 (G) Goal: What goal did you expect to reach by doing this exercise?</p>	

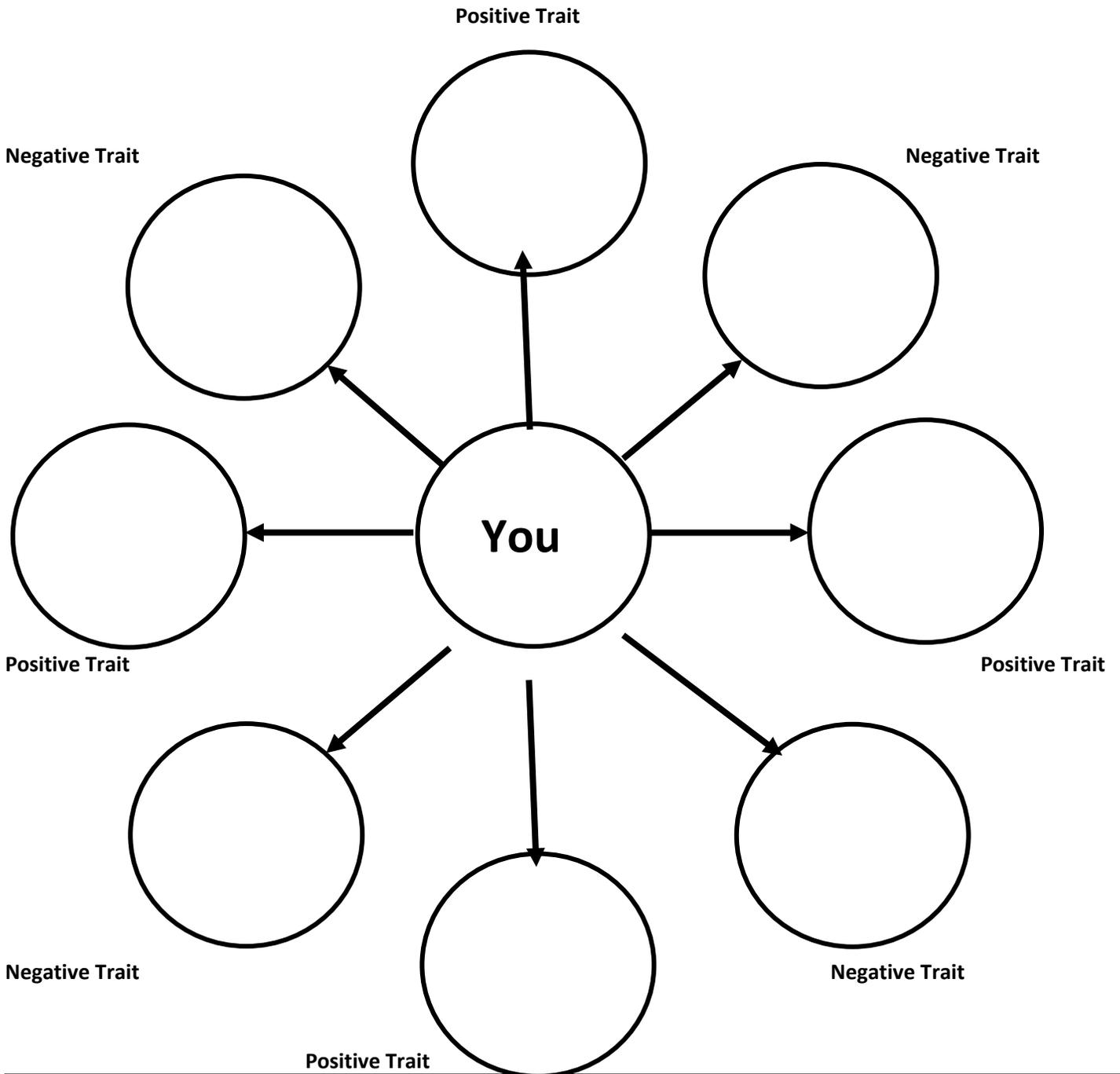
Rate from 1 to 4 indicating if this exercise was helpful in reaching your goals.

(REVIEW)	0	1	2	3	4	Date:
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful	

Depreciations are dysfunctional: Depreciation beliefs usually lead to Part-Whole errors. Part-Whole errors lead to unhealthy negative emotions, such as anxiety, depression, guilt, shame, hurt, anger. It leads to more unhealthy negative emotions, which in turn lead to behaviors that are not constructive, such as withdrawing, avoiding, over-working, abusing substances. This form of an error lead to distorted thinking, such as over-estimating adverse events and under-estimating my resources, flaws, restrictions, and talents. When I make part-whole, I don't see the trees, and I get lost in the forest. When I make part-whole errors, I don't see reality very clearly, and I reduce my chances of solving problems and making sound judgments and decisions. All depreciation beliefs are illogical because I base them on part-whole thinking.

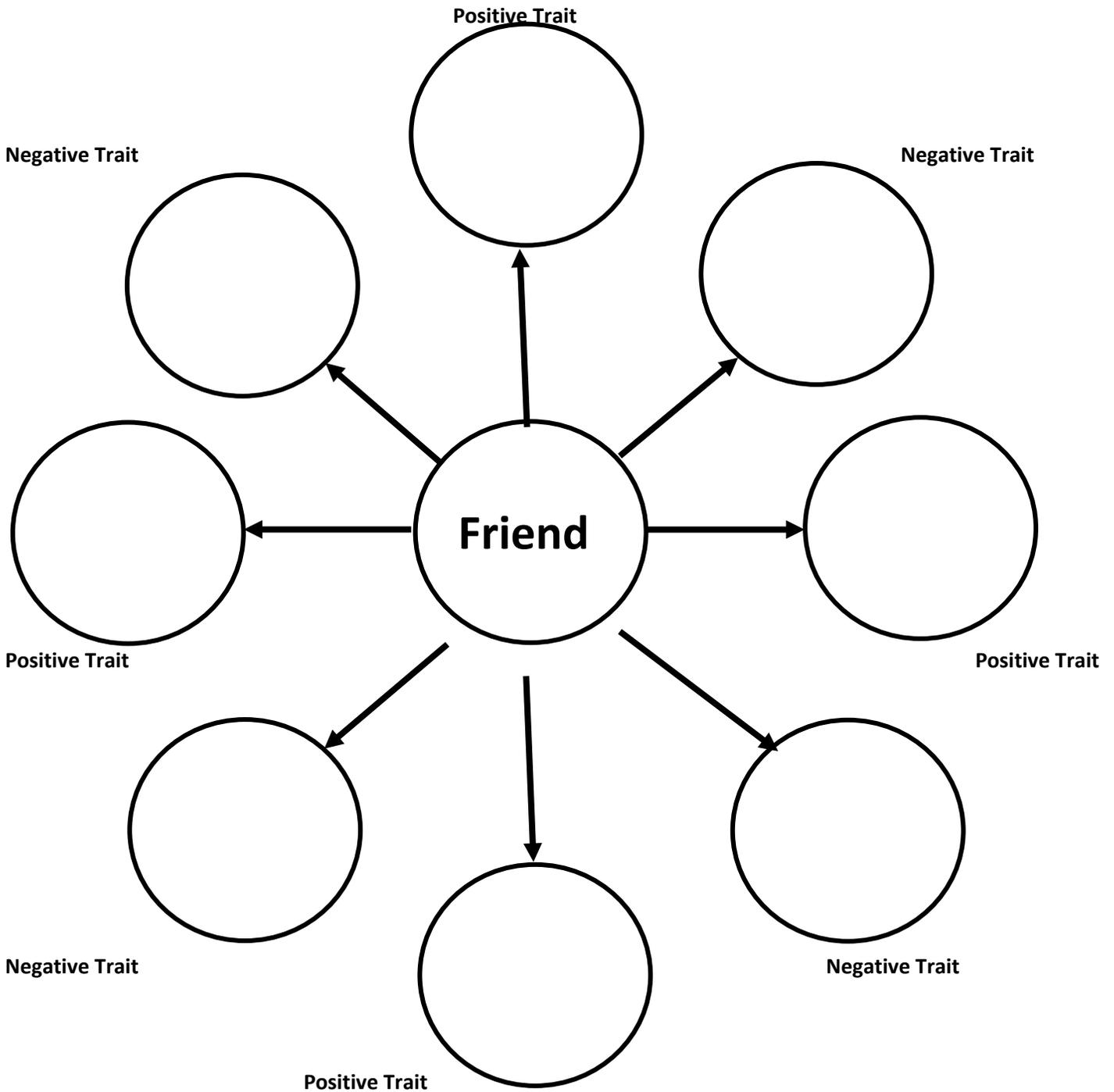
•**Unconditional Self-Acceptance:** When you use non-extreme evaluation, you realize that the world and other people are involved and multi-dimensional. You have many different skills and traits. You live in a multifaceted world full of intricate and complex parts, which work as an organic whole or as crystallizing units that affect every part of the system. Your complexities play a dynamic role in your growth and your ability to reach your potential.

Part-Whole Error Analysis:



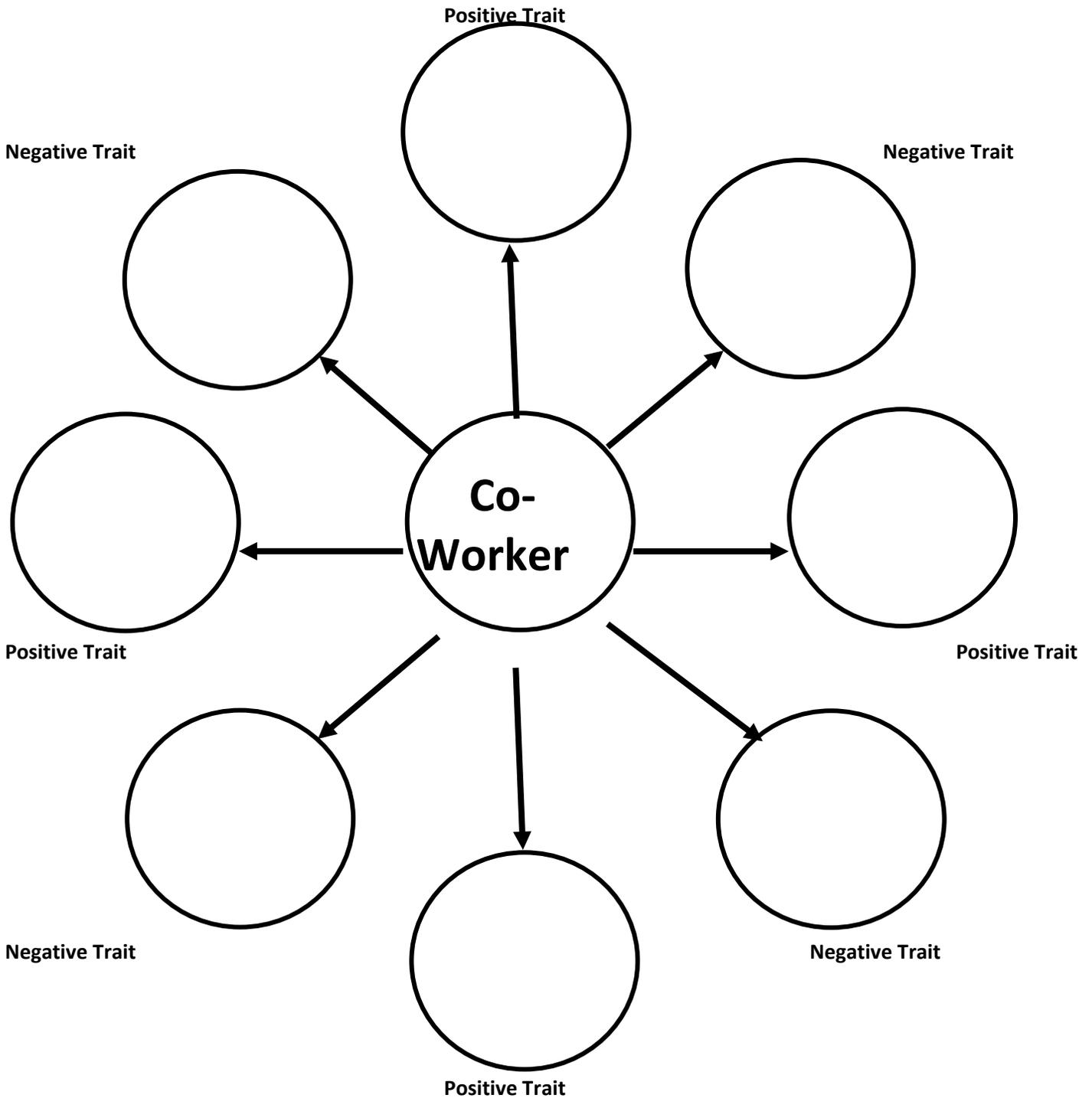
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<p>0</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>Not Helpful</p>	<p>A Little Helpful</p>	<p>Somewhat Helpful</p>	<p>Helpful</p>	<p>Very Helpful</p>

#2 Part-Whole Error Analysis:



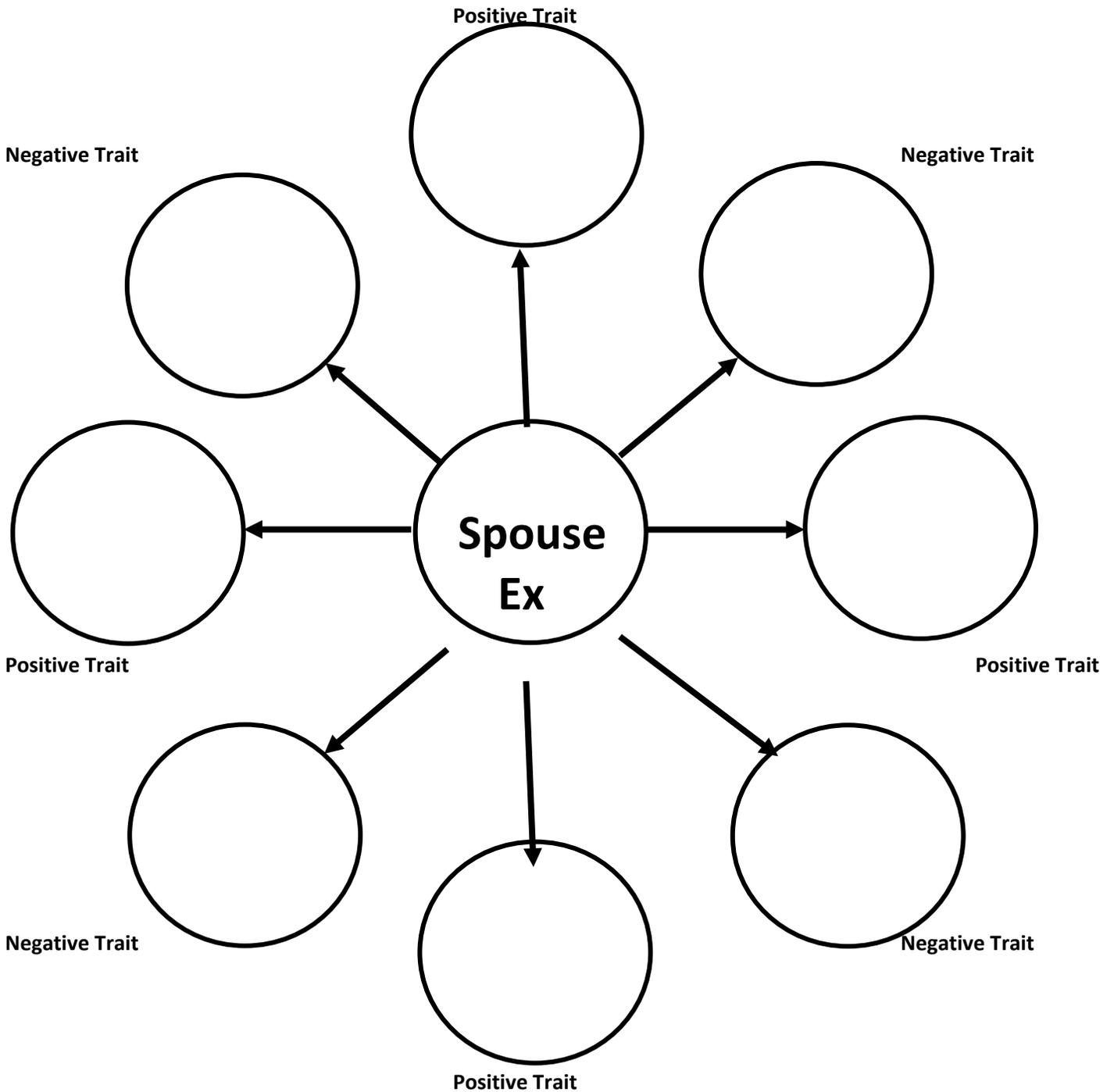
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#3 Part-Whole Error Analysis:



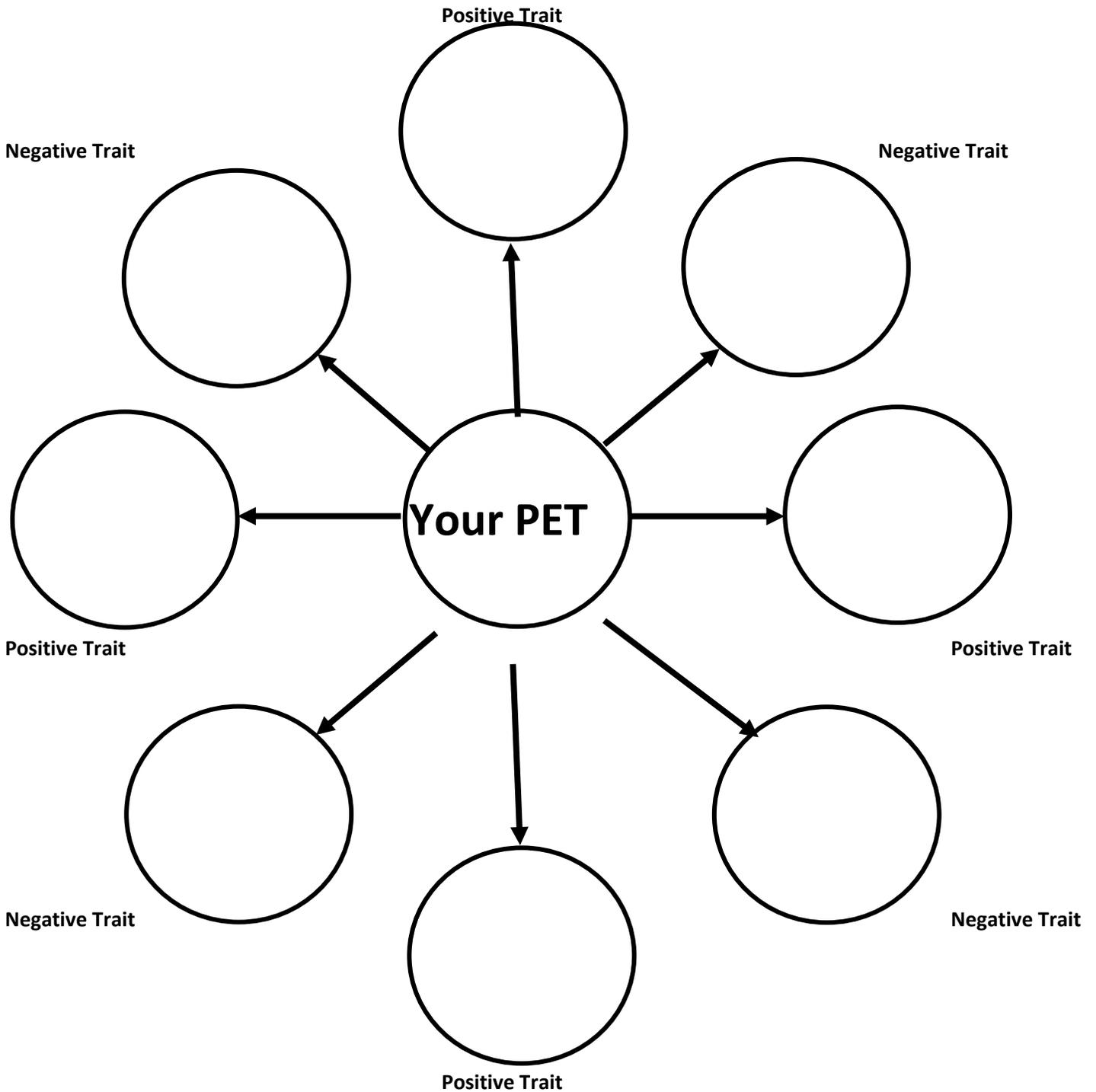
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#4 Part-Whole Error Analysis:



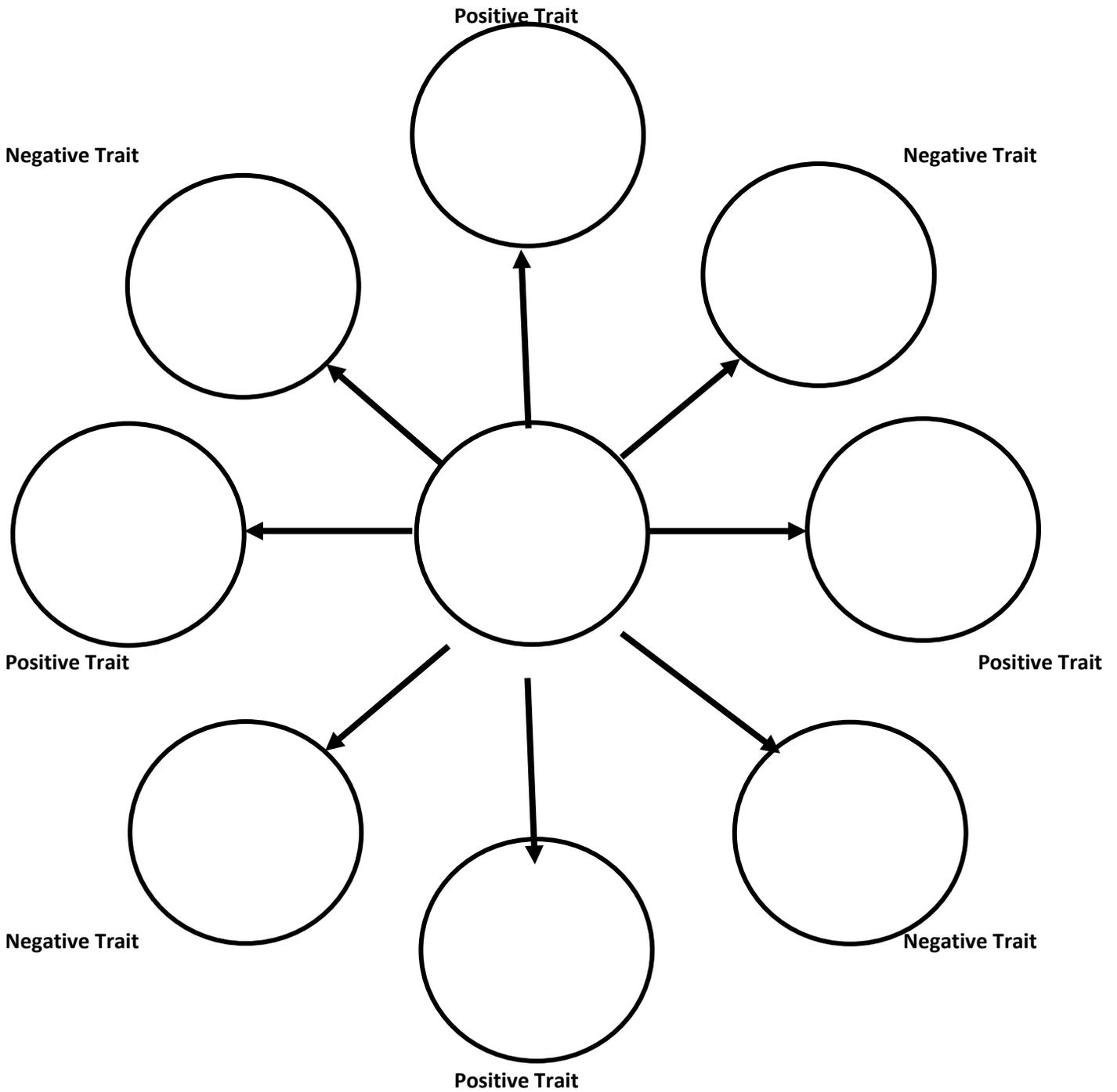
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Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

#5 Part-Whole Error Analysis:



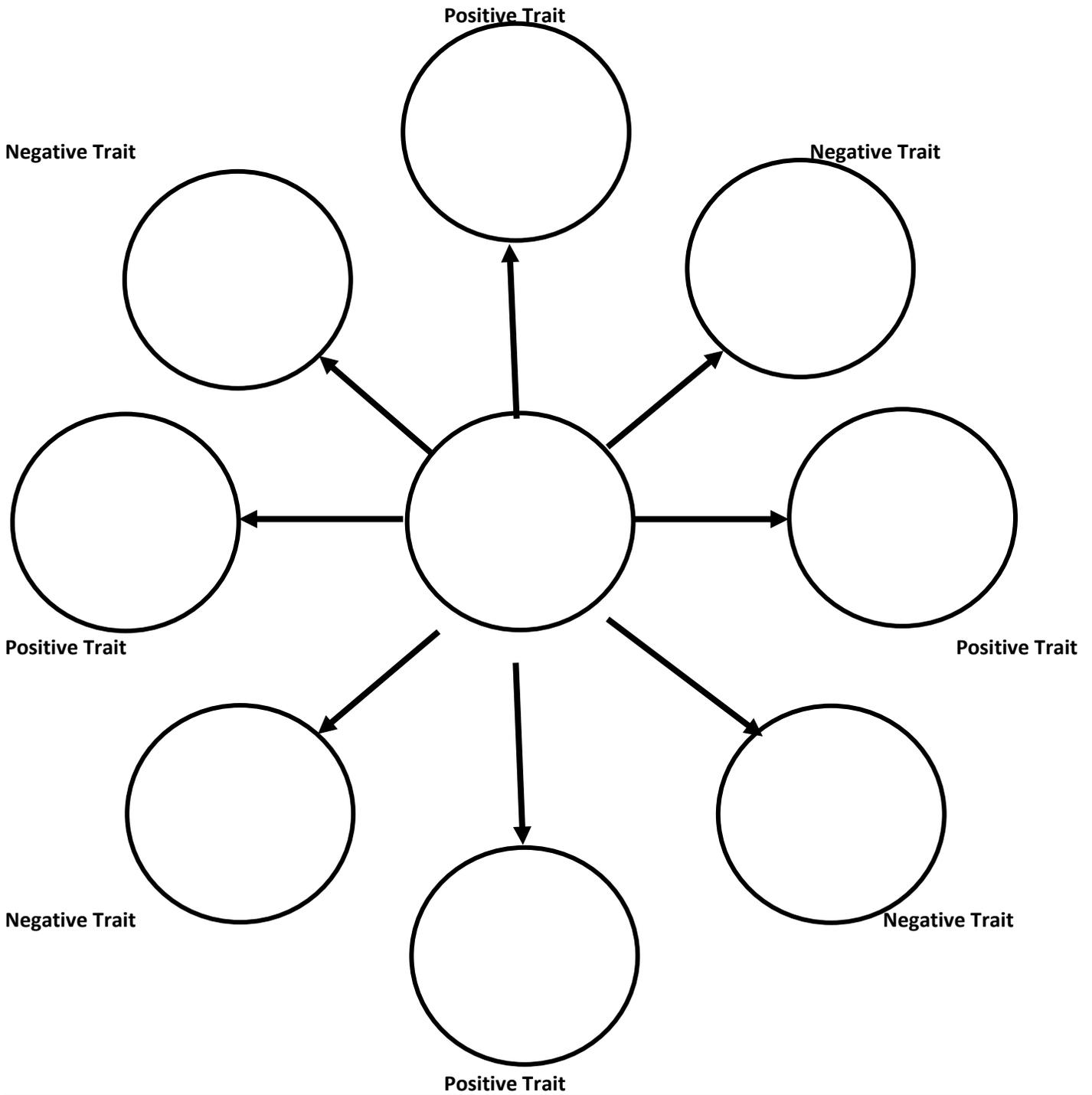
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#6 Part-Whole Error Analysis:



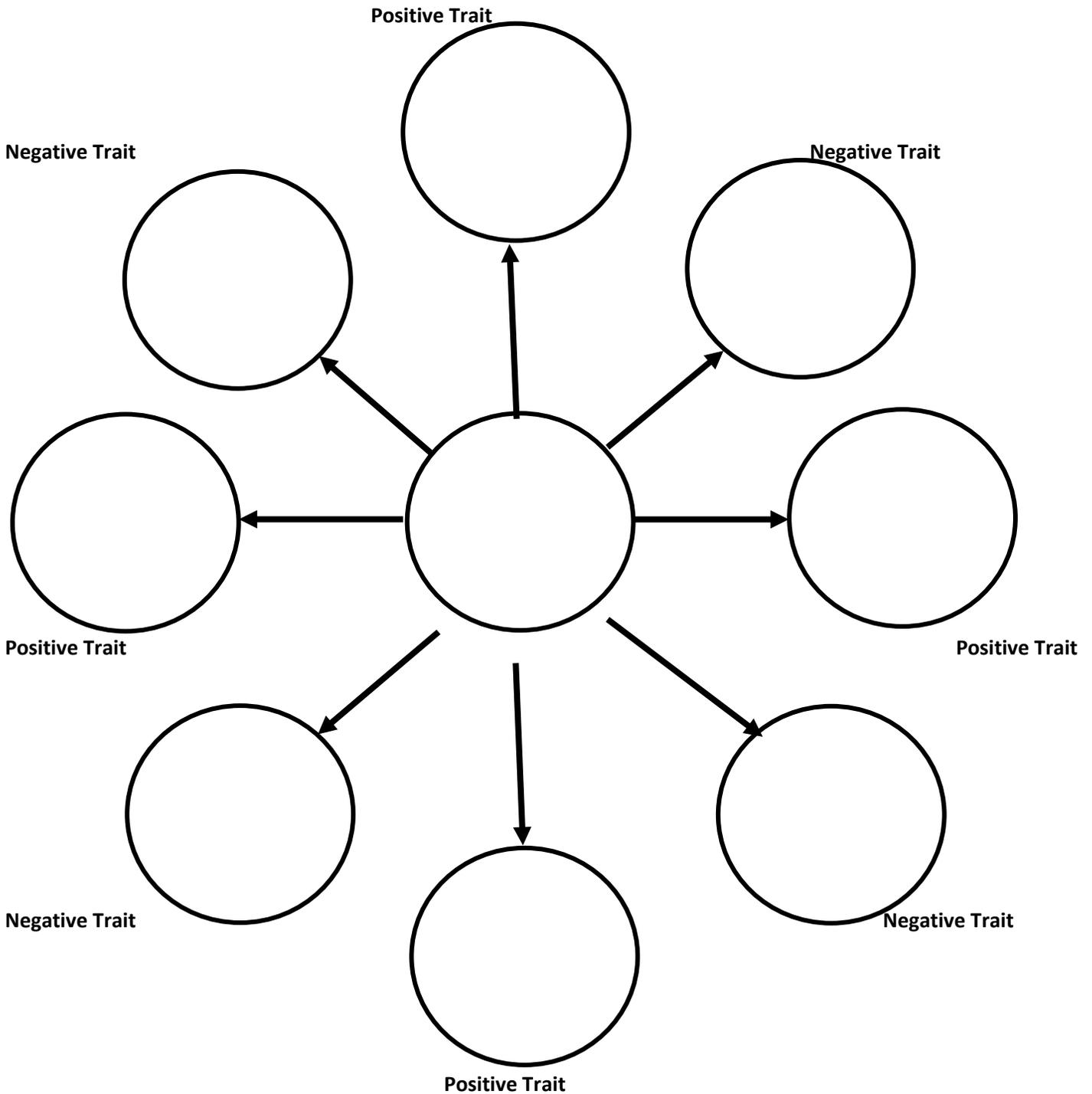
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#7 Part-Whole Error Analysis:



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#8 Part-Whole Error Analysis:



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Example 1: If I feel lonely, then this means nobody loves me. I am worthless if essential people in my life don't love me.	
Example 2: I'm stupid if I fail this math test.	
Example 3:	
#1 Nothing I do matters to anyone, so I'm worthless	
#2 I'm incompetent, so I'm useless	
#3 I'm a failure	
#4 I can't live up to my talents and potentials	
#5 I'm ineffective at everything I do	
#6 I don't have any talents	
#7 I feel no one respects me	
#8 I feel condemned and doomed	
#9 People don't depend on me	
# 10 People don't recognize my efforts	

#11 I can't handle my responsibilities	
#12 I can't stay calm	
#13 I can't handle my life	
#14 I can't an emergency	
#15 I can't be assertive	
#16 I have strong doubts about my abilities	
#17 I'm critical of myself	
#18 I've failed too much, so I'm worthless	
#19 I can't learn to cope and adjust to my problems	
# 20 I'm unwanted;	
#21 I'm unacceptable	
#22 I'm useless	
#23 I feel hopeless, so I am useless	
# 24 I feel worthless	
#25 I'm nothing	
#26 I can't do anything right	
#27 I'm a waste	
#28 If I do good, then I have value. If I don't do poorly, then I don't have any value.	
#29. I have worth because of this, and I don't have worth because I don't have that.	
#30. I have worth because of this and I don't have worth because I don't have that.	

CHEAT SHEET

#1 Nothing I do matters to anyone	I want my life to matter, and I want to discover meaningfulness in my life, but life is what I make it. Waiting for important events to happen to me appears not to be a good idea.
#2 I'm incompetent;	I want to be competent, but there is nothing that says I always of to be competent.
#3 I'm a failure	I don't want to be a failure, but failing doesn't make me a failure.
#4 I can't live up to my talents and potentials	
#5 I'm ineffective at everything I do	I want to be more effective, but I don't have to be competent in everything because I will make error in the learning process.
#6 I don't have any talents	I want to have more specific talents, but I can't proficient at everything. "A jack of all trades is a master of none."
#7 I feel no one respects me	I want people to respect me, but they don't have to fulfill my desires or wishes.
#8 I feel condemned and doomed	
#9 People don't depend on me	
# 10 People don't recognize my efforts	
#11 I can't handle my responsibilities	
#12 I can't stay calm	
#13 I can't handle my life	
#14 I can't an emergency	
#15 I can't be assertive	

#10 Nothing I do matters It is true that what matters to me may not matter to other people but I don't have to over generalize and believe nothing that I do will ever matter. Because it does not matter today, it may matter some other day in the future. I cannot predict or control what may or may not happen.
15 You are worthless if you do not give me what I need to make me worthwhile
22 I may not get those things by myself, and therefore I absolutely need you to like me and help me get them.
23 I completely need the person I love.
24 I'll never be able to get what I want.
#12 It doesn't matter what I say or do
#13 I can't stay focused
#11 I can't concentrate (I never could concentrate, so I'll never be able to disregard distractions).
It is discouraging when things don't work as I planned but jumping to the conclusion that "nothing works" is unrealistically extreme.
I want you to give me exactly what I want.
I want the good things in life (such as money and power) and dislike not having them.
I see myself as too defective, inadequate, or incompetent to get some of the things I want, and I don't like those inadequacies.
What I want is important.
When I am facing competing interests, it is difficult to stay focused but I choose what to focus on and what not to focus on.
I find it difficult to concentration but maintaining my attention is not impossible.