

Defensiveness



When you experience stress, sensations from traumatic events, chronic pain, constant frustration, limited resources, and someone attempts to take your uniqueness away by stereotyping you, your brain goes into the survival mode. Our goal is to make life meaningful in spite of the suffering and pain you experience.

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, and you agree with others too quickly,
4. Endorsing a high number of irrational beliefs,
5. Not recognizing that you are being irrational,
6. Not wanting to talk about your problems and conflicts,
7. Not disclosing personal information because you feel ashamed or feel guilty about your actions,
8. Using rationalizations to justify your negative and self-defeating behaviors,
9. Disregarding the costs and consequences of your behavior,
10. Believing you can reach your goals easily,
11. Making decisions too quickly,
12. Being controlled by the situation, i.e., "You piss me off."
13. Thinking and feeling helplessness because no one is addressing your concerns,
14. Finding fault in others, and you blame them for your negative feelings.
15. Feeling hopeless,
16. Believing you *can't* get what you truly want.



Figure 1: Emotional 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 and long-term goals,
 12. Ready making decisions in a systematic and orderly fashion,
 13. Solves problems with others in a systematic and orderly fashion,
 14. Using relatively firm and logical thinking to integrate your resources and address your concerns,
 15. Applying reality-orientated thinking and investing your sense of self in integrated your interests.
 16. Applying pragmatic and functional thinking to control and develop your concerns and interests,
- (These two lists were adapted from the research and work of Raymond Cattell, Personality and Learning Theory, Volume 1, The Structure of Personality in Its Environment, 1979)



Figure 2: Prefrontal Lobe - Thinking Brain

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.

Principles of Expanding Your Uniqueness:

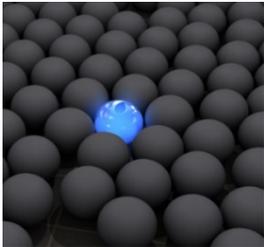


Figure 3: The Psychology of Being Unique

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

Principle 2: Seeing Uniqueness in Others - You want to know what another person's concerns, thoughts, feelings, and wants. If you don't, then you will have to guess, and you will most likely guess incorrectly. When you guess incorrectly, they will get mad at you or feel hurt, anxious, etc.

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

Goal: Be familiar with all four forms of Tension. People in survival mode experience (1) Social Tension, (2) Projected Tension, (3) Nervous Tension and (4) Disapproval Tension. Please note that anger is in the far-left column – Easily Frustrated, Intolerant, and Irritable (short-tempered). Feeling emotionally hurt and irritable is in the middle column – Edgy and Feeling Down. In table 1, the Psychology of Being Unique assume you move from the far-left columns to the far-left columns.

Table 1: Defensiveness and the Four Tensions

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

Note: these characteristics indicate that you are in survival mode.

Please don't use this table to judge yourself or to judge others.

Adapted from the work of Raymond Cattell

The ABC Model in discovering your inner resiliency skills:



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

- Verbalize your adversities:
- State the conditions, or instances of serious or continued difficulty or adverse fortune;
- Discuss misfortune, difficulty in the past, difficulty occurring now, or
- Anticipated struggle in the future without re-traumatizing yourself.



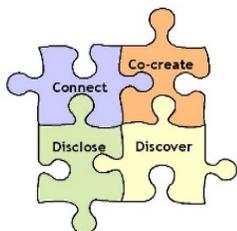
B: Basic Attitudes - In this series of worksheets, you will...

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



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

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



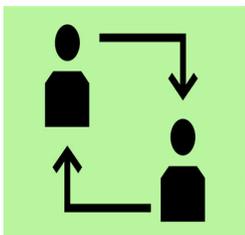
D: Discover New Ways of Thinking, Feeling, and Behaving - In this series of worksheets, you will...

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



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

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



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

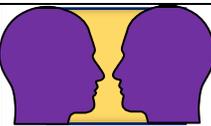
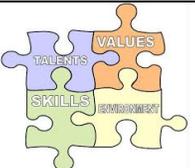
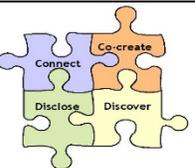
Talk about how your practice (E) went in the past week.

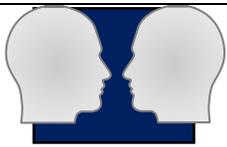
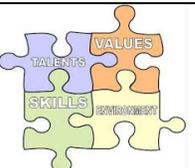
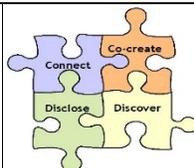
- Complete self-help assignments.
- Discuss if the assigned self-help assignment improved your social situation and emotional life.
- Practice calming yourself down in stressful situation and
- Call upon your higher values of responsible, self-reassurance, taking sensible risks, reasonableness, etc.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

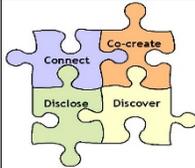
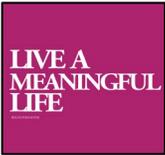


G: Goal Directed Behavior: In this series of worksheets, you will...

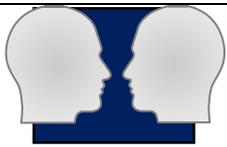
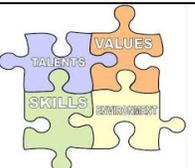
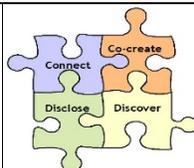
- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience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

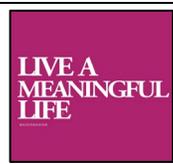
Cheat Sheet #1: Projecting Your Fears onto others Don't put in a box and say they us projection		Date:
	<p>1 (A) Adversity:</p> <p>. 2 Stresses:</p>	
	<p>.3 (B): Basic Attitude – When I am under stress, I find someone to blame or I get mad at them.</p> <p>{ } When I make a mistake, I <i>have to</i> blame others because it is their entire fault, and it is not my problem – IT'S THEIRS!"</p> <p>{ } Projection is when I justify my actions by placing my responsibilities onto someone else.</p> <p>{ } I project my feelings of inadequacy by throwing the blame or responsibility for my failings onto others.</p>	
	<p>4 (C) Emotional, Behavioral and Cognitive Consequences</p> <p>{ } I can't admit to an emotional issue or talk about the issue because I see myself as unacceptable. { } I exclude my feelings from my experience and attribute my feeling to another person. { } I am irritable, defensive, and anxious about the future.</p> <p>{ } I express my thoughts, feelings, and beliefs dishonestly or aggressively. { } I violate the rights of the other person.</p> <p>{ } I disown my thoughts and feelings, but I indignantly recognize faults in others. { } I feel ashamed because I am not perfect. { } I feel lazy, tired, bored, so why do it! { } Since I feel a negative feeling, I don't have to keep my responsibilities. { } I project my poor behavior onto others, and I blame others for denying responsibility for it. { } People must not hold me to be accountable. { } Others must treat me fairly and considerately, and not overly frustrate me, or else they are a rotten individual. { } I think "I must never fail," and I am a fool/stupid for failing. I don't have to care because caring hurts.</p>	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <p>{ } When you unconditionally accept yourself, you are defining yourself as acceptable; you can behave consistently in the essential aspects of my life. { } When you don't accept others and yourself, you are inconsistent and, therefore, illogical. { } You rate others based on their ever-changing acts, which is an overgeneralization that will not logically work well.</p>	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <p>{ } Realistically, you have valuable and less valuable traits and qualities. { } Those traits and qualities change over time. { } You react differently in times of frustration and hardship. { } You can be disappointed and feel regret without responding to a bad situation with excessive anger, anxiety, or depression. { } Is it possible for you to accept yourself fully when you act foolishly, misbehave, or feel miserable, and to take other people when they act badly, disagree with you, fight with you and act immorally?</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <p>{ } What results will you get if you accept yourself and other people unconditionally? { } You will get much better results with unconditional rather than conditional acceptance. { } If you accept other people unconditionally, despite their intermittent "worthless" and "bad" activities, you will get along with them better, and there will be less risk of them interfering with my life or acting hostile toward you.</p>
 <p>8 (D) Discover Meaningfulness:</p> <p>{ } Blaming is reactive, but it gives me time to figure out what went wrong. The allocation of responsibility is essential in problem-solving.</p>	 <p>9 (D) Discover Meaningfulness { } When you are projecting your inadequacies, you are not discovering or improving your life, but you are avoiding taking responsibility for your misdeeds. You feel too much shame - so you project your negative actions onto other people. You are judging the other person as "bad" when he or she is doing something wrong, but what he or she is doing is what you don't like about yourself. You are judging others the way you are judging yourself.</p>	
 <p>10 How Basic Attitude Restricts Your Uniqueness</p> <p>{ } Blaming is denying the part I played in the current situation, so I am busy pointing my finger at the other person.</p> <p>{ } I am a bad person because of the way I acted, I feel people are looking down on me and judging me, negatively. If people judge me, then they cannot be concerned about me. However, if they criticize me, then I helpless and it proves I am worthless.</p>	 <p>11 (D) Expanding Your Uniqueness</p> <p>{ } When you are projecting your inadequacies onto others, you can't deal with your feelings of shame and guilt. You can expand your uniqueness without getting yourself or</p>	

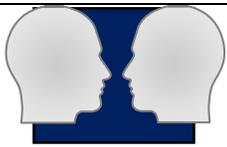
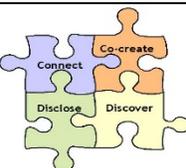
Worksheet #1: Projecting Your Fears onto others Don't put in a box and say they us projection				Date:	
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3. (E): Practice New Way of Thinking</p> <ul style="list-style-type: none"> { You know you are able to see the negative and positive aspects of your behaviors { You will be less likely to think of other losses and failures and act defensively { You will be able to look into the future with hope. (Windy Dryden) 				
	<p>4. (E) Practice New Way of Behaving</p> <ul style="list-style-type: none"> { You will express your negative emotions, i.e. sadness, grief, or concerns without shame or guilt. { You will talk about your feelings and thoughts assertively and directly. { You will discuss your thought and feeling about your loss or failure to signification others. { You will be able to help yourself and be less defensive. (Windy Dryden) 				
	5 (D): Discover Reasonable-Logical Thinking		6 (D): Discover Realistic-Flexible Thinking-		7 (D): Discover Rational-Pragmatic Thinking
	8 (D) Discover Meaningfulness:			9 (D) Discover Meaningfulness in Discovering New Ways of Thinking {}	
	10 How Basic Attitude Restricts Your Uniqueness			11 (D) Expanding Your Uniqueness	
	9 (F) Follow Up: What was the purpose of this exercise?				
	10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?				
	11 (E) Exercise: List three ways you can be less defensive?				
	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 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful

Cheat Sheet #2: Displacing your feelings onto others		Date:
	<p>1 (A) Adversity: I'm pissed at my boss/teacher (some authority figure), but I can't express my true feelings around this person, or that person will punish me. When I use displacement, my emotional expression is not congruent with my thoughts, and I shift to another initially less strong idea linked to the first one in content.</p> <p>. 2 Stresses:</p>	
	<p>.3 (B): Basic Attitude – {} People must not see my negative feeling or hear my negative thoughts. {} Others must treat me fairly and must adhere to my wishes. {} Others must treat me considerately and not overly frustrate me or else they are rotten individuals. {} I shouldn't have feelings of vulnerability. {} For me to feel fulfilled, other people must not criticize me or have negative feelings. {} I have to feel safe to do anything new</p>	
	<p>4 (C) Emotional, Behavioral and Cognitive Consequences {} I justify my actions by saying, "At least I didn't hit a person!" {} When things don't go my way, I think I have to compromise too much by changing the subject that is more acceptable or less threatening, so I don't feel so bad. {} I am overestimating the impact of that situation on me. {} When I am mad at another person, I am afraid that person will hurt me or threaten my self-esteem, so I take my anger out on someone or something less threatening. {} I can avoid my responsibilities, blame others, and still feel good about myself. {} I can't hit my child or parent, so I hit the wall. {} I hit or break objects rather than hit people. {} I am redirecting my thoughts and feelings from one person or object to another person or object. {} I take it out of someone else or object, thereby not solving the original problem.</p>	
 <p>5 (D): Discover Reasonable-Logical Thinking {} Is it reasonable to believe that "taking it out" on someone else or something else will improve your life or bring about your happiness in your life? {} You are taking responsibility for other people's behavior and not taking responsibility for your behavior. {} You are blaming others for your feelings. {} This thinking is illogical because your responsibilities and your feelings, thoughts, and behaviors are not identical to other people's duties and thoughts. {} Your demandingness and responsibilities frequently contradict and exclude other people's preferences and choices. {} So, demanding other people "should absolute like you" under all conditions is illogical and unrealistic, which means you are in survival mode.</p>	 <p>6 (D): Discover Realistic-Flexible Thinking – {} Realistically, demanding other people must be fair/open/kind because you don't know anyone who has been fair or open kind all the time. {} When you take it out on someone or something else, you will not make the other person more honest, open, thoughtful. {} When you place rigid demands on other people, you reduce your sense of choice; you are not serving your own best interests, you are trying to control other people's thoughts, which is impossible. {} You will hurt relationships you want to preserve, and you will waste energy and time trying to do the impossible. {} You don't like it when adverse events happen to you, but you can be direct in expressing your negative feelings.</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking {} Is displacing onto loved ones helping you? No! {} When you "take things out" on others, you are only making matters worse, and your loved ones will be less willing to help you if you are taking things out on them. {} When you don't deal with your thoughts and feelings directly, you will be unable to solve problems. {} You want to remember to deal with your thoughts and feelings before you go about solving the problem. {} Your friends and family have nothing to do with your boss's/teacher's behavior, and when you take it out on them – you will only alienate you from them.</p>
 <p>8 (D) Discover Meaningfulness: {} When I displace my feelings onto another person, it may give me time to sort out my true feelings and for me to find a way to resolve those negative feelings.</p>	 <p>9 (D) Discover Meaningfulness {} You will never like being rejected or criticized, but their statements may be meaningful because you have started talking to each other. With these newfound relationships, you may discover meaningfulness you have overlooked previously.</p>	
 <p>10 How Basic Attitude Restricts Your Uniqueness {} Displacing angry is very common. I compromise too much by changing the subject that is more acceptable or less threatening. I believe that if I think about something or attack a weaker person, I won't feel so bad. When I am mad at another person, I am afraid that person will hurt me or threaten my self-esteem, so I take my anger out on someone or something less threatening.</p>	 <p>11 (D) Expanding Your Uniqueness {} You don't like to get punished or be rejected by others, but it is not awful, and you can stand things you don't like. You can stand things you very much don't like it. It is not horrible because you can acknowledge bad things do happen without getting upset. You can still be constructive in the face of adversity; because worse things could happen because your view of "good and bad" are temporary and because in most of life - bad things will not last forever.</p>	

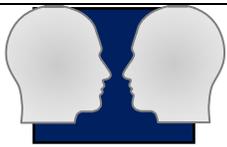
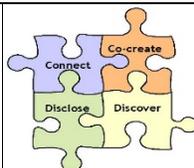
Defensiveness: Displacement

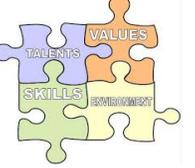
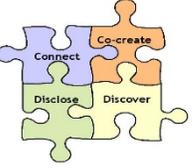
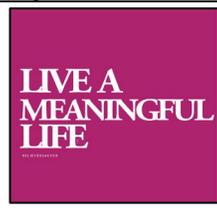
Worksheet #2 Take my anxiety and anger out on other people				Date:	
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
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	9 (F) Follow Up: What was the purpose of this exercise?				
	10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?				
	11 (E) Exercise: List three ways you can be less defensive?				
	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

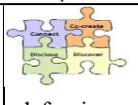
Cheat Sheet #3: Rationalizing-Making the Implausible Plausible- rationalizing your demandingness		Date:
	<p>1 (A) Adversity:</p> <p>. 2 Stresses:</p>	
	<p>.3 (B): Basic Attitude – {} I believe I have to have to invent an explanation for negative feelings. {} I believe I have to bring into accord any situation with reason or cause, so I appear reasonable. {} I think, “I wouldn’t avoid my responsibilities if I only could cope with life better.” {} I make the implausible plausible to protect my self-image. {} If I have a valid reason to avoid my responsibilities, then it is okay not to keep my promises.</p>	
	<p>4 (C) Emotional, Behavioral and Cognitive Consequences</p> <p>{} Possible Emotive Consequence: When I act incompetently and incur disapproval, I conclude that if I could avoid other people, like my ex, boss, lover, friend, and then I could cope with this whole stress-situation thing much better. I am overly apologetic, diffident, self-effacing and people don’t take I seriously</p> <p>{} Possible Behavioral Consequence: I think, “How is anybody supposed to do all that I believe I have to do, so it is okay to avoid my responsibilities. I am behaving non-assertively because I am not expressing my feelings, thoughts, concerns, and beliefs honestly.</p> <p>{} Possible Cognitive Consequence: I overestimate the negative situation I am facing, and I underestimate my abilities to cope with that situation. For me to survive, I believe the world must be pleasant and enjoyable all the time.</p>	
 <p>5 (D): Discover Reasonable-Logical Thinking {} Is your conclusion logical? Is this “avoiding” a good way of dealing with unpleasant events? {} Your conclusion is illogical because avoiding your responsibilities and health issues may feel good for the moment, but avoiding is no way to cope. {} Your premise is partially correct (<i>feels good to avoid</i>), but your conclusion is erroneous (<i>things will all work themselves out if you avoid</i>).</p>	 <p>6 (D): Discover Realistic-Flexible Thinking– {} Where is evidence that you have to be comfortable all the time? {} The fact is that avoiding has not helped me in the past, doesn’t give me a hand now, and most likely will not give me a hand in the future. {} You may prefer to be comfortable, but demanding you must be comfortable all the time and believing you can’t stand the strain or stress in your life is irrational and an excuse. {} When you place rigid demands on other people, you reduce your sense of choice. {} You are not serving your best interests, and you are trying to control other people’s thoughts, which is impossible. {} When you attempt to do impossible acts, you feel more frustrated, and a possible sense of helplessness may develop.</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking {} Your life will not improve if you avoid your responsibilities. {} You’ll have problems in the long term if you keep avoiding. {} Will avoiding your responsibilities help me? {} When you avoid your responsibilities, you hurt the relationships you want to preserve. {} You waste energy and time trying to do the impossible. {} You will hurt yourself emotionally if you believe that avoiding will give me long term happiness. {} To experience meaningfulness in your life, you want to realize what you can change, what you can do with opportunities that come your way, and what attitude you will take toward things you can’t change.</p>
	<p>8 (D) Discover Meaningfulness: {} Rationalizing shows you were thinking, problem-solving, or attempting to reduce social tension. Unfortunately, it rarely works.</p>	 <p>9 (D) Discovering New Ways of Thinking {} Facing my social realities straight on, I have a greater chance of discovering and experiencing meaningfulness.</p>
	<p>10 How Basic Attitude Restricts Your Uniqueness {} I have to invent reasons for my feelings and behaviors so that I can feel happy about myself. However, if I can’t feel fantastic about myself, then I have to get more upset. Then I am like everyone else that finds a way to excuse their bad behavior.</p>	 <p>11 (D) Expanding Your Uniqueness {} You will stop rationalizing, and you will start believing this new rational belief. You will focus on your realistic preferences and begin to accept others, the world, and yourself unconditionally. I’ll attack your irrational belief and stop attacking others. In this way, you will constructively expand your uniqueness.</p>

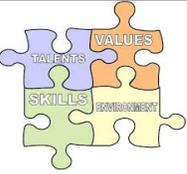
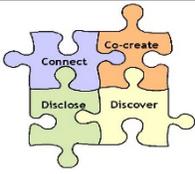
Worksheet #3 Making the implausible plausible				Date:	
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3. (E): Practice New Way of Thinking</p> <ul style="list-style-type: none"> { You know you are able to see the negative and positive aspects of your behaviors { You will be less likely to think of other losses and failures and act defensively { You will be able to look into the future with hope. (Windy Dryden) 				
	<p>4. (E) Practice New Way of Behaving</p> <ul style="list-style-type: none"> { You will express your negative emotions, i.e. sadness, grief, or concerns without shame or guilt. { You will talk about your feelings and thoughts assertively and directly. { You will discuss your thought and feeling about your loss or failure to signification others. { You will be able to help yourself and be less defensive. (Windy Dryden) 				
	<p>5 (D): Discover Reasonable-Logical Thinking</p>		<p>6 (D): Discover Realistic-Flexible Thinking-</p>		<p>7 (D): Discover Rational-Pragmatic Thinking</p>
	<p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { 			<p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking {}</p>	
	<p>10 How Basic Attitude Restricts Your Uniqueness</p> <ul style="list-style-type: none"> { 			<p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { 	
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p> <p>11 (E) Exercise: List three ways you can be less defensive?</p>				
	<p>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 Not Helpful	1 A Little Helpful	2 Somewhat Helpful	3 Helpful	4 Very Helpful

Cheat Sheet #4: Rationalizing and Making Excuses.		Date:
	<p>1 (A) Adversity:</p> <p>. 2 Stresses:</p>	
	<p>.3 (B): Basic Attitude – {} When explaining my behavior, I <i>have to</i> protect my self-esteem. {} I have to make excuses, such as “I didn’t want it anyway.” {} I am attempting to make the implausible plausible. {} When I rationalize, I am scheming to get admiration from others, or I am saving my reputation. {} Rationalizations are used to maintain my self-esteem or the esteem of others. {} I think the situation is lowering my self-esteem. {} I know the difference between right and wrong, and I want to do the right thing. {} I pride myself on these principles, but I often emotionally decide what principles are right and what thoughts and behaviors are wrong.</p>	
	<p>4 (C) Emotional, Behavioral and Cognitive Consequences</p> <p>{} <u>Possible Emotive Consequence:</u> I rationalize when I feel worried, down, and angry, and uncomfortable. I am overly apologetic, diffident, self-effacing, and people don’t take me seriously.</p> <p>{} <u>Possible Behavioral Consequence:</u> I provide myself with a reason for the commission of an act I consider blameworthy. I think I am protecting my self-esteem. I am behaving non-assertively because I am not expressing my feelings, thoughts, concerns, and beliefs honestly. To maintain my esteem, I make up plausible explanations or reasons.</p> <p>{} <u>Possible Cognitive Consequence:</u> I calculate these answers, so I don’t cast an unfavorable light on my sense of self. I think I must not have any negative or unhealthy feelings. I must perform well and win the approval of influential people, or else I am an inadequate person.</p>	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <p>{} When people and conditions keep blocking and frustrating your wishes, do you have to jump to the conclusion that they will always do so, and you will always suffer from severe blocking and frustrating? No! {} Even though people and conditions keep blocking and frustrating your wishes, it is illogical to conclude that they will always do so. “Always” is an absurd over-generalization. {} When you over-generalized, you believe you can make predictions, which is an extreme and unrealistic belief. {} The belief that “the world and other people must be the way you expect them to be” is false, ideological, and extreme. {} When you derive a false statement from a true statement, your thinking is illogical and inconsistent. {} This irrational thinking results in more frustration and your inability to reach your productive goals.</p>	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <p>{} Why do you have a choice of making yourself disappointed and regretful, rather than depressed and angry when people and conditions keep blocking and frustrating your wishes? {} Even if you have strong innate and acquired tendencies to get enraged and to depress yourself, you can fight against these tendencies. {} With some hard work, you can make yourself disappointed and regretful, instead of angry and depressed.</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <p>{} What kind of practical results will you get if you keep reacting with low frustration tolerance? {} When you invent rationalizations and excuses for not giving up your self-defeating habit, you are not helping your own best interests. {} You will stop whining and complaining about your unfortunate conditions and, as a result, you will have more time and energy to improve your difficulties.</p>
 <p>8 (D) Discover Meaningfulness:</p> <p>{} Finding an explanation for a problem is a good first start in solving that problem. Rationalizing slows things down, and it gives you time to figure things out.</p>	 <p>9 (D) Discovering New Ways of Thinking</p> <p>{} When you are so busy making excuses for your behaviors, there is a greater chance that you will be unable to discover meaningfulness at that moment.</p>	
 <p>10 How Basic Attitude Restricts Your Uniqueness {} Rationalizing maintains the problem rather than solving and tackling a difficult issue. When I justify my bad behaviors, I do not see my behavior as a choice but more of a fault. I see outside forces causing my behaviors, so I’m helpless. My logical conclusion contradicts the facts of my life.</p>	 <p>11 (D) Expanding Your Uniqueness</p> <p>{} Disturbingly, “rationalizations” separate your feelings from your thoughts. You make excuses or give yourself reasons for your poor behavior instead of honestly admitting it and correcting it. You expand your uniqueness by being genuine with others and being honest with yourself.</p>	

Worksheet #4:		Date:			
	<p>1. (A) Adversity:</p> <p>2. Stresses:</p>				
	<p>3. (E): Practice New Way of Thinking</p> <ul style="list-style-type: none"> { You know you are able to see the negative and positive aspects of your behaviors { You will be less likely to think of other losses and failures and act defensively { You will be able to look into the future with hope. (Windy Dryden) 				
	<p>4. (E) Practice New Way of Behaving</p> <ul style="list-style-type: none"> { You will express your negative emotions, i.e. sadness, grief, or concerns without shame or guilt. { You will talk about your feelings and thoughts assertively and directly. { You will discuss your thought and feeling about your loss or failure to signification others. { You will be able to help yourself and be less defensive. (Windy Dryden) 				
	<p>5 (D): Discover Reasonable-Logical Thinking</p>		<p>6 (D): Discover Realistic-Flexible Thinking-</p>		<p>7 (D): Discover Rational-Pragmatic Thinking</p>
	<p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { 		<p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking {}</p>		
	<p>10 How Basic Attitude Restricts Your Uniqueness</p> <ul style="list-style-type: none"> { 		<p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { 		
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p>				
	<p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p>11 (E) Exercise: List three ways you can be less defensive?</p>				
	<p>12 (G) Goal: What goal did you expect to reach by doing this exercise?</p>				
<p>Rate from 1 to 4 indicating how this exercise was helpful in reaching your goals.</p>					
	0	1	2	3	4
	Not Helpful	A Little Helpful	Somewhat Helpful	Helpful	Very Helpful

Cheat Sheet #5: Justifying Your Bad Behavior		Date:
	<p>1 (A) Adversity:</p> <p>. 2 Stresses:</p>	
	<p>.3 (B): Basic Attitude –</p> <ul style="list-style-type: none"> { } When I explain my actions to others, or I am unsure of myself. { } People must not frustrate me. { } I <i>have to</i> prove my actions are right or reasonable. { } Life must never be disheartening or painful. { } I tell myself because I think differently from my ex, friends, parents, past therapists, etc. { } I don't have to try anything they say, or I don't have to listen to what you have to say. 	
	<p>4 (C) Emotional, Behavioral and Cognitive Consequences</p> <ul style="list-style-type: none"> { } <u>Possible Affective Consequence:</u> Because I think I have a compelling reason to be - depressed, angry, anxious, etc., so it is okay to be (depressed, angry, anxious, etc.). I am impatient, impulsive, insensitive, and stubborn. I seek attention inappropriately. { } <u>Possible Behavioral Consequence:</u> I absolve myself of any of my responsibilities because the other person thinks differently from me. "Don't bother me – I'm depressed, I'm pissed..." I don't have to keep my responsibilities because I am experiencing a negative feeling. I am expressing my thoughts, feelings, and beliefs dishonestly and aggressively. I violate the rights of the other person. { } <u>Possible Cognitive Consequence:</u> <i>This</i> justifying my action will protect my sense of esteem by underestimating the impact of the adverse event and by overestimating my ability to deal with the situation. I don't have to try anything another person may suggest, or I don't have to listen. 	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <ul style="list-style-type: none"> { } Does it logically follow that because you are in a bad mood, you don't have to keep your promise and agreements? { } You want to keep your promises and agreements. { } This thinking will help others see you as a reliable person. { } Acting reliably is different from avoiding and acting irresponsibly. { } You know avoiding contradicts excludes being reliable. { } You know you want people to trust you, so you want to be logical and dependable. 	 <p>6 (D): Discover Realistic-Flexible Thinking–</p> <ul style="list-style-type: none"> { } Your thinking is unrealistic because you believe you have to prove your review is reasonable - even though it may not be rational. { } You want to be right, but you don't always have to be right. { } Because you have a legitimate reason to be depressed, anxious, or angry, then it is okay to have these unhealthy feelings. { } Effective new belief: In reality, you may have compelling reasons to feel bad, but you don't <i>have to</i> over-focus on those negative feelings and to disregard your responsibilities. { } Facts tell you that when you don't maintain your responsibilities, you'll have other negative consequences you will attend during your life. 	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <ul style="list-style-type: none"> { } Is justifying your lousy behavior helpful? { } As long as you are distorting reality and being defensive, you will not get what you want, you will get into more trouble with the essential people in your life, and you will not reach your potentials and expand your abilities. { } To experience meaningfulness in your life, you want to appreciate what you can change and act on that appreciation. { } You can take advantage of your opportunities, and change how you view things you can't change.
	<p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { } Justifying your behavior is a weak attempt to prove you are, right, or reasonable. These higher values of being sensible and you want justice are essential, but justifying your action brings about more social problems. 	
	<p>10 How Basic Attitude Restricts Your Uniqueness</p> <ul style="list-style-type: none"> { } Justifying my actions and making excuses for my irresponsible behaviors will restrict my uniqueness. Being irresponsible limits my individuality by people not trusting me and see me as an undependable person. 	
	<p>9 (D) Discovering New Ways of Thinking</p> <ul style="list-style-type: none"> { } You want to control and master your emotions so you can learn new ways to express yourself and discovering meaningfulness. You want to gain more insight into how your thoughts and feelings interact. You know you can influence other people, but you cannot control their thoughts, feelings, and behaviors. You want to be concerned and careful when you are dealing with other people to discover meaningfulness. . 	
	<p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { } You want a stable sense of appreciation and respect. You know you are responsible for your thoughts, feelings, and behaviors, and you are not responsible for other people's thoughts, feelings, and behavior because You can't control their thoughts. You want to know more about yourself, and you want to understand your thoughts and feelings because you want to excel in life (career, family life, and financial stability). 	

Cheat Sheet #6: Denying		Date:
	<p>1 (A) Adversity:</p> <p>. 2 Stresses:</p>	
	<p>.3 (B): Basic Attitude –</p> <p>{ } I <i>have to</i> refuse to acknowledge what has happened, what is going on, or what might happen.</p> <p>{ } Denial is a refusal to admit the truth or reality. When people criticize me, { } I <i>have to</i> declare these feelings and opinions are wrong, or I refuse to admit or acknowledge other people’s thoughts and feelings. I <i>have to</i> refuse to think about something by convincing myself it didn’t happen, or it will not occur. I <i>have to</i> present myself to others as being defective because I have poor cognitive skills. I have a horrible memory. I tell myself, “This situation is not so bad.”</p>	
	<p>4 (C) Emotional, Behavioral and Cognitive Consequences</p> <p>{ } <u>Possible Affective Consequence:</u> I feel anxious, and I think I can’t handle it (this stress) if I am assertive. I am overly apologetic, diffident, self-effacing, and people don’t take me seriously.</p> <p>{ } <u>Possible Behavioral Consequence:</u> I have to act “as if” a painful event did not exist. I don’t know what you are talking about, so I don’t have to be responsible. I avoid acknowledging certain areas of my life and concrete experiences. I refuse to accept the facts. I am behaving non-assertively because I am not expressing my feelings, thoughts, concerns, and beliefs honestly.</p> <p>{ } <u>Possible Cognitive Consequence:</u> I have to minimize the impact of the other person’s concerns, and I am reducing the effects of the situation. I don’t have to think about what I believe about others and myself. I deny those “thoughts” spontaneously, or when people ask me questions about my emotional life, I look at them as though “I don’t know what they are talking about...” I am trying to “steer clear” of certain feelings or ideas that are incongruent with my self-image. I believe if I speak about a particular topic, I will feel worse, or it will put me in a “bad light.”</p>	
 <p>5 (D): Discover Reasonable-Logical Thinking</p> <p>{ } Is your thinking illogical when you take an extreme position such as “you can’t think about anything uncomfortable?”</p> <p>{ } Will uncomfortable issues go away if you don’t like them, or if you can devalue them?</p> <p>{ } When you derive an extreme position (you never want to think about uncomfortable issues) from a non-extreme position of “I don’t like to address issues that are painful.”</p>	 <p>6 (D): Discover Realistic-Flexible Thinking– { } Denying is one way to cope, but is this form of thinking realistic? { } Wanting to perform well is realistic, logical, and helpful, but denying that a particular problem exists is unrealistic, illogical, and unnecessary.</p> <p>{ } It would help if you did not talk about things you don’t like. { } Denying, by definition, is unrealistic because you are contradicting reality. { } The notion of “If you ignore people’s thoughts and feelings, you will make things better” is false, thereby it is unrealistic. { } It is a distortion because you wish for something to disappear, and your thinking will not make it go away.</p> <p>{ } When you place rigid demands on other people, you reduce your sense of choice.</p>	 <p>7 (D): Discover Rational-Pragmatic Thinking</p> <p>{ } Will this distortion and defensiveness help you? No!</p> <p>{ } As long as you are distorting reality and being defensive, you will not get what you want.</p> <p>{ } You are not serving your best interests, and you are trying to control other people’s thoughts, which is impossible.</p> <p>{ } You will get into more trouble with the essential people in your life, and { } you will not reach your potentials and expand your abilities.</p> <p>{ } You hurt your relationships that you want to preserve, and you waste energy and time attempting to do the impossible (control people’s thoughts).</p>
	<p>8 (D) Discover Meaningfulness:</p> <p>{ } Denial gives us time to have a short moment of relief. When something awful does happen, we need to deny such an event so we can get through the trauma.</p>	
	<p>10 How Basic Attitude Restricts Your Uniqueness { } If I deny people’s feelings, then I won’t feel miserable. However, people must not get in my way and interfere with my desires. I’m afraid to show people how I feel. If I avoid thinking about certain issues, then I’ll feel better. So, the “feeling better” is proof that denying and avoiding are “good things.”</p>	
		<p>9 (D) Discover Meaningfulness { } Defensiveness is not being honest with yourself or others. Logical, realistic, and pragmatic thinking are higher values as compared to illogical, unrealistic, and dysfunctional thinking. You want to maintain your higher values, so that you discover meaningfulness and be resilient.</p> <p>11 (D) Expanding Your Uniqueness</p> <p>{ } You don’t like to face distorted ideas and self-defeating behaviors, but it is neither horrible nor awful that you are less than perfect. You can accept yourself unconditionally without people’s approval or rejection. You know that you are responsible for your thoughts and behaviors, and you know that you’re not responsible for other people’s thoughts and feelings because you cannot control their ideas. People’s criticism never makes you an incompetent person. Even if people love you, they can still be over-critical and be honest about your failings. Their behavior is rotten, but they are not horrible people.</p>

Worksheet#1		Date:			
	<p>5. (A) Adversity:</p> <p>6. Stresses:</p>				
	<p>7. (E): Practice New Way of Thinking</p> <ul style="list-style-type: none"> { } You know you are able to see the negative and positive aspects of your behaviors { } You will be less likely to think of other losses and failures and act defensively { } You will be able to look into the future with hope. (Windy Dryden) 				
	<p>8. (E) Practice New Way of Behaving</p> <ul style="list-style-type: none"> { } You will express your negative emotions, i.e. sadness, grief, or concerns without shame or guilt. { } You will talk about your feelings and thoughts assertively and directly. { } You will discuss your thought and feeling about your loss or failure to signification others. { } You will be able to help yourself and be less defensive. (Windy Dryden) 				
	<p>5 (D): Discover Reasonable-Logical Thinking</p>		<p>6 (D): Discover Realistic-Flexible Thinking-</p>		<p>7 (D): Discover Rational-Pragmatic Thinking</p>
	<p>8 (D) Discover Meaningfulness:</p> <ul style="list-style-type: none"> { } 		<p>9 (D) Discover Meaningfulness in Discovering New Ways of Thinking { }</p>		
	<p>10 How Basic Attitude Restricts Your Uniqueness</p> <ul style="list-style-type: none"> { } 		<p>11 (D) Expanding Your Uniqueness</p> <ul style="list-style-type: none"> { } 		
	<p>9 (F) Follow Up: What was the purpose of this exercise?</p> <p>10 (F) Follow UP: Talk about or write about how this exercise was meaningful and relevant to you?</p>				
	<p>11 (E) Exercise: List three ways you can be less defensive?</p>				
	<p>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