

# SLIDES & SAYINGS

## MAKE LIFE MEANINGFUL

When we are no longer able to change a situation - we are challenged to change ourselves.

Viktor E Frankl

I have presented slides that will challenge you to think about yourself, others, and the world differently. Viktor Frankl believes that *love* and understanding are ways to grasp another human being in the innermost core to become fully aware of the very essence.” (p.176, *Man’s Search for Meaning*). These slides provoke an awareness of your potentialities and help you to actualize those inner talents. Love and understanding are the recognition of your uniqueness and your intuitive understanding of another person’s potential as human beings. Frankl believes this is only possible when we share and communicate our ideas. As long as we can see each person as being unique, irreplaceable, we start to see each moment as being meaningful.

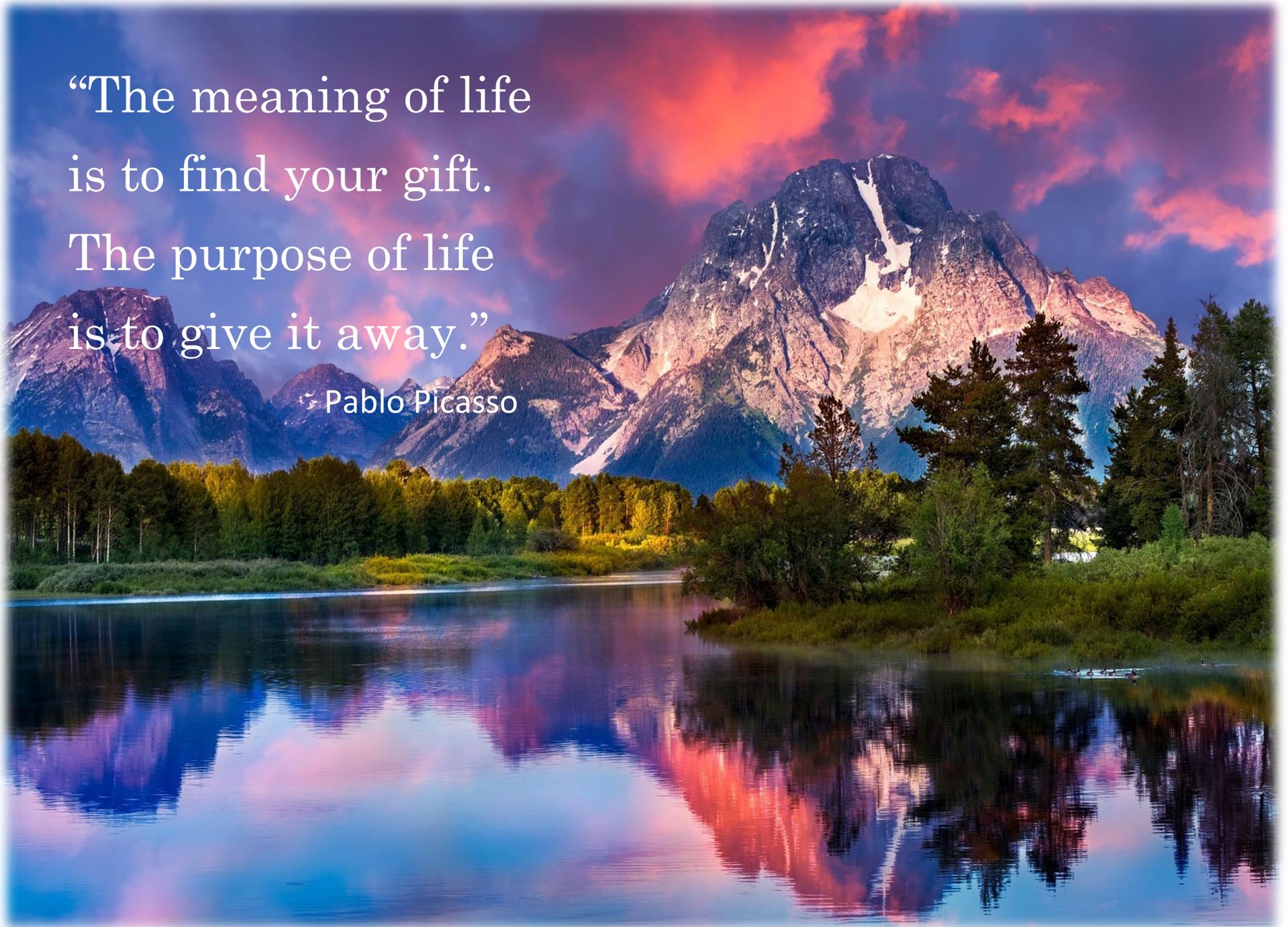
What matters is to make  
the best of any given  
situation.

Viktor Frankl



“The meaning of life  
is to find your gift.  
The purpose of life  
is to give it away.”

~ Pablo Picasso



## Self-Respect is...

- Appreciating your uniqueness without holding it over others,
- Knowing you are irreplaceable without worrying about being replaced, and
- Recognizing each moment is unrepeatable without hoping for them to be repeated.

Art McKenna

A photograph of a vast field of colorful flowers, including pink, white, and yellow blossoms, stretching towards a horizon under a cloudy sky. A large green tree stands on the left side of the field.

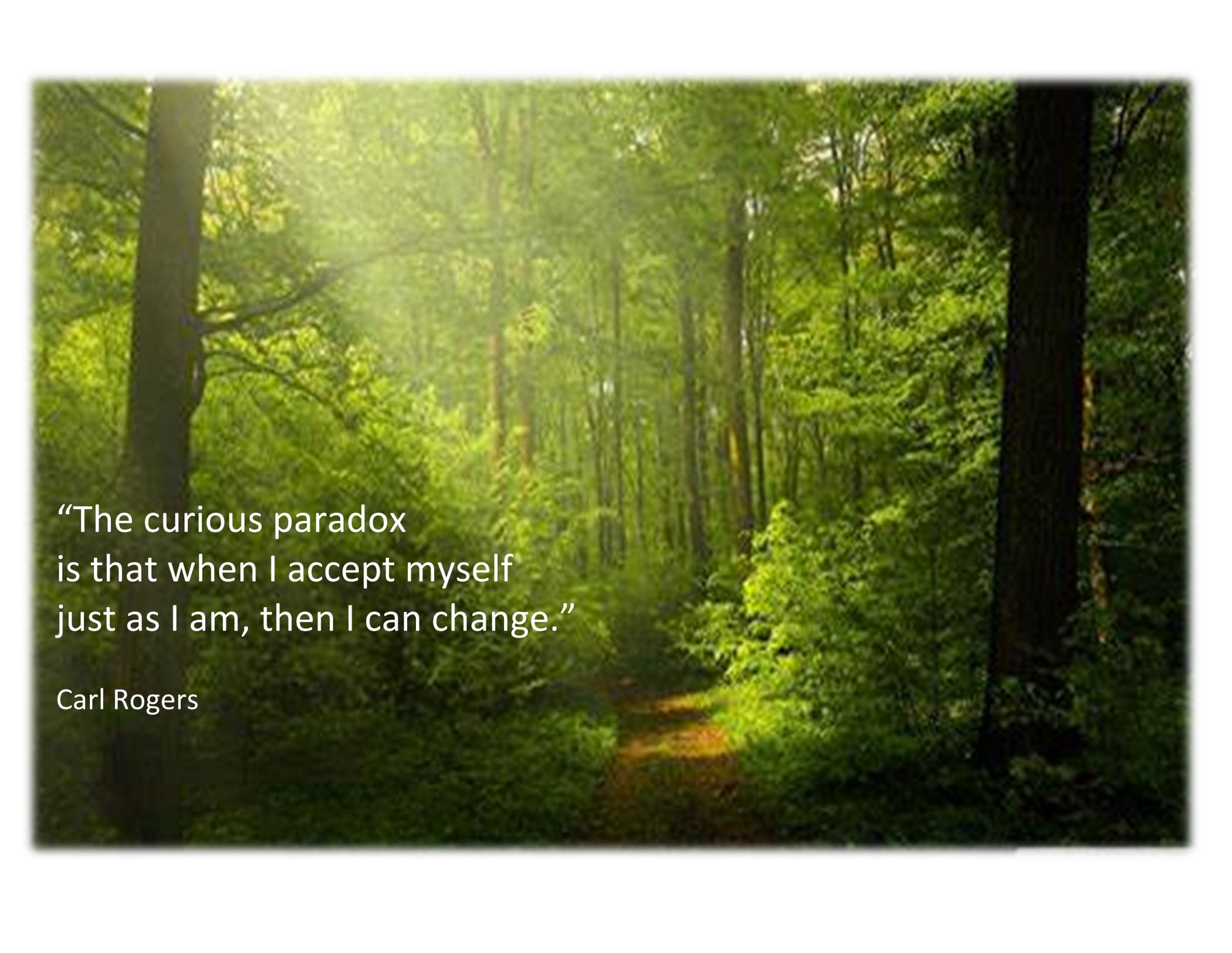
**“Everything can be taken  
from you but one thing: the last  
of the human freedoms –  
to choose your attitude and  
to choose your own way.”**

**Viktor Frankl  
Holocaust Survivor**



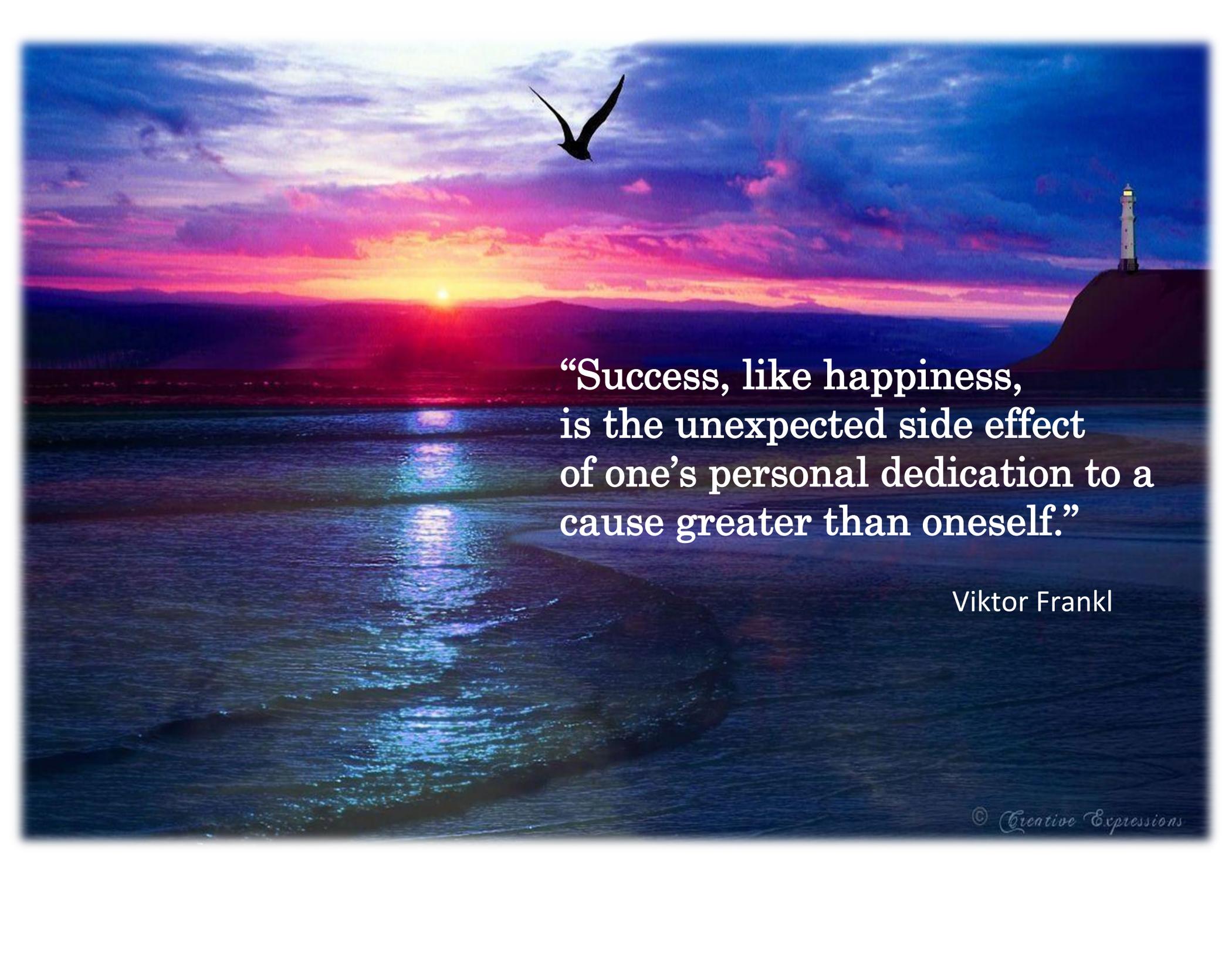
If you go around  
making unimportant  
things important,  
then you will miss  
what is truly  
important.

Art McKenna

A photograph of a sunlit forest path. The path is a narrow, dirt trail that winds through a dense forest of tall, thin trees. The foliage is a vibrant, bright green, and sunlight filters through the canopy, creating a dappled light effect on the path and the surrounding trees. The overall atmosphere is peaceful and serene.

“The curious paradox  
is that when I accept myself  
just as I am, then I can change.”

Carl Rogers

A vibrant sunset over the ocean. The sun is low on the horizon, casting a bright orange and red glow across the sky and reflecting on the water. The sky transitions from deep red near the horizon to a dark blue at the top. A single bird is silhouetted in flight against the colorful sky. On the right side, a lighthouse sits atop a dark cliff. The water in the foreground is dark blue with white foam from a wave.

**“Success, like happiness,  
is the unexpected side effect  
of one’s personal dedication to a  
cause greater than oneself.”**

Viktor Frankl

A landscape photograph featuring a dirt road that forks into two paths. Two large, full-canopied green trees stand prominently in the middle ground, one on each side of the fork. The foreground is a lush green field. The sky is a vibrant, deep blue, filled with dramatic, white and grey clouds. The overall mood is serene yet powerful, symbolizing choice and opportunity.

When you arrive  
at a fork in the road,  
take it.

Lawrence Peter (Yogi) Berra

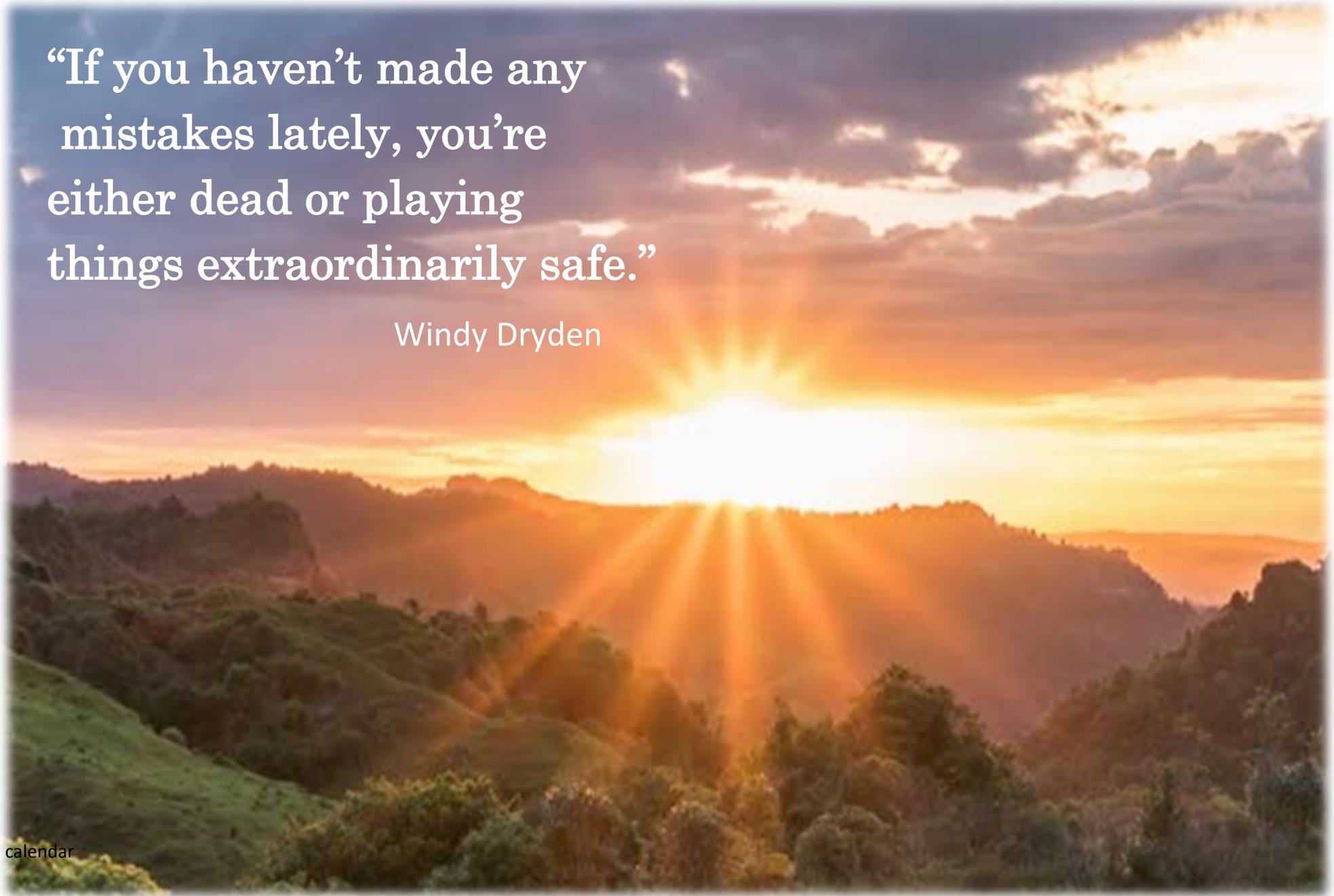


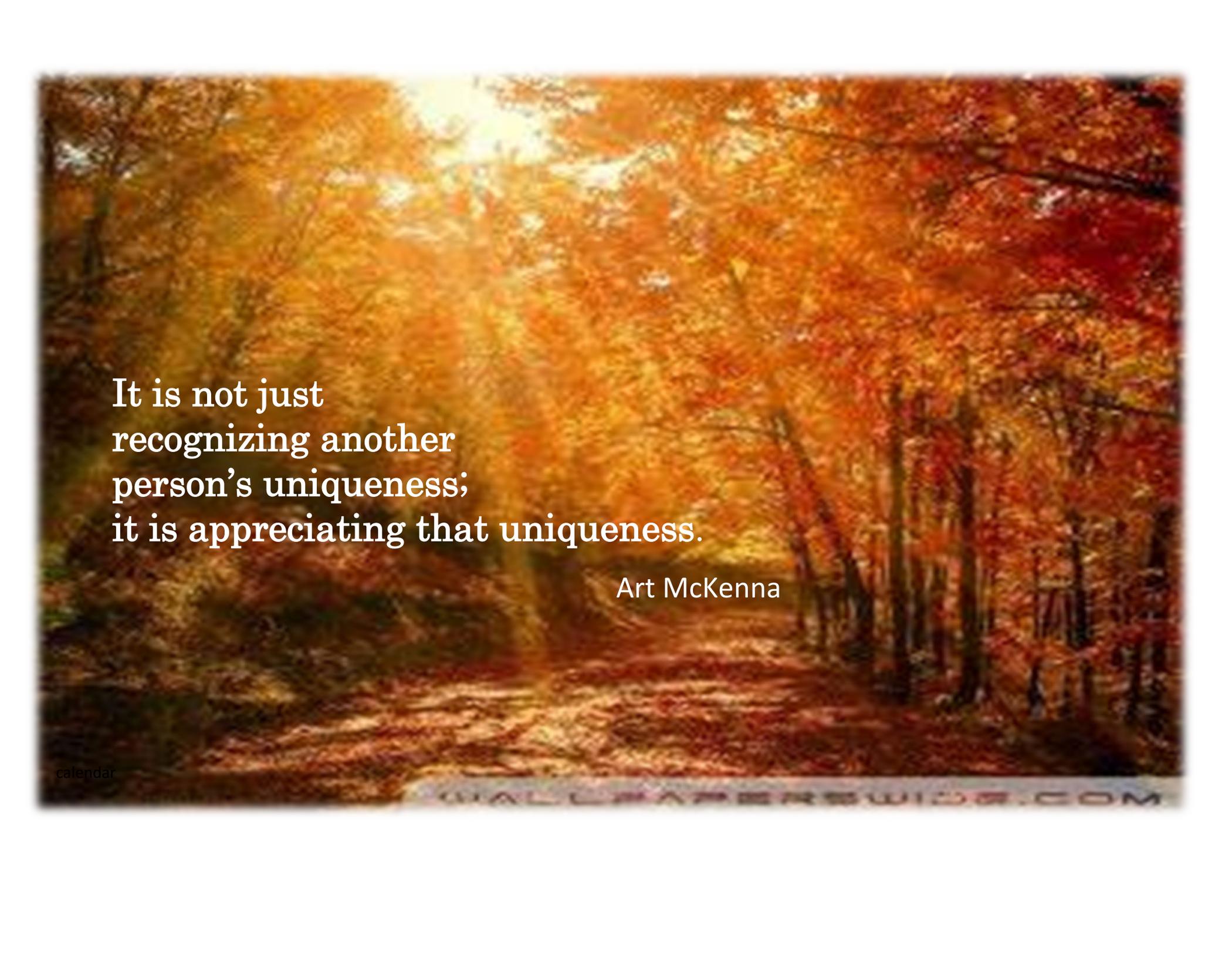
**If you don't appreciate what you  
have today, you won't appreciate  
what tomorrow will bring.**

**Art McKenna**

“If you haven’t made any mistakes lately, you’re either dead or playing things extraordinarily safe.”

Windy Dryden



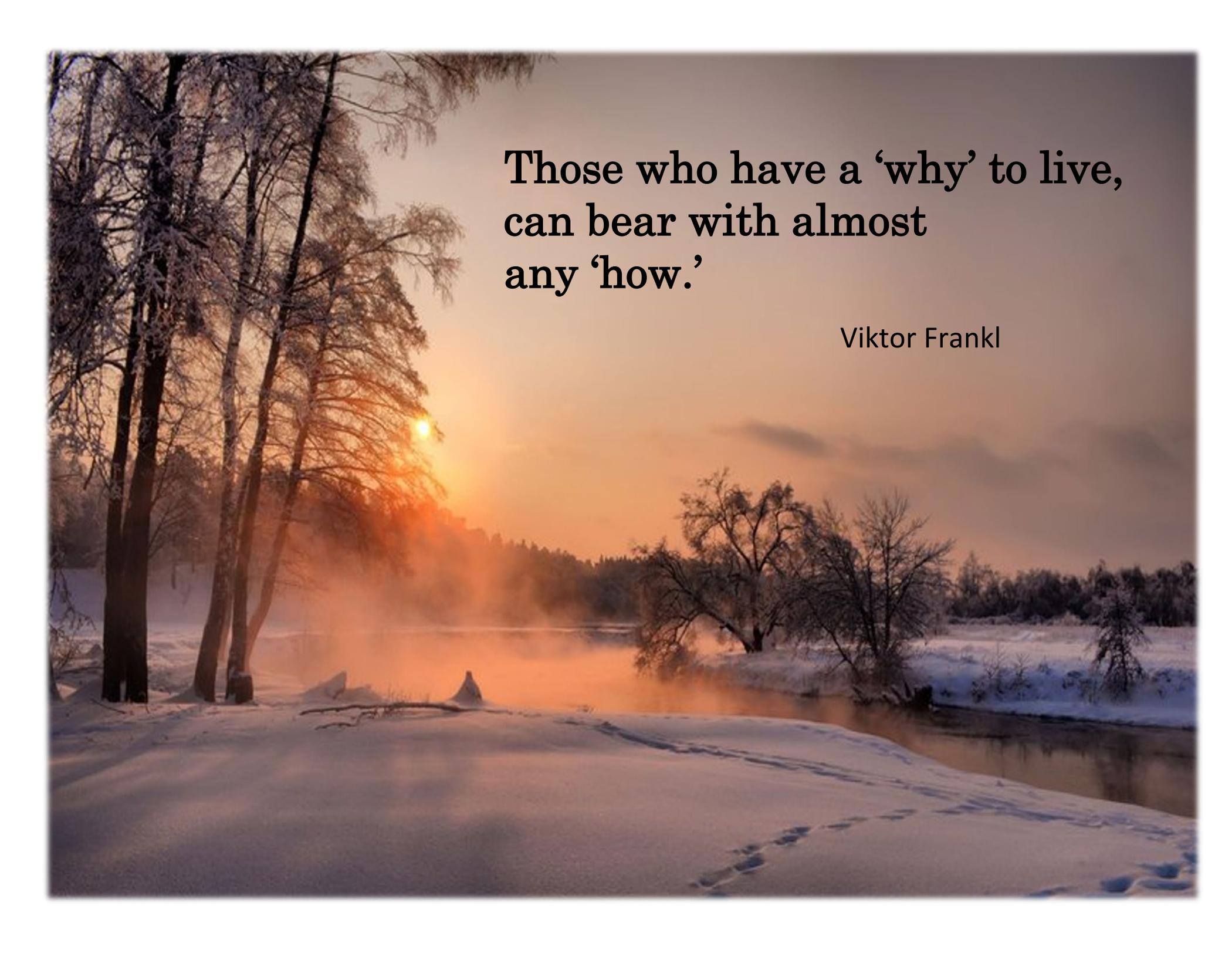
A painting of a forest path in autumn. The path is covered in fallen leaves, and the trees on either side are in full autumn foliage, with shades of orange, yellow, and red. The lighting is soft and warm, creating a serene atmosphere.

It is not just  
recognizing another  
person's uniqueness;  
it is appreciating that uniqueness.

Art McKenna

A photograph of a snowy forest path. The path is covered in a thick layer of snow and leads into the distance, flanked by numerous trees whose branches are heavily laden with snow. The overall scene is serene and quiet, with a soft, diffused light filtering through the trees.

Courage is not  
the absence of despair;  
it is, rather, the capacity to  
move ahead in spite of despair. Rollo May

A serene winter landscape featuring a snow-covered foreground with footprints, a calm river reflecting the sunset, and bare trees silhouetted against a warm, orange sky. The scene is peaceful and evocative of a quiet winter day.

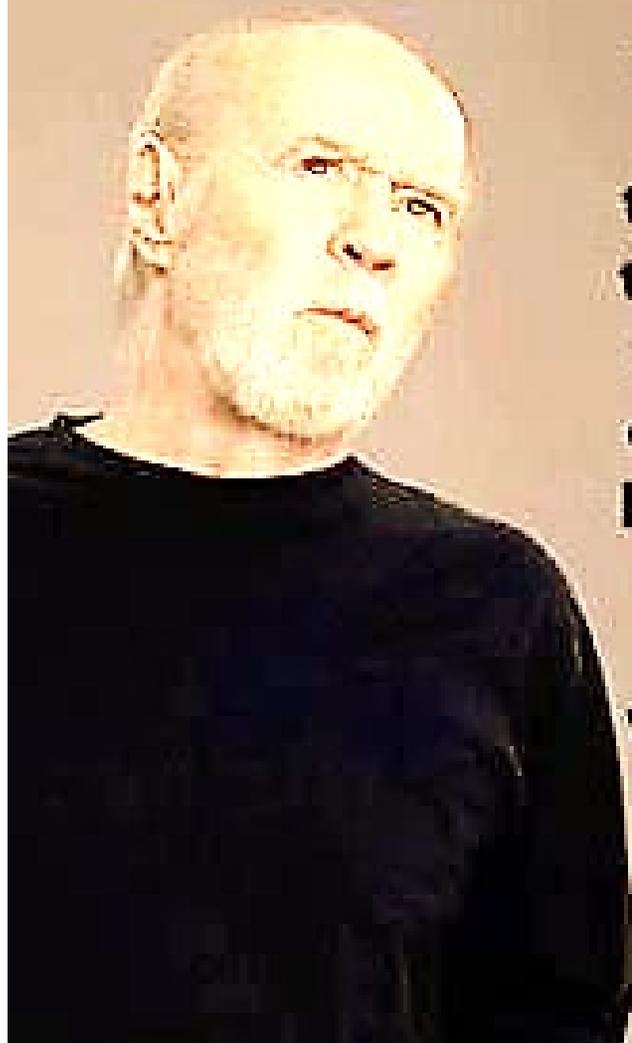
Those who have a 'why' to live,  
can bear with almost  
any 'how.'

Viktor Frankl



**Make Life Meaningful (MLM)** is based on the work and writings of Viktor Frankl. He is a Holocaust survivor and founder of Logotherapy. Before the war, he was a physician, but when he was sent to a Nazi's death camp, he was stripped of all his dignity. While at the concentration camps, he discovered that a person's sense of meaning and purpose was more important and significant than getting his or her basic needs met. Today, there is an increase in violent behavior and a growing dependency on opioids. The MLM program helps people to develop their healthy sense of resiliency and dignity. I hope this program will help you to discover your own unique sense of meaningfulness in this time of stress.

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**"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**

“

The Secret of Change Is to  
Focus All of Your Energy, Not  
on Fighting the Old, But on  
Building the New  
– Socrates



“BE AS YOU WISH TO  
SEEM”

- SOCRATES

A landscape photograph featuring a range of mountains under a sunset sky. The sky transitions from a deep orange at the horizon to a lighter, hazy blue at the top. The mountains are silhouetted in various shades of blue, with the foreground mountains being a darker blue and the background peaks being a lighter, hazy blue. The overall mood is serene and contemplative.

“ Q U A L I T Y I S  
N O T A N A C T ,

I T I S A  
H A B I T . ”

- A R I S T O T L E



*“A ship is  
always safe  
at shore but  
that is not  
what it’s built  
for.”  
-Albert  
Einstein*



A photograph of a beach with waves crashing onto the shore. A large, semi-transparent white circle is centered over the image, containing a quote in blue text. The background shows a wide expanse of sand and dark blue water with white foam from the waves.

**“LIFE IS LIKE RIDING A BICYCLE, TO  
KEEP YOUR BALANCE, YOU MUST  
KEEP MOVING.”**

**- ALBERT EINSTEIN**



**“The world as we  
have created it is  
a process of our  
thinking. It  
cannot be  
changed without  
changing our  
thinking”**

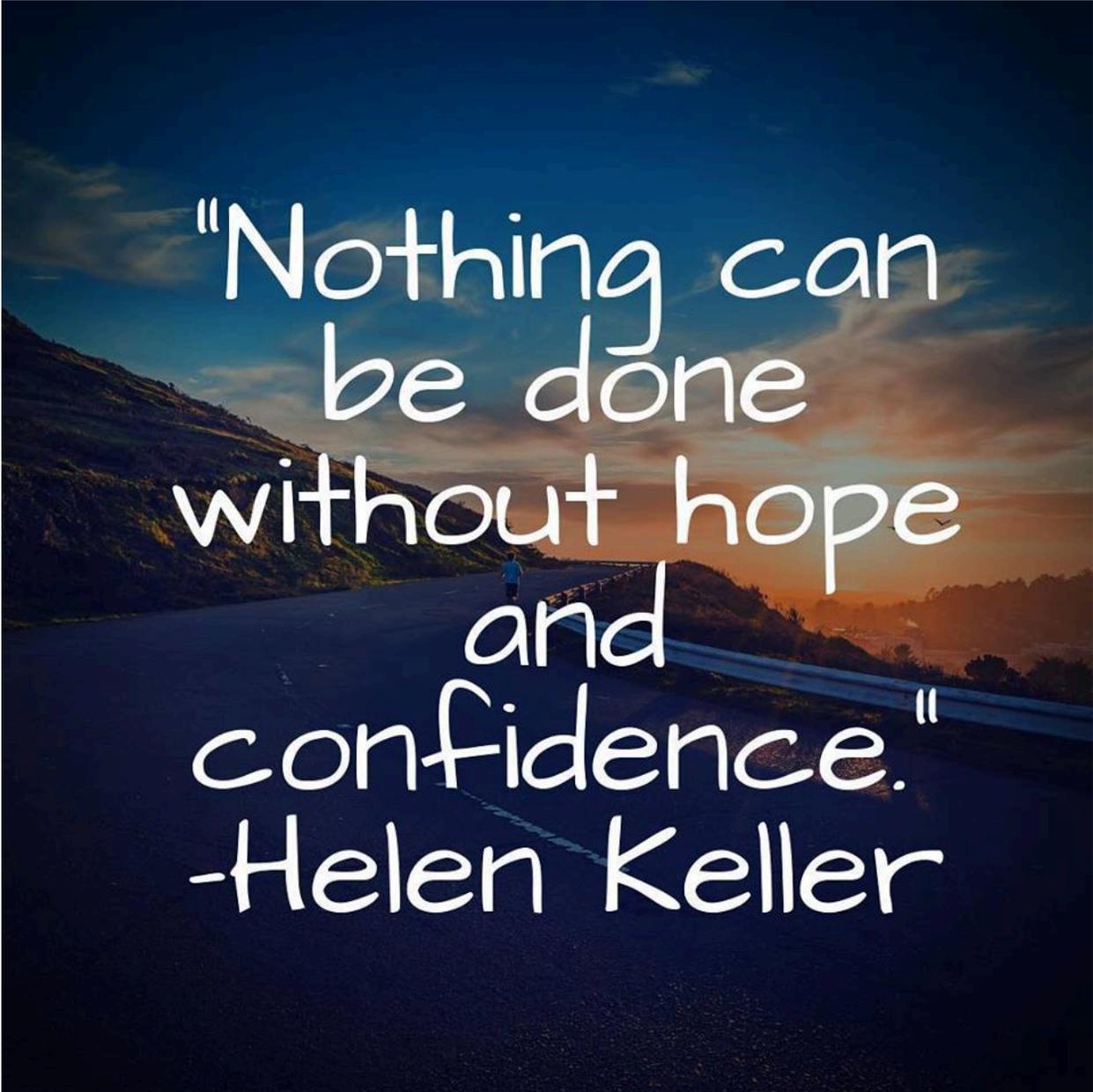
-ALBERT EINSTEIN

Concern is a higher value than Anxiety

**-WINSTON  
CHURCHILL**

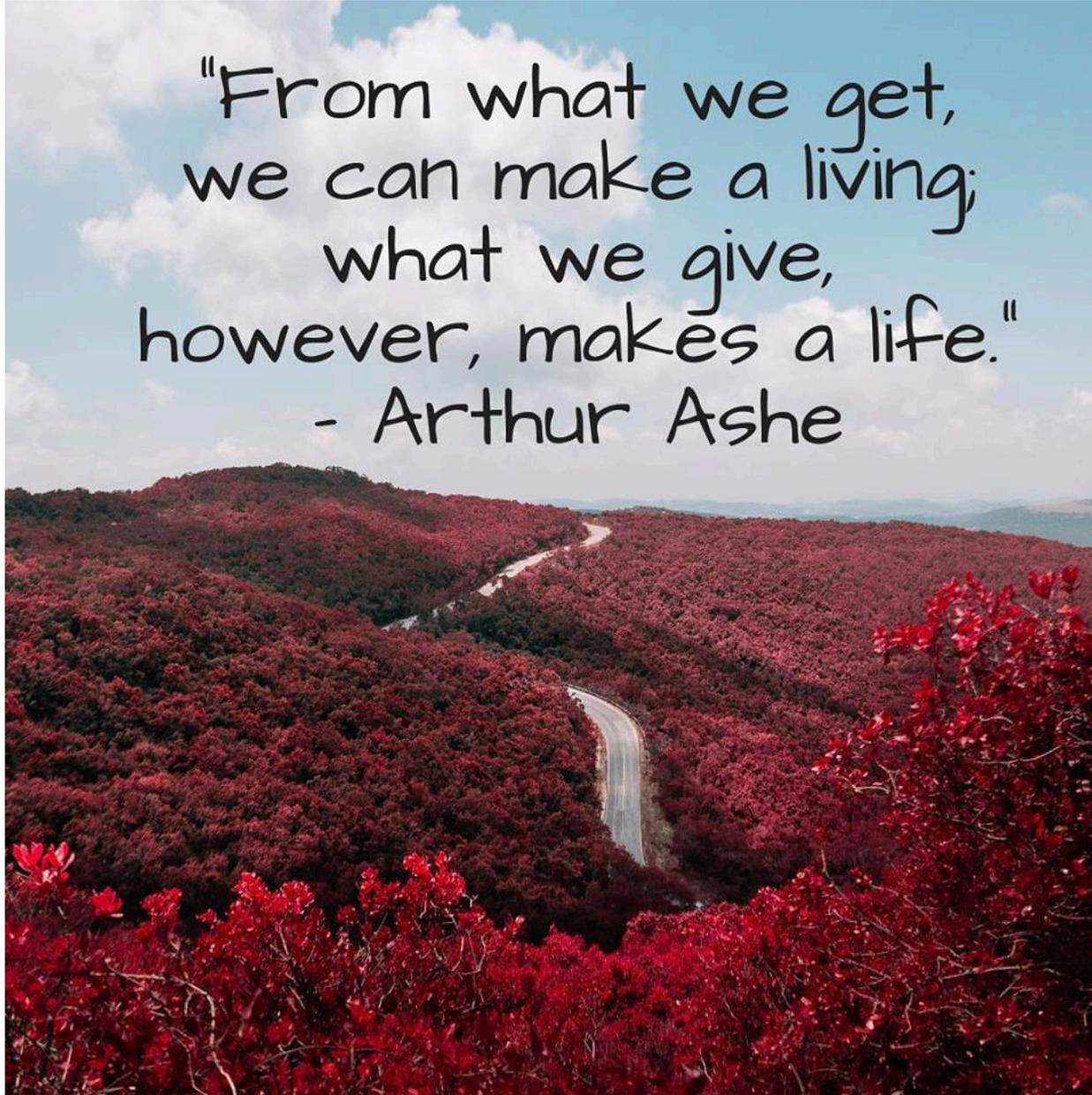
“Let our advance  
worrying become  
advance thinking and  
planning.”

Canva



"Nothing can  
be done  
without hope  
and  
confidence."  
-Helen Keller

"From what we get,  
we can make a living;  
what we give,  
however, makes a life."  
- Arthur Ashe

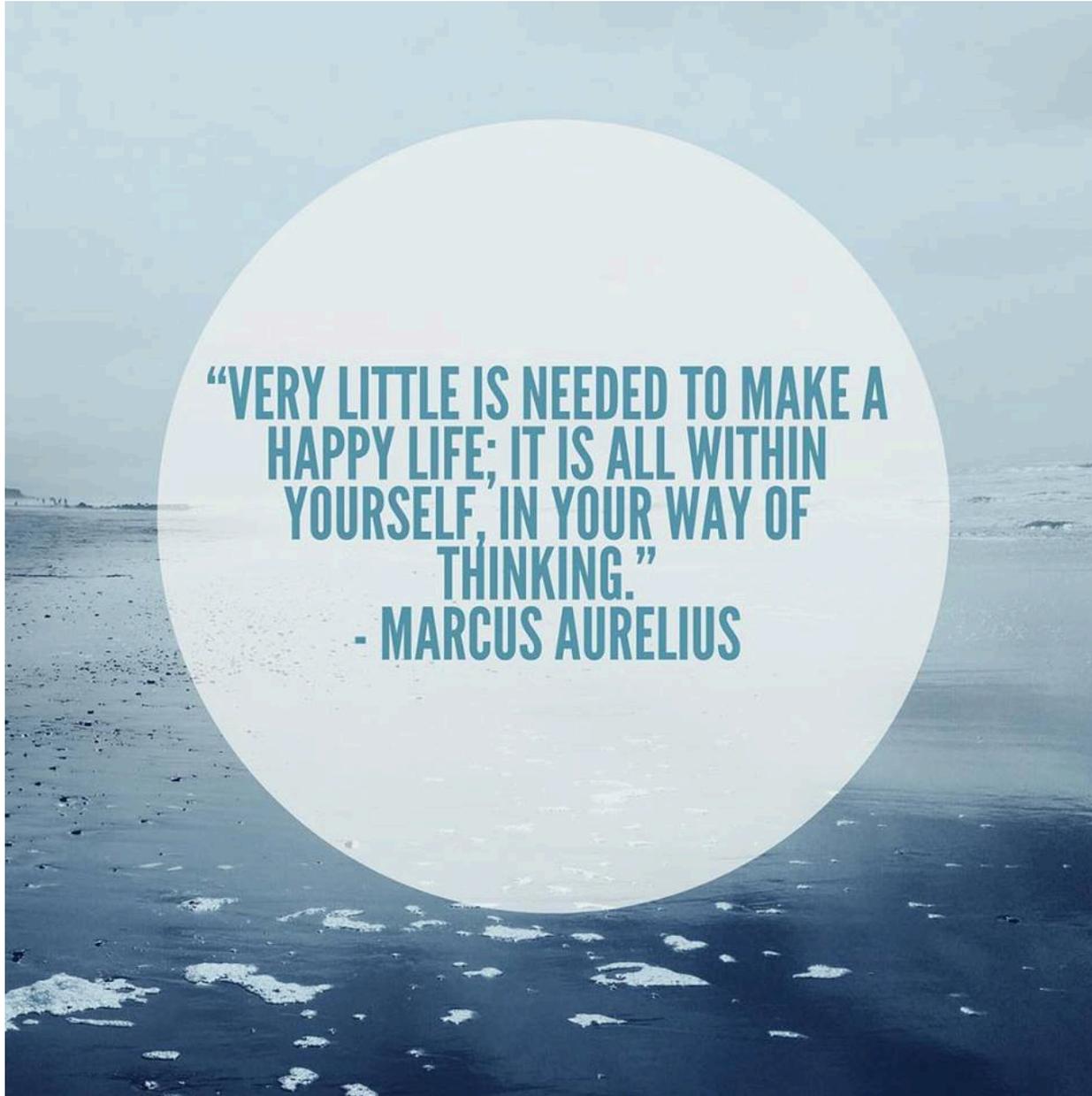


A photograph of a desk with a notebook, a pen, and a smartphone. The notebook is open, showing a grid pattern. A black pen lies on the right page. A smartphone is visible in the bottom left corner. The background is a wooden desk.

“ O U R  
L I F E I S  
W H A T O U R  
T H O U G H T S  
M A K E I T . ”

- MARCUS AURELIUS

Thinking can close your eyes to happiness, but it can also open your eyes to another person's suffering.



**“VERY LITTLE IS NEEDED TO MAKE A  
HAPPY LIFE; IT IS ALL WITHIN  
YOURSELF, IN YOUR WAY OF  
THINKING.”  
- MARCUS AURELIUS**

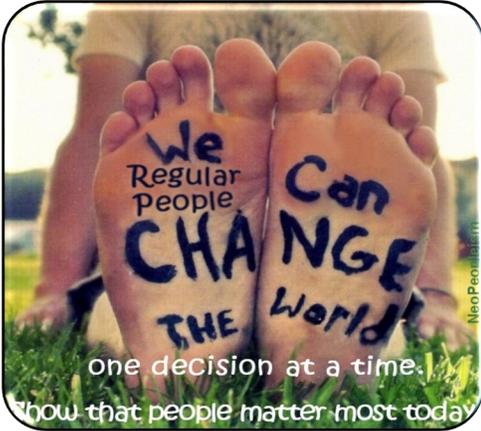
Life demands that you discover meaningfulness for ourselves, and life demands that you are always learning something new each day.

“As long as you live,  
keep learning how to  
live.”

-Seneca



# Be Responsive



- ✓ Being responsive means looking at the person talking, using a pleasant voice when addressing another person.
- ✓ Being respectfulness means that you don't curse at another person; you don't use unnecessary touching. And there is no hitting, no yelling, and no put-downs.
- ✓ Carefully listen so you can ask questions and make appropriate and relevant remarks.

# Be Responsible



- ✓ **Allocation of Responsibility:** You know your responsibilities, and you know who has the authority for the conduct of the organization.
- ✓ **Blaming:** You don't blame others for your feelings or mistakes;
- ✓ **Concern:** You show concern and care about your opportunities and possibilities in a healthy and confident manner.



# Be Respectful

- ✓ Being respectful is an act of giving particular attention and consideration to another person.
- ✓ Being polite is by being attentive, appreciative, and showing acceptance while being assertive.
- ✓ Don't interfere in another person's conversation and respect that person's privacy.



## Reminder 1: Look at the Person

- Looking at the person shows you are paying attention and shows you want to talk
- Paying attention shows you are concerned and interested
- Paying attention shows that you recognize the person's feelings, thoughts, and wants



## Reminder 2: Use a Pleasant Voice

- People won't want to talk to someone who seems unpleasant, angry, or threatening
- Speak clearly and confidently
- Use short sentences that are easily understood
- Think before you speak



## Reminder 3: Ask Questions

- Asking questions includes the other person in the conversation
- Avoiding asking questions that can be answered with a "Yes" or a "No"
- Ask the person about his or her opinion, likes, dislikes, interests, and his or her point of view
- Be prepared to answer questions that person might ask you



## Reminder 4: Don't Interrupt

- Interrupting shows you are not concerned about what the other person is saying
- Make sure the person is done speaking before you respond
- Don't stare, sulk, roll your eyes, or make faces; maintain eye contact
- Don't slouch, maintain good posture
- Don't distract the other person by fidgeting or playing with an object in your hand
- Don't over control and monopolize the conversation; be respectful
- Don't jump from topic to topic; be focused and fair as possible



### You react faster than you respond because...

*Regression Bias:* When under stress, you have a tendency to return to old ways of thinking and old strategies that don't work but you find such methods comforting.

- You react to urges, sensations, emotions faster than responding to another person's concerns and feelings, listening takes patience,
- You react to your lower values rather than to your higher values
- You react faster to your short rather than to your long-term goals, and
- Your brain stem works faster than your frontal cortex, which results in a *Regression Bias*: When under stress, you have a tendency to return to old ways of thinking and old strategies that don't work but you find such methods as comforting.



### Your emotions appear stronger than your thinking

• *Egocentric Bias:* When under stress, you have a tendency to focus on your well-being and disregard another person's concerns and needs.

You are quick to blame others, fight, reject pleas of help and create excuses faster than responding to another person's feelings, concerns, and needs;

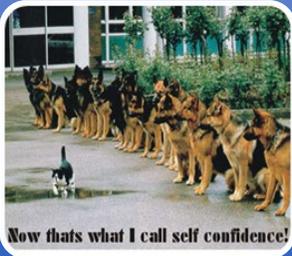
- You find it easier to upset ourselves and disturb ourselves rather than find ways to un-disturb yourself.



### You have a tendency to blame others rather than accept the consequences of your actions and your responsibilities because...

*Negativity Bias:* When you experience something new or different, you have a tendency to judge that new event or person as negative. • You erroneously believe external events are responsible for your emotions and behaviors

- You have an incurable "error making" tendency, which is the fact that as long as you are alive – You will make mistakes (anti-perfectionistic attitude); you don't like to admit to your mistakes because
- You use extreme evaluation to correct your mistakes and unwanted urges,
- You make part-whole errors easily and quickly, and
- You find rejecting others and your behaviors easily than accepting ourselves and others unconditionally.



**Being Confidence** in learning new tasks means knowing that you will likely be successful and that people will like you. It means not being afraid to make mistakes or to try something new.

- When facing a new activity, you believe *you can do this; you can think for myself, you don't have to give up when I make a mistake; you are not 100% bad person for making a mistake*



**Being Persistent in the face of adversity**

- means trying hard to do your best and not giving up when something feels like it is too difficult or boring.
- *You know the harder you try the more successful you will be.*
- *You can do things that are not easy or fun.*
- *When you practice. you will get better.*
- *You are a capable and likable person*



**Being Organized** so you reach your goals means setting a goal to do your best, listening carefully to instructions, planning your time so you are not rushed, having all your supplies ready and keeping track of your assignments' due dates;

- { } Setting goals helps you to be more successful; { } Planning your time improves your performance; { } you can plan enough time to get everything done;*
- { } Giving your best effort helps you to achieve your goals*



**Being Resilient** means knowing how to stay calm and knowing how to stop yourself from getting extremely angry, down, or worried when something "bad" happens. It means being able to calm down and feel better when you get extremely upset

- { } You can stay calm facing difficult events;*
- { } You can tell people what you think and feel;*
- { } You can tell people how happy or sad you are;*
- { } You can tell people what you don't like when you don't get your way.*



**Teamwork and Getting Along with Others** means working well with others,

- resolving disagreements peacefully, following the rules and making positive contributions to your school, your home, and the community
- protecting the rights of others and the environment;
- *accepting people who are different than you;*
- *thinking before you act*
- *playing by the rules in a fair and helpful way.*

# Trust Levels

How do you determine who you want to trust and who you shouldn't trust?



**Confident Level:** You have *faith and complete trust* in the other person. You know the other person is honest, loyal, genuine, authentic, and sincere with you. You don't need any proof when they tell you something.



**Trustworthy Level:** You *feel certain* that the other person will not hurt you or cheat you. The other person keeps his/her promises, keeps his/her agreements and shows regret and remorse. You believe the person is worthy of your trust.



**Apprehensive Level:** Trust is not an issue, but you feel worried, anxious, and/or apprehensive about the other person. You have feelings of doubt and you are unsure about the other person - fear of losing control; fear of deprivation; loss of satisfaction and getting what you want in the future.



**Mistrust** is when there is a degree of growing uncertainty and fear the other person will hurt you or cheat you. There is uneasiness and you feel tense.



**Distrust** is when your beliefs are based on well-grounded suspicion that the other person is not dependable, the person is disloyal and/or unfaithful.

**Suspiciousness** is a state of mental uneasiness and uncertainty. You suspect something is wrong, but you don't have any proof.



**Untrustworthy Level:** You feel unsafe and insecure. You are certain the other person will hurt you or cheat you. The other person has a history of not keeping promises and not repairing broken promise. The person does not follow the rules, does not keep agreements, does not express regret, and the person does not feel remorse for past wrongs.