

Emotions, Attitudinal Values, and Maxims



Introduction: Throughout the program, “Make Life Meaningful,” I have presented several charts, tables, lists, etc. I want to put all these items in one place, so you don’t have to go about hunting through numerous files and worksheets. I hope you find these charts exciting and that you discover meaningfulness and means to expand your beautiful uniqueness.

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Healthy and Unhealthy Emotions:

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

Negative yet Unhealthy Emotion	Negative yet Healthy Emotion	Opposite
<p>Anger</p> 	<p>Annoyed- Mild Frustration</p> 	<p>Satisfied</p> 
<p><i>Mild Frustration > Rigid Anger: Feeling Satisfied is the opposite of anger and the opposite of feeling mildly annoyed;</i></p>		
<p>{ } I overestimate the extent to which the other person acted deliberately { } I see malicious intent in the motives of others { } I see yourself as definitely right; and I see the other person as being definitely wrong. { } I am unable to see the other person's point of view. { } I am plotting to seek to revenge. (Windy Dryden)</p>	<p>{ } You do not overestimate the extent to which the other person acted deliberately { } You do not see malicious intent in the motives of others { } You do not see yourself as definitely right; or the other person is definitely wrong { } You are able to see the other person's point of view. { } You do not plot to exact revenge.</p>	<p>Satisfied: be adequate to (an end in view); Extreme satisfaction may lead to laziness and feeling bored. Stop trying.</p>
<p>Emotionally Hurt</p> 	<p>Sorrow-Greif:</p> 	<p>Disappointment:</p> 
<p><i>Experiencing grief and sorrow > feeling emotionally hurt; Disappointment is the opposite of feeling hurt and the opposite of grief</i></p>		
<p>{ } I am overestimating unfairness; { } I think others don't care about me, { } I see myself as being misunderstood; thinking others put their concerns before my needs</p>	<p>{ } You communicate directly your feelings and thoughts to the other person directly, { } You are realistic about the degree of unfairness, { } You see the other person as acting badly rather than uncaring or indifferent;</p>	<p>Disappointment: to fail to meet your expectations. You don't feel emotionally hurt or grief. You think, "I wish it wasn't so."</p>
<p>Anxiety</p> 	<p>Concern</p> 	<p>Healthy Tension</p> 
<p><i>Concern > Anxiety: Feeling Healthy Tension is the opposite of concern and feeling anxious</i></p>		
<p>{ } I have to be overly concerned about the threats in my life and { } I believe I can't control those threats. { } When I feel worried and tense { } I overestimate the negative features of the threat, { } I underestimate your ability to cope with the threat. { } I create an even more negative threat in my mind, { } I have to have more task-irrelevant thoughts than concern,</p>	<p>{ } You view the threat realistically, { } You realistically appraise your ability to cope with the threat. { } You don't have to create an even more negative threats in your mind (if you lose your job, you get disapproval forever), { } You won't be homeless and no one is looking down at you { } And if they look down at you, you can realize they're in survival mode and { } You can be resilient and stay calm</p>	<p>Tension: as in a movie – building suspends; feeling good after a strenuous workout;</p>

<p style="text-align: center;">Depression</p> 	<p style="text-align: center;">Sadness</p> 	<p style="text-align: center;">Contented-Lighthearted</p> 
<p><i>Sadness > Depression: Feeling Content is the opposite of feeling sad and the opposite of feeling depressed</i></p>		
<p>{ } I believe that I “can’t win” leads to devaluation because I am judging myself as worthless if I don’t win. This form of thinking leads to depression. { } 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. { } However, if I win, then I’ll blame it on luck. { } I only see negative aspects of the loss or failure. { } I think of other losses and failures that I have experienced. { } I think I am unable to help myself (helplessness). { } I only see pain and gloom in the future (hopelessness). (Windy Dryden)</p>	<p>{ } You want to think "hard work and persistence will increase your chances of succeeding." { } You want to accept reality and see mistakes as a natural process of learning. { } Accepting reality, while not liking it, will help you because you can express your concern and have an opportunity to use constructive behaviors to deal with my disappointments or feelings of sadness. { } You would like be perfect if you would be immune to not winning but you are not. { } It is possible for you to experience sadness and disappointment, and have to get used to those feelings without liking them. (Windy Dryden)</p>	<p>Contented: feeling or showing satisfaction with one's possessions, status, or situation; happy, joyful, joyous; blithe, lighthearted; exalted, inspired, uplifted;</p>
<p style="text-align: center;">Regress</p> 	<p style="text-align: center;">Express: Mobilization of Energy: Meaningfulness</p> 	<p style="text-align: center;">Accept</p> 
<p><i>Meaningfulness > Regression: Feeling Acceptance is the opposite of feeling meaningfulness and the opposite of regression</i></p>		
<p>You move backward to a previous and especially worse or more primitive state. You scenes from the past do not pop into my mind; I feel disorganized; it is pointless to set goals and make plans; it is pointless to try; it is pointless to be concerned; disorganized; pointless to set goals and make plans; pointless to try; it is pointless to be concerned; I wish my life would return to better time; I'm not interested in things I use to love to do –</p>	<p>I'm an interesting person and I have energy and vigor to do the things I love; scenes from the past do not pop into my mind: Organized to set goals and carry out my goals productively while using a moral-ethical plan; Organized: I know I can work on my goals and get something done today; Intentionality – Purpose-Plan-Practice-make a new Plan are all present</p>	<p>to endure without protest or reaction; to receive willingly – for example I accept my feelings are just feelings and my thought are thoughts – no more, no less; to receive favourably, something offered</p>
<p style="text-align: center;">Feeling Guilty:</p> 	<p style="text-align: center;">Remorse</p> 	<p style="text-align: center;">Innocence</p> 
<p><i>Feeling Remorse > Feeling Guilty: Being free from guilt and sin is the opposite of feeling remorse and feeling guilty</i></p>		
<p>{ } I assume that I have definitely committed the sin, { } I assume more personal responsibility than the situations warrant, { } I assign far less responsibility to others than is warranted, { } I do not think of mitigating (extenuating) factors, { } I think that you will receive retribution (<i>the dispensing or receiving of reward or punishment latter on</i>)</p>	<p>{ } You consider behavior in context and with understanding in making a final judgment concerning whether you have sinned, { } You assume appropriate level of personal responsibility, { } You assign appropriate level of personal responsibility to others, { } You take into account mitigating factors, { } You do not think you will receive retribution,</p>	<p>Innocence: freedom from guilt or sin through being unacquainted with evil; blamelessness; chastity, freedom from guilt of a particular crime or offense,</p>

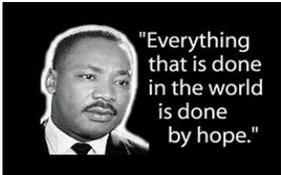
<p>Shame; Embarrassed</p> 	<p>Regret</p> 	<p>Self-Respect</p> 
<p>Regret > Same: Self-Respect is the opposite of shame and the opposite of regret</p>		
<p>{ } I overestimate the shamefulness of the information revealed, { } I overestimate the likelihood that the judging group will notice or be interested in such information, { } I overestimate the degree of disapproval I will receive from others { } I overestimate the length of time any disapproval will last</p>	<p>{ } You see information revealed in a compassionate self-accepting context, { } You are realistic about the likelihood that others will notice or be interested in the information, { } You are realistic about the degree of disapproval you will receive { } You are realistic about the length of time any disapproval will last,</p>	<p>You have pride in your accomplishments, you like yourself without lording it over others.</p>
 <p>Morbid Jealousy</p>	 <p>Jealousy - Concerned about the relationship</p>	 <p>Not Concerned</p>
<p>Showing concern about your relationship > Being Morbidly Jealous: The opposite of Jealousy and Concern is not concerned</p>		
<p>{ } I'm worthless if I lose this meaningful relationship. { } I believe my self-defeating jealousy will help me to be vigilant when there is a clear threat to my relationship. { } I doubt the other person loves me. { } I am distrustful of him or her. { } I have no trust or confidence in the other person.</p>	<p>{ } You want to be in a loving relationship, but you are not worthless if you are not in such a relationship. { } You know your feelings of jealousy is a feeling and just a feeling. It cannot make another person think differently. { } Doubt is not the same as despair or desperation. { } You can show concern about your relationship and instill confidence in each other, which is more productive than morbid jealousy.</p>	<p>Not marked interest or regard usually arising through a personal tie or relationship; easy state of blended interest, certainty, and no apprehension, something that does not relate to or belong to one; not a matter for consideration; laissez faire: attitude of letting things take their own course, without interfering.</p>
 <p>Self-Destructive Envy</p>	 <p>Envy, Constructive</p>	 <p>Not interested, No interest</p>
<p>Constructive Envy > Self-Destructive Envy: The opposite of envy is that you are not interested</p>		
<p>{ } I have to have what another person has to feel good about myself. { } Unhealthy envy will motivate you to get what you covet. { } I believe that I am a total failure for not achieving an important goal. { } I start feeling guilty because greed and envy is a sin. { } I fear being criticized by others because I appear selfish. { } I may even put myself down because I think it is ridiculous to want what other people have. { } I believe that I am not being accepted, approved, appreciated, or loved by important people because I am being greedy and envious.</p>	<p>{ } Another person's possessions and enjoyment of those possessions are often irrelevant to your happiness. { } Your goodness or badness cannot be determined by what another person has. { } You don't like to be criticized or seen as selfish, but it is not awful or horrible that others see you as selfish or a monster with one green eye. { } You can be accepted, loved even if others see you as greedy.</p>	<p>Having no special interest in topic or issues; no feeling that causes special attention to an object or class of objects something that does not arouse attention</p>

<p style="text-align: center;">Obsessional Love</p> 	<p style="text-align: center;">Resilient Love</p> 	<p style="text-align: center;">Friendly</p> 
<p>Resilient Love > Obsessional Love: The opposite of resilient love and obsessional love is being friendly.</p>		
<p>{ } Pursue obsessively another person thinking that this inappropriate show of affection will prove my love: deep down inside I feel unwanted; I show excessive devotion without reciprocation; obsessing about love object; excessive anxiety for love object; sacrifice self for love object, can lead to stalking;</p>	<p>{ } You are able to stay calm and tolerating the other person's imperfections and uniqueness. { } You show concern and caring, considerate, other positive interpersonal emotions; { } You show mature respect, responsible, responsiveness; attentiveness, appreciation, acceptance, assertiveness; { } Resilient love-intimacy and affection; balanced care-concern-confidence; showing affection; having mature attachments,</p>	<p>Likeable, pleasant, agreeable, friendly, approachable, sociable</p>
 <p style="text-align: center;">Attention Deficit- Can't Concentrate</p>	 <p style="text-align: center;">Focused- Can Concentrate</p>	 <p style="text-align: center;">Meditative State</p>
<p>Concentrating > unable to Concentrate: The opposite of concentration is being in a meditative state</p>		
<p>I have difficulty sustaining attention; I have a history of numerous car accidents; I believe you need immediate gratification; I am disorganized; I procrastinate; I am easily distracted, I go off topic, I am easily side-tracked; I daydreams too much; my mind wonders; I am forgetful, I lose things easily; I am careless; I have difficulty tolerating frustration;</p>	<p>Focused-follows instructions Focused-follows through Focused-reliable-dependable</p>	<p>Not focusing on anything; alpha state; engage in contemplation; to engage in mental exercise (as concentration on one's breathing or repetition of a mantra)</p>
<p style="text-align: center;">Active – Hyper Active</p> 	<p style="text-align: center;">Active</p> 	<p style="text-align: center;">Mindful</p> 
<p>Being Active > Being hyper: The opposite of being active and hyper is mindfulness (bearing in mind and being aware and alive.</p>		
<p>{ } I am "On the go," { } I am frequently impulsive, reckless, and I don't think before I act on important issues. { } I believe I can't sit still, { } I clown around too much, { } I can be silly, impatient; restless, { } I am short of temper, and { } I have trouble settling at night</p>	<p>Active- goals-plans vary Active -goals are realistic and plans are flexible Active- goals and plans reliable Active- productive-constructive</p>	<p>Settled, stable, calm, mindful – being in the here and now – You can't change the past, but you can learn for the past; You can't perfectly predict the future, but you can set reasonable goals and plans.</p> <p>Be of one mind – do one thing at a time</p> <p>Be in the present – focus on what is front of you</p> <p>Be responsive rather than reactive</p>

<p style="text-align: center;">Seeking Drama</p> 	<p style="text-align: center;">Happy</p> 	<p style="text-align: center;">Animated-Enthusiastic</p> 
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Being Happy > Being Overly Dramatic or Drama: Opposite of being dramatic and happy is being enthusiastic

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

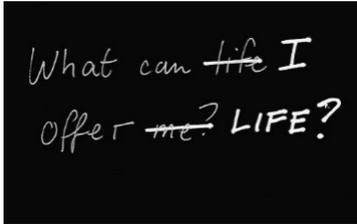
<p>Passive Hope; begging, people will save you without any effort on your part; it will come true without any effort or persistence on your part. You wish and hope to transcend the laws of nature, believe anything is possible just by thinking or wishing will make it happen; extreme evaluation and rigid demanding; dependent – you hope people will do it for you. Unrealistic Optimism: you think that good things are more likely to happen to you than to your peers; you have no goals or plans</p>	<p>Hope is to cherish a desire with anticipation; Active – setting realistic goals and making efficient that helps you and won't hurt others; healthy confidence; having faith it will work; healthy hope is non-demanding. you desire with expectation of obtainment without demanding actualization; you see value in setting goals and making plans; rational faith – helps you to realize your goals</p>	<p>Not concerned about that particular matter; no strong desire to achieve something high or great; unambitious: Ambitious and aspiration mean strong desire for advancement. Ambition applies to the desire for personal advancement or preferment and may suggest equally a praiseworthy or an inordinate desire. Aspiration implies a striving after something higher than oneself and usually implies that the striver is thereby ennobled.</p>
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<p style="text-align: center;">Unhealthy Doubt</p> 	<p style="text-align: center;">Healthy Doubt</p> 	<p style="text-align: center;">Trust- Confidence</p> 
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Healthy Doubt and critical thinking > suspiciousness and mistrust: the opposite of doubt and suspiciousness is trust

<p>Overly Suspicious: suspecting something wrong without proof or on slight evidence; you feel uneasy; feel uncertain because you are suspecting something is wrong; you see others as being exploiting, harming, or deceiving you without sufficient evidence; you read hidden demeaning or threatening meanings into benign remarks; Mistrust: you have a growing uncertainty; fear of being hurt or cheated by others; you are reluctant to confide in others because of unwarranted fear that the information will be used maliciously against you; Distrust: you see others as being undependable; sees others as disloyal or unfaithful</p>	<p>Doubt is a state of affairs giving rise to uncertainty, hesitation, or suspense Critical Thinking: you actively and skillfully conceptualize and analyze, synthesize, and evaluate information that reflects reasoning as a guide to belief and action. Healthy Skepticism: you have a method of suspending judgment; you have systematic doubt, or criticism; not gullible; not easily duped or cheated; empirical; checks out assumptions and inferences;</p>	<p>Trust is having confidence in another person. You commit yourself or entrust to another because you care about that person, and you both have an interest in one another.</p>
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Life's Demands:

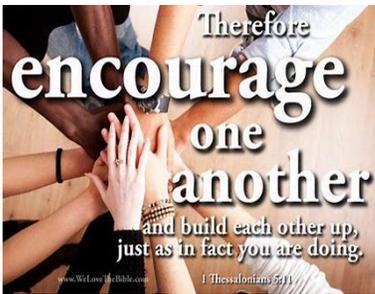


Frankl believes that life has meaning under all circumstances, and that meaning in life is unconditional. (Frankl, *Man's Search for Meaning*, 114). It is not your task to invent meaning, but to discover the meaning that is already present. He also believes that *you* do not ask what the meaning of life is, but it is *life* that asks something of you. (Frankl, *Man's Search for Meaning*, 62).



I. Life Demands that You Getting Along with Others: Life demands that you get along others. This means that you can work well with others and cooperative without losing your sense of independent thinking. You also can establish a working relationship with people in authority. It means resolving disagreements peacefully, following the rules and making positive contributions to your school, your home, and the community. This includes protecting the rights of others and looking after the environment.

- (1) Life demands that you learn to accept people who are different than you
- (2) Life demands that you think before you act
- (3) Life demands that you play by the rules (only way to make an activity fair is by having rules)
- (4) Life demands that you be as fair as possible and you are helpful to others



II. Life Demands that You Be Confident in How You Approach Life: Life demands that you face life with confidence and, you learn new task as you mature. You want to develop confidence in yourself and instill confidence in others. Confidence means knowing that you will likely be successful and that people will like you. It involves not being afraid to make mistakes or to try something new.

- (1) Life demands that you try new behaviors that will improve your life: I can do this
- (2) Life demands that you think for yourself -
- (3) Life demands that you don't have to give up when you make a mistake
- (4) Life demands that you recognized that you are not 100% bad person for making a mistake



III. Life Demands that You Be Organized: Life demands that you set a goal to do your best, listen carefully to instructions, plan your time so you are not rushed. It also involves having all your supplies ready and keeping on so you complete your assignment on time.

- (1) Life demands that you set goals that will help you to be more successful
- (2) Life demands that you plan your time, which will improve your performance
- (3) Life demands that you plan enough time to get everything done
- (4) Life demands that you give your best effort, which will help you to achieve your goals



IV. Life Demands that You Work Tough and Be Persistent: Life demand that you need to be persistent even in the face of adversity. Being persistent means trying hard to do your best and not giving up when something feels like it is too difficult or boring. Goals need to be realistic and plans need to be flexible.

- (1) Life demands that you realized that the harder you try the more successful you will be.
- (2) Life demands that you do things that are *not* easy or fun
- (3) Life demands that you practice, and you the more you practice the better you'll get
- (4) Life demands that you become a capable person and likable person



V. Life Demands that you be Resilient which is the ability to recover from the misfortunes and challenges of life. 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.

- (1) Life demands that you stay calm when facing difficult events
- (2) Life demands that you tell people what you think and feel, and what you want.
- (3) Life demands that you tell people when you are happy or when you are sad
- (4) Life demands you tell people what you don't like when you are not getting your way

Your basic attitudes (B) that influence your emotional reactions by dealing with choices life forces upon you.

<i>Vickor Frankl's View of Motivation</i>		
Freedom of Will: You are Free to Decide	Will to Meaning: You are Free to Determine Your life	Meaning of Life: You are Free to Discover Meaningfulness in Your Life
You have the freedom to experience meaning. You have freedom to do something with your life.	The "will" is the desire that has an impact on your choices and can determine your action. You have the will to experience meaningfulness and the determination to tolerate frustration and to experience happiness.	Life always has value and worth
<p>Frankl contends that without Freedom of Will, you would have</p> <ul style="list-style-type: none"> No responsibilities, No guilt, No evaluation of human behavior. <p>Without Freedom of Will, the human experience would be meaningless.</p> <p>With the Freedom of Will,</p> <ul style="list-style-type: none"> You decide who you will become. You know you have the capacity of free choice: You realized that you have the freedom to fulfill the meaningfulness in your life because You are free to do something, You are free under all circumstances; <p>You are free to choose your attitude toward conditions.</p>	<p>Frankl sees the Will to Meaning as</p> <ul style="list-style-type: none"> Wanting to experience meaningfulness. Wanting to learn to cope with the inherent frustrations of life. Understand your health is dependent on the extent to which you can find meaning. <p>The Will to Meaning reflects your attitudes of</p> <ul style="list-style-type: none"> wanting to experience meaningfulness, wanting to realize your values, wanting to transcend (go beyond yourself) spiritually, and wanting to freely and responsibly experience meaning. <p>When you do purposeful acts that are important, you have a greater chance of finding meaningfulness and happiness.</p>	<p>Frankl believes that life has meaning under all circumstances. You can find meaning through actions and experiences and in attitudes about situations of unavoidable suffering, which such situations being meaningless in of themselves; He sees the ultimate meaning as your awareness of</p> <ul style="list-style-type: none"> An existing order; You take part in this order; You respond to this order to the best of your abilities; <p>Frankl believes that you can discover an awareness of the meaning potentials that life offers you from moment to moment, and it is your responsibility to respond to life's demands to the best of your ability.</p>

← **The Meaning of the Moment** is seeing the value in your life, which opens the door to discovering meaningfulness

	Creative Value	Experiential Value	Attitudinal Value
<i>Definition</i>	<i>Definition:</i> Creative is having the quality of something created rather than imitated, using your imagination.	<i>Definition:</i> The word experiential relates to, deriving something from your experiences, which experience is practical knowledge, skill, or practice derived from direct observation of or participation in events or in a particular activity.	<i>Definition:</i> When we <i>value</i> something, we hold that "something as being relatively important to us, and that person, object, or activity is intrinsically desirable to us. The word " <i>attitudinal</i> " is an adjective that indicates an expression of a personal attitude and feeling of a cognitive position toward a fact, event, or a state of mind.
Helpful	Creative values help you to achieve tasks.	Experiential Values help you to experience, love and beauty, nature and culture	Attitudinal Values help you to face unchangeable suffering
Goal	It is making a difference in the world with the gifts that life has given you.	It is paying attention to the joys of life, accepting the pains and stresses of life.	It is discovering new ways of thinking, believing, feeling and wanting when life presents itself with unwelcomed change.
Giving and Receiving	It is giving of yourself or dedicating your life to something larger than yourself.	It is receiving what life has to offer.	You can take a defiant attitude toward suffering and trauma.
3 A's	Developing awareness involves developing awareness or realizing that your creative work is meaningful and consistent with your proven cultural values.	Developing Appreciation: It is appreciating moments of perfection and happiness that reflect a meaningful life.	Developing Unconditional Acceptance: You will never like pain and suffering, but you can accept what you cannot change, and develop attitudes that will help you tolerate such suffering.

Attitudinal Values have three elements: tolerating suffering, taking responsibility, and coming to terms with death.

Suffering	Guilt	Death
Suffering is unavoidable suffering you have to endure. What is your attitude toward unavoidable suffering? If you are not experiencing physical torture, you can endure almost anything. Suffering involves...	Guilt is realizing you made a wrong choice and now you have an opportunity to change and make better decisions.	Death reminds you to stop putting things off and appreciate what you have now.
<i>Physical Pain:</i> acute and chronic illness	Non-Extreme Evaluation Guilt (remorse) helps you to overcome your failings: guilt helps you to make up for your mistakes maturely	Awareness of your brief duration here on earth: transitoriness
<i>Psychological Pain:</i> disappointment of life	You want to recognize the failures you are <i>responsible for</i>	Achievements & positive experiences of the past can't be taken away
<i>Spiritual Pain:</i> doubts and a loss of faith; loss of vision or hope	Guilt is an <i>appeal to abandon</i> old behavioral patterns	Did you make a difference? Is answered through faith.



When I make a choice → Something Changes → When something changes, I need to make a correction to stay on course.

Every Choice I make	Every time I make a choice, something in my life changes	Every time I make some changes in my life, I need to self-correct
<i>has multiple reasons for making that choices</i>	<i>I want to know the purpose of my choices and how my reasons related to my purpose.</i>	<i>Correct misinformation</i>
<i>has new responsibilities that go along with those choices</i>	<i>I want to develop goals and plans to meet my responsibilities.</i>	<i>Correct misperceptions and cognitive distortions</i>
<i>has a number of new and unforeseen consequences and repercussions</i>	<i>I want to practice my plan for a set period of time so I can make sure plan is working. If my plan is not working, I will make a new plan.</i>	<i>Correct mistaken beliefs and inflexible basic attitudes.</i>
I restrict my uniqueness when I believe that I don't have any sense of choice.	I restrict my uniqueness when I believe I cannot deal with the changes in my life or resist unwanted changes in my life.	When I restrict my uniqueness, I am unaware that I need to correct my behavior, and I lack the skills to correct misinformation or alter the misperceptions of my mistaken beliefs.

Restricts Uniqueness	Anxiety-Worry 	Guilt 	Shame 
I believe that I don't have a Choice.	I feel like I don't have any effective means to deal with threats, so I use ineffective ways such as by being helpful to people of whom I fear; I am afraid I can't handle the danger I am facing so I hope that others will feel the threat for I; I become over-reliant of other; I tranquilize my feelings; I over-prepare for danger;	I believe I can't help but break my moral code, not realizing I am choosing to escape from pain and failure in self-destructive ways. I unrealistically promise that I will not sin again, and I do not recognize that I want to feel guilty rather than remorse, so I can't do anything about my situation; I don't see remorse as a choice.	I choose to act in a way that falls every short of my ideal, and I isolate myself from others and choose to withdraw from the group. I think I have to save face by attacking others; I decide not to restore social equilibrium; I disregard the context in which shame took place, and I choose to feel shame rather than disappointment.
I believe I cannot deal with the changes in my life or my resist or refuse to accept unwanted changes in my life.	I ruminate about the threat, so I am distracted from my goals. I create a more prominent threat, and I overcompensate. I feel vulnerable by picturing myself dealing effectively with an even more significant risk; I withdraw from the danger; I persuade myself the threat is not imminent; I distract myself from the treat, which interferes with problem-solving.	I spend much of my time begging for forgiveness and hoping the person won't feel hurt or angry; I defensively disclaim responsibility for wrongdoing hoping this manipulative behavior will change the situation; I look for reasons and make excuses; I reject offers of forgiveness;	I defend my threatened self-esteem in self-defeating ways; I ignore attempts by others to restore social equilibrium.
I am unaware that I need to correct my behavior, or you lack the necessary skills to correct misinformation or my misperceptions and mistaken beliefs.	Overestimating the probability of the threat occurring; underestimating my ability to cope with threat; magnifying negative consequences; minimizing positive outcomes; I am facing a threat to my domain;	Instead of correcting how I broke my moral code, I punish myself for I hurting someone, and I conclude that I have sinned; I assume more personal responsibility than it warrants; assign far less responsive to others; I dismiss possible mitigating factors; I fail to put my behavior into an overall context; I fear to receive retributions; I punish myself physically, or I deprive myself in hopes that will change my tone and self-defeating behaviors.	I overestimate the negativity of the information revealed, and I exaggerate that others will notice my mistakes. I exceed the degree of disapproval. I overestimate how long any condemnation will last; I believe I can't accept myself unconditionally. Other people look down at me because of the mistakes I have made in the past.

Adapted from the work of Windy Dryden

Restricts Uniqueness	Depression 	Emotionally Hurt 	Obsession Love 
I believe that I don't have a Choice.	When I don't have a sense of choice, I tend to withdraw from others. I focus on my failures, losses, and underserved plights; feelings helplessness, hopelessness, and worthlessness increase; I see my life as being useless, pointless, and meaningless. I feel unwanted, unacceptable, inferior, inadequate, and I have a greater sense of self-doubt. I believe I can't work on my feelings. If I feel sad, I think that sadness is unhealthy because I am unable to express what I am feeling and under-react to what has happened.	I remove my sense of choice by demanding that I "don't deserve such treatment;" I choose to stop communicating with the other person; I prefer to sulk; I decide not to disclose details of the matter; I indirectly criticize or punish the other person for his/her offense; I decide not to express feelings directly; I want to feel hurt rather than sorrow;	I remove my sense of choice by demanding that loved ones "must" admire me and adore me. They must love me all time without regard to individual differences, such as mood, personality, needs, interests, endurance level, etc.
I believe I cannot deal with the changes in my life or my resist or refuse to accept unwanted changes in my life.	I ruminate about the sources and reasons for my depression. I avoid thinking about what I am "responsible for..." I become overly dependent – hoping other people will solve my problems for me. I cling to others so I will feel better. I feel better, but I don't work on getting better. I have thoughts of self-pity that increase; I bemoan my fate, so others will make it right for me; I think I can't change the environment or create an environment with my feelings of depression; I terminate feelings of depression in self-destructive ways;	I over-focus on past hurts, or ways I can undo what went wrong; I am not open to the idea of making the first move toward another person	I believe that person must love me, and I always have to be in a beautiful and caring relationship. I think this person is critical of me, and this importance will bring about happiness in myself and every relationship at work, with friends and family.
I am unaware that I need to correct my behavior or lack the necessary skills to correct misinformation or my misperceptions and mistaken beliefs.	I underestimate my ability to cope with stress and negative images. I only see the negative aspects of loss, failure, or underserving plight. I only see pain and gloom in the future. I think I am unable to help myself. I see myself as being dependent on others. I see the world as full of unfairness and unkindness. I frequently think "I can't do this."	I overestimate the unfairness of the other person's behavior; I believe that others devalue my relationship; I think the other persons believe the relationship is more important than I think it is; I believe the other person doesn't care about me; I see myself as being alone, uncared for, or misunderstood; I over evaluate the other person's bad behavior;	I overestimate the power another person has over me. I blame the other person for my feelings and behaviors.

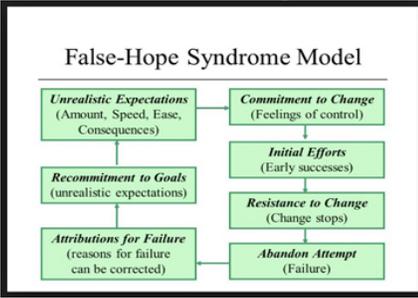
Restricts Uniqueness	Unrealistic Hope 	Unhealthy Doubt 	Regression  (A lack of expression)
I believe that I don't have a Choice.	You base your choices on Magical Thinking, which results in overconfidence; giving a feeling of enchantment; influenced by or as if by charms and incantation; belief in the interconnectedness of all things through forces and powers that transcend both physical and spiritual connections; fantasy withdrawal.	I have no sense of choice because I Mistrust Others : I have a growing uncertainty; fear of being hurt or being cheated by others. I am reluctant to confide in others because of unwarranted fear that the information will be used maliciously against I; I am Distrustful of others : I see others as being undependable; sees others as disloyal or unfaithful;	I believe I cannot mobilize my psychological resources, such as my personality traits, social skills, and frustration tolerance. I think I can't do anything about my situation.
I believe I cannot deal with the changes in my life or my resist or refuse to accept unwanted changes in my life.	Unrealistic Hope : I hope to get back at people who have hurt I; seeking revenge; bad things will not happen again; irrational faith – if others believe it, it must be true; Passive Hope : I think people will leave me alone; people will save me without any effort on my part; hope it will come true without any effort or persistence on my part	I am afraid to change because I am overly suspicious: I always suspect that something is wrong without proof or on slight evidence; I feel uneasy; feel uncertain because I am suspecting something is wrong; I see others as being exploiting, harming, or deceiving I without sufficient evidence; I read hidden demeaning or threatening meanings into benign remarks or events; unjustified doubts about the loyalty or trustworthiness of friends or associates.	I believe I lack the energy or resources to change. I confuse depression with regression; usually, anxiety follows regression because I have left specific responsibilities undone; I believe I can't change because I am easily distracted, and I can't think of anything to do.
I am unaware that I need to correct my behavior or lack the necessary skills to correct misinformation or my misperceptions and mistaken beliefs.	Unrealistic Hope : I hope things will happen that are impractical, unfounded, wishful thinking; mild distortions of reality; Unrealistic Optimism : I think that good things are more likely to happen to me than to my peers; I have goals with no plan or plans with no goal in mind;	I am irrational suspiciousness and distrustfulness of others. I perceive attacks on my character or reputation that are not apparent to others, and I am quick to react angrily or to counterattack;	I believe I can't correct my behavior because I am not interested in anything, and I lack the necessary motivation and drive to get things done. My beliefs are rigid; I use extreme evaluations, and I think I can't tolerate frustration.

Table 1: Four Tensions

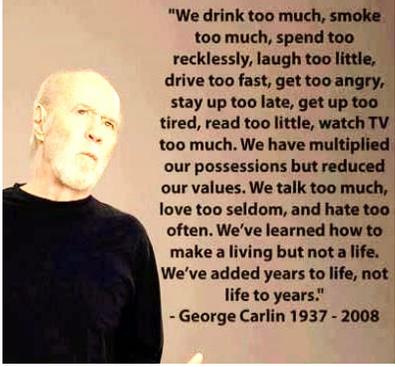
<p><input checked="" type="checkbox"/> Social Tension</p>  <p>"We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much. We have multiplied our possessions but reduced our values. We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

Table 2: Many Faces of Anger

<p>Anger:</p> 	<p>a strong feeling of displeasure and usually of antagonism (actively expressed opposition or hostility; conflicting forces) (self-defeating anger involves demandingness; devaluing; destructiveness; and low frustration tolerance (which involves absolutes, blaming, contempt, and demanding)</p>
<p>States of Displeasure</p> 	<p>Anger, ire, rage, fury, indignation, wrath mean an <i>intense emotional state induced by displeasure</i>. <i>Anger</i>, the most general term, names the reaction but in itself conveys nothing about intensity or justification or manifestation of the emotional state (a strong feeling of displeasure and usually of antagonism). <i>Ire</i> may suggest greater intensity than anger, often with an evident display of feeling (used in literary contexts). <i>Rage</i> suggests loss of self-control from violence of emotion. <i>Fury</i> is overmastering destructive rage that can verge on madness. <i>Indignation</i> stresses <i>righteous anger</i> at what one considers unfair, mean, or shameful. <i>Wrath</i> is likely to suggest a desire or intent to revenge or punish</p>
	<p>Bitterness: Exhibiting intense animosity (ill will or resentment tending toward active hostility; an antagonistic attitude); marked by cynicism and rancor; Resentment: feeling of indignant displeasure or persistent ill will at something regarded as a wrong, insult, or injury Cynicism is contemptuously distrustful of human nature and motives.</p>
	<p>Contempt: The act of despising; the state of mind of one who despises; lack of respect or reverence for something; (2) the state of being despised; (3) willful disobedience to or open disrespect; <i>disdain</i> (feeling of contempt for someone or something regarded as unworthy or inferior; (scorn: open dislike and disrespect or derision often mixed with indignation; (2) an expression of contempt or derision; (3) an object of extreme disdain, contempt, or derision; something disgraceful; shameful; contemptible</p>
<p>Deep-Seated Distrust</p> 	<p>Cynical, misanthropic, pessimistic mean <i>deeply distrustful</i>. Cynical implies having a sneering <i>disbelief in sincerity or integrity</i>. Misanthropic suggests a rooted <i>distrust</i> and dislike of human beings and their society. Pessimistic implies having a <i>gloomy, distrustful view of life</i>. Mistrust: to have no trust or confidence in; suspect; to doubt the truth, validity, or effectiveness; mistrust is often a general sense of unease toward someone or something. Distrust: distrust is to have no trust or confidence in and is often based on experience or reliable information</p>
<p>State of Deep-Seated Ill Will:</p> 	<p>Enmity, hostility, antipathy, antagonism, animosity, rancor, animus mean <i>deep-seated dislike or ill will</i>. <i>Enmity</i> suggests positive hatred which may be open or concealed. <i>Hostility</i> suggests an enmity showing itself in attacks or aggression. <i>Animosity</i> suggests intense ill will and vindictiveness that threaten to kindle hostility. <i>Antipathy</i> and <i>antagonism</i> imply a natural or logical basis for one's hatred or dislike. <i>Antipathy</i> suggesting repugnance, a desire to avoid or reject, and <i>antagonism</i> suggesting a clash of temperaments leading readily to hostility. <i>Rancor</i> is especially applied to bitter brooding over a wrong. <i>Animus</i> adds to animosity the implication of strong prejudice.</p> <p>Hate: Intense hostility and aversion usually deriving from fear, anger, or sense of injury; extreme dislike or antipathy; loathing; to dislike greatly and often with disgust or intolerance; detest: to feel intense and often violent antipathy toward; curse; denounce;</p> <p>Hatred: Prejudiced hostility (deep-seated usually mutual ill will) or animosity (ill will or resentment tending toward active hostility)</p> <p>Hostility: Deep-seated usually mutual ill will; warlike; conflict, opposition, or resistance in thought or principle;</p>
<p>State of Arousing Scorn</p> 	<p>Contemptible, despicable, pitiable, sorry, scurvy mean <i>arousing or deserving scorn</i>. <i>Contemptible</i> may imply any quality provoking scorn or a low standing in any scale of values. <i>Despicable</i> may imply utter worthlessness and usually suggests arousing an attitude of moral indignation deserving to be despised; you see an action or object as worthless or obnoxious as to rouse <i>moral indignation</i>, which is anger aroused by something unjust, unworthy, or mean. <i>Pitiable</i> applies to what inspires mixed contempt and pity of a kind to evoke mingled pity and contempt especially because of inadequacy. <i>Sorry</i> may stress pitiable inadequacy or may suggest wretchedness or sordidness. Sordidness: vile; dirty, filthy; wretched, squalid; meanly avaricious; covetous; Jealous; envious; greedy; avaricious; <i>Scurvy</i> adds to despicable an implication of arousing disgust</p>

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

Attitudinal Values: I want this because I value that.

“The opposite of love is not hate. The opposite of love is indifference.” Elie Wisel

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

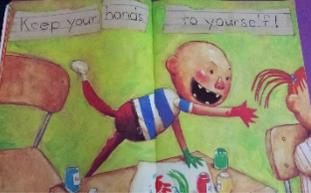
Self-Centeredness vs. Responsiveness

Survival Mode	Higher Value
 <p>Self-Centeredness Attitudes: {} You devalue being concerned about others, and {} You only value your opinion over the thoughts, feelings, and wants of another person. {} You only have to be concerned about yourself. {} You don't have to be concerned about others. {} You have to be independent of outside forces or influences. {} You <i>have to</i> be self-sufficient. (Index 1)</p>	 <p>Responsiveness: {} You value being responsive to others. {} You want to listen to and be sensitive to another person's feelings and welfare. {} You know it is important to care about someone or something bigger than yourself. {} You know when to be sensitive to others, while being honest and being respectful to others without being submissive or passive. (Index 1)</p>
<p>Negative Consequences of being Self-Centeredness: {} People get mad at you easily when you don't play by the rules. {} Social irresponsibility leads to behaving in way that does not help everyone to get along.</p>	<p>Positive Consequences of being Responsive: {} You will get along with people better {} Less negative unhealthy feelings of anger {} You are resilient in stressful situations.</p>
<p>Positive Consequences of being Self-Centeredness: {} You are looking at for yourself and you might be safer when you are self-centered. {} If nobody really cares about you or you don't care what people think of you, then you will be able to look out for yourself. {} You believe you have to love yourself before you can love another person.</p>	<p>Negative Consequences of being Responsive: {} People may not take you seriously {} People may see you are being overly sensitive and weak. {} Feelings can bring about vulnerabilities in another person that he or she is not ready to express or experience.</p>
<p>The opposite of self-centeredness and responsiveness is being Objective:</p>	
<p>{} You want to be free from prejudice or excessive self-interest. {} You derive your opinion from sense perception or experience with actual objects, conditions, or phenomena. {} Extreme objectivity is when a person becomes aloof, overly critical, distrustful, rigid and prone to sulk. {} Extreme aloofness can strengthen, your tendencies to be shy, restrained, preferring your decisions, and {} You can be cold and taciturn.</p>	

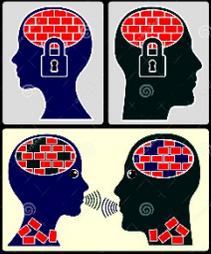
Selfishness versus Being Reliable

Survival Mode	Higher Value
 <p>Selfishness Attitudes: {} I devalue others, and I only want to do what I want! {} I disregard another person's wishes. {} I do not care about others, and I value only the things I want to do. {} I can do anything you want – when you want to do it! {} I have to get my way because I <i>should</i> be able to do anything I want. {} I wouldn't say I like having to follow the rules. {} I have a hard time adhering to structure in which I wouldn't say I like routine, regulations, and roles assigned to me. For example, at work, you are not the boss, and you don't have any authority. {} You go around telling people what to do. {} You are concerned exclusively with yourself. (Index 2)</p>	 <p>Reliable Attitudes: - {} People can trust you, and you know when to distrust people and when to trust people. {} You value being reliable. {} You want people to take you seriously. {} You know that people see you as being dependable. {} You know you can be reliable. {} You know people can count on you. {} You want to help people, and people want to help you. {} You know you are capable of seeing the value of rules. {} You keep your promises, and you can repair your broken promises. {} You keep your agreements, and you can negotiate with others. {} You tell the truth, and you accept the consequences of your actions. {} You can readily show regret and experience remorse. (Index 2)</p>
<p>Negative Consequences of Selfishness: {} You will have less of a chance of getting along with people when I disregard their concerns and the rules. {} People will see you as less trustworthy. {} They might see you as being dishonest (not keeping your promises, not keeping your agreements, not being reliable, and seeing you as someone who does not tell the truth). {} Being intolerant of limits will increase your feelings of anger, which may lead to fighting with others verbally and physically.</p>	<p>Positive Consequences of being Reliable: - {} When people trust you, they have confidence in you to do the right thing. They can count on you to get things done on time, and you will do your best on difficulty tasks. {}</p>
<p>Positive Consequences of Selfishness: {} You will get gratified and people will see you as a rebel who can't be pushed around or be told what to do. {} You will get more of what you want in the short run. {} You have a sense of immediate gratification. {} People will see you as being strong. {} You can make others look stupid, so you can feel better about yourself.</p>	<p>Negative Consequences of being Reliable: {} People may expect too much from you, or they take you for granted.</p>
<p>The opposite of being selfish and reliable is being Carefree:</p>	
<p>{} You value being free from care and having no worries or troubles. In certain situations, you want to be carefree, lighthearted, happy-go-lucky. {} When you want to be carefree, you are neither over concerned or worry about a situation. You are not mean or judgmental of others. {} You are free from care, and presently, you have no worries or troubles. {} You are free from anxiety or responsibility. You are unworried, untroubled, cheerful, glad, bubbly, bouncy, frisky, upbeat, laid backs. {} When you are too carefree, enthusiastic, happy-do-lucky, you can be rash, heedless, overly talkative, and guileless, and {} You think you are being honest, but you are hurting the feelings of another person. {} You believe that positive events can be repeated. (Factor F++ on the 16 PF)</p>	

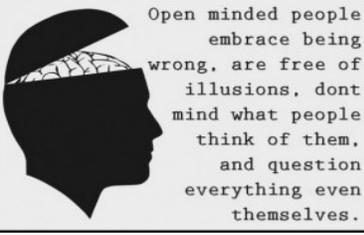
Impulsiveness versus Being Reflective

Survival Mode	Higher Value
 <p>Impulsive: Not Thinking Before Acting {} I devalue always having to think before I act. {} I believe the consequences or thinking about the repercussions of my action is of little value to me. {} It is okay to be impulsive, thoughtless, careless, imprudent. {} I believe that consequences only apply to other people. {} I don't reflect on the full range of implications. {} I don't think about how someone else will feel after I have chosen to act in a certain way. {} I am reacting and not responding. {} I believe that my thinking has little to do with my emotional intensity. {} I don't think about the consequence of different courses of action. {} I think it is okay to disregard the long-term effect of the action I take today. {} I hate doing the difficult task, and I only want to take the easy way out. (Index 3)</p>	 <p>Reflective: {} You think about the situation and the impact of your actions before you act. {} You value thinking before you act. {} You want to think before you act and use reflective thinking {} You want to be aware of the consequences of your action, but you do not want to be anxious about the future. {} You rather be concerned about your future than the immediate. {} You know you can think before you act. {} You know the full range of the consequences before in venture into an activity. {} You know how to keep yourself out of trouble with essential people in your life. (Index 3)</p>
<p>Negative Consequences of Acting without Thinking: {} This survival mode increases the intensity of my anger and interferes with my ability to get along with others. {} I feel like I have less control over my life. {} I feel pushed around and controlled by my emotional reactions. {} I get into more trouble because I am impulsive, and people will react negatively to my rash and reckless behavior. {} I will be stuck and won't be able to move forward with my life. {} People may get tired of my impulsive behaviors and carelessness. {} When I don't think before I act, my feelings of hopelessness and helplessness may increase. {} When I act without thinking, I am not thinking about different ways to handle interpersonal conflicts.</p>	<p>Positive Consequences of being Reflective: {} You get along with people better. {} You are less likely to get angry at essential people in your life. {} Your concentration improves, and you are more likely to pay attention while others are talking. {} You are more resilient.</p>
<p>Positive Consequences of being Acting without Thinking: {} Thinking about a way to do something differently is too hard, the familiar is natural, and I won't have to change. {} I can hide my faults and ignore my role in the problem. {} I won't have to be honest with myself or others. {} I can insist that I have the "Right" to have any feeling I want. {} I can do anything I want – when I feel like doing it. {} I am more comfortable when I ignore the consequences. {} I won't have to be responsible. {} I will feel free to say and do whatever I want. {} I don't have to think about the things I wouldn't say I like thinking about in my life. Index #3</p>	<p>Negative Consequences of being Reflective: {} You may overthink the problem. {} You may worry about consequences that you have no control over. {} You may fall prey to the "paralysis of analysis" and hyper-reflection.</p> <p>Note: Dereflection – Logotherapeutic technique to counteract hyper-intention or hyper-reflection. Dereflection helps you ignore your symptoms and find meaning potentials in tasks that appeal to you and challenge you.</p>
<p>The opposite of not thinking before you act and being reflective is Spontaneous: {} You are aware of external constraints, and you can be spontaneous if socially appropriate. {} You see yourself as being free from worry or excessive concerns of the day. {} Spontaneous implies a lack of prompting and connotes naturalness. {} Spontaneous is proceeding from natural feeling or native tendency without external constraint. {} Extreme forms of spontaneity can lead to being expedient, self-indulgent, frivolous, undependable, and {} You may tend to disregard your obligations. (Factor G—on the 16 PF)</p>	

Intolerance versus Being Reasonable-Rational-Tolerant

Survival Mode	Higher Value
 <p>Intolerance: {} People should always treat me fairly. I can't stand it when people don't act reasonably. {} They are worthless for mistreating me. {} It is okay to be unwilling to endure people who are different from me. {} I am reluctant to grant equal freedom of expression, especially in political, personal, sexual preferences, and religious matters. {} I am unwilling to give or share social, political, or professional rights with people who are different from me.</p>	 <p>Reasonable-Being Tolerant: {} You value be reasonable, logical, and practical. {} You want to be tolerant of individual and cultural differences. {} You know you can have flexible beliefs when dealing with another person. {} You know you can tolerate frustration because this frustration will not last forever, and {} You know you can learn something new about yourself when you are dealing with stress. {} You know that learning new skills will be difficult and frustrating, but you can tolerate such frustrations. (Index 4)</p>
<p><u>Negative Consequences of Being Intolerant to Others:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> This survival mode decreases my ability to get along with others and <input type="checkbox"/> It makes it difficult to bounce back from stress and be resilient. <input type="checkbox"/> This survival mode increases my feelings of anger, misbehaving, not paying attention, and disturbing others. <input type="checkbox"/> I may feel lonely and won't experience real intimacy. <input type="checkbox"/> Another person may fantasize about getting revenge. <input type="checkbox"/> I will get trapped by my anger, and I will get entangled in the conflicts. 	<p>Positive Consequences of being Tolerant: {} When you are tolerant, you find out more about the person, thereby expanding your uniqueness. {} Intolerance and putting labels on people, restricts their uniqueness and limits your ability to expand your uniqueness.</p>
<p><u>Positive Consequences of Being Intolerant to Others:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> I show people I am an individual, and I don't have to care about everyone. <input type="checkbox"/> When I get angry, people will respect me more. <input type="checkbox"/> People won't bother me or make mistakes ever again if I get angry at them or put them down. <input type="checkbox"/> I can justify your selfish behavior, and I can tell myself that the other person deserves it. <input type="checkbox"/> I will feel powerful and in control. <input type="checkbox"/> I will show them that I can't be pushed around, or people can't take advantage of me. <input type="checkbox"/> I can say nasty things behind the person's back. <input type="checkbox"/> I can gossip about what a "loser" the other person is and get sympathy from other people. <input type="checkbox"/> I can convince myself that the other person is a jerk because he is hopeless and not worth the effort. <input type="checkbox"/> I don't have to think about what I should say and what I shouldn't know – I will say anything! 	<p>Negative Consequences of being Tolerant: {} You may lower your standards, or you may believe you are unable to express your true thoughts and feelings because you'll offend someone.</p>
<p>The opposite of being intolerant or being intolerant and being tolerant is knowing it is okay to be Uncertain.</p>	
<ul style="list-style-type: none"> <input type="checkbox"/> It is appropriate to say, "I just don't know" when I don't know the answer. <input type="checkbox"/> I am not sure of the answer, so I will stay calm and see what the future may or may not bring. <input type="checkbox"/> Feeling uncertain is not having specific knowledge or having limited expectations. <input type="checkbox"/> In mild forms of accepting uncertainty is reflected in the phrase "ignorance is bliss." <input type="checkbox"/> In the extreme form of uncertainty, I can become overly worried, apprehensive, and being too sensitive to another person's approval or disapproval. {} In a severe way of doubt, I can feel lonely, fussy, and overcome by mood. <input type="checkbox"/> (Factor O++). <input type="checkbox"/> I value not knowing everything. {} I can't be an expert in everything. {} I know it is okay, not knowing. 	

Non-Receptive versus Receptive Attitudes

Survival Mode	Higher Value
 <p>Pointless to Plan: Non-Receptive Attitude: {} I do not value making plans or setting goals {} I do not value listening to others and formulating goals and plans with another person. {} I devalue new ideas. {} I don't value being open-minded. {} I don't have to be receptive to arguments or ideas. {} I don't have to be open to new ideas: and {} I don't want to be open to suggestions or {} I don't want others to see me as an open-minded person. {} I feel it is okay to have an "I Don't Feel Like It" Attitude. {} I only do what is fun. {} If it is not fun or it is boring, I don't have to do it. {} It is pointless to plan my time. {} I don't have to think about how long it will take to do my work. {} Planning has nothing to do with being successful. {} I only do things when I feel like doing it.</p>	 <p>Open minded people embrace being wrong, are free of illusions, dont mind what people think of them, and question everything even themselves.</p> <p>Receptive: {} You value being receptive to new ideas and perspectives. {} You want to be open-minded {} You know that you can be open and responsive to ideas, impressions, or suggestions. {} You know that you can plan enough time to get things done. {} You know to make sure that you know what the other person wants before you start working on the assignment or task. (Index 5)</p>
<p>Negative Consequences of Not Planning: {} When I plan my time poorly, my environment is disorganized, and I avoid my responsibility, my brain will go into survival mode. {} When I avoid, people give me fewer responsibilities, which could lead to less financial reward and independence. {} I think, "Nothing will change because everything I try is pointless." {} I think, "I won't learn or grow; I will be less effective; I will discuss less social, and I will be less creative. {} I will see the world using biased and rigid ideas, and I will lose the capacity for flexible thinking. {} I will play the role of victim, and people will give me fewer responsibilities. {} I will be stuck and won't be able to move forward with my life. {} I will be powerless to resolve conflicts and reach my goals. {} The chances of success will decrease because I am not using my time and energy wisely.</p>	<p>Positive Consequences of being Receptive: {} When you are open-minded, you are receptive to arguments or ideas. {} You get along with people better. {} You get things done in a timely fashion. {} You have more confidence in completing a task because you know what the other person needs.</p>
<p>Positive Consequences of Not Planning: {} Planning never works, so why do it! I don't have to take responsibility for my faults or failures. {} My life will be more comfortable, and I will never be disappointed. {} I can be passive-aggressive and get back at people. {} I can justify taking advantage of others. {} I can blame others and get them to do activities I don't want to do. {} If I don't plan, it will prove people can't boss me around. {} It is okay to feel I'll do it when I "FEEL" like it. {} I don't have to get everything done. {} I can be passive and piss them off!</p>	<p>Negative Consequences of being Receptive: {} Being open-minded to a new idea does not mean you can give up your critical thinking. {} You don't have to be open to stupid ideas.</p>
<p>The opposite of being non-receptive and receptive is feeling Uncertain</p>	
<p>{} You value not knowing everything. {} You can't be expert in everything. {} You know it is okay not knowing. {} It is appropriate to say, "I just don't know" when I really don't know the answer. {} You are not sure of what the answer is, so you will stay calm and see what the future may or may not bring. {} Feeling uncertain is not having certain knowledge or having limited expectations. {} In mild forms of accepting uncertainty is reflected in the phrase "ignorance is bliss." {} In the extreme form of uncertainty, you can become overly worried, apprehensive, and being overly sensitive to another person's approval or disapproval. {} In the extreme form of uncertainty, you can feel lonely, fussy, and overcome by mood. (Factor O++ on the 16 PF).</p>	

Adapted from the work of Mike Bernard and David Burns.

Life is Pointless versus Realistic Self-Control

Survival Mode	Higher Value
 <p>Pointless to Set Goals: {} I am stubborn and, {} I devalue setting goals. {} I devalue tasks others assign me. {} I believe it is pointless to set goals because my goals never come true. {} I have no control over my emotions and behavior. {} I feel it is okay to have “I don’t have to give My Best Attitude. {} I don’t think it is essential to manage my time and resources. {} I believe that I have no control over my life because life is meaningless. {} I can’t handle distractions. {} I can’t concentrate when people are making noise. (Index 6)</p>	 <p>Realistic Self-Control: {} Without self-control, other people will try to control you. {} You value being in control of yourself. {} You want to be careful and socially precise. {} You want to be concerned about the facts and reality. {} You know that you can focus on things that will help you and {} You know to avoid actions that will harm your social reputation. (Index 6)</p>
<p>Negative Consequences of having No Goals:</p> <ul style="list-style-type: none"> • When I don’t have any goals, I am less organized, and I am less resilient. • I have more difficulty facing challenges. • I can’t seem to calm myself down when I’m upset. • I feel like I don’t have any talents, and my ability to develop mutual respect diminishes. • I have more problems paying attention, and I disturb people who are working around me. • I often feel lazy and put important tasks off. 	<p>Positive Consequences of having Realistic Self-Control:</p> <p>Realistic self-control helps you to</p> <ul style="list-style-type: none"> {} Get along with others and puts a check on excessive anger, {} Develop your sense of healthy confidence, {} Reach your short-term and long-term goals, {} Be persistent when you feel like giving up, and {} Develop your resiliency skills.
<p>Positive Consequences of having No Goals:</p> <ul style="list-style-type: none"> • Setting my goals “really low” will make my life easier. • I believe that I don’t have to achieve much and • I will have the excuse if I don’t reach my goals; • If I never have any goals, then I can never fail! • I can feel sorry for myself because I don’t have any purpose in my life. • I can be a martyr. • I don’t have to give 100% effort. I can hide from my faults and ignore my role in the problem. • I won’t have to be honest with myself. • I can comfort myself by eating, drinking, or drugging. • I won’t have to be responsible. • I will feel free to say and do whatever I want. 	<p>Negative Consequences of have Realistic Self-Control:</p> <ul style="list-style-type: none"> {} Too much self-control may lead to {} obsessive thoughts and compulsive behaviors, {} a rigid outlook on life, and you may start demanding that people must not show their emotions and talk about their concerns.
<p>The opposite of not setting goals or self-control is Concerned with Maintaining Your Self-Concept</p>	
<ul style="list-style-type: none"> {} You value maintaining your sense of self. {} You want to appreciate your individuality and expand your sense of uniqueness. {} Your self-concept is the mental image of yourself. {} It is an idea that you construct from your beliefs that you hold about yourself and how you want to respond to others. {} An extreme form of self-control is being compulsive, which is an irresistible persistent impulse to perform an act. 	

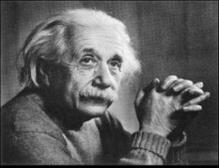
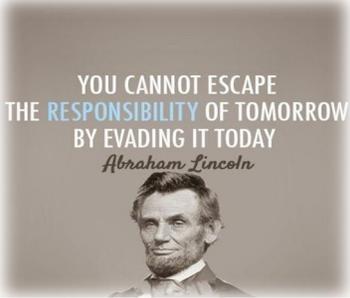
Adapted from the work of Mike Bernard and David Burns.

“Giving Up:” It is pointless to try because I have no control over what happens to me.

Survival Mode	Higher Value
 <p>Pointless to Try: Giving Up Behavior</p> <ul style="list-style-type: none"> { } I devalue trying. { } I want to give up when tasks become too frustrating or tedious. { } I believe in luck or how the past has control over my present life. { } I think I can blame my addictions or my ADHD that controls my behavior. <p>{ } I believe in the “I Feel Like Giving Up Attitude.”</p> <p>{ } When things don’t go my way, I think it is pointless to try. (Index 7)</p>	 <p>“You can adapt, or you can go into a cave and give up.”</p> <p>Resolve: { } You value giving your best effort. { } You want to show resolve in times of stress and frustration. { } You know that effort leads to getting it right rather than luck.</p> <ul style="list-style-type: none"> { } You understand you can give your best effort so you can develop your talents and skills. { } You know that effort is the active use of energy in producing favorable and healthy results. { } You know the harder I try, the more you will succeed.
<p>Negative Consequences of Giving Up:</p> <ul style="list-style-type: none"> { } I will be less persistent, and things won’t get done. { } I won’t be keeping my promises and agreements so that people will trust me less. { } Nothing will change. { } I won’t experience the change and growth I desire. { } The role of the victim will become tiresome. { } I will be depriving myself of love and happiness. { } I will develop new distortions and experience more intense unhealthy-unpleasant negative emotions. { } I won’t see the role I play in the problem. { } I will be stuck and won’t be able to move forward with my life. { } I will have greater feelings of hopelessness and helplessness. { } I will be less resilient, and { } I will experience more stress that will get the best of me. 	<p>Positive Consequences of having determination:</p> <ul style="list-style-type: none"> { } You are more productive. { } You solve problems rather than avoid problems. { } You develop a healthy sense of confidence. { } You develop a healthy sense of appreciation and respect for others and their accomplishments.
<p>Positive Consequences of Giving Up:</p> <ul style="list-style-type: none"> { } I can blame my bad luck on my failing, and people will understand when I give up. { } I won’t have to try so that I won’t fail. Nobody has control of the situation or me - so it is easier to give in or to give up. { } I won’t have to change. I like the familiar anyway. { } I can feel superior watching everyone else fail and look stupid. { } I won’t feel vulnerable. { } I will feel safer I will not try activities I’m not good at, or do my responsibilities I don't like to do. { } I don’t have any control over what happens to me – so why try. 	<p>Negative Consequences of having Doggedness:</p> <ul style="list-style-type: none"> { } You may not give up on tasks that you need to give up. { } You get involved in a flight when it is not your responsibility to be involved. { } Sometimes, it is a good idea to retreat.
<p>The opposite of giving up and being resolve is Unconcerned:</p>	
<ul style="list-style-type: none"> { } You do not value every issue that presents itself to you. { } You do not want to be overly involved in that particular issue. { } You know it is okay that You don’t have to be a part of everything or be interested in everything. { } You are not feeling anxious or upset. { } You don’t worry about things that don’t concern you. { } You know that I do not care about every issue presented to you. { } In extreme forms, you can be callous and lacking goodwill toward others. (Factor K) 	

Adapted from the work of Mike Bernard and David Burns.

Not Showing Concern versus Being Responsible

Survival Mode	Higher Value
 <p>"The world will not be destroyed by those who do evil, but by those who watch them without doing anything." - Albert Einstein</p> <p>Pointless to be Concerned: {} I don't value being responsible and working hard in the face of frustration and in times of stress. {} I only want to do things that are fun and easy. {} I take on an "I Can't Be Bothered Attitude." {} I believe that life should always be fun and exciting.</p> <p>{} I genuinely believe that it is pointless to be concerned about myself, others, or the world. {} I can't stand it when things are frustrating or tedious. (Index 8)</p>	 <p>YOU CANNOT ESCAPE THE RESPONSIBILITY OF TOMORROW BY EVADING IT TODAY <i>Abraham Lincoln</i></p> <p>Responsibleness: {} You value being a responsible person. {} You want to work tough when tasks are not easy or fun. {} You know that you can work tough, even when tasks are not comfortable or when the job is not fun. {} You can take ownership of your emotional life (emotional responsibility). {} You know what you are responsible for and {} You know who you are liable to (Index 8)</p>
<p>Negative Consequences of Telling Myself "You Can't be Bothered" Thinking {} I can't be bothered" leads to feeling lazy and putting things off. {} When I procrastinate, people's trust will diminish, and I will have less independence and freedom. {} I will worry more and increase the intensity of my anxiety. {} I won't get things done because I will be spending much of my energy on worrying. {} People won't expect much from I, so my life will be more comfortable. {} I won't learn positive survival modes of the mind to develop my ability to bounce back from unfortunate events. {} I won't experience emotional growth. {} I will experience negative consequences. {} I will be worried and having more conflicts with other people. {} It will be exhausting to feel worried all the time. {} I will be stuck, and I won't be able to move forward in my life. {} I will not be successful because I think, "I don't have to do things that are not fun!</p>	<p>Positive Consequences of being Responsible {} People with trust you and let you to do tasks independent of their supervision. {} You good about yourself and your performance because you <input type="checkbox"/> getting along with others, <input type="checkbox"/> developing confidence, <input type="checkbox"/> reaching your long-term and short-term goals.</p>
<p>Positive Consequences of Telling Myself "I can't be bothered:" {} I will have more fun in life. {} I can complain and justify my lack of effort because "I am (the other person is) boring!" {} I will feel powerful and in control when I refuse to cooperate. {} I will show that I can't be pushed around. {} Life will seem dramatic and exciting. {} The conflict that will result from telling myself, "I can't stand it" will make I feel special and important. {} I can write the other person off as a jerk and convince myself the situation is hopeless. {} I can blame another person for being boring, therefore I am off the hook.</p>	<p>Negative Consequences of being Responsible {} Another person may give you too much responsibility because you are a responsible person. {} Another person may neglect their responsibilities and leave it up to you to do all the work. {} You may become self-righteous because you see yourself as a "responsible" person.</p>
<p>The opposite of not being concerned or being responsible is a issue is Relevant</p>	
<p>Relevant: {} You value issues that are relevant, pertinent, applicable, germane to you. {} You want to retrieve material that satisfies your needs {} You show little or no feeling-emotions about certain activities {} Extreme forms of want to be concerned about relevant issues take you may be seen as overly individualistic, wrapped into yourself, {} Relevance: pertinent, fitting, compelling, useful, applicable, germane vs. irrelevant, unrelated, unconnected, extraneous; relation to the matter at hand; practical and social applicability {} Extreme: you may evaluate coldly (Factor J+)</p>	

Adapted from the work of Mike Bernard and David Burns.

Survival Mode: “I Can’t DO It:” When I fail, I am not good at anything and I will never be good at anything.

Survival Mode	Higher Value
 <p>Self-Doubt: {} I devalue my worth when I fail or when I am unable to achieve a particular goal. {} When I doubt myself, I believe I can’t do what I need to do. {} When I fail, I think I am not good at anything. {} I believe I can’t do anything right. {} I think, “nothing ever works out for me.” {} I adhere to the attitude of “I Can’t Do it.” (Index 9)</p>	 <p>Self-Reassurance is restoring your confidence and to assure anew. {} You value in believing in yourself. {} You want to believe that you can do this! {} You know that you genuinely believe that you are more likely to be successful than you are to fail. {} You know that you can help yourself credit when you are successful. {} When you are unsuccessful, you can remember the times you have done well.</p>
<p>Negative Consequences of Telling myself, “I can’t do it,” which leads to feeling down and giving up. {} I can justify disturbing others and not paying attention because “I can’t do anything.” {} I have less confidence in myself. {} I will be afraid to try new things or take risks to improve myself. {} I will be less persistent, and I will be less resilient. {} When other people make mistakes, I will make a big thing about it and blow things out of proportion. {} I will have greater difficulty solving problems with other people.</p>	<p>Positive Consequences of being Self-Reassured: {} It develops a healthy sense of confidence. {} It increases your ability to be self-reliant. {} It helps you to recognize risks and when to take sensible risks. {} It will increase your ability to find meaningfulness in giving yourself and others, unconditional acceptance.</p>
<p>Positive Consequences of Telling myself, “I can’t do it.: {} People won’t expect much from me if I don’t have any confidence. {} I can feel sorry for myself. {} I can play the role of the victim, and people will feel sorry for me – they’ll comfort me and give me attention. {} Blaming the situation or other people will protect my pride. {} I feel morally inferior, and people will get off my back. {} Eventually, people will stop acting in my favor.</p>	<p>Negative Consequences of being Self-Reassured: {} You can become overconfident. {} You may disregard people’s negative feedback. {} You may be overconfident and take unnecessary risks. {} You get addicted to people’s admiration.</p>
<p>The opposite of self-doubt and self-reassurance is you are Unenthusiastic about certain issues</p>	
<p>{} You value being unenthusiastic and unsympathetic about specific issues. {} You want to accept that you can’t be excited about everything. {} It is okay to be unenthusiastic about a particular issue or topic. {} You can’t be interested in everything and {} You can’t put all your time, energy, or effort into every activity. {} You can be lukewarm, halfhearted, unresponsive on particular issues. {} You can be cautious and reflective. {} In an extreme form, you can be overly serious, overly cautious, full of care, excessively subjective, and incommunicative. {} You only rely on inner values.</p>	

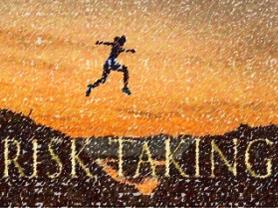
Adapted from the work of Mike Bernard and the work of David Burns

Seeking Approval versus Being Self-Reliant

Survival Mode	Higher Value
 <p>Seeking Approval and Fear of Disapproval</p> <p>{ } I value another person’s opinion too much. { } I devalue my opinion and ideas. { } I believe I need excessive approval from others to feel good about myself. { } It involves believing I have to have people’s approval and love to be happy or prosperous. { } I believe it is awful to get rejected by someone important to me. { } I believe I can’t stand it when people call me names, say unkind things to me, or criticize me. { } I have to have people’s love and approval. If not, it is the worst thing in the world. { } When I think this way, I increase the intensity of feeling down, feeling worried, or acting lazy and putting things off (procrastinating). { } When my need for approval is extreme, irrationally, I believe, “I have to get what I need.” { } I think, “I need the approval of everyone,” even if I know getting this complete approval is unrealistic, unobtainable, and wasting my time and energy. (Index 10)</p>	 <p>Self-Reliant – Independent Thinking:</p> <p>{ } You value your ability to think independently.</p> <p>{ } You want to exercise your ability to think for yourself.</p> <p>{ } You want to keep to the point</p> <p>{ } You know that You can appreciate that You can think for yourself. { } You know that it is essential to speak up.</p> <p>{ } You know it is essential to try new activities.</p> <p>{ } You know it is significant to speak up for yourself, even if other people strongly disagree with you.</p> <p>{ } Self-reliance is confidence and faith in your efforts and abilities { } You know to act on practical evidence.</p> <p>{ } You know it is important not to dwell on your hardships and your disabilities and limitations. (Index 10)</p>
<p>Negative Consequences of Strongly Believing “I Need Approval.”</p> <p>{ } I will be easily hurt because even if a person likes me occasionally, they will not always approve of me, and I will falsely believe that their mood will dictate my feelings.</p> <p>{ } When I seek out too much approval, some people will see that as clinging and annoying and disapprove of me more.</p> <p>{ } By clinging to people’s approval, I will turn off people I like, and my desire for support will go unmet. I seek attention inappropriately. { } When I seek out too much approval, I will feel more insecure.</p>	<p>Positive Consequences of being an Independent Thinker:</p> <p>{ } You have a higher chance of expanding your sense of uniqueness.</p> <p>{ } You can discover meaningfulness that is unique to you.</p> <p>{ } People may trust you more and give you more responsibility than you desire.</p> <p>{ } You listen to what people have to say but don’t worry or obsess over what they say.</p>
<p>Positive Consequences of Strongly Believing “I Need Approval.”</p> <p>{ } When I think I need approval, it gets the job done because I want people’s approval. { } My sense of belonging increases when people give me the consent, I believe I need. It feels good when people pay attention to me and give me the endorsement I want. { } When I don’t get support, I blame others for my negative feelings, and I feel like a victim. { } I can get others to do things for me. { } When I make a mistake, I can avoid taking responsibility, and I can focus on other people’s mistakes. { } I can make people feel superior to me, so if anything goes wrong – I can blame them.</p>	<p>Negative Consequences of being an Independent Thinker:</p> <p>{ } You may ignore another person’s advice or warnings.</p> <p>{ } You may not care about another person’s feelings, thoughts, and concerns.</p> <p>{ } Your sense of uniqueness is more significant than another person’s sense of uniqueness.</p>
<p>The opposite of seeking approval and being self-reliant is Contemplation</p>	
<p>Contemplating is an act of considering with attention and studying an issue before making a decision.</p> <p>{ } You value thinking about something before I make a decision.</p> <p>{ } You want to be modest and self-effacing without becoming overly shy and passive.</p> <p>{ } You know that You can say, “You are still thinking about it.”</p> <p>{ } You know it is okay to say, “You haven’t decided yet.”</p> <p>{ } You are not quickly brought to jealousy.</p> <p>{ } You know it is vital to be stoic when facing difficult decisions.</p> <p>{ } You know it is significant to be deliberate and not restless in times of stress.</p> <p>{ } Too much contemplation may lead to paralysis of analysis. (Phlegmatic, Factor D-)</p>	

Adapted from the work of Mike Bernard and the work of David Burns

Seeking Perfection versus Appreciating those moments of perfection

Survival Mode	Higher Value
 <p>Self-Perfection Attitude: Seeking Perfection {} I have to be perfect to stop worrying about myself. {} I want to do things flawlessly so that I can feel good about myself. {} I have to do every perfectly to be happy. {} I can only be happy if I do things perfectly. {} I believe it is horrible when I am imperfect. {} I have to be successful in everything I do and that it is horrible when I am not perfect. {} When I think this way, I increase the intensity of feeling down and feeling worried, and {} I put things off and procrastinate (feeling lazy). {} When my need for perfection is extreme, I believe, “I have to get what I want.” {} I think, “I need to be perfect in every situation,” even if I know being perfect is unrealistic and unobtainable. (Index 11)</p>	 <p>Sensible Risk-Taking: {} You value trying positive and constructive ways to improve your life or the life of another. {} You know you can learn new behaviors and skills. {} You know you can learn new ways of thinking. {} You can try something new even though you might not be able to do it immediately. {} Taking sensible risks will not get you or others into trouble. (Index 11)</p>
<p>Negative Consequences of “Needing to be Perfect:” {} I believe to be worthwhile and successful, “I have to be perfect.” {} When I anticipate not performing correctly, I can under-achieve by not putting in the effort. {} This lack of energy provides me with a rationalization for my lack of perfection. {} I tell myself, “I didn’t try that hard, so if I’d tried, I would have completed this task perfectly. {} I waste a lot of time getting started because I am afraid of not getting it right. {} I selectively achieve in areas where I have excellent skills and talents and under-perform in areas of perceived weakness. {} When I think I “need to be perfect,” I restrict my activities to only those where I have a better than average chance of achieving very high results. (M. E. Bernard, p 313, 2006).</p>	<p>Positive Consequences of Taking Sensible Risks {} You develop a sense of confidence. {} You fight against feelings of depression, hopelessness, and helplessness. {} You expand your sense of uniqueness without restricting another person’s ability to develop his or her understanding of uniqueness.</p>
<p>Negative Consequences When I think I “need” to be perfect; {} I am placing demands on myself that am unrealistic, illogical, and unworkable. {} This self-demandingness leads to being angry with myself when I don’t achieve this perfection that I think I need to be happy and prosperous. {} When I excessively use self-demandingness to motivate myself, I am only giving myself one choice – to be successful. {} When I give myself “one-choice,” I am restricting my ability to solve problems, make decisions, and discover new paths and skills to be successful. {} When I believe something is a “dire need,” I will have more conflicts, stress, and pain in my life. {} The belief that I “need to be perfect” makes failing or succeeding a matter of life and death. {} I will feel excessively worried because I believe that being imperfect is the worst thing that could ever happen. {} When I make doing a particular task as a matter of life and death, I will feel worried because I will think it is awful to fail (the worst thing that could happen), and {} Failing will become a permanent fixture of my personality – I will always be a loser! {} If I think I might fail, I may not even try, and I will procrastinate or pick a goal that I don’t like. {} I paint myself in an un-pleasurable corner because I think that being perfect is my only source of pleasure. In reality, seeking excessive perfection and condemning myself will result in less joy and more stress and pain.</p>	<p>Negative Consequences of Taking Sensible Risks {} It is challenging to predict the outcome of any risk. {} Sensible risk-taking involves getting along with others, having confidence in yourself, working on goals and plans persistently, and being resilient in times of stress.</p>
<p>The opposite of being perfect and taking sensible risks is Self-Distancing</p>	
<p>{} You value being objective about your behavior. {} You want the capacity to step away from yourself and look at yourself from the “outside. {} You can use self-distancing when you take yourself too seriously. {} You know you need to disengage from this situation. {} You know there are times when you need to withdraw. {} You need to maintain your boundaries. {} Extreme withdrawal can be seen in clinical depression, and excessive introspection, overly emotionally cautious, restricted interests, and excessively quick to recognize danger.</p>	

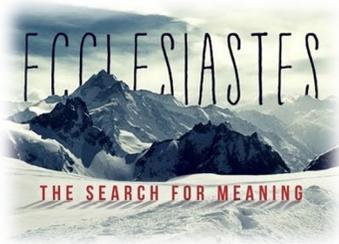
Adapted from the work of Mike Bernard and the work of David Burns

Self-Downing versus Unconditional Self-Acceptance

Survival Mode	Higher Value
 <p>Self-Downing</p> <ul style="list-style-type: none"> {} When people reject me or I have not achieved my goals, I think that I am a total failure or I am a useless person. {} I devalue myself. {} I want to put myself down <p>because I believe this devaluing myself will motivate me to do better in the future.</p> <ul style="list-style-type: none"> {} I know that I am a total failure, or I am 100% useless if I make a mistake. {} I feel worthless when people reject me or disapprove of me. {} I think that I have to perform in a particular way, or else I'm a 100% worthless. (Index 12) 	 <p>Unconditional Self-Acceptance:</p> <ul style="list-style-type: none"> {} You value accepting yourself unconditionally. {} You appreciate and accept another person's uniqueness, and {} You want to encourage people to discover their sense of meaningfulness. {} You know you can recognize that when you accept yourself for acting badly or not living up to your higher values. {} You know that you are not letting yourself off the hook or excusing your actions. {} Rather, you accept full responsibility for your behavior, but without depreciating yourself for making mistakes and failing to achieve your personal goals. (Index 12)
<p>Negative Consequences of Seeing Yourself as Being Worthless and a Total Failure:</p> <ul style="list-style-type: none"> {} Self-Downing leads to feelings of depression, helplessness, hopelessness, and worthlessness. {} My sense of confidence is diminished. {} I have difficulty bouncing back from stress. {} I will have problems paying attention. {} The role of victim is tiresome. {} I come off as full of self-pity. {} I will feel ashamed of myself. {} I will have difficulty with experiencing joy and intimacy. {} I will make part-whole errors. (I base my entire sense of self on one or two traits.) {} I will over-generalize my mistakes in all areas of my life. {} I may feel lonely. {} People will get tired of my complaining. {} I can give myself an excuse to give up easily. {} I don't expect much of myself so that people won't expect much of me. 	<p>Positive Consequences of Unconditional Self-Acceptance:</p> <ul style="list-style-type: none"> Helps you {} to fight off feelings of depression. {} to develop a healthy sense of confidence. {} to take sensible risks so that you can reach your long-term and realistic goals {} to be happy about being self-reliant. {} to restore your sense of confidence in times of stress.
<p>Positive Consequences of Seeing Yourself as being worthless and seeing myself as a Total Failure:</p> <ul style="list-style-type: none"> {} It is easy to put myself down, and people will do things for me. {} Playing "poor me" goes a long way in manipulating others. {} Life will seem dramatic – the conflict will make people be on my side. {} Other people will see me as being sympathetic. {} People will rescue me when I am unable to bounce back from adversities. {} With this lack of confidence, people won't expect much of me. 	<p>Negative Consequences of Unconditional Self-Acceptance:</p> <ul style="list-style-type: none"> {} You may disregard another person's concerns. {} You are too accepting, and you give in too quickly to other people's demands. {} You may too happy with the status quo, and you may stop trying or caring.
<p>The opposite of depression and unconditional self-acceptance is a Healthy Sense of Unconnected:</p>	
<ul style="list-style-type: none"> {} You don't have to always connect with others, ideas, etc. {} For example, I like the people at your gym, yoga studio, etc. {} But your confidence is not connected to what people think of you at the gym or yoga studio. {} You may want to disconnect yourself from others or situations because the information or condition is not relevant to you. 	

Adapted from the work of Mike Bernard and the work of David Burns

Principles of Expanding Your Uniqueness



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



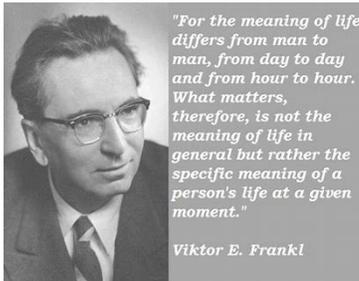
Principle V: Principle of Flipped Values: The Psychology of Being Unique contends that stress, trauma, chronic pain, constant frustration, another limiting your resources, or another person attempting to restrict your uniqueness (stereotyping) lead to the flip of values. A flip of values is when you 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.

1.



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

The ABC Model in discovering your inner resiliency skills:



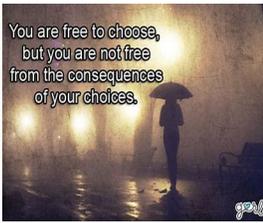
A: Adversity - In this series of worksheets, you will...

- 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.



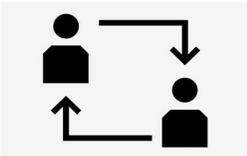
D: Discover New Ways of Thinking, Feeling, and Behavior - In this series of worksheets, you will...

- 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 increase 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...

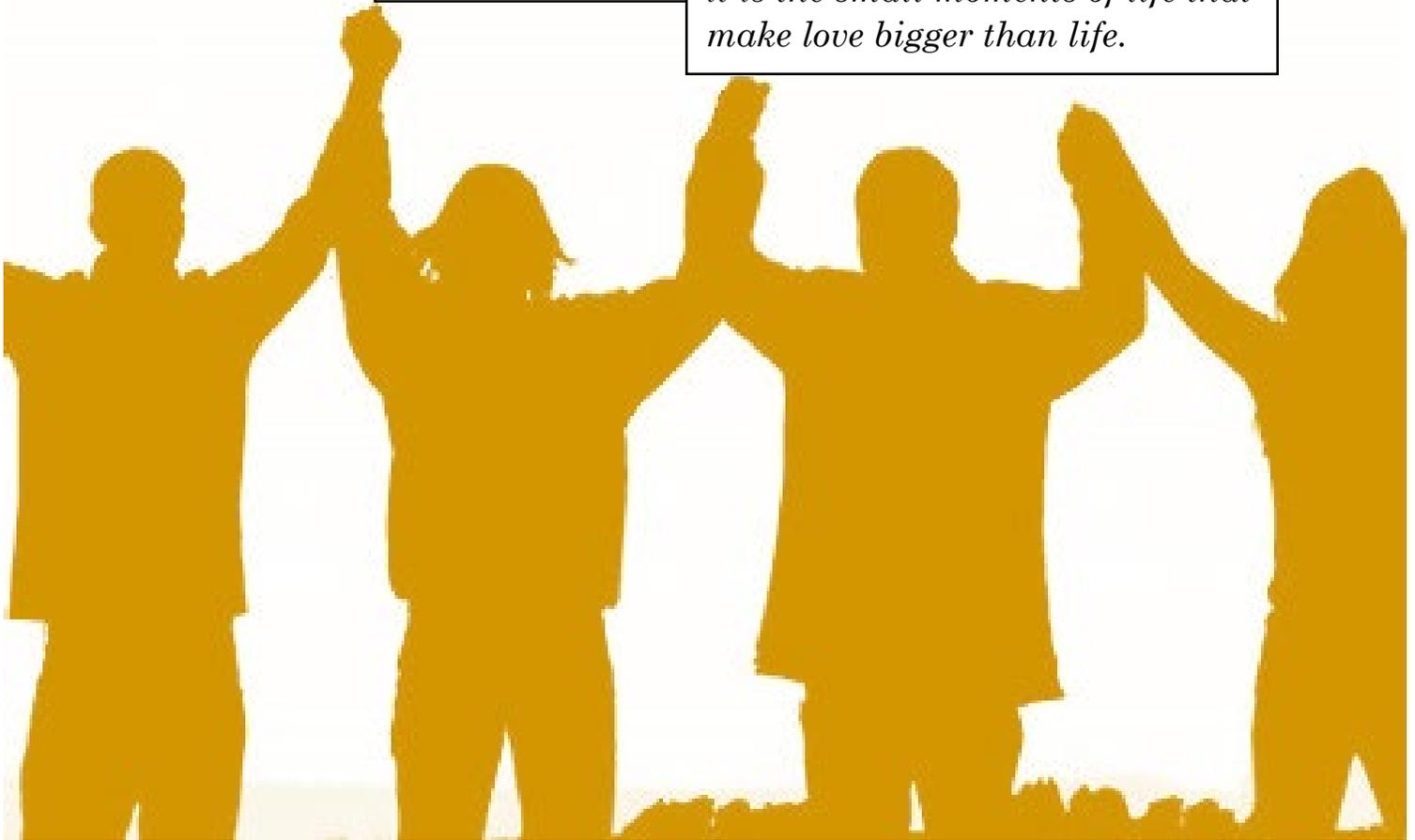
- Increase goal directed behavior by practicing new ways of thinking, believing, feeling, and behaving that will help your reach your goals;
- Set realistic short-term goals with a flexible plan that will help you to reach your long-term goals,
- Set realistic long-term goals so that that you experience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

McKenna's Maxims:

You can “respect” someone without loving that person, but it is nearly impossible to love without respecting that person.

When you infer another person's intentions, you may unintentionally make the wrong inference.

Connect with your feelings, and you'll connect with others because it is the small moments of life that make love bigger than life.



McKenna's Maxims:

Everyone wants to evolve, but nobody wants to be a mutant.



Childhood is getting mad about having too few responsibilities, and adulthood is being mad about having too many responsibilities.



You can “care” for someone without loving that person, but it is tough to love someone without caring about that someone.



McKenna's Maxims:

Anxiety is when today feels like tomorrow because you are worrying about yesterday.



The Power of “Free Will” is not free.



An *expert* is a person who knows more and more about less and less.

Karl Menninger



***Caring* is figuring out what is important, and *indifference* is ignoring what is important.**



McKenna's Maxims:

Negative begets negative, but positive does not always beget positive.



“Will Power” without purpose and compassion is an empty attempt to gain power.



Maturity is “knowing that if they’ll do it *with* you, they’ll do it *to* you.”



Depression is making something worthy unworthy.



If you’re not standing up and speaking up, then most likely, you have given up.



McKenna's Maxims:

Say what you mean and mean what you say, but you don't have to be mean when you say it.



If you don't have anything important to do, then you need to learn what is important.

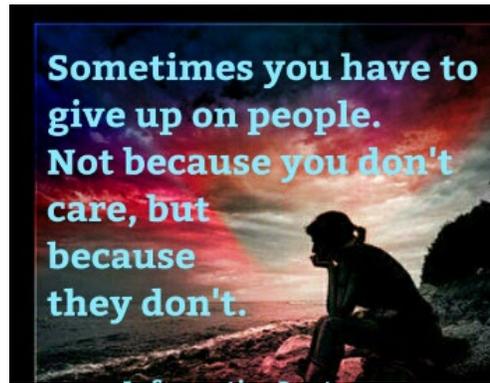


“Respect” is a choice, a choice that confirms each other's uniqueness, and that appreciates each person's irreplaceability.



McKenna's Maxims:

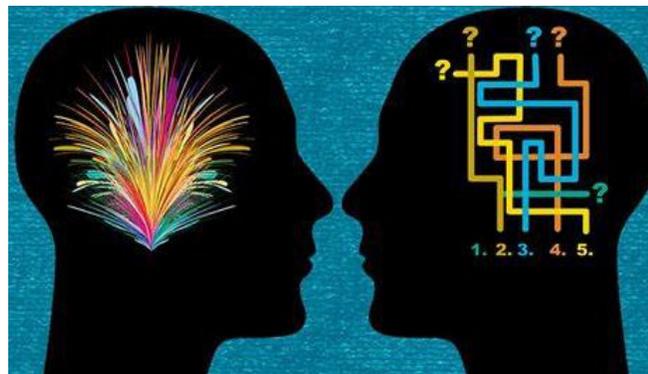
A rationalization is using your reasoning power incorrectly, so you make the implausible plausible.



Demanding that people live up to your ideals reflects your lack of ideals.

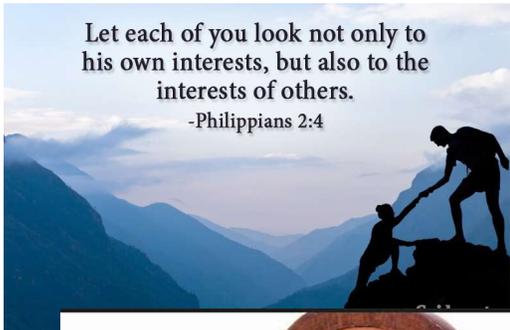


There is value in everything, so life demands that you discover meaningfulness and uniqueness in everyone.



Trust Yourself: Being Self-Assured

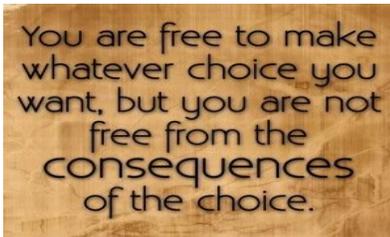
I trust my abilities because I appreciate and respect my uniqueness. I also understand another person's abilities because I appreciate and respect his or her uniqueness. I trust my abilities because I look at the FACTS.



F: You have *faith* in your direction and decisions, and you have faith in your ability to deal with the *facts*.



A: You are *aware* of your thought, feelings, and concerns, and you are aware of another person's thought, feelings, and concerns



C: You have a sense of *choice*, and you allow people to make their own *choices* – good or bad.



T: You trust your individuality, and you trust the other person's uniqueness.



S: You can be *sensitive* without being passive or weak.

You Can Be Assertiveness and Respect Each Other.

R: You want to be treated each other with RESPECT.

E: You can EXPRESS each other's thoughts, feelings, and concerns openly and kindly.

S: You both have the options to SAY "NO" without guilt or coercion.

P: You both set your own PRIORITIES.

E: ENSURE each other's rights are not violated

C: You both realize to CHOOSE to be assertive or CHOOSE *not* to be assertive

T: You both want to be TAKEN seriously



HOW TO
SAY
NO!



This is an insight zone



Use your power of "Reflective Thinking"

***This is a
Responsible Zone***



Use your power of “Realistic Thinking”

This is a Receptive zone



“Use your power to Care”

The Possibility of Love Happens Every Day.

What can you do when bad things happen? Albert Ellis suggests...		
<p>A</p> 	<p>Accept it</p>	<p>Accept it but still dislike it. Distinctly dislike it but still fully accept that it “should” exist because it does.</p>
<p>B</p> 	<p>Best to remove it</p>	<p>Live with it and do your best to remove it. Learn new skills or get more training.</p>
<p>C</p> 	<p>Construct something new out of it</p>	<p>You can see the negative and positive in every situation. See it as unfortunate and I still have other pleasures. See that it has some good aspects. Positive and good aspects in every situation</p>
<p>D</p> 	<p>Don't dwell on it — Don't exaggerate it.</p>	<p>Don't dwell on it and don't exaggerate its horror. Don't enlarge or increase beyond the average. Don't overemphasize. Don't make an overstatement.</p>
<p>E</p> 	<p>Examine it and Test Reality</p>	<p>Realize adverse events are inevitable. Realize it may be inevitable and incapable of being avoided or evaded. Test reality and decide what you can control and what you can't control. Test reality and decide whom you can influence and how you can control them.</p>
<p>F</p>  <p>Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart. (Marcus Aurelius)</p>	<p>Fateful – Unfortunate</p>	<p>Involving momentous consequences It is unfortunate, but these adversities are only partial aspects of your life.</p>

The Possibility of Love Happens Every Day.

Don't Blame or Shame

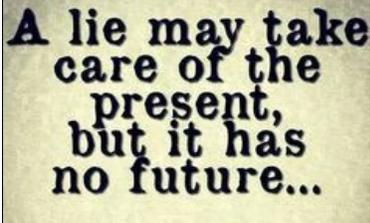
B



Blaming is believing bad events should NOT happen. This is a mistaken belief, *so you want to*
 a: *acknowledge* mistakes were made because human beings are imperfect
 b: *back off* from condemning because being judgmental is a mindless act

c: recognize *condemning* others rarely improves the situation or helps

L



Blaming leads to lying. Lying to yourself or lying to others is irrational. Therefore, *you want to*:

a: *accept* you are only fooling yourself in the long run when you lie

b: realize when you *bend the truth* it leads to more significant problems, and believing you “*have to be right*” only adds to

the lie and c: recognize that *conniving* only cooks up more questions.

A



Blaming leads to feeling *anxious* involves worrying, feelings scared, restless, and fearful. *Instead of feeling anxious you want to*

a: *accept* that anxiety is a feeling, not a destiny

b: recognize that *backing off* from our responsibilities increases anxiety, and c: realize your *concerns* are not being addressed,

and you want to address your responsibilities

M



Blaming leads to being mad at yourself or being mad at another person is irrational, *so you want to*:

a: be *aware* of unhealthy anger begets unhealthy anger from others

b: recognize that *backstabbing* begets more backstabbing (Revenge usually brings about more retaliation.)

c: realize *cursing* is an aspect of unhealthy anger that can lead to

d. degrading, depreciating, or devaluing others' uniqueness.

E



Blaming leads to *Extreme Evaluations* and condemning yourself or others is irrational because you realize it does not change anything, *so you want to*:

a: recognize that accidents do happen, but you are still responsible,

b: realize that backstepping and undoing won't change a thing, c: revise how beliefs about *correcting, cursing, and*

curing other people's behavior because you can't control their thoughts.

Adapted from "Albert Ellis and Arthur Lange (1994) How to Keep People from Pushing Your Buttons"

The Possibility of Love Happens Every Day.

Don't Blame or Shame

S



Shame involves Self-downing and Self-denigrating: It would be better for you to

- accept yourself unconditionally,
- believe mistakes are disappointing - not disastrous,
- know conditional standards sets you up for failure

H



Shame strengthens your hidden demands. You want to realize

- awfulizing about your mistakes won't help you to improve,
- backing down from challenges hurts your confidence in other situations, and
- condemning and evaluating yourself harshly leads to giving up.

A



Shame increases your feelings of anxiety feelings emerge about being humiliated: It would be better for you to

- accept you don't like people's opinions, but people have a right to their opinion – rightly or wrongly,
- know your beliefs are your invention, so you can uninvent rigid and extreme beliefs that interfere with reaching our healthy goals, and
- realize you have the courage to accept the unacceptable.

M



Morose: Shame make that your entire world appears gloomy: It would be better for you to

- accept you have done something wrong, but you continue to be optimistic about changing and correcting your behavior,
- recognize you can change the responses if you have an open mind to new ideas, and
- realize that constantly worrying never helps.

E

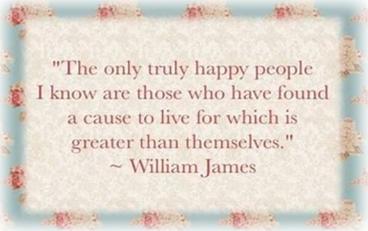


Shame involves Extreme Evaluations: It would be better for you to

- accept and learn from your mistakes,
- believe disappointment is a valuable feeling so that you can correct your behaviors and check out your beliefs,
- consider rating your response rather than condemning your selfhood.

The Possibility of Love Happens Every Day.

Feeling Secure in a Relationship Involves?

<p>S</p>	<p>BEING SUPPORTIVE</p> 	<p>Helps each other in reaching each other's goals, plans, and dreams.</p>
<p>E</p>	<p>ENGENDERING SUPPORT</p> 	<p>Facilitate: help each other to be productive and to improve each other's lives.</p>
<p>C</p>	<p>CARING FOR ANOTHER</p> 	<p>To feel interest and concern about another person.</p>
<p>U</p>	<p>BEING UNSELFISH</p> 	<p>Provides unconditional love and conditional love; meeting all five of life's demands. Getting along with others, instilling confidence in each other, and helping each other to be resilient in times of stress and suffering.</p>
<p>R</p>	<p>BEING RESPONSIVE</p> 	<p>Quick to respond or react appropriately and sympathetically; be sensitive to another person's feelings and concerns.</p>
<p>E</p>	<p>ENJOYING EACH OTHER</p> 	<p>Being with others and taking care of each other; to take pleasure and satisfaction in each other's company – have fun!</p>

The Possibility of Love Happens Every Day.

Care for Each Other Each Day

C

BEING CONSIDERATE



Being thoughtful of the rights and feelings of others; be gentle, generous, kind, friendly, amiable, affable, free from harshness, sternness, or violence.

A

ACCEPTING



To receive willingly and give gladly, give admittance and approval to another person, endure their uniqueness without protest.

R

BEING RELIABLE



To be dependable, trustworthy, faithful, steady, to place reliance or trust in each other. Keep your promises and repair you broken promise, keep your agreements and when they don't work re-negotiation new ones.

E

ENCOURAGEING EACH OTHER



Develop confidence in each other each day. Inspire with courage, humility, spirit, and have hope in each other's dreams. Hearten each other by lifting of dispiritedness by an infusion of fresh courage and zeal each day.

The Possibility of Love Happens Every Day.

Emotionally Trust Each Other Every Day.

T

TRUST



Trust is having faith in another person, believing in that person, and having confidence in that person, having a commitment to another person.

R

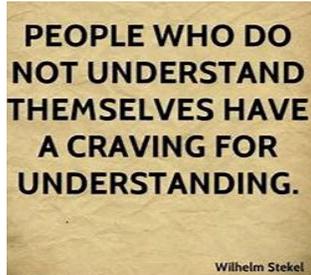
RESPECT



Respect your traditions and other another person's traditions. Treat each other as being a unique individual in which both parties are irreplaceable. Please pay attention to their uniqueness, appreciate their uniqueness, accept that uniqueness, and assert your originality.

U

UNDERSTANDING



Understand each other each day. Accept each other each day, be knowledgeable of each other, and appreciate each other's perspective. Give and receive each other's support each day.

S

SPONTANEOUS

The best times in life are usually random, unplanned and completely spontaneous

Be natural and honest with each other without hurting each other. Make your choices, voice, and feeling unforced.

T

TOLERANCE

Be tolerant of those who are lost on their path. Ignorance, conceit, anger, jealousy and greed stem from a lost soul.



Be open, accepting, patient, and develop a forbearance for each other's differences. Develop self-control when expressing your thoughts, feelings, and concerns, and recognize when the other person can't control his or her feelings.

Expand Your Uniqueness by Doing Good and an act of Kindness Each Day.

Dates	A Positive Thought for the Day A Constructive Act 	A Grateful Thought for the Day You Showed Gratitude 	A Sympathetic Thought for the Day You Showed Sympathy 	A Compassionate Thought for the Day A Kindly Act 