
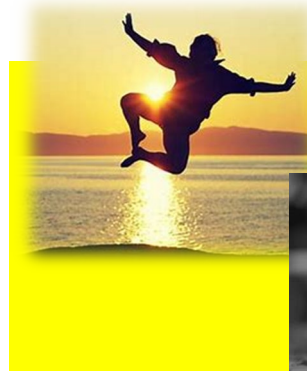
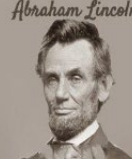


Book 3: The Power of Perception: Emotional Self-Respect Workbook

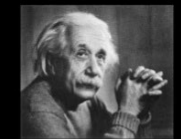


Open minded people embrace being wrong, are free of illusions, dont mind what people think of them, and question everything even themselves.

YOU CANNOT ESCAPE THE RESPONSIBILITY OF TOMORROW BY EVADING IT TODAY
Abraham Lincoln



"You can adapt, or you can go into a cave and give up."



"The world will not be destroyed by those who do evil, but by those who watch them without doing anything." - Albert Einstein



SELF-CONTROL STARTS WITH THE MOUTH



By Art McKenna, Psy.D.

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Emotional Self-Respect:

Showing You Care	Addressing Your Concerns	Instilling Confidence in Each Other
<p>Caring is acting responsibly and dealing with uncertainty. I can cope with apprehension (fear, anxieties); I want to address my responsibilities first, so I can better deal with uncertainty and anxiety before I do things I am interested in and reach my healthy goals.</p>	<p>Concern is showing interest and dealing with uncertainty and coping with apprehension (fear, anxieties); I want to focus on what I am interested in; I have a high degree of motivation that will help me learn and endure frustrations.</p>	<p>Confidence is having a healthy sense of certainty and having trust and faith in my values and hopes, others, and my higher values. As I become more confident and do things on my own, I take on new responsibilities.</p>
<p>Genuine care tends to be more long-term and persistent, extending beyond immediate situations or issues.</p>	<p>Authentic concern might be short-lived after the situation changes or the problem is solved</p>	<p>Confidence involves working or doing a deed, through experiencing something or encountering someone, and through the attitude we adopt towards unavoidable suffering. We not initially have confidence but effort and practice – we can experience genuine confidence.</p>
<p>Genuine care refers to an ongoing attitude or behavior towards someone – caring for their overall wellbeing. It involves a wide range of actions to show that care, which could be emotional, physical, or otherwise.</p>	<p>Authentic concern refers to a deep worry or regard for someone in a specific situation or problem. It might prompt immediate actions or solutions for that particular situation.</p>	<p>Genuine confidence as not being free from self-doubt or fear, but as having the courage and determination to push past these obstacles in order to pursue what brings us a true sense of purpose.</p>
<p>Genuine care may carry a deeper emotional connection as it is often associated with close relationships,</p>	<p>Authentic concern can be felt for anyone, including strangers, without needing a deep emotional bond.</p>	<p>In discovering meaningfulness is rooted in our sense of responsibility towards our life. It's about having the courage and determination to find and pursue what gives our lives a sense of purpose, despite challenges and obstacles that may arise.</p>
<p>Frankl sees "care" as an action oriented towards supporting others, arising from a sense of love, duty, or compassion.</p>	<p>Frankl sees "concern" as a cognitive state, a state of worry or anxiety about someone or something. Concern generates action, like care, but it can also generate avoidance or paralysis due to fear or indecision., Logotherapy argues the importance of moving from concern (anxiety, fear, worry) to care (action, support, love), discovering meaningfulness.</p>	<p>Frankl believes that genuine confidence can be found through the discovery of a purpose or meaning in life. Meaningfulness is not something that can be handed over to us; instead, it is something that we must actively seek and find for ourselves.</p>

Emotional Self-Respect is caring and showing concern for our opportunities confidently, morally, and ethically so we can discover meaningfulness. And “responsibleness” is a necessary element in discovering meaningfulness?

Frankl believed that meaning in life is found through taking responsibility. He argued that the ability to respond (responsibleness) is a defining feature of being human. So, we find meaning and purpose in life through our actions, decisions and attitudes, particularly when we are faced with suffering or adversity.

Frankl further contended that it is through taking responsibility for our actions that we are able to realize and fulfill our potential, giving rise to a sense of purpose and fulfillment. In this vein, responsibleness is not just about being accountable for our choices, but also about actively searching for and embracing opportunities to create and contribute to something greater than ourselves - be it love, work, creation or sacrifice.

So, from Frankl's point of view, responsibleness is indelibly linked to meaningfulness, because it is through taking charge of our lives and aiming to make a positive difference in the world that we are able to find true contentment and purpose.

Values	Responsibleness in Meeting Life's Demands
<i>Creative values</i> help you to find meaning through giving to the world through your creations, that is, by creating a work or doing a deed.	Getting Along with Others: Work well with others and cooperate without losing your sense of independent thinking. You play by the rules and are productive and original while working in a team. For example, develop a creative group exercise, do a fun activity at work,
	Confidence: consciousness of your skills, talents, and resources. You have self-assurance when you make or do will work and meet your goals and aspirations. For example, develop a new plan to instill trust and confidence in each other.
	Organization: Setting goals and plans, know where materials are. Your plan creative works that have purpose, structure, and function. For example, develop a structure or alter plans to increase profits or productivity.
	Persistence: Giving your best effort 100% of the time. You are determined to make your project durable, useful, and efficient. Creating something new takes challenging work. For example, find new ways to increase your effort and work efficiently.
	Resilience: Staying calm in stressful situations. Creating something new can be frustrating, time-consuming, and disappointing. For example, develop new disputation for a irrational belief.
<i>Experiential values</i> you find meaning through what you take from the world in terms of loving encounters with others and experiences, and by experiencing goodness, truth, and beauty.	Getting Along with Others: Work well with others and cooperate without losing your sense of independent thinking. Getting along involves developing trust, repairing broken promises, renegotiating new agreements, problem-solving that uses drama to get your way, and being honest without hurting each other. For example, develop new rules and methods so your organizational structure.
	Confidence: To be conscious of your skills, talents, and resources. Instilling confidence in each other involves sensible risk-taking, unconditional self-acceptance, and being independent minded while accepting support from each other. Showing appreciation for nature and those who went before us.
	Organization: Setting goals and plans, know where material is. Having individual goals and plans and having common goals and plans. Distributing resources fairly and honestly. For example, develop and learn new work habit and new social skills.
	Persistence: Giving your best effort 100% of the time. Giving your best effort to help the other person reach his or her goals. For example, learn to tolerate frustration tolerance when mate disagrees with you.
	Resilience: Staying calm in stressful situations. Staying calm when the other person is frustrated, annoyed, anxious, or exhausted. For example, learn and practice relaxation skills using mindfulness and biofeedback.

Frankl argued that a sense of purpose and meaning could be gained through creative contributions to society. This aligns with his concept of "creative values," one of the three categories where he believed individuals could find meaning (along with experiential and attitudinal values). Focusing on creative values, Frankl might specify that these are realized when we generate something new, be it a tangible piece of work, such as a book or painting, or a deed that positively impacts others. This creative contribution not only generates a sense of personal achievement, but it also carries the potential of adding value to the lives of others - a key component in finding life's meaning, according to Frankl's logotherapy.

Frankl's emphasis on creating and doing as a path to meaning suggests that he would deem our creative values central to our pursuit of purpose and fulfillment. The creative process encourages contemplation and introspection, which, in turn, can lead to a deeper understanding of oneself and one's unique role in the world. Moreover, bequeathing our creations or deeds to the world implies the transference of a part of oneself, an 'extension of life,' so to speak. This serves as a counterforce to the existential vacuum (a state of emptiness and lack of meaning in life) and becomes a conduit for personal legacy and continuity of existence. Frankl would encourage us to use our creative values as steppingstones towards discovering and creating meaning, ultimately contributing to a greater societal good.

Frankl's theory, referred to as logotherapy, believes that our primary motivation is to find purpose and meaning in life. According to him, one of the ways to encounter such a meaningful existence is through loving relationships with others. In these relationships, we can find meaning not just in the act of loving another but also in the act of being loved. For Frankl, the act of love illuminates our experiential values as it opens us up to the vast potential and possibilities of human existence. Through our experiences with others, we learn more about ourselves, empathy and compassion, and the nature of life in general.

In loving encounters, we find meaning through two main avenues – first, through the personal and intimate experiences the relationship offers and, second, through the unique potential for personal growth and enlightenment such relationships afford us. It can be an avenue of self-discovery; through these discoveries, we find deeper meanings in life events. Frankl emphasized that the intention should not simply be to use people to find meaning but to sincerely appreciate and value them, thus contributing real sense and purpose to one's life. According to Frankl's logotherapy theory, this method of finding meaning not only constitutes a fulfilling existence but could also provide a psychological remedy to emotional or mental distress.

Frankl believed that life is primarily a quest for meaning, which we can find through three values: creative, experiential, and attitudinal. He would consider experiential values as the ones we obtain from encounters or experiences with something or someone, such as nature or culture, or even in relationships with another person. Hence, Frankl sees loving encounters with others as one of the significant avenues through which we can find purpose or meaning in our lives. In his perspective, these interactions go beyond mere physical connections and involve deep emotional and mental engagements that fill our lives with a sense of purpose and create a fulfilling experience.

For Frankl, these loving encounters provide a unique, irreplaceable chance to learn, grow, and derive fulfillment. In loving someone, we encounter their unique individuality; in reciprocating that love, we reveal ours. This humanizes us while expanding our understanding of the world and our place within it. Furthermore, these encounters often stir a desire to show kindness, compassion, and knowledge, qualities that uplift human nature. These experiences then, be they temporary or lasting, comprise our experiential values and, ultimately, give life meaning.

Emotional Self-Respect and Expanding Our Uniqueness, so we can discover meaningfulness (indices 1 through 5)).

<p>Showing You Care Mindset: <i>I want to be seen as a responsible person when I am dealing with uncertainty. I can cope with apprehension (fear, anxieties); I want to address my responsibilities first to better deal with uncertainty and anxiety before I do things, I am interested in.</i></p>		
<p>Here and Now Mindset refers to a state of being fully present and engaged in the current moment. It involves focusing on the present moment without being distracted by thoughts of the past or worries about the future. This mindset is associated with mindfulness practices, where individuals cultivate awareness of their thoughts, wants, emotions, and surroundings in the present moment. By adopting a "here and now mindset," individuals can experience greater clarity, peace, and fulfillment in their daily lives.</p>		
<p>Self-Preservation Mindset: relative worth, utility, or importance of my actions to endure and evolve. Unhealthy Expansion of Our Uniqueness</p>	<p>Attitudinal Values are the values I take on when I cannot change the situation. Healthy Expansion of Our Uniqueness</p>	<p>Opposite Healthy Restriction of Our Uniqueness, so to expand our uniqueness in the future.</p>
<p>Self-Centeredness Beliefs: I value caring about myself, and I am concerned solely with my desires, needs, or interests. I limit my outlook or concern for my activities or needs and value self-sufficiency (Index 1).</p>	<p>Responsiveness Attitudes: I can care about, responding to others and want to listen to and be sensitive (#1). I value responding to others empathically, accurately, and with understanding of another person's thoughts, wants, and feelings.</p>	<p>Objective Attitudes: You value being objective. {} 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.</p>
<p>Toxic Selfishness Values: {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, such as adhering to a routine, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do. Index 2</p>	<p>Healthy Reliability Attitudinal Values: I can care about being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I know that people see me as dependable. I want to help people and accept people helping me. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index 2)</p>	<p>Carefree Attitudes: {} You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, and happy-go-lucky in certain situations. {} When you want to be carefree, you are neither overly concerned nor worried 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.</p>
<p>Toxic Impulsive Behavior: {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is understandable to be impulsive, thoughtless, careless, and 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 my thinking has little to do with my emotional intensity. (Index 3)</p>	<p>Healthy Reflective Attitudinal Values: I can think before I act. {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about my future than the immediate concerns. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with important people. (Index 3)</p>	<p>Spontaneous Attitudes: {} You are aware of external constraints and 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.</p>
<p>Toxic Unreasonableness-Intolerance Belief: {} People should always treat me fairly. {} I can't stand it when people don't act reasonably. {} I am worthless for mistreating me. {} It is reasonable to be unwilling to endure people 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 different from me (Index#4).</p>	<p>Healthy Reasonableness-Being Tolerant Attitudinal Values: I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. {} I want to be tolerant of individual and cultural differences. {} I can have flexible beliefs when dealing with another person. {} I can tolerate frustration because this frustration will not last forever, and {} I can learn something new about myself when dealing with stress. {} I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4)</p>	<p>Attitudes Related to Feeling Uncertain {} It is appropriate to say, "I just don't know," when you don't know the answer. You can think {} I am unsure of the solution, so I will stay calm and see what the future may bring. {} Feeling uncertain is not having specific knowledge or having unreasonable expectations. {} In mild forms of accepting uncertainty, the phrase "ignorance is bliss" comes to mind.</p>

Frankl asserted that life has meaning under all circumstances, even the most miserable ones. He believed that we discover this meaning in life in three different ways: by creating a work or doing a deed; by experiencing something or encountering someone; and by the attitude, we take toward unavoidable suffering. Approaching life with a caring mindset helps facilitate each of these avenues to finding meaning. From the perspective of creating work or deeds, a caring nature promotes the desire to contribute something positive to the world or others around us. It leads us to pursuits that are less self-focused and more geared towards making a positive difference.

From the perspective of experiencing or encountering, a caring mindset primes us to interact with others empathetically, thereby deepening our relationships and fostering shared understanding. Experientially, the caring lens through which we view our environment can amplify the beauty, wonder, and brilliance we witness in the world, connecting us to a greater sense of awe and transcendence. Lastly, taking a caring and compassionate attitude towards our own suffering or that of others, provides a platform to endure or facilitate suffering with dignity, resilience, and even a sense of purpose. In essence, a caring mindset equips us to fully engage with the potential sources of meaning in our lives, thus fostering a deep and enduring sense of life's significance.

Self-preservation beliefs and Meaningfulness

<p>Caring Mindset: <i>I want to be seen as a responsible person when I am dealing with uncertainty. I can cope with apprehension (fear, anxieties); I want to address my responsibilities first to better deal with uncertainty and anxiety before I do things, I am interested in.</i></p>	
<p>Here and Now Mindset refers to a state of being fully present and engaged in the current moment. It involves focusing on the present moment without being distracted by thoughts of the past or worries about the future. This mindset is associated with mindfulness practices, where individuals cultivate awareness of their thoughts, wants, emotions, and surroundings in the present moment. By adopting a "here and now mindset," individuals can experience greater clarity, peace, and fulfillment in their daily lives. Meaningfulness is discovering what matters.</p>	
<p>Self-Centeredness Beliefs: I value caring about myself, and I am concerned solely with my desires, needs, or interests. I limit my outlook or concern for my activities or needs and value self-sufficiency (Index 1).</p>	<p>Frankl encouraged patients to find meaning in life, irrespective of their suffering. Being self-centered or egotistical can allow us to understand ourselves and our actions better. However, Frankl argues that true meaningfulness cannot emerge solely from self-centeredness. This is because for Frankl, meaning is found not just in the self, but in others and in life itself, emphasizing the importance of responsibility, service to others, and love. Hence, while a certain degree of self-centeredness might be necessary for self-awareness and personal growth, Frankl might contend that we can only fully realize the meaningfulness of our lives when we transcend the self and reach out to others and the world.</p>
<p>Toxic Selfishness Values: {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do (Index 2).</p>	<p>According to Frankl, selfishness itself would likely not lead to discovering meaningfulness. Rather, through experiencing selfishness, we may come to recognize it as an empty, unfulfilling approach to life that overshadows the need for purpose, responsibility, love and suffering, key aspects Frankl believed were tied to finding life's meaning. Frankl's Logotherapy posits the primary motivator in life is the pursuit of meaning, not power or pleasure. Therefore, the realization of the void that selfishness creates could indeed catalyze a deeper search for meaning and purpose beyond self-centered desires, guiding an us toward a more gratifying, purpose-driven existence.</p>
<p>Toxic Impulsive Behavior: {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is okay to be impulsive, thoughtless, careless, and 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 my thinking has little to do with my emotional intensity. (Index 3)</p>	<p>Frankl suggests that impulsivity and acting without thinking might lead to spontaneous and authentic experiences, possibly resulting in some personal realization or growth. However, his central belief was that purpose and meaningfulness stem from conscious decisions, responsibilities, and the pursuit of worthiness. Frankl emphasized on the need to transcend oneself, to be responsible and to have a purpose. Therefore, while impulsive behavior might provoke unanticipated and educational experiences, sustained and enduring meaning is more likely to be found in thoughtful, deliberate actions aligned with our values and life purpose.</p>
<p>Toxic Unreasonableness-Intolerance Belief: {} People should always treat me fairly. {} I can't stand it when people don't act reasonably. {} I am worthless for mistreating me. {} It is okay to be unwilling to endure people 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 different from me (Index#4).</p>	<p>Frankl believed that experiencing adverse situations, such as intolerance and frustration, can lead to the discovery of life's meaningfulness. He emphasized that our responses to challenging circumstances determines the outcomes, rather than the situations themselves. As per his logotherapy theory, experiencing intolerance or frustration could serve as a stimulus to seek understanding, promote resilience, and foster personal growth. Frankl proposed that by confronting such challenges and responses, we can find purpose, reframe our attitudes, and thereby develop a greater sense of meaningfulness in life. Unreasonableness, on the other hand, can encourage us to strive for reason and rationality, thus instilling a higher sense of responsibility and purpose, both crucial components for finding meaning in life according to Frankl's perspective. We are responsible for self-correcting our irrational thinking, cognitive distortions, and cognitive biases.</p>

Attitudinal Values are the values I take on when I cannot change the situation	Frankl's View
<p>Responsiveness Attitude Value: I can care about, responding to others and want to listen to and be sensitive (#1). I value responding to others empathically, accurately, and with understanding of another person's thoughts, wants, and feelings. Index 1:</p>	<p>Responsiveness Attitude Value: I am capable of engaging in attentive responsiveness to others, with an eagerness to listen and be receptive. I hold in high regard the act of empathic and precise response, rooted in understanding and acknowledging the unique perspectives, desires, and emotions of the other person. This is aligned with the principles of meaning-centered therapy, which emphasize the importance of allowing us to experience purpose and significance in every interaction and relationship.</p>
<p>Healthy Reliability Attitudinal Values: I can care about being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I know that people see me as dependable. I want to help people and accept people helping me. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index 2)</p>	<p>In the pursuit of meaningful existence, I am committed to cultivating dependability. I attach value to being perceived as trustworthy and take seriously the responsibility of discerning honesty in others. My reliability is a mindset that adds value to my life's purpose. Through my dependability, I can contribute to the welfare of others and graciously accept their support in advance. By acknowledging the importance of rules, I understand they provide structure that assists in fulfilling my commitments. I don't just make promises, but I ensure they are kept and should they be broken, I am capable of shouldering the responsibility to rectify them. I enter agreements with sincerity and have the capability to negotiate thoughtfully with others. I express the truth confidently and am brace enough to face any resulting consequences. Coupled with the strength to show regret, the courage to bear remorse for mistake, is what assists me to learn, grow, and find essential meaning along my journey.</p>
<p>Healthy Reflective Attitudinal Values: I can think before I act. {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about my future than the immediate concerns. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with important people. (Index 3)</p>	<p><input type="checkbox"/> "I strive to be mindful and conscious in my actions, reflecting on their potential implications within the broader context of the meaning and purpose of my life." <input type="checkbox"/> "I endeavor to comprehend my emotions and the potential consequences of my actions prior to making decisions, grounding them within my life's unique purpose and greater narrative." <input type="checkbox"/> "I value intentional decision-making as it contributes to the cohesive narrative of my life's purpose." <input type="checkbox"/> "I strive to ground my decisions in careful consideration of the facts, ensuring they contribute to a series of meaningful actions that improve the quality of my life." <input type="checkbox"/> "Despite being cognizant of future outcomes, I avoid unnecessary anxiety by grounding my actions in a deeper sense of purpose and understanding them as part of my life's journey." <input type="checkbox"/> "While I recognize the importance of dealing with immediate concerns, I focus my attention on longer-lasting implications and how they would contribute to my life's meaning." <input type="checkbox"/> "Before initiating activity, I seek thorough understanding of how it aligns with my purpose and contributes to the broader narrative of my life." <input type="checkbox"/> "I understand the value of meaningful relationships and strive to maintain them, being mindful of how my actions might affect them, while remaining true to myself and my life's purpose."</p>
<p>Healthy Reasonableness-Being Tolerant Attitudinal Values: I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. {} I want to be tolerant of individual and cultural differences. {} I can have flexible beliefs when dealing with another person. {} I can tolerate frustration because this frustration will not last forever, and {} I can learn something new about myself when dealing with stress. {} I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4)</p>	<p><input type="checkbox"/> In dedication to my individual pursuit of meaning, I am intentional in maintaining a reasonable, practical, and tolerant perspective. My desire is to engage my cognitive abilities to uncover the hidden meaning within life's complexities. My respect and courage lie in being sensible, logical, and functional in everything I pursue. <input type="checkbox"/> Upholding respect towards individuality and cultural diversity is a commitment I hold deeply, for I believe that in diversity, there is richness and depth of meaning to be discovered. With each interaction, I allow space for flexibility in my beliefs, to better understand different perspectives and thus expand my worldview. <input type="checkbox"/> Embracing frustration is a skill I am developing. I am aware that difficulties are temporary and through them, I gain growth and fortitude. I strive to learn from the challenges, as through them I uncover new insights about who I am and my capabilities. <input type="checkbox"/> I am willing to explore new skills, regardless of their level of difficulty or frustration they may induce. I perceive such frustrations not as limitations, but as opportunities to practice patience and perseverance and expand my uniqueness. This is an ongoing journey of self-discovery and personal evolution, marked by resilience and tolerance. (Index 4)</p>

Activities to do Caring behaviors:

	Responsiveness:	Reliable and Dependable	Reflectiveness	Reasonableness-Tolerance
1	1. <i>Practice active listening:</i> Being responsive starts with truly listening to others. Practice active listening by giving our full attention, maintaining eye contact, and avoiding distractions. Show that we understand by paraphrasing what the person has said and asking clarifying questions. This helps create an environment where others feel heard and valued.	1. <i>Be mindful of our commitments:</i> One of the most important aspects of reliability is following through on our commitments. Before making a promise or agreeing to something, take a moment to consider whether we can realistically fulfill it. If we're unsure, it's better to be upfront and communicate our limitations rather than making empty promises.	1. <i>Set aside dedicated time for reflection:</i> To be more reflective, it's important to allocate specific time for reflection each day. This can be as little as 10 minutes or as long as an hour, depending on our schedule and preferences. Find a quiet and comfortable space where we can be alone with our thoughts and focus on the events and experiences of the day.	1. <i>Practice active listening:</i> Truly listen to others without interrupting or passing judgment. When we actively listen, we create space for understanding and connection. This allows for more open and respectful conversations, even when we disagree with someone's opinion or viewpoint.
2	2. <i>Show empathy and understanding:</i> Put yourself in the other person's shoes and try to understand our perspective. Acknowledge our feelings and validate our experiences. Empathy allows us to connect on a deeper level and respond in a way that is meaningful to them. Avoid judgment or dismissive responses, and instead, offer support and understanding.	2. <i>Communicate effectively:</i> Clear communication is crucial for reliability. Make sure to communicate your plans, expectations, and any potential changes or delays promptly and honestly. This helps manage others' expectations and allows them to plan accordingly. If there are unforeseen circumstances that prevent us from fulfilling a commitment, communicate it as soon as possible and offer an alternative solution if possible.	2. <i>Ask reflective questions:</i> When reflecting, it's helpful to ask yourself open-ended questions that encourage deeper thinking. For example, we can ask yourself, "What did I learn from this situation?" or "How could I have handled that differently?" By asking these types of questions, we prompt ourselves to think critically and gain insights into our behavior and thought processes.	3. <i>Practice empathy:</i> Understanding another person's thoughts, feelings, and experiences. Empathy allows us to be more compassionate and accepting of our perspectives, even if we differ from our own.
3	3. <i>Be open and approachable:</i> Create an environment where others feel comfortable approaching us. Be open to different opinions and ideas and encourage others to share our thoughts and feelings. Avoid being defensive or dismissive, as this can discourage others from opening up. Instead, cultivate an atmosphere of trust and respect, where people feel safe to express ourselves.	3. <i>Be consistent:</i> Consistency is key to building trust and reliability. Strive to be consistent in our actions and behavior. Show up consistently and on time for commitments, meetings, and appointments. Consistency demonstrates that we are reliable and can be counted on.	3. <i>Practice mindfulness:</i> Mindfulness involves being fully present in the moment and observing our thoughts and feelings without judgment. By practicing mindfulness, we can become more aware of our emotions, reactions, and patterns of behavior. This self-awareness allows us to pause and reflect before reacting impulsively, which can lead to more thoughtful and considerate actions.	3. <i>Educate yourself:</i> Expand your knowledge about different cultures, religions, and lifestyles. Educating yourself about diverse backgrounds and beliefs helps to break down stereotypes and biases, allowing for a more tolerant and accepting mindset.
4	4. <i>Respond in a timely manner:</i> Being responsive means being prompt in our actions and communication. Avoid procrastinating or delaying our responses, as this can make others feel ignored or unimportant. Whether it's replying to emails, returning phone calls, or addressing someone's concerns, strive to respond in a timely manner. This shows that we value our time and input.	4. <i>Set realistic boundaries:</i> It's important to set boundaries to avoid overcommitting yourself. When we take on too many responsibilities, it becomes challenging to meet all of them, leading to a decline in reliability. Learn to say no when necessary and prioritize our commitments. By setting realistic boundaries, we can ensure that we are able to fulfill our promises and be dependable to others.	4. <i>Keep a reflective journal:</i> Writing down our thoughts and experiences in a reflective journal can be a powerful tool for self-reflection. Take some time each day to write about our thoughts, emotions, and experiences. This practice helps us process events and gain a deeper understanding of ourselves and our reactions. It can also serve as a valuable resource for tracking our personal growth and progress over time.	4. <i>Challenge our prejudices:</i> Recognize and challenge any preconceived notions or biases we may hold. It is natural to have biases, but being aware of them and actively working to overcome them is crucial. Engage in self-reflection and question the origins of our prejudices to foster a more tolerant outlook.
5	5. <i>Practice active problem-solving:</i> When someone comes to us with a problem or request, be proactive in finding solutions. Offer our assistance and brainstorm ideas together. Seek to understand our needs and work collaboratively towards a resolution. Being responsive means taking action and following through on our commitments.	5. <i>Follow up and follow through:</i> Following up and following through on our commitments is essential for reliability. Check in with others to ensure that we have received what we needed and that everything is going smoothly. If we've promised to complete a task or provide assistance, make sure to follow through until the task is completed.	5. <i>Seek feedback from others:</i> To be reflective, actively seek feedback from trusted friends, family members, or mentors. Engaging in open and honest conversations with others can provide valuable perspectives and insights that we may not have considered on our own. By being open to feedback, we can gain a deeper understanding of how our actions impact others.	5. <i>Seek common ground:</i> Focus on finding commonalities with others rather than solely focusing on differences. Look for shared values, interests, or goals that can bridge gaps and foster understanding. Finding common ground helps to build stronger relationships and encourages tolerance and acceptance.
6	Meaningfulness: Responsiveness allows us to engage more deeply with others and the world around us, leading to a richer understanding and discovery of meaningfulness in our lives.	Meaningfulness: Being reliable and dependable can help us discover meaningfulness by building trust, boosting our self-confidence, giving us a purpose, promoting personal growth, and allowing us to make a valuable contribution.	Meaningfulness: Reflective thinking is a process that allows us to step back, analyze our experiences, and gain an understanding of our behavior, attitudes, and values. We can uncover the underlying reasons behind our actions and decisions.	Meaningfulness: Reasonableness allows us to approach situations, ideas, and people with an open mind. It encourages us to consider different perspectives, weigh evidence, and make balanced judgments. This helps us to understand the complexities of life and find meaning in our interactions and experiences. Tolerance helps us to see the value in differing viewpoints and ways of life, thereby enriching our understanding and experiences.

Emotional Self-Respect and Expanding Our Uniqueness, enabling us to discover meaningfulness

<p>Addressing Concern: <i>I am interested in dealing with uncertainty and coping with apprehension (fear, anxieties); I want to focus on what I am interested in; I have a high degree of motivation that will help me learn and endure the frustrations.</i></p>			
<p>“There and Then” mindset refers to a perspective that focuses on past experiences or future possibilities, rather than the present moment. This mindset helps individuals understand how past experiences may be influencing their current behaviors, thoughts, and emotions. In terms of cause-and-effect comments about the outside world and others. This mindset helps us individuals recognize patterns in their reactions to certain situations or people based on past experiences. It can also help them anticipate how they might react in future situations based on these patterns. The focus is on decision making and problem solving.</p>			
Showing Concern	<p>Non-Receptive mindset and closed-mindedness when solving problems because we believe we don’t have to be concerned about making plans that we reach a specific goals. We are not concerned about listening to others and formulating goals and plans with another person. We are not open-minded, and we don’t have to be receptive to arguments or ideas we will have difficulty solving problems. We have an "I Don't Feel Like It" Attitude. We only do what is fun. We believe that planning has nothing to do with being successful or reaching our goals. #5</p>	<p>Healthy Receptive Attitudinal Values: (open-mindedness): I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions. {} I can plan enough time to get things done. {} I can learn to make sure that I know what the other person wants before I start working on the assignment or task. (Index 5)</p>	<p>Attitudes Related to Feeling Ambiguous Being capable of being understood in two or more possible senses or ways *an ambiguous smile* I feel ambiguous, unclear, equivocal, abstruse, abstruse (perplexing, puzzling, complex, profound)</p>
Showing Concern	<p>Toxic Belief: It is Pointless to Set Goals: We believe that it is pointless to set goals mindset: With this mindset, we are stubborn, and we are not concerned about setting goals. We are not concerned about tasks others assign us. We believe it is pointless to set goals because our goals never come true. We have no control over our emotions and behavior. We believe we don’t have to give “Our Best Attitude. We don’t think managing our time and resources is important (Index 6).</p>	<p>Realistic Self-Control: Attitudinal Values: I can control myself and be careful socially {} Without self-control, others will try to control me. I can control my emotions. I can be concerned about being socially precise. I want to set realistic goals. I can be concerned about the facts and reality. {} I can focus on things that will help me. (Index 6)</p>	<p>Self-Concept: How You See Yourself Attitudes: { } You value maintaining your sense of self. { } You want to appreciate individuality and expand your understanding of uniqueness. { } You recognize your self-concept is your mental image of yourself. { } It is an idea you construct from your beliefs about yourself and how you want to respond to others.</p>
Showing Concern	<p>Pointless to Try Mindset: Giving Up Behavior is acceptable. We devalue trying. We want to give up when tasks become too frustrating or tedious We believe giving my best effort is a waste of time, and completing tasks half-heartedly has no impact on the things we really like to do. (Index 7).</p>	<p>Resolve Attitudinal Value: You want to give your best effort. You want to show resolve in times of stress and frustration. : to find an answer to a difficult problem and to make it clear or understandable Giving your best efforts shows you are genuinely concern. (index 7).</p>	<p>Unconcerned Attitudes: { } I do not value every issue that presents itself to you. { } I know it is okay that I don’t have to be a part of everything or be interested in everything. { } I don’t worry about things that don’t concern me. { } I know that I cannot be concerned about everything.</p>
Showing Concern	<p>Pointless to be Concerned Beliefs - Lack of Effort: we believe that it is pointless to be concerned , we see no consequences in our lack of effort: We don’t value being responsible, and we don’t work hard in the face of frustration and in times of stress (# 8). Being irresponsible in the here and now has no effect on my future. (Index 8)</p>	<p>Responsibleness Attituding Value: You value being a responsible person. You want to work tough. You want to give your best effort in everything you do because when something important comes along – you’ll be ready. (Index 8)</p>	<p>Relevant Attitudes: { } You value issues that are relevant, pertinent, applicable, and germane to you. { } You want to retrieve material that satisfies your needs. { } You show little or no feeling-emotions about specific activities. { } Relevance: pertinent, fitting, compelling, practical, applicable, germane.</p>

Index 5: I can’t have absolute certainty that everyone wants to plan, or they will agree with my suggests and plane. Receptive Attitudinal Values: (open-mindedness): I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions.

Logotherapy agrees with the concept of receptive attitudinal values as they promote personal growth and self-understanding. Frankl’s belief in the importance of meaning could also extend to the acceptance of multi-perspective ideas and innovative thinking, because different ideas could provide different avenues of meaning for individuals. Being open-minded can also help an individual to choose their attitude in any given set of circumstances, a central idea in Frankl's work.

Frankl may disagree with the concept of open-mindedness if it implies a lack of decisiveness or guiding principles. While Frankl promoted the idea of searching for meaning, he believed that this process should be guided by personal values and principles that may not always align with others' ideas or suggestions. Furthermore, he also emphasized on the importance of individual responsibility, meaning that one should think critically and not blindly follow every novel idea or suggestion.

Frankl may also disagree if this receptiveness leads one away from their pursuit of individual meaning. In his book "Man's Search for Meaning", Frankl underscores that the primary motivational force in humans is their pursuit of what they find meaningful. If being overly open-minded causes one to be constantly swayed by others' ideas and not pursue their unique path of meaning, then Frankl might see this as detrimental.

Index 6: There are situations I cannot control. I will not always be clear on my goals or previous working goals may become obsolete. Realistic Self-Control: Attitudinal Values: I can control myself and be careful socially {} Without self-control, others will try to control me. I can control my emotions. can be concerned about being socially precise. I want to set realistic goals.

Frankl’s perspectives on self-control, given his understanding of human psychology and life experiences, would likely align and diverge in unique ways with these attitudinal values.

1. I can control myself and be careful socially: Frankl would agree with this, as he advocates for personal responsibility and individual freedom. He believes in personal agency.

2. I can control my emotions: Again, Frankl would agree. To him, having a sense of control over our emotional responses is fundamental. In his book "Man's Search for Meaning," he wrote that everything can be taken from a person but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances.

3. I want to set realistic goals: Frankl would likely agree with this as well, as it aligns with his idea of finding purpose and meaning in life. This often involves setting personal goals.

1. Without self-control, others will try to control me: Frankl might not fully agree with this statement. While he valued personal responsibility, he also had a nuanced understanding of human motivations, relationships, and power dynamics. He witnessed, firsthand, in concentration camps how forces beyond personal control can subjugate even the most disciplined individuals. Like many existentialists, he would point out that control is not always possible in a world of chance and randomness.

2. Concerned about being socially precise: As a humanistic thinker and psychiatrist, Frankl valued authenticity and genuine connection rather than "social precision." He might argue that an overemphasis on social precision could be a barrier to meaningful and authentic interactions.

Overall, Frankl's philosophy centers on the concept of meaning and the human capacity for resilience, both of which would frame his views of self-control and goal setting within a broader context.

Index 7: I can't always give my best effort or expect others to give their best effort 100% of the time. Resolve Attitudinal Value: You want to give your best effort. You want to show resolve in times of stress and frustration. : to find an answer to a difficult problem and to make it clear or understandable

Frankl would agree with the aspect of Resolve Attitudes that emphasizes giving your best effort and showing resolve in times of stress and frustration. This aligns with his belief in embracing suffering rather than avoiding it to find meaning in life. He would affirm the idea of trying to find an answer to a difficult problem, as this quest for understanding aligns with his principles of logotherapy.

However, Frankl might not entirely agree with the concept of making everything "clear or understandable." His belief was predicated more on finding subjective meaning in life rather than attaining objective understanding. Additionally, according to Frankl, some aspects of human existence, like suffering and death, might remain incomprehensible and are meant to be experienced rather than fully understood.

Overall, while Frankl would agree with the determination and resilience promoted by the Resolve Attitudinal Value, he might caution against the expectation of fully comprehending every aspect of life, emphasizing instead the importance of finding individual meaning, even in adversity and suffering.

Index 8: I can't always maintain my responsibility, or having others carry out their responsibilities. Responsibility Attitudinal Value: You value being a responsible person. You want to work tough. You want to give your best effort in everything you do because when something important comes along – you'll be ready.

Logotherapy agrees with the "Responsibility Attitudinal Value" as it aligns with his idea that we mold ourselves through our actions and responses to life's challenges. In his book, "Man's Search for Meaning," Frankl emphasized the individual's responsibility to find purpose and meaning in life.

Frankl would approve of someone's desire to work hard and give their best in all they do, echoing his belief in the freedom to shape one's life. As he wrote, "Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."

However, there may be nuances where Frankl's perspective differs. While the Responsibility Attitudinal Value suggests being ready for important things when they arrive, Frankl might emphasize the importance of seeking meaning in every moment, not only in significant events. Frankl might argue that focusing too much on preparation for future events could lead individuals to overlook the potential meaning present in their current circumstances.

Moreover, Frankl might caution against tying one's worth entirely to their output or performance, emphasizing that meaning in life can also be found in love and suffering, not only in achievements. So, while he would endorse responsibility and a commitment to effort, he might call for a broader understanding of life's value beyond work and productivity.

Attitudinal Values	Frankl's View
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Showing Concern	<p>Healthy Receptive Attitudinal Values: (open-mindedness): I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions. {} I can plan enough time to get things done. {} I can learn to make sure that I know what the other person wants before I start working on the assignment or task. (Index 5)</p>	<p>Attitudinal Values of Receptivity (Open-Mindedness): I have the capability to welcome innovative thoughts, viewpoints, and creative solutions with an open mind. I can retain a state of open-mindedness. I am able to be open and responsive to an array of ideas, impressions or recommendations. Being open-minded also means I am organized, ensuring I allocate time fittingly to accomplish tasks. Prior to commencing any task or work, I can make an effort to learn about the needs and desires of others so that it aligns with the focus of Logotherapy - a therapy that strives to uncover meaning. Remember, do the task first and discover the meaningfulness, then think about making a new plan.</p>
Showing Concern	<p>Realistic Self-Control: Attitudinal Values: I can control myself and be careful socially {} Without self-control, others will try to control me. I can control my emotions. I can be concerned about being socially precise. I want to set realistic goals. I can be concerned about the facts and reality. {} I can focus on things that will help me. Index</p>	<p>Self-control attitudinal values state that we have the agency to direct our responses and behavior in social situations. Without this inner mastery, we are susceptible to the control of others. We can manage our emotions, and we strive for authentic interactions and communications with others. Our goals are grounded in what is meaningful and feasible for us. We want to experience the truth and reality in all our lives. We concentrate on things that contribute to our ability to expand our uniqueness and our purpose. (Index 6)</p>
Showing Concern	<p>Resolve Attitudinal Value: I want to give my best effort. I want to show resolve in times of stress and frustration. : to find an answer to a difficult problem and to make it clear or understandable Giving my best efforts shows you are genuinely concern. (index 7).</p>	<p>Investing maximum effort displays a profound commitment to one's purpose and role. Demonstrating resolve during challenging periods of stress and frustration exemplifies a deep understanding of the potential growth that difficult circumstances offer. Embracing these attitudes bridges the gap between dealing with challenging problems and finding clear, understandable solutions. In doing so, it reveals an authentic concern not only for personal well-being but also for the well-being of others. We can encourage ourselves to find meaning in every circumstance, deriving strength and resilience (Index 7).</p>
Showing Concern	<p>Responsibleness Attitudinal Value: You value being a responsible person. You want to work tough. You want to give your best effort in everything you do because when something important comes along – you'll be ready. (Index 8)</p>	<p>The Responsibleness Attitudinal Value addresses our concern, and it implies that we possess this value by taking on responsibility and hard work, providing us a sense of purpose and meaning in life, thereby expanding our uniqueness and understanding of our life and experiences in its framework. Acknowledging these responsibilities, which are significant to our sense of meaning, also promotes psychological well-being by offering insights into one's values and life's purpose. The Responsibleness value implies understanding and embracing the importance of our ethical obligations, resilience in facing life's challenges, and making necessary changes - consequently improving our ability to cope with life's difficulties under the guidance of our values and sense of purpose.</p>

Frankl believed in the profound value of responsibility. He posited that when we take responsibility for our actions and decisions, we assert control over our lives. Instead of being passive recipients of whatever life throws our way, we become active participants in our existence. This act of taking charge, according to Frankl, nurtures our self-confidence. The conviction that we can steer our lives toward our desired direction gives us the confidence to face life's uncertainties and challenges.

Frankl's concept of responsibility is integral to his psychological theory, Logotherapy, which emphasizes the search for meaning in life. As he states, the moment we contemplate the consequences and impacts of our actions, we unconsciously begin building a roadmap for our lives. This exercise gives us two valuable things - a sense of purpose and the confidence to maneuver our life towards that purpose. According to Frankl, it's the sense of responsibility towards our future that instigates us to take corrective actions today, and this proactive approach paves the way to self-confidence.

Frankl believed that responsibility goes beyond our lives and decisions; it pertains to how we respond to uncontrollable events. Rather than feeling helpless against unavoidable adversities, viewing them as opportunities for practicing courage and fortitude builds our confidence. Frankl's own life was a testament to this notion. Despite being a Holocaust survivor, he didn't surrender to resentment or despair. Instead, he undertook the responsibility to turn his horrific experiences into profound teachings for the benefit of human society.

Frankl saw responsibility as the key to fostering a healthy sense of confidence. By recognizing and owning our role in handling our challenges and responses, we cultivate confidence in our abilities. The responsibility to shape our life and to find meaning, even in the most crippling circumstances, ultimately strengthens our sense of self-worth, boosting our overall confidence. Frankl writes, "In the final analysis, the sort of person the prisoner became was the result of an inner decision and not the result of camp influences alone." In other words, our perception of who we are and what we are capable of influences our degree of responsibility we assume for our lives.

Showing Concern Attitudinal Values:

	Receptive	Realistic Goal Setting	Resolve	Responsibleness
1	<p>1. Practice active listening: Actively listening to others involves giving our full attention and focusing on understanding our perspective. Avoid interrupting or forming judgments prematurely. Instead, ask questions to clarify their thoughts and show genuine interest in our point of view.</p>	<p>1. Set clear goals and priorities: Developing healthy self-control starts with knowing what we want to achieve and setting clear goals and priorities. When we have a clear vision of what we want to accomplish, it becomes easier to resist immediate gratification and stay focused on our long-term objectives.</p>	<p>1. Set clear goals: Developing a healthy sense of persistence starts with setting clear, achievable goals. By identifying what we want to accomplish, we can create a roadmap to success. Break down our goals into smaller, manageable tasks, and set deadlines to keep yourself accountable.</p>	<p>1. Start small: Begin by taking on manageable responsibilities that are within our capacity. This could include tasks such as organizing our personal space, keeping track of our schedule, or following through on small commitments. By starting small, we can build a foundation of trust and reliability within yourself, which will help us gradually take on more significant responsibilities.</p>
2	<p>2. Seek out diverse perspectives: Surround yourself with people from different backgrounds, cultures, and belief systems. Engage in conversations with we who have different opinions and experiences. By exposing yourself to diverse perspectives, we can broaden our understanding of the world and challenge our biases.</p>	<p>2. Practice mindfulness and self-awareness: Mindfulness and self-awareness are powerful tools for developing self-control. By being present in the moment and paying attention to our thoughts, emotions, and physical sensations, we can better understand our triggers and impulses. This awareness allows us to pause before reacting impulsively and make more conscious choices.</p>	<p>2. Cultivate a growth mindset: Embrace the idea that challenges and setbacks are opportunities for growth. Instead of viewing failure as a roadblock, see it as a steppingstone to improvement. Adopting a growth mindset allows us to persevere through difficulties, knowing that we can learn from them and become better in the process.</p>	<p>2. Prioritize and set boundaries: It's crucial to prioritize our responsibilities and set boundaries to avoid overwhelming yourself. Understand what tasks or commitments are essential to us and our well-being, and focus on those. By setting boundaries, we can ensure that we're not taking on more than we can handle, and we'll be able to fulfill our responsibilities without feeling overwhelmed.</p>
3	<p>3. Embrace curiosity: Cultivate a genuine curiosity about the world around we. Be open to learning new things, exploring different topics, and seeking out information that challenges our existing beliefs. Curiosity helps to dismantle rigid thinking patterns and encourages a more open and flexible mindset.</p>	<p>3. Create a supportive environment: Our environment plays a significant role in our ability to exercise self-control. Surround yourself with people who support our goals and values and remove or minimize distractions that can undermine our self-control. For example, if we're trying to eat healthier, stock our kitchen with nutritious foods and avoid keeping unhealthy snacks within easy reach.</p>	<p>3. Stay motivated: Find ways to stay inspired and motivated. Set reminders of why we started and the potential rewards that await we. Surround yourself with positive influences, whether it's reading inspirational books, listening to motivational podcasts, or connecting with like-minded we who share similar goals.</p>	<p>3. Communicate openly: Effective communication is key in developing a healthy sense of responsibility. Express our limitations and concerns to others when necessary, and be honest about what we can and cannot take on. By communicating openly, we can avoid overcommitting yourself and ensure that our responsibilities align with our capabilities.</p>
4	<p>4. Practice empathy: Empathy is the ability to understand and share the feelings of others. By putting yourself in someone else's shoes, we can gain a deeper understanding of our experiences and perspectives. Empathy helps to foster open-mindedness by allowing us to connect with others on an emotional level.</p>	<p>4. Practice delayed gratification: Delayed gratification is a powerful skill in developing self-control. Instead of giving in to immediate desires, practice delaying gratification by setting small milestones and rewarding yourself only when we achieve them. This helps strengthen our ability to resist impulsive behaviors and stay focused on our long-term goals.</p>	<p>4. Develop resilience: Resilience is the ability to bounce back from setbacks and keep going. Cultivate resilience by reframing challenges as learning experiences, practicing self-care to recharge our energy, and seeking support from friends, family, or mentors during tough times. Remember that setbacks are temporary, and our perseverance will ultimately lead to success.</p>	<p>4. Practice self-care: Taking care of yourself is an essential aspect of being responsible. Prioritize self-care activities such as exercise, getting enough sleep, and engaging in activities that bring we joy and relaxation. By taking care of our well-being, we'll be better equipped to handle our responsibilities effectively.</p>
5	<p>Reflect on our cognitive biases: Self-reflection is essential for personal growth and developing open-mindedness. Take the time to examine our own beliefs, values, and biases. Consider how we may influence our perceptions and interactions with others. By recognizing and challenging our own biases, we can become more open to new ideas and perspectives.</p>	<p>5. Develop healthy coping mechanisms: Developing healthy coping mechanisms is crucial for maintaining self-control in challenging situations. Instead of turning to unhealthy habits or instant gratification, find healthier ways to manage stress, such as exercise, mindfulness, or engaging in hobbies we enjoy. These activities can help us channel our emotions and impulses in a positive and constructive manner, strengthening our self-control over time.</p>	<p>5. Celebrate progress: Recognize and celebrate our achievements along the way. Acknowledge the effort and hard work we've put in, no matter how small the milestones may seem. Celebrating progress boosts our confidence, reinforces our persistence, and keeps we motivated to continue giving our best effort.</p>	<p>5. Reflect and learn: Regularly reflect on our actions and responsibilities and learn from our experiences. Take time to evaluate what worked well and what didn't and make adjustments accordingly. By reflecting and learning, we can continuously improve our sense of responsibility without taking on too much.</p>
6	<p>Meaningfulness: Being receptive allows us to absorb and understand new information, ideas, and perspectives from a wide variety of sources. This openness can lead to a deeper understanding of the world around us and our place in it, helping us to discover what is truly meaningful to us. Receptivity encourages active listening and empathy, which can deepen our relationships with others.</p>	<p>Meaningfulness: Achieving realistic goals gives us a sense of accomplishment and satisfaction. This feeling of achievement can add a sense of meaningfulness to our lives. Realistic goals give us a clear sense of purpose. They provide a road map for our actions, making our life's journey more focused and directed. This sense of purpose can bring deep meaning to our lives. We learn new skills, gain knowledge, and develop as individuals. This growth can bring a sense of meaningfulness and fulfillment.</p>	<p>Meaningfulness: When we push ourselves to our limits, we often discover new aspects of our personality, skills, and interests. This self-discovery can help us understand what truly matters to us, what we value, and what gives our lives meaning. When we give our best effort, we often need to work with others, seek help, or share our experiences. This can help us build strong, meaningful relationships with others, which can add a sense of meaningfulness to our lives.</p>	<p>Meaningfulness: Cultivating a sense of purpose: Working hard and taking responsibility, we contribute to something larger than ourselves. Whether it's a project at work, a community initiative, or a personal goal, our efforts can make a difference. This can give us a sense of purpose and meaning in life. Tough work and responsibilities push us out of our comfort zones and challenge us to grow. We learn new skills, gain new insights, and develop as individuals.</p>

<p>Addressing Concerns: <i>I am interested in dealing with uncertainty and coping with apprehension (fear, anxieties); I want to focus on what I am interested in; I have a high degree of motivation that will help me learn and endure the frustrations.</i></p>		
<p>“There and Then” mindset refers to a perspective that focuses on past experiences or future possibilities, rather than the present moment. This mindset helps individuals understand how past experiences may be influencing their current behaviors, thoughts, and emotions. In terms of cause-and-effect comments about the outside world and others. This mindset helps us individuals recognize patterns in their reactions to certain situations or people based on past experiences. It can also help them anticipate how they might react in future situations based on these patterns. The focus is on decision making and problem solving. Meaningfulness is discovering what matters.</p>		
Showing Concern	<p>Non-Receptive mindset and closed-mindedness when solving problems because we believe we don't have to be concerned about making plans that we reach a specific goals. We are not concerned about listening to others and formulating goals and plans with another person. We are not open-minded, and we don't have to be receptive to arguments or ideas we will have difficulty solving problems. We have an "I Don't Feel Like It" Attitude. We only do what is fun. We believe that planning has nothing to do with being successful or reaching our goals. #5</p>	<p>Frankl argues that experiencing a non-receptive mindset or closed-mindedness can contribute to the discovery of meaning, but mostly via the process of overcoming these states. In his view, these outlooks block us off from realizing our full potential and engaging deeply with the world around us, which is where true meaning is found. Closed-mindedness prevents us from noticing and valuing the uniqueness and significance of each moment, every human interaction, and all opportunities for growth. However, when, we intentionally decide to move beyond this rigidity, opening ourselves to new perspectives, we are pushed into a process of self-reflection, critical change and personal growth, helping us to discover deeper layers of ourselves, uncovering more profound understandings of life, relationships, and ultimately paving the way towards finding authentic meaning in our lives.</p>
Showing Concern	<p>Toxic Belief: It is Pointless to Set Goals: We believe that it is pointless to set goals mindset: With this mindset, we are stubborn, and we are not concerned about setting goals. We are not concerned about tasks others assign us. We believe it is pointless to set goals because our goals never come true. We have no control over our emotions and behavior. We believe we don't have to give “Our Best Attitude. We don't think managing our time and resources is important (Index 6).</p>	<p>From the perspective of Frankl's logotherapy, espousing the idea that setting goals is pointless might lead one to deeper introspection about life's intrinsic meaning beyond pre-set accomplishments. Frankl argues that realizing goal setting as futile might prompt individuals to shift their focus from checking off boxes to seeking more profound understanding and purpose in their daily tasks and circumstances. In this avenue, experiencing the pointlessness of setting goals could foster a space where we seek meaning not in the product of our efforts (the goals) but in the process and experience itself. Pointless-to-set goals mindset shifts can result in a deeper appreciation of life's moments and greater personal fulfillment and enlightenment. Therefore, recognizing the futility of rigid goal setting may help uncover a more profound and authentic sense of meaning in life.</p>
Showing Concern	<p>Pointless to Try Mindset: Giving Up Behavior is acceptable. We devalue trying. We want to give up when tasks become too frustrating or tedious We believe giving my best effort is a waste of time, and completing tasks half-heartedly has no impact on the things we really like to do. (Index 7,).</p>	<p>Frankl argues that experiencing moments of <i>despair and hopelessness</i>, such as giving up or feeling that it's pointless to try, can actually serve as catalysts to discover deeper meaning in life. He believes we can discover meaning in our suffering were resilient and capable of enduring hardships. Periods of struggle provide opportunities for self-examination, compelling us to question our purpose, assess our values and identities, and potentially uncover a more profound understanding of our existence. To Frankl, meaning is not found but made - it's actively created through our attitude, actions, and responses to life's challenges. overcoming feelings of giving up or pointlessness can empower us to create a meaningful existence, rooted not in avoidance of suffering, but in a capacity to cope with, and find purpose within, even the most formidable adversities.</p>
Showing Concern	<p>Pointless to be Concerned Beliefs - Lack of Effort: we believe that it is pointless to be concerned, we see no consequences in our lack of effort: We don't value being responsible, and we don't work hard in the face of frustration and in times of stress (# 8). Being irresponsible in the here and now has no effect on my future. (Index 8)</p>	<p>Frankl argues that experiencing a lack of effort and concern can be catalysts to personal growth and finding meaning. He believed that suffering, in this case the feeling of aimlessness and apathy, is an inherent part of life and necessary for finding personal significance. In this context, a lack of effort and concern might symbolize personal stagnation or dissatisfaction, nudging us to question our current state of being or circumstances. Engaging with such feelings, rather than suppressing them, can serve as a pivotal step in the journey to discover our unique life purposes or values, as it gives us the chance to reassess our current path in life and potentially redirect it towards tasks and roles that elicit genuine interest and engagement. Through this exploration and self-reflection, we can find a new sense of meaning and purpose that imbues our lives with value and direction.</p>

Frankl believed that we find meaning in life by showing concern for others and expressing our anxieties; this approach gives purpose to our actions, challenges, and relationships, directly or indirectly.

Firstly, Frankl argued that there is purpose in anxiety. Anxiety, a frequently suppressed emotion, may be seen as indicative of deeper, unresolved issues. Although it might be uncomfortable, acknowledging and expressing our feelings of anxiety forces us to confront and address these underlying challenges. This process leads to self-discovery, personal development, and ultimately, a more profound understanding of our life's meaning. It is through grappling with emotional difficulties that we begin to discover our identity and our purpose.

Secondly, showing concern for others, also known as altruistic behavior, is seen by Frankl as one of the most potent pathways towards finding personal meaning. He believed that by putting others' needs before our own, we can transcend ourselves, fostering connections with those around us, and contributing to something greater than ourselves; Frankl stated that “The more one forgets himself—by giving himself to a cause to serve or another person to love—the more human he is.” This selfless act gives us a sense of purpose and enriches our lives by enriching others'. Both expressing anxiety and showing concern for others are integral to discovering our life's unique meaning, according to Frankl's philosophy.

Emotional Self-Respect and Expanding Our Uniqueness

<p>Instilling Confidence Values: Having a healthy sense of certainty and trust and faith in myself, others, and my attitudinal values higher values will help me know I am more likely to succeed than fail. I am not afraid of making mistakes and know using extreme negative evaluation (I stupid) will not correct my behavior or expand my uniqueness. As I become more independent and confident, I take on new responsibilities.</p>			
<p>Here and Now Mindset refers to a state of being fully present and engaged in the current moment. It involves focusing on the present moment without being distracted by thoughts of the past or worries about the future. This mindset is associated with mindfulness practices, where individuals cultivate awareness of their thoughts, wants, emotions, and surroundings in the present moment. By adopting a "here and now mindset," individuals can experience greater clarity, peace, and fulfillment in their daily lives.</p>			
<p>"There and Then" mindset refers to a perspective that focuses on past experiences or future possibilities, rather than the present moment. This mindset helps individuals understand how past experiences may be influencing their current behaviors, thoughts, and emotions. In terms of cause-and-effect comments about the outside world and others. This mindset helps us individuals recognize patterns in their reactions to certain situations or people based on past experiences. It can also help them anticipate how they might react in future situations based on these patterns. The focus is on decision making and problem solving.</p>			
Instilling Confidence	<p>Self-Doubt Mindset: when we believe our worth and abilities decrease when we fail or cannot achieve a goal. When we believe we can't challenge ourselves or our irrational beliefs, We believe we can't do what we need to do. We think we are not good at anything when we fail. We feel we can't do anything right. We believe "nothing ever works out for us." We adhere to the attitude of "I Can't Do It." (Index 9).</p>	<p>Self-Reassurance Attitudinal Value: Self-Reassurance is restoring my confidence and to assure anew. {} I can believe in myself. {} I think that "I can do this!" {} I know I am more likely to be successful than fail. {} When I am unsuccessful, I remember how I did well.</p>	<p>Unenthusiastic Attitudes: {} 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 an issue or topic. {} You can't be interested in everything, and {} You can't put all your time, energy, or effort into every activity.</p>
Instilling Confidence	<p>Toxic Seeking Approval Mindset: {} when a seeking approval mindset involves valuing another person's opinion too much. We don't value our opinion, and we don't have confidence in our ideas. We believe we need excessive approval from others to feel good about ourselves. We believe we must always have people's permission and love to be happy or prosperous. We believe it is awful if someone important rejects us. {} We believe we can't stand it when people call me names, say unkind things, or criticizes. We believe we must have people's love and approval - if not, it is the worst thing in the world.</p>	<p>Healthy Self-Reliance Attitudinal Value: Independent Thinking: I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point. {} I can appreciate, and I can judge for myself. {} I can speak up, even if others vehemently disagree with me. {} I can try new activities. Self-reliance is confidence and having faith in my efforts and abilities</p>	<p>Healthy Contemplative Value: Contemplating is considering with attention and studying an issue before you decide. {} You value thinking about something before I decide. {} You want to be modest without becoming overly shy and passive. {} You know that you can say, "I am still thinking about it." {} You know it is okay to say, "You haven't decided yet." {} You know it is vital to be stoic when facing tough decisions. {} You know it is significant to be deliberate and not restless in times of stress.</p>
Instilling Confidence	<p>Seeking Perfection Mindset: I cannot have confidence in myself and others unless I am perfect, and I am perfect. {} I must be perfect for stopping worrying about myself. {} I want to do things flawlessly to feel good about myself. {} I must 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 must be successful in everything I do. Index 11).</p>	<p>Sensible Risk-Taking Attitudinal Value: I can think of constructive ways to improve my life. {} I can be positive and find healthy ways to improve my life or the life of another. {} I can learn new behaviors and skills. (Useful coping statement) {} I can learn new ways of thinking. {} I can try something new even though I might not be able to do it immediately.</p>	<p>Self-Distancing Value: {} 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</p>
Instilling Confidence	<p>Self-Downing Mindset: When people reject us or we have not achieved our goals, we think we are a total failure or a useless person. We devalue ourselves. We want to put ourselves down because this devaluing will motivate us to do better in the future. We know we are a total failure or 100% useless if We make a mistake. We feel worthless when people reject us. We think we must perform in a way, or else We are 100% useless. (#12).</p>	<p>Healthy Unconditional Self-Acceptance Attitudinal Values: I can accept myself unconditionally. I can appreciate and accept another person's uniqueness. {} I value accepting myself unconditionally. {} I appreciate and accept another person's uniqueness. {} I can encourage people to discover my sense of meaningfulness.</p>	<p>Healthy Sense of Unconnected Attitudes: {} You don't have to consistently connect with others, ideas, etc. {} For example, I like the people at your gym, yoga studio, etc. {} But don't connect your confidence 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 irrelevant.</p>

Index 9: Self-Reliance Attitudinal Value: Independent Thinking: I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point.

Agreement: Logotherapy agrees with the value of independent thinking. It encourages individuals to find personal meaning in life. This process involves independent thought and the ability to think for oneself. Frankl's belief in the "freedom of will" is also affirmed by this value. Frankl emphasized that even in the most adverse circumstances, individuals have the ability to choose their attitude and responses. This process of choosing requires independent thought and self-reliance.

Disagreement: However, Frankl might disagree with a potential interpretation of this value that isolates the individual from others or from certain existential realities. Frankl argued that meaning is discovered in our relationships with others and in our responsibilities to the world. So, while independent thought is important, it should not lead to a disregard for the broader social, moral, and existential contexts in which we live.

Moreover, Frankl might point out that keeping to the point is not always possible or desirable in life. He ascertained that the meaning of life is not fixed, but changes over time and in different circumstances. As such, sticking strictly to one point may limit a person's ability to adapt, evolve, and find new meanings in life.

While Frankl would endorse the general spirit of self-reliant, independent thinking, he would also caution against an overly narrow or self-centered interpretation of these values.

Instilling Confidence	<p>Self-Reassurance Attitudinal Value: Self-Reassurance is restoring my confidence and to assure anew. {} I can believe in myself. {} I think that "I can do this!" {} I know I am more likely to be successful than fail. {} When I am unsuccessful, I remember how I did well. (Index 9)</p>	<p>Self-reassurance is restoring my confidence and ensuring anew. {} I can believe in myself. I think that "I can do this!" I am more likely to be successful than fail. {} When I am unsuccessful, I remember how I did well. So it coincides with his approach to discovering meaningfulness/It's not just about believing in personal success or holding on to past achievements. Instead, the focus should be on finding meaning and purpose in life, even in adversity. It is not success or failure that defines us but how we respond to our circumstances—being 'more likely to be successful than fail. This can lead to a fear of failure and inhibit personal growth. We want to embrace challenges, discover meaning, and understand that success and failure are both parts of the human experience.</p>
Instilling Confidence	<p>Healthy Self-Reliance Attitudinal Value: Independent Thinking: I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point. {} I can appreciate, and I can judge for myself. {} I can speak up, even if others vehemently disagree with me. {} I can try new activities. Self-reliance is confidence and having faith in my efforts and abilities. (Index 10).</p>	<p>The Self-Reliance Attitudinal Value emphasizes our thoughts and actions and the act of expressing ourselves despite opposition. This attitudinal value promotes autonomy, responsibility, and the freedom to find our life meaning and direction in the context of independent thinking in isolation. It is our freedom to find meaning and our inherent interdependence. It is necessary to consider the effect our actions and beliefs have on others and society. We want to pay attention to the elements of social responsibility and interconnectedness. Our independent thinking should be about asserting our view and developing an understanding of the shared meaning that arises from our relationships with others.</p>
Instilling Confidence	<p>Sensible Risk-Taking Attitudinal Value: I can think of constructive ways to improve my life. {} I can be positive and find healthy ways to improve my life or the life of another. {} I can learn new behaviors and skills. (Useful coping statement) {} I can learn new ways of thinking. {} I can try something new even though I might not be able to do it immediately (Index 11).</p>	<p>We find meaning in life through creating works or doing deeds, experiencing something or encountering someone, and through the attitudes we adopt in the face of suffering. We want to improve our lives, gain healthy ways to enhance one or someone else's life, learn new behaviors and skills, and adopt new ways of thinking. We want to take responsibility, create a sense of meaning in life, and be an active part of our ability to expand our uniqueness and improvement. It is essential to overcome adversity, and we want to see that goals and activities should be personally meaningful and fall within our capabilities. We can confront the "tragic triad" of human experiences: pain, guilt, and death. According to him, if these experiences are too excessive, it could lead to adverse outcomes like depression. We want to take risks that maintain a balance and be taken in a sensible manner that allows us to expand our uniqueness while not causing any potential harm. Sensible Risk-Taking Attitudinal Value helps expand our uniqueness, but with a sense of caution to ensure that the risks being taken align with personal capabilities and meaningfulness.</p>
Instilling Confidence	<p>Healthy Unconditional Self-Acceptance Attitudinal Values: I can accept myself unconditionally. I can appreciate and accept another person's uniqueness. {} I value accepting myself unconditionally. {} I appreciate and accept another person's uniqueness. {} I can encourage people to discover my sense of meaningfulness.</p>	<p>We want to appreciate and accept another person's uniqueness. We realized that each person has unique potential and a unique purpose in life. Understanding and accepting someone's unique qualities is essential. We want to discover our sense of meaningfulness as we interpret meaning within moral and ethical bounds. We take personal responsibility that we need to make our lives meaningful through our actions, choices, and attitudes. We don't want to have unconditional self-acceptance to promote complacency and hinder our discovering healthy ways to expand our uniqueness. Self-acceptance is one attitudinal value and should not be the highest value because we want to focus on life's meaningfulness, responsibility, and love as essential aspects. Acceptance and appreciation of our uniqueness, and we want to discover meaning, but unconditional self-acceptance should not overshadow personal responsibility, meaning, and expanding our uniqueness as fundamental values in life.</p>

Self-reassurance plays an important role in discovering meaningfulness by boosting our confidence in our abilities and decisions. This principle enables us to trust and believe in ourselves even when circumstances or situations seem challenging. Self-reassurance helps us to take a step back and see the bigger picture, allowing us to understand that our worth is not defined by failures or external opinions. This inner affirmation fosters a healthy perspective towards life and our undertakings, thus promoting positivity and personal growth. Also, it aids in maintaining mental and emotional stability, critical elements that facilitate us in attaining a sense of purpose and meaning in life.

Self-reliance fosters independence and autonomy. Valuing self-reliance empowers us to take control of our life and become responsible for our actions. By relying on our abilities, we take charge of our journey, making decisions that align with our personal goals, values, and beliefs, which ultimately leads to a life of purpose and fulfilment. The ability to be self-reliant propels us to strive harder to reach our goals, leading to a feeling of accomplishment, satisfaction, and thereby engendering a strong sense of meaningfulness in our everyday life experiences.

Finally, taking sensible risks broadens our horizons, providing opportunities for growth and learning, which are essential aspects of discovering meaningfulness. These risks push us out of our comfort zones, leading us to encounter new experiences and challenges. When these challenges are overcome, our resilience, and our ability to expand our uniqueness in healthy ways strength increase. Through taking calculated risks, we may find ourselves encountering new passions and discovering more about our abilities and aspirations. This ultimately enhances our understanding and perception of meaningfulness in our lives. Therefore, taking considered risks is not simply about embracing uncertainties, but rather an opportunity to unravel our potential and find purpose in our life's journey.

<p>Instilling Confidence Values: Having a healthy sense of certainty and trust and faith in myself, others, and my attitudinal values higher values will help me know I am more likely to succeed than fail. I am not afraid of making mistakes and know using extreme negative evaluation (I stupid) will not correct my behavior or expand my uniqueness. As I become more independent and confident, I take on new responsibilities.</p>		
<p>Instilling Confidence</p>	<p>Self-Doubt Mindset: when we believe our worth and abilities decrease when we fail or cannot achieve a goal. When we believe we can't challenge ourselves or our irrational beliefs, We believe we can't do what we need to do. We think we are not good at anything when we fail. We feel we can't do anything right. We believe "nothing ever works out for us." We adhere to the attitude of "I Can't Do It." (Index 9).</p>	<p>Frankl sees self-doubt as an opportunity for personal growth and self-discovery. Experiencing self-doubt can push us to question ourselves and our values, which can then lead us to search deeper for our personal meaning in life. Self-doubt can lead us to question our thoughts, beliefs, and actions, helping us to clarify who we are and what is truly important to us, thus revealing our individual purpose and meaning. Self-doubt can also force us to confront our anxieties and fears. This confrontation, while unpleasant, can be enriching and transformational as it creates a need for change and improvement – driving forces in finding and solidifying meaning in life.</p>
<p>Instilling Confidence</p>	<p>Toxic Seeking Approval Mindset: { when a seeking approval mindset involves valuing another person's opinion too much. We don't value our opinion, and we don't have confidence in our ideas. We believe we need excessive approval from others to feel good about ourselves. We believe we must always have people's permission and love to be happy or prosperous. We believe it is awful if someone important rejects us. {} We believe we cannot stand it when people call me names, say unkind things, or criticize me. We believe we must have people's love and approval - if not, it is the worst thing in the world.</p>	<p>In his seminal work, "Man's Search for Meaning," Frankl posited that meaning derives from purposeful work, love, and courage during difficult times, not from external validation. While approval and affirmation from others can boost self-esteem, it is not a steady foundation for existential purpose. However, Frankl might also see the pursuit of approval as a steppingstone in personal development, a phase where individuals learn about societal norms, their values in relation to those norms, and eventually, their unique purpose that may adhere to, transcend, or negate external validation.</p>
<p>Instilling Confidence</p>	<p>Seeking Perfection Mindset: I cannot have confidence in myself and others unless I am perfect, and I am perfect. {} I must be perfect for stopping worrying about myself. {} I want to do things flawlessly to feel good about myself. {} I must 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 must be successful in everything I do. (Index 11).</p>	<p>Frankl argues that by continuously seeking perfection, we confront our inadequacies and flaws, forcing us to grapple with them and find ways to improve; this struggle inherently providing life with a sense of purpose. This aligns with his theory of logotherapy, wherein meaning is sourced from our efforts to overcome challenges and pain in life. Therefore, for Frankl, the journey towards reaching an elusive perfection could serve as an essential way of unveiling and realizing the underlying meaning in one's life.</p>
<p>Instilling Confidence</p>	<p>Self-Downing Mindset: When people reject us or we have not achieved our goals, we think we are a total failure or a useless person. We devalue ourselves. We want to put ourselves down because this devaluing will motivate us to do better in the future. We know we are a total failure or 100% useless if We make a mistake. We feel worthless when people reject us. We think we must perform in a way, or else We are 100% useless (index 12)</p>	<p>Frankl argued that suffering, when it can't be avoided, should be embraced as an opportunity for growth and transformation. In his view, the struggle with self-downing provides us with a chance to confront our limitations, explore our capabilities, and ultimately gives us the courage to choose our attitude towards it. Hence, by overcoming personal adversities, we not only get to redefine our purpose but can also find a sense of victory and meaning in our existence. His famous words, "In some way, suffering ceases to be suffering at the moment it finds a meaning," encapsulate this theory.</p>

Self-doubt can be one of the biggest obstacles when trying to access one's creative, experiential and attitudinal values. Creativity often requires a certain level of risk-taking and the willingness to venture outside of one's comfort zone. If someone is constantly questioning their ideas or abilities, they may be too fearful or insecure to try anything new or innovative. Self-doubt can also lead to a lack of motivation or persistence, preventing someone from fully realizing their potential. Therefore, instead of focusing on the authentic expression of their values, they may become preoccupied with avoiding mistakes or negative judgments, thus hindering their creative progress.

When it comes to our experiential values, the need for perfection can interfere by placing unrealistic expectations on ourselves. We might restrict ourselves to only pursuing experiences that we believe will have a guaranteed positive outcome or that will impress others, missing out on opportunities for growth and learning. The fear of failure, mistake or judgment can prevent us from stepping outside of our comfort zones and can severely limit our range of experiences. In other words, the pursuit of perfection can keep us from fully engaging in the world and experiencing it in all its complexity and unpredictability.

Lastly, demanding perfection from ourselves can greatly impact our attitudinal values. Our attitudes towards ourselves, others and the world at large are shaped by our beliefs and experiences. If we hold ourselves to impossibly high standards, we may develop negative attitudes towards ourselves and our capabilities. This can lead to anxiety, stress, and a decreased sense of self-worth. Similarly, this demand for perfection can also result in a critical and judgmental attitude towards others who fail to meet these high standards. Overall, this quest for perfection can skew our attitudinal values, creating a more rigid and less forgiving view of the world.

Instilling Confidence in yourself and others

#	Self-Reassurance	Self-Reliance	Sensible Risk Taking	Self-Acceptance
1	<i>Realizing the Nature of Self-Doubt:</i> Self-doubt is a natural human experience that arises from uncertainty, fear of Failure, and comparison to others. It can manifest in various aspects of life, including personal relationships, career aspirations, and creative endeavors. Understanding that self-doubt is a common and shared experience helps normalize and reduce its impact on our self-esteem.	<i>Self-Reflection and Personal Growth:</i> Seeking approval begins with seeking validation from others. However, this process can serve as an opportunity for self-reflection and personal growth. Individuals are encouraged to evaluate their choices, actions, and beliefs by seeking external approval. This introspection allows them to develop a deeper understanding of their values and identities, ultimately leading to the cultivation of self-reliance.	<i>Taking Sensible Risks:</i> When we take risks, we step out of our comfort zones and try something new. This can lead to new experiences and perspectives, which can shape our personality and character. However, by taking these risks, we are also conforming to a universal human trait - the desire to explore and push boundaries. This restricts our uniqueness in a sense, but in a positive way, as it leads to personal growth.	<i>Seeking support:</i> Developing an attitudinal value of unconditional self-acceptance can be challenging, especially if self-downing patterns are deeply ingrained. Seeking help from trusted friends, family members, or even professional therapists can provide guidance and encouragement during this transformative process.
2	<i>Identifying the Impact of Self-Doubt:</i> Self-doubt, if left unaddressed, can significantly undermine our confidence, and hinder personal growth. It can lead to a fear of taking risks, avoidance of challenges, and a constant need for external validation. Recognizing the detrimental effects of self-doubt is crucial in cultivating an attitude of self-reassurance.	<i>Building Self-Confidence:</i> Seeking approval can help individuals gain confidence in their abilities and decisions. When seeking validation from others, individuals often receive feedback and constructive criticism. This positive or negative feedback enables individuals to assess their strengths and weaknesses, leading to personal growth and the development of self-assurance. By learning to trust their judgment, individuals become more self-reliant and confident in making decisions independently.	<i>Trying New Behaviors:</i> Similar to taking risks, trying new behaviors can also lead to personal development. It can help us find new ways of thinking, acting, and interacting with the world. But as we adopt these new behaviors, we may find that they align with societal norms or values, thereby restricting our uniqueness. Yet, this is a healthy restriction as it helps us adapt and function better in society.	<i>Cultivating gratitude:</i> Gratitude can play a significant role in fostering self-acceptance. By focusing on the positive aspects of oneself and one's life, individuals can cultivate a sense of appreciation for who they are. This practice helps to shift the focus away from self-criticism and towards self-acceptance
3	<i>Embracing Self-Awareness:</i> Self-awareness is a fundamental step towards developing self-reassurance. By actively observing and acknowledging our self-doubt, we can better understand its triggers and patterns. This self-awareness enables us to challenge negative thought patterns and replace them with more empowering beliefs.	<i>Challenging the Status Quo:</i> Seeking approval can push individuals to question societal norms and think independently. By seeking validation from others, individuals often encounter differing opinions and perspectives. This exposure allows them to challenge the status quo and consider alternative viewpoints. This critical thinking fosters independent thought as individuals learn to question and analyze societal expectations rather than mindlessly conform to them.	<i>Doing Things with Immediacy:</i> Acting with immediacy can help us seize opportunities and make the most of our lives. However, this can also restrict our uniqueness as it can lead to impulsivity, which is a common human trait. Nevertheless, this restriction is healthy as it encourages us to live in the moment and be more proactive.	<i>Challenging negative beliefs:</i> Challenging and questioning the negative beliefs underlying self-downing is crucial. Often, these beliefs are based on unrealistic expectations or comparisons with others. By examining the validity of these beliefs, individuals can replace them with more realistic and compassionate thoughts
4	<i>Cultivating Self-Compassion:</i> Self-compassion is an essential component of self-reassurance. Instead of berating ourselves for our doubts and insecurities, practicing self-compassion involves extending kindness, understanding, and support to ourselves. By treating ourselves with the compassion we would offer a friend, we can counteract negative self-talk and foster a positive attitude.	<i>Cultivating Authenticity:</i> Seeking approval prompts individuals to reflect on their true selves and embrace their authentic identities. Through seeking external validation, individuals become more aware of their values and beliefs. This self-awareness promotes authenticity as individuals strive to align their actions and decisions with their core principles. By fostering self-reliance and independent thinking, seeking approval encourages individuals to stay true to themselves rather than conform to societal pressures.	<i>Education and Research:</i> Before taking any risk, it is essential to educate ourselves about the possible outcomes, both positive and negative. This includes understanding the market, industry, or any other relevant information. Thorough research allows us to make informed decisions and reduces the chances of failure.	<i>Practicing self-compassion:</i> Self-acceptance involves treating oneself with kindness and understanding. Practicing self-compassion means acknowledging and validating one's feelings and experiences without judgment. This includes offering encouragement and forgiveness, just as one would for a close friend.
5	<i>Embracing Failure as a Learning Opportunity:</i> Self-doubt often stems from a fear of Failure. However, viewing failure as a valuable learning experience can help shift our mindset. By reframing failure as an opportunity for growth and development, we can transform self-doubt into self-reassurance. Embracing the idea that setbacks are steppingstones toward success allows us to approach challenges with resilience and confidence.	<i>Embracing Failure and Learning:</i> Seeking approval may involve rejection or disapproval from others. While this can be disheartening, it also presents an opportunity for growth. By facing failure, individuals learn valuable lessons about themselves and their abilities. This experience fosters resilience and the ability to bounce back from setbacks, reinforcing the importance of self-reliance and independent thinking. It teaches individuals to trust their judgment and persevere in the face of adversity.	<i>Risk Assessment:</i> It's crucial to assess the risk before taking it. This involves analyzing the potential losses and gains, the probability of success or failure, and the impact on our overall goals. The assessment should be realistic and not overly optimistic or pessimistic. This can help us decide whether the risk is worth taking or not.	<i>Embracing imperfections:</i> No one is perfect, and accepting this fact is essential to self-acceptance. Embracing imperfections means understanding that making mistakes and having flaws is a natural part of being human. Instead of focusing on perceived shortcomings, individuals can focus on their strengths and recognize their inherent worthiness.
6	Meaningfulness: Self-reassurance allows us to validate our feelings and experiences. This can lead to improved self-awareness, which is crucial for understanding our values, passions, and purpose in life.	Meaningfulness: Self-reliance builds confidence. When we rely on ourselves, we gain a sense of accomplishment and self-worth. This can help us feel more fulfilled and find more meaning in our lives.	Meaningfulness: Lead to new experiences, insights, and knowledge that we wouldn't have discovered otherwise. It helps us overcome fear and build resilience. We prove to ourselves that we are capable of facing challenges and uncertainties.	Meaningfulness: Accepting ourselves unconditionally means embracing who we truly are, including our strengths, weaknesses, successes, and failures.

Caring – Showing Concern – Instilling Confidence

Zero-sum bias is the belief that there is a fixed amount of a resource or value, and if one person gains, another must lose. Regarding love and respect, the zero-sum bias would mean someone believing that giving love or respect to one person diminishes the amount they have left to give to others. This could manifest in various ways, such as a person feeling jealous when their partner shows love or respect to someone else, believing it means there is less love or respect for them.

However, love and respect are not finite resources. We can give love and respect to multiple people without diminishing the amount one has to offer. Therefore, the zero-sum bias is a flawed perspective in this context.

In a broader societal context, zero sum bias can lead to discrimination and prejudice. Suppose people believe respect is a zero-sum game. In that case, they may feel that increasing respect for one group (e.g., a marginalized community) means less respect for another group (e.g., a dominant community). This is a misconception, as respect is not a limited resource, and everyone can be respected equally without taking away respect from others.

Our values reflect how we cherish, nurture, and care for ourselves and others, showing concern for ourselves and others with affection and respect. In relationships, explain how supporting and nurturing each person's unique qualities and values fosters love and respect.

Cherishing, nurturing, and caring for ourselves and others are fundamental aspects of overall well-being. This involves not only physical care but also emotional and psychological care. When we cherish ourselves, we acknowledge our worth and value. We nurture our minds and bodies, rest and rejuvenate, and engage in activities that bring us joy and fulfillment.

This self-care is crucial because it enables us to be the best versions of ourselves. When we extend this same care and concern to others, we show them they are valued and appreciated. We express our affection and respect for them. We show respect through simple acts of kindness, like listening when they talk, being there for them in times of need, or spending quality time with them.

In relationships, supporting and nurturing each person's unique qualities and values fosters love and respect. Everyone is unique in their strengths, weaknesses, passions, and values. Recognizing and appreciating these qualities in another person shows that we respect them as individuals. It also helps to deepen our connection with them, as we can understand and enjoy them on a deeper level.

Supporting another person's values means respecting their beliefs and principles, even if they differ. It means encouraging them to live in alignment with their values and to pursue their passions. This kind of support strengthens the bond between two people and promotes personal growth and fulfillment.

Overall, cherishing, nurturing, caring for ourselves and others, and supporting and nurturing each person's unique qualities and values all foster love and respect in relationships. They create a strong foundation for a healthy, fulfilling relationship where everyone feels valued, appreciated, and loved.

Meaning-centered Counseling & Coaching (MCCC) sees respect and love as often intertwined, but it is possible to have respect without love. While love is an emotional attachment and deep affection towards someone, respect is more of an attitude or behavior that acknowledges the worth and dignity of others. In other words, respect is an essential aspect of human interaction that can exist independently of love.

We can have respect without love by recognizing and appreciating every individual's inherent worth and rights. We build our concept of respect on the belief that every person wants to be treated with dignity, regardless of our feelings toward them. We can value and respect someone's opinions, choices, and boundaries without necessarily having an emotional bond or affection for them.

Additionally, we base respect on a person's achievements, abilities, or qualities. We can acknowledge and appreciate someone's talents, skills, or expertise without having a deep emotional connection. For example, we might respect a colleague for their professionalism and competence in their field, even if we don't have any personal feelings of love towards them.

We can cultivate respect through understanding and empathy. We can understand someone's perspective, experiences, and struggles, even if we don't feel love towards them. By putting ourselves in their shoes and empathizing with their emotions and challenges, we can develop a sense of respect for their journey and resilience.

We can foster respect through shared values and principles. Even if we don't have love for someone, we can still respect them if they share similar ideals and beliefs that we hold dear. We can see this in professional relationships or communities where individuals may not have personal affection for each other but respect one another based on shared goals and values.

Love and respect go hand in hand, and respect can exist independently of love. By recognizing individuals' inherent worth and dignity, appreciating their talents and abilities, cultivating understanding and empathy, and acknowledging shared values, we can respect others without necessarily having love for them. Respect is a fundamental aspect of human interaction that allows us to recognize and honor the uniqueness and value of every individual.

The biology of our attitudinal values:

Self-centeredness, or prioritizing our needs and desires over the needs of others, could have been a survival mechanism in prehistoric times. There are five evolutionary necessities self-centeredness provides. Instead of seeing self-centeredness and egocentric thinking as something bad and unwanted. We need to examine how self-centeredness is a part of our evolution. Here's how:

1. **Resource Accumulation:** 40,000 years ago, resources like food, water, and shelter were often scarce. Being self-centered could ensure that an individual secured enough resources for their survival before worrying about others.
2. **Self-Protection:** In dangerous environments with predators or rival tribes, focusing on one's safety could increase the chances of survival.
3. **Reproduction:** Self-centeredness could also increase the chances of passing on one's genes. By prioritizing their own needs, an individual could ensure they were healthy and strong, making them a more attractive mate.
4. **Decision Making:** Being self-centered might have simplified decision-making processes. Instead of considering the needs and opinions of others, individuals could make quick decisions based on their own needs, which could be vital in life-or-death situations.
5. **Personal Development:** Self-centered allows individuals to focus on their growth and development. This can increase skills, knowledge, and abilities, enhancing survival chances.

How can these evolutionary traits of self-centeredness be transformed into a value of responsiveness toward others?

1. **Empathy:** Recognizing our own needs and desires can help us understand and empathize with the needs and desires of others. This can enhance our responsiveness towards others.
2. **Communication:** Being self-centered can make us more aware of our thoughts and feelings. This increased self-awareness can enhance our ability to communicate our thoughts and feelings to others and to understand and respond to their thoughts and feelings.
3. **Cooperation:** Recognizing that we are not the center of the universe can lead us to value cooperation with others. This can enhance our responsiveness towards others.
4. **Respect:** Recognizing that others have needs and desires as we do can lead us to respect them as individuals. This respect can enhance our responsiveness towards others.
5. **Compassion:** Recognizing that others may be in need can lead us to feel compassion for them. This compassion can enhance our responsiveness towards others.

In conclusion, while self-centeredness may have been a necessary survival trait in our evolutionary past, it can be transformed into a value of responsiveness towards others in our present society. This transformation can enhance our relationships with others and contribute to a more compassionate and cooperative society.

Selfishness beliefs include being concerned excessively or exclusively with ourselves, seeking or concentrating on our advantage, pleasure, or well-being without regard for others, and selfishness arising from concern with one's welfare or advantage in disregarding others. While seen as unfavorable in today's society, selfish beliefs could have had survival benefits 40,000 years ago. Here's how: While generally seen as unfavorable in today's society, selfish beliefs could have had survival benefits 40,000 years ago. Here's how:

1. **Resource Acquisition:** In a time when resources were scarce, prioritizing one's own needs could ensure survival. If food or other necessary resources were limited, those more selfish might have been more likely to secure enough for themselves.
2. **Self-Preservation:** Selfish individuals might have been more likely to avoid risky situations that could jeopardize their safety. If a person only valued their wants and needs, they might have been less likely to put themselves in danger for the benefit of others.

3. **Reproduction:** From a purely biological perspective, selfishness could increase an individual's chances of passing on their genes. Those who prioritized their needs might have been more likely to secure a mate and produce offspring.
4. **Dominance:** In some social structures, selfishness can lead to a higher social status. Those who value their desires might have been more likely to assert themselves and become leaders, which could provide survival benefits.
5. **Adaptability:** Focusing on one's wants could make an individual more adaptable to changing environments or circumstances. They might have been more likely to abandon unsuccessful strategies and try new ones to meet their needs.

Transforming these traits into reliability, consistency, and dependability involves developing a sense of empathy, understanding, and mutual benefit. Here's how:

1. **Empathy:** Understanding that others have needs and desires can help transform selfishness into reliability. By recognizing that our actions affect others, we can start to make decisions that benefit us and those around us.
2. **Mutual Benefit:** Recognizing that helping others can also be beneficial to us can help shift the focus from purely selfish motives. For example, by being reliable and dependable, we can build stronger relationships and networks that can help us in the future.
3. **Consistency:** Consistency can be developed by making a conscious effort to be reliable. This means following through on promises and commitments, even when it might be more accessible or more beneficial in the short term not to.
4. **Responsibility:** Taking responsibility for our actions and understanding they have consequences can help us become more dependable. This means accepting the consequences of our actions and trying to correct any harm we may have caused.
5. **Communication:** Good communication can help us understand the needs and desires of others, which can help us become more reliable. By understanding what others expect from us, we can better meet those expectations.
6. **Integrity:** Developing a strong sense of integrity can help us become more reliable. This means doing what is right, even when no one is watching, and sticking to our principles even when it is difficult.

By developing these traits, we can transform our evolutionary selfishness into a value of being reliable, consistent, and dependable, which can lead to others taking us more seriously.

I engage in impulsive behavior, which I devalue, always having to think before I act. It would have been beneficial for survival 40,000 years ago in various ways:

1. **Quick Response to Threats:** In an era when predators often threatened humans, impulsive actions could have meant the difference between life and death. For instance, if a wild animal suddenly attacked, there would be no time for careful thought and deliberation. An immediate, impulsive reaction would be necessary for survival.
2. **Resource Acquisition:** Impulsivity could also have been advantageous when resources were scarce. If food was found, for example, acting quickly and impulsively to grab and consume it could ensure survival rather than hesitating and potentially losing out.
3. **Reproduction:** From an evolutionary perspective, impulsivity could also have been beneficial for reproduction. Those who acted impulsively might have been more likely to mate and pass on their genes.
4. **Exploration and Innovation:** Impulsive behavior could lead to exploration and trying new things, which might result in discovering new territories, food sources, or tools.
5. **Dominance and Leadership:** In specific social dynamics, individuals who acted impulsively might have been more likely to establish dominance or leadership roles, which could lead to better access to resources and mates.

In our modern society, **impulsiveness** may not always be beneficial and could lead to negative consequences such as poor decision-making, risky behavior, and conflicts with others. Therefore, it can be valuable to transform this trait into a value of thinking before we act and being reflective. Here are some ways we can do this:

1. **Education and Training:** We can be taught the value of reflection and thoughtful action from a young age. This can be done through formal education, mentoring, or personal development programs.

2. **Mindfulness Practice:** Mindfulness meditation and other related practices can help us become more aware of our impulses and give us the space to choose our responses rather than react.
3. We want to understand the link between our thoughts, feelings, and behaviors and develop strategies for managing our impulses.
4. **Positive Reinforcement:** Rewarding thoughtful behavior can help to reinforce the value of thinking before acting. This might involve praising children when they demonstrate patience and thoughtfulness or setting up reward systems in workplaces or other settings.
5. **Role Modeling:** Seeing others who value and demonstrate thoughtful behavior can help to reinforce this value. This might involve seeking role models or mentors or learning about historical figures who exemplified this trait.
6. **Self-Reflection:** Regularly reflecting on our actions and decisions can help us become more aware of our impulses and develop strategies for managing them.

By working to transform our impulsive tendencies into a value of thoughtful reflection, we can make more informed decisions, build stronger relationships, and lead more fulfilling lives.

How can these evolutionary traits of frustration intolerance be transformed into a value of tolerating frustration and using reason and logic to solve problems and care for ourselves and others?

Intolerance beliefs, or the lack of acceptance for other people's beliefs and ideas, could have potentially provided certain survival benefits in a hunting-gathering community in the following ways:

1. **Group Cohesion:** Intolerance could have helped maintain group cohesion and unity by ensuring that all group members held the same beliefs and values. This could have strengthened group identity and fostered cooperation, which is essential for survival.
2. **Protection Against Threats:** Intolerance could have served as a protective mechanism against perceived threats. By rejecting foreign beliefs and ideas, early humans could have prevented the infiltration of potentially harmful influences that could disrupt their way of life.
3. **Resource Competition:** When resources were scarce, intolerance could have justified the exclusion or persecution of other groups, thereby reducing competition for resources.
4. **Cultural Preservation:** Intolerance could have helped to preserve cultural practices and traditions by discouraging the adoption of foreign customs and beliefs.

Transforming these traits into a value of tolerating frustrations and using reason and logic to solve problems can be achieved through the following steps:

1. **Self-Awareness:** The first step is to recognize and accept that we all have a certain degree of frustration intolerance due to our evolutionary history. This self-awareness can help us understand why we react the way we do and give us a starting point to make changes.
2. **Cognitive Restructuring:** This involves changing the way we think about frustrations. Instead of viewing them as threats, we can see them as challenges or opportunities for growth. This perspective shift can help us better tolerate frustrations and approach them with a problem-solving mindset.
3. **Emotional Regulation:** This involves learning to manage our emotions effectively. When faced with frustrations, we can practice techniques such as deep breathing, mindfulness, and positive self-talk to control our emotions. This can help us stay calm and rational, enabling us to use reason and logic to solve problems.
4. **Empathy and Understanding:** By developing empathy, we can better understand and appreciate the perspectives of others. This can help us tolerate frustrations arising from interpersonal conflicts and work towards resolution respectfully and constructively.
5. **Skills Development:** We can actively work on developing problem-solving and coping skills. This can involve learning to break down problems into manageable parts, brainstorming solutions, and implementing action plans. These skills can help us handle frustrations more effectively and care for ourselves and others.
6. **Seeking Support:** Sometimes, it can be helpful to seek support from others. This can involve talking to a trusted friend or family member, seeking professional help, or joining a support group. These sources of support can provide valuable advice, encouragement, and strategies for managing frustration intolerance.
7. **Continual Learning:** As we navigate life, we inevitably encounter new frustrations. We can continually improve our tolerance and problem-solving abilities by viewing these as opportunities for learning and growth.

Feeling Down and Feelings of Depression Index 12: I feel like a total failure or useless when people reject me, or I fail.

1. **Negative Self-Perception:** Constantly feeling like a failure or useless can lead to a negative self-image. You may start believing that you are not good enough, which can lower your self-esteem and confidence. This negative self-perception can make you more prone to depression.
2. **Isolation:** If you feel rejected by others, you may start isolating yourself to avoid further rejection. This isolation can lead to loneliness, which is a known risk factor for depression.
3. **Stress:** Repeated failures or rejections can cause significant stress. Chronic stress can affect your brain's chemical balance, leading to depression.
4. **Hopelessness:** If you constantly feel like a failure or useless, you may start feeling hopeless about your future. This sense of hopelessness can make you feel trapped and lead to depression.
5. **Negative Thought Patterns:** Constant failure or rejection can lead to negative thought patterns. You may start expecting failure in everything you do, which can result in a self-fulfilling prophecy. These negative thought patterns can cause depression.
6. **Lack of Motivation:** Feeling like a failure or useless can sap your motivation to pursue your goals or engage in activities you once enjoyed. This lack of motivation and loss of interest in activities are common symptoms of depression.

Index 11: I have to be successful in everything I do. The only way I can feel happy is by being perfect.

1. **Unrealistic Expectations:** It's impossible to be perfect and successful in every single thing we do. This sets an unattainable standard that will inevitably lead to feelings of disappointment, frustration, and low self-esteem.
2. **Constant Pressure:** The constant need to be perfect puts a tremendous amount of pressure and stress on an individual. This continuous stress can lead to mental exhaustion and eventually, depression.
3. **Fear of Failure:** The fear of not being perfect or successful can lead to anxiety and avoidance of new experiences or opportunities. This fear can limit personal growth and lead to feelings of stagnation and dissatisfaction.
4. **Neglect of Self-Care:** In pursuit of perfection, individuals may neglect their own needs and self-care, which is essential for mental health. They may sacrifice sleep, healthy eating, exercise, or leisure time, which can lead to physical and mental health problems, including depression.
5. **Lack of Self-Worth:** Tying happiness and self-worth to success and perfection can result in feeling worthless when those standards are not met. This can lead to feelings of hopelessness, a common symptom of depression.
6. **Isolation:** People who strive for perfection often feel the need to hide their struggles or failures from others, leading to social isolation. This lack of social support can contribute to feelings of loneliness and depression.
7. **Lack of Satisfaction:** Even when achieving success, a perfectionist might not feel satisfied because they're always striving for more or better. This lack of contentment can lead to chronic dissatisfaction and depression.

Index 10: I have to have people's love and approval to feel good about myself. If people disapprove of me. In today's society, it is not uncommon for individuals to seek external validation and approval to feel good about themselves. The desire for love and acceptance from others is a deeply ingrained human trait. However, it is important to understand that our self-worth should not solely depend on the opinions and approval of others. T

1. **The psychological basis:** Humans are social beings who naturally crave connection and acceptance.
2. **Historical and cultural influences:** Societal expectations and norms heavily influence our need for approval.

The Illusion of External Validation:

1. **The fallacy of relying on others' opinions:** External validation is fleeting and subject to change.
2. **The impact of disapproval:** How negative feedback can trigger feelings of self-doubt and lead to depression.

The Power of Self-Acceptance:

1. **Recognizing your intrinsic worth:** Developing a healthy sense of self-worth begins with understanding that you are inherently valuable.
2. **Embracing imperfections:** Accepting that nobody is perfect and embracing our flaws can lead to self-compassion.
3. **Cultivating self-love:** Engaging in self-care practices and nurturing a positive self-image can counterbalance the need for external validation.

1. **Surrounding yourself with supportive individuals:** Cultivating healthy relationships can foster a sense of belonging and acceptance.
2. **Setting boundaries:** Learning to prioritize your own well-being and establish boundaries can protect your sense of self in the face of disapproval.
3. **Focus on personal growth:** Shifting the focus from seeking validation to personal development can lead to increased self-esteem and confidence.

[] While seeking love and approval from others is natural, it is crucial to recognize that our self-worth should not solely depend on external validation. By developing a strong sense of self-acceptance, embracing imperfections, and prioritizing personal growth, we can cultivate a lasting sense of happiness and fulfillment. Remember, the most important love and approval you need is your own.

Index 9: when I fail, I think I'm not good at anything and I will never be good at anything. I can't do anything right- nothing ever works out for me.




Indices and Clinical Issues

Feeling Angry	Index 4: being intolerant of others and believing you can't stand it when people treat you unfairly or they are disrespectful to you.
	Index 3: acting without thinking other people must act differently and they should adhere to my demands.
	Index 2: selfishness I'm intolerant of limits and structure. I have no limits and disregard rules to fit my own needs.
	Index 1: self-centeredness: I am not responsible for my feelings. I often blame others for my emotional life and people should think like I think.
	Inspired by the work Michael Bernard, Ph.D.
Feeling Down and Feelings of Depression	Index 12: I feel like a total failure or useless when people reject me, or I fail.
	Index 11: I have to be successful in everything I do. The only way I can feel happy is by being perfect.
	Index 10: I have to have people's love and approval to feel good about myself. If people disapprove of me.
	Index 9: when I fail, I think I'm not good at anything and I'll never be good at anything. I can't do anything right- nothing ever works out for me.
	Index 7: I give up easily, I believe that luck, fate my past, my addiction controls my current behavior all the period I believe it's pointless to try because I have no control over what happens to me.
	Inspired by the work Michael Bernard, Ph.D.
Feeling Worried Feeling Anxious	Index 11: I am anxious about being perfect and worrying about making mistakes. I have to be perfect to have confidence in myself.
	Index 10: I am worried about people disapproving of me or being angry with me. I believe I have to have love and I often worry about people rejecting me
	Index 8: I worry about doing difficult tests that I might fail to do. I believe life should be easy, but when it is difficult I become anxious.
	Inspired by the work Michael Bernard, Ph.D.
Procrastinating and Feeling Lazy	Index 8: I believe it is pointless to be concerned. I only do things that are fun and easy. I can't be bothered.
	Index 6: I believe it is pointless to set goals. If I don't see the value in an activity immediately, I won't do that particular activity. You can often hear me say this is stupid, I feel stupid when I do this, I'll do it later, I can't manage my time, I had no control over my life. I can't handle distractions. I can't concentrate. Conditions must give me what I want because I want it.
	Index 5: I believe it's pointless to make plans. If it's not fun or exciting I don't have to do it. It is pointless to plan my time because things never workout for me or I'll tell myself I'll do it later. Conditions must give me what I want because I want it.
	Index 11: I'll do it later because today I can't be perfect and it's too difficult for me to do it immediately. I have to be successful in everything I do and if I can't be successful I just won't do it. I believe perfection results in happiness which is a superstition that if I'm perfect things will perfectly happen to meet my needs
	Index 10: . I put things off because people may disapprove of me. I have to have people's love and admiration. If not, it is the worst thing in the world and I can't stand to be rejected. So I will put things off so I can be there approval.
	Inspired by the work Michael Bernard, Ph.D.
Not Paying Attention	Index 3: acting without thinking and I'm easily bored
	Index 4: I get frustrated easily, I can't stand it when people treat me unfairly, people should never be in bad moods.
	Index 5: It is pointless to make plans, it is pointless to plan my time, I'm not concern about what people expect of me.
	Index 6: It is pointless to set goals, what you want me to do has no value, I judge others negatively, I am suspicious about what others expect of me
	Index 7: I believe it is pointless to try, I tend to give up easily, I blame others, my past, my additions, so I don't have to show concern.
	Index 8: It is pointless to be concerned because I can't be bothered with your concerns. I do things that are easy.
	Index 9: When I can't do something, I'll never be good at anything.
	Index 10: I have to have people's approval to feel good about myself. I am afraid of being criticized or rejected by others.
	Index 12: when I fail I think I'm a total loser and I'm useless to anyone that is of importance to me. I feel down and I judge myself and others negatively.
	Inspired by the work Michael Bernard, Ph.D.

Meeting the Five Demands of Life	
Indices 1 through 4	Life Demands that You Get Along with Others - You can work well with others and cooperate without losing your sense of independent thinking. You can collaborate with people in authority. It also involves resolving disagreements peacefully, following the rules and positively contributing to your school, home, and community. It includes protecting the rights of others and looking after the environment. Life demands that you...(1) learn to accept people who are different than you, (2) think before you act. (3) play by the rules (the only way to make an activity fair is by having rules) (4) be as fair as possible, and you are helpful to others.
Indices 9 through 12	Life Demands that You Be Confident in How You Approach Life - Life demands that you face life confidently and learn new tasks as you mature. You want to develop confidence in yourself and instill confidence in others. Confidence means knowing that you will be successful, and that people will like you. It involves not being afraid to make mistakes or to try something new. Life demands that you...(1) try new behaviors to improve your life, (2) think for yourself. (3) You don't have to give up when you make a mistake. (4) recognize that you are not a 100% terrible person for making a mistake.
Indices 5 and 6	Organization is a Life Demand - Life demands that you set goals to do your best, listen carefully to instructions, and 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. Life demands that you...(1) set goals that will help you to be more successful, (2) plan your time, which will improve your performance, (3) plan enough time to get everything done, and (4) give your best effort to help you achieve your goals.
Indices 7 through 9	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 too difficult or tedious. Goals need to be realistic, and plans need to be flexible. Life demands that you...(1) realize that the harder you try, the more successful you will be, (2) do things that are not easy or fun, (3) practice, so the more you practice, the better you'll get, and (4) become a capable person and likable person.
Indices 1 through 12	Life Demands that you be Resilient , which is the ability to recover from the misfortunes and challenges of life - Life demands that you are flexible in times of stress. This means you know how to stay calm in stressful situations, and you can stop yourself from getting extremely angry, down, or worried when something "bad" happens. It also means you can calm down and feel better when you get extremely upset. Life demands that you...(1) stay calm when facing complex events, (2) you tell people what you think, feel, and want, (3) you tell people when you are happy or sad, and (4) tell people what you don't like when you are not getting your way.

Responsiveness Caring (Index #1)

The following charts consists of three ideas. The far-left column represents the survival mode of the limbic system (emotional brain). The middle column symbolizes attitudinal values, which is the function of the prefrontal section of the brain. The far-right column represents the opposite of the two brain functions. For example, the opposite of loving someone is not hating that person, but the opposite of love and hate is indifference. Therefore, the opposite of self-centeredness is not being responsive, but being objective is the opposite of self-centeredness and responsiveness is being objective.

	Self-Preservation Mode:	Attitudinal Values:	Opposite of Self-Centeredness and Responsiveness
Index #1			
1	<p>Toxic Self-Centeredness Values: {} I can't be concerned about others because my needs are more important than other people's needs. {} I only value my opinion over another person's thoughts, feelings, and wants. {} I alone must be concerned about myself. {} I must be independent of outside forces or influences. {} I must always be self-sufficient (Index 1).</p>	<p>Healthy Responsiveness Attitudinal Values: {} I can care about responding to others, listening to others, and being sensitive to their concerns. {} I want to be sensitive to another person's feelings and welfare. {} I know caring about someone or something bigger than myself is important. {} I know when to be sensitive to others while being honest and respectful to others without being submissive or passive. (Index# 1)</p>	<p>Objective Attitudes: You value being objective. {} 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.</p>

#1 What are some of the possible reasons why responsiveness more effective than self-centeredness beliefs?

#i.

#ii.




#2. In what situations do you need to be responsive?

#3 In what situations do you need to be objective and critical?




#4 How Reactive Self-Centeredness meaningful?	How is Responsiveness meaningful?
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#5 Cost Benefit Analysis

Cost of Self-Centeredness	Benefit of Responsiveness
Benefit of Self-Centeredness	Cost of Responsiveness
#6. How does self-centeredness ward off anxiety?	
#7. How does self-centeredness protect your self-esteem?	
#8: Self-Centeredness trains people to...	
Toxic of expansion your uniqueness.	Responsiveness: Healthy expansion of your uniqueness. \
Toxic of restricting your uniqueness.	Responsiveness: healthy restriction of uniqueness.

Menu of Solutions & Effective Strategies			
Survival Mode:	Attitudinal Values: Higher Value	Opposite of Self-Centeredness and Responsiveness	
			
##	<p>Toxic Self-Centeredness Values: {} I can't be concerned about others because my needs are more important than other people's needs. {} I only value my opinion over another person's thoughts, feelings, and wants. {} I alone must be concerned about myself. {} I must be independent of outside forces or influences. {} I must always be self-sufficient (Index 1).</p>	<p>Healthy Responsiveness Attitudinal Values: {} I can care about responding to others, listening to others, and being sensitive to their concerns. {} I want to be sensitive to another person's feelings and welfare. {} I know caring about someone or something bigger than myself is important. {} I know when to be sensitive to others while being honest and respectful to others without being submissive or passive. (Index# 1)</p>	<p>Objective Attitudes: You value being objective. {} 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.</p>
	<p>Discovering Meaningfulness Self-Centeredness. {} In times of stress or trauma, I need to focus on how I am feeling and what I am thinking. {} Stressful situations may demand maintaining boundaries, and {} I need to think about myself and my immediate needs.</p>	<p>Discovering Meaningfulness: {} You can discover Meaningfulness without thinking that you are more important than others. {} When you discover Meaningfulness, you know you are irreplaceable. You also acknowledge another person's promising ideas or effort cannot replace or overshadow your contributions. {} You can recognize each moment is meaningful and unrepeatable without disrespecting another person's attempt to help you.</p>	<p>Extreme: {} Extreme objectivity is when a person becomes aloof, overly critical, distrustful, rigid, and prone to sulk.</p> <p>{} Extreme aloofness can strengthen, your tendencies to be shy, restrained, preferring your decisions, and {} You can be cold and taciturn (introverted).</p>
	<p>Cost of Self-Centeredness: {} People get mad at me quickly when I don't play by the rules. {} I don't believe that social irresponsibility will help me get along with others.</p>	<p>Cost 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 they are not ready to express or experience.</p>	<p>Cost of Being Objective: I may disregard the subjective aspects of another person's feelings.</p>
	<p>Benefit of Self-Centeredness: {} I am looking out for myself, and I believe I'll be safer when I am self-centered. {} If nobody really cares about me or don't care what people think of me, I will be able to look out for myself. {} I believe I must love myself before I can love another person.</p>	<p>Benefit of being Responsive: {} You will get along with people better. {} Less negative toxic feelings of anger. {} You are resilient in stressful situations.</p>	<p>Benefit of Being Objective: I can reach my goals when I am objective. Objectives tell me I'm on the right track.</p>
	How will being self-centeredness ward off anxiety? When I concerned solely with my desires, needs, or interests, I don't have to worry about what other people think.		
	How does being self-centeredness protect my self-esteem? When I am independent of outside force or influence, I feel good about myself.		
	How does will others respond to me when I'm self-centeredness? When I am overly self-sufficient, people will less supportive or care about what I'm in a crisis.		
#1	<p>Toxic Expansion of My Uniqueness: {} I compare myself to others, and I'm too busy thinking about myself. {} I expand my uniqueness by comparing myself to others, and I conclude, "I'm better than them." My interactions with others will be limited because I want to impress other people, resulting in them not trusting me. (interpersonal b)</p>	<p>Discover Healthy Expansion of Your Uniqueness: {} When you develop a healthy sense of self-respect and take care of yourself, you can build confidence in yourself and others. Able to take care of yourself</p>	<p>Healthy Expansion When I set objective, I learn new skills, and I figure out what works and what doesn't work.</p>
	<p>Toxic Restrictions of Your Uniqueness: {} With all competitions, there are rules of fairness and laws that regulate fair play in business. Competition takes effort and direction, and it is the effort of two or more parties acting independently to secure the company of a third party by offering the most favorable terms. Competitiveness is active demand by two or more organisms for some environmental resource in short supply. Depending on the resources, I may have to restrict my uniqueness. (see interpersonal (c) extreme behavior: I can be cold, unfeeling, shrewd, (Factor N+, ambitious but insecure),</p>	<p>Discover Healthy Restrictions of Uniqueness: {} You can discover meaningfulness without thinking that you are more important than others. {} When you discover meaningfulness, you know you are irreplaceable. You see another person's innovative ideas or effort cannot replace or overshadow your contributions. {} You can recognize each moment is meaningful and unrepeatable without disrespecting another person's attempt to help you. Able to take care of yourself (c) businesslike, <i>indifferent</i> - neutrality of attitude from lack of inclination, preference, or prejudice</p>	<p>Healthy Restriction Objective reality keeps me grounded and I know what to do in certain situations.</p>
	<p>Toxic Dialectic: [] They desire my anger-wrath – versus - my self-respect is more important than their consequences. [] I have valid reasons – versus - my feelings don't need justification. [] Feeling prompt immediate feelings – versus - my behavior is separate from my feelings.</p>	<p>Healthy Dialectics: [] You accept your uniqueness, and you know that you are an ordinary person. [] You want to be responsive, kind, and empathic while being firm, fair, and focused when problem-solving. [] You can unconditionally accept yourself, others, and the world and place conditions on yourself, others, and the world.</p>	<p>Dialectic</p>

Being Reliable and Trustworthy – Caring vs. Selfish. (Index #2)

	Self-Preservation Mode	Attitudinal Values:	Opposite of Selfishness and Reliability
Index #2			
1	<p>Toxic Selfishness Values: {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, such as adhering to a routine, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do. {} I exclusively care about myself (Index #2).</p>	<p>Healthy Reliability Attitudinal Values: I can care about and value being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I want people to take me seriously. {} I know that people see me as dependable. {} I know people can count on me, and I want to count on others. {} I want to help people and accept people helping you. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index #2) (Healthy Restriction of my uniqueness)</p>	<p>Carefree Attitudes: {} You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, and happy-go-lucky in certain situations. {} When you want to be carefree, you are neither overly concerned nor worried 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.</p>

#1 What are some of the possible reasons why being reliable is more effective than selfishness beliefs?

#i.

#ii.




#2. In what situations do you need to be reliable and get things done on time?

#3 In what situations do you need to be carefree?




#4 How Reactive Selfness Meaningful?	How is Reliable Meaningful?

#5 Cost Benefit Analysis

Cost of Selfishness	Benefit of Reliable
Benefit of Selfishness	Cost of Reliable
How does selfishness wards of anxiety?	
How does selfishness protect your self-esteem?	
How are you training people to treat you when you are selfishness?	
Toxic of expansion your uniqueness.	Healthy expansion of your uniqueness.
Toxic selfishness restricts your uniqueness.	healthy restriction of uniqueness. (Column B Row 6)

Index #2			
Attitudinal value A meaningful life is a life in which these values are actualized to the greatest possible degree: Healthy Reliability over Selfishness			
1	<p>Toxic Selfishness Values: {} I don't value or care about others and only want to do what I want! {} I disregard another person's wishes. {} I do not care about others and value only what I want to do. {} I can do anything I want – when I want to! {} I must get my way because I <i>should</i> be able to do anything I want. {} I don't have to follow the rules. {} I have a tough time adhering to structure, such as adhering to a routine, regulations, and people assigning roles to me. For example, at work, you are not the boss and have no authority. {} I go around telling people what to do. {} I exclusively care about myself (Index #2).</p>	<p>Healthy Reliability Attitudinal Values: I can care about and value being dependable, and I want people to take me seriously. {} People can trust me, and I know when to distrust and trust people. {} I value being reliable. {} I want people to take me seriously. {} I know that people see me as dependable. {} I know people can count on me, and I want to count on others. {} I want to help people and accept people helping you. {} I see the value of rules. {} I keep my promises, and I can repair my broken promises. {} I keep my agreements, and I can negotiate with others. {} I tell the truth and accept the consequences of my actions. {} I can readily show regret and experience remorse. (Index #2) (Healthy Restriction of my uniqueness)</p>	<p>Carefree Attitudes: {} You value being free from care and having no worries or troubles. You want to be carefree, lighthearted, and happy-go-lucky in certain situations. {} When you want to be carefree, you are neither overly concerned nor worried 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.</p>
2	<p>Discovering Meaningfulness in Selfishness {} There are times when I need to think about my needs, fears, and concerns. {} Getting my way is important because it will help me to reach my long-term goals. {} I can discover meaningfulness and allow others to have different interests and needs than me.</p>	<p>Discovering Meaningfulness: {} You can discover meaningfulness and enjoy your individuality while being dependable on others. {} You can learn new skills and be a responsible person. {} You can follow the rules without losing your sense of remarkability. {} You will not lose sight of irreplaceability if other people rely on you to complete tasks on time. {} You can recognize each moment is unrepeatable without other people being excessively concerned about you.</p>	<p>(D) Discovering Meaningfulness: Being carefree may allow you to deepen your experiential values, which could lead to being creative and developing new ways of thinking and feeling.</p>
3	<p>Cost of Selfishness: {} I will have less chance of getting along with people when I disregard their concerns and the rules. {} People will see me as less trustworthy. {} They might see me as dishonest (not keeping your promises, not keeping your agreements, not being reliable, and seeing me as someone who does not tell the truth). {} Being intolerant of limits will increase my feelings of anger, which may lead to fighting with others verbally and physically.</p>	<p>Cost of Being Reliable: not getting what you want, putting another person's goals ahead of yours.</p>	<p>Cost of Carefree Attitude: people may see you as being irresponsible,</p>
4	<p>The Benefit of Selfishness: {} I will get gratified, and people will see you as a rebel. I want others to see me as a person; they can't push me around or tell me what to do. {} I will get more of what I want in the short run. {} I have a sense of immediate gratification. {} People will see me as being independent and strong. {} I can make others look stupid, so you can feel better about me.</p>	<p>The Benefit 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 challenging tasks. {} If people trust, there is a good chance people will give you more responsibilities, so you can expand your uniqueness.</p>	<p>Benefit of Being Carefree: having no worries or troubles</p>
<p>6 How does competing ward off anxiety? I ward off stress by demonstrating I'm superior to others. I ward off anxiety by rejecting others and being selfish (Index #2). Being selfish arises from concern with my welfare or advantage in disregarding others and concentrating on my advantage, pleasure, or well-being without regard for others. Selfishness is survival value.</p>			
<p>7 How does competing protect our self-esteem? I protect my self-esteem by competing and winning, which proves I am better than others. I defend myself esteem by demonstrating how others are weak. I feel secure when I am independent of others and feel I am triumphant over others. I have to be successful to feel good about myself. I want to provoke envy and feelings of inferiority in others. I distance myself and others by wanting to be independent and superior to others. I find depending on others terrifying.</p>			
<p>8 How will others respond when you are competitive? People will distrust me because I can expand my uniqueness by getting admiration and respect from others. I establish and expand my uniqueness by being superior to others, but I become anxious by the threat of weakness or dependency on others. I fear being humiliated. Passivity, cooperation, trust, or tenderness are dangerous. I fear the loss of pride.</p>			
	<p>Toxic Expansion of Uniqueness: {} When I am overly competitive and exploit others to win, people will not trust me. {} If I see myself as indifferent, calculating, and selfish, others may not trust me. {} This lack of trust may have me looking over my shoulder and other people constantly questioning me. {} Others may feel inferior, and they may feel unwilling to point out my mistakes or address my concern. see (c) competitiveness Welton's Stage 2</p>	<p>Healthy Expansion of Your Uniqueness and Being Reliable: {} You can stay out of trouble, and {} You can be successful by knowing when to expand your uniqueness and knowing how to restrict your originality. {} When people trust you, you can do more activities and have more opportunities to develop your potential and {} Expand your uniqueness. {} You know when not to expand your uniqueness (constructively restricting your individuality, healthy competition. (Able to care for yourself).</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you are free from care and having no worries or troubles, you may want to learn new skill or take a sensible risk to expand you sense of uniqueness you're your divergent thinking .</p>
	<p>Toxic Restriction of Your Uniqueness: {} I expand my uniqueness by being competitive with loved ones. {} I reject others, and I withhold love and attention. {} I think that all selfish people are the same. {} They are only concerned about themselves; they seek their own advantage, pleasure, or well-being without regard for others. (Categorical Reasoning)</p>	<p>Healthy Restriction Uniqueness in Being Reliable: {} Your expression of love can be uniquely your own invention while still being reasonable, relational, and rational. {} You can discover Meaningfulness when you realize you're irreplaceable. {} Being logical and sensible doesn't make you a conformist but helps you to know when to expand or restrict your uniqueness. {} You can understand that each moment is unrepeatable, even if you use your critical thinking skills.</p>	<p>(D) Healthy Restriction Uniqueness: {} You may feel careful, but you want to address another person's concerns.</p>

Being Reflective – Caring vs. Being Impulsive (Index #3)

	Self-Preservation Mode	Attitudinal Values:	Opposite
Index #3			
1	<p>Toxic Impulsive Behavior: {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is okay to be impulsive, thoughtless, careless, and 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 my thinking has little to do with my emotional intensity. {} I don't think about the consequence of different courses of action. {} I believe it is okay to disregard the long-term effect of the response I take today. {} I hate doing the arduous task, and I only want to take the "easy way out." (Index 3)</p>	<p>Healthy Reflective Attitudinal Values: I can think before I act (Index 3). {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about your future than the immediate one. {} I know I can think before I act. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with essential people. (Index 3)</p>	<p>Spontaneous Attitudes: {} You are aware of external constraints and 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.</p>

#1 What are some of the possible reasons why reflective attitudes are **more effective than** using impulsive behaviors?

#i.

#ii.




#2. In what situations do you need to use reflective thinking?

#3 In what situations do you need to be spontaneous?




#4 How is Reactive Impulsiveness Meaningful?	How is Reflective Meaningful?

#5 Cost Benefit Analysis

Cost of Impulsiveness	Benefit of Being Reflective (
Benefit of Impulsiveness	Cost of Being Reflective
#6 How does impulsiveness wards of anxiety?	
#7 How does impulsiveness protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
Impulsiveness: Toxic of expansion your uniqueness	Reflective: Healthy expansion of your uniqueness.
Impulsiveness: Toxic restriction of your possibilities	Reflective: Healthy restriction of developing your potentialities.

Index #3			
	Self-Preservation Modes:	Attitudinal Values: Higher Value	Opposite
1	<p>Toxic Impulsive Behavior: {} I don't care about thinking before I act. {} I believe the consequences or thoughts about the repercussions of my action are of little value to me. {} It is okay to be impulsive, thoughtless, careless, and 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 my thinking has little to do with my emotional intensity. {} I don't think about the consequence of different courses of action. {} I believe it is okay to disregard the long-term effect of the response I take today. {} I hate doing the arduous task, and I only want to take the "easy way out." (Index 3)</p>	<p>Healthy Reflective Attitudinal Values: I can think before I act (Index 3). {} I feel about the situation and the impact of my actions before I do something. {} I value thinking before I commit myself to a plan. {} I want to consider the facts before I decide. {} I want to be aware of the consequences of my action, but I do not want to be anxious about the future. {} I am more concerned about your future than the immediate one. {} I know I can think before I act. {} I know the full consequences before I venture into an activity. {} I know how to avoid trouble with essential people. (Index 3) (Healthy Expansion of my uniqueness)</p>	<p>Spontaneous Attitudes: {} You are aware of external constraints and 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.</p>
2	<p>Discovering Meaningfulness: Impulsiveness suggests anxiety and others are not addressing a strong need or concern. Impulsiveness may warn you to slow down, and rushing around trying to fix everything may cause more problems.</p>	<p>Discovering Meaningfulness In Being Reflective: {} You can discover meaningfulness without being overly spontaneous. {} You will not diminish your ability to discover meaningfulness if you think about the consequences before you act. {} Planning and setting goals do not take anything away from your ability to discover meaningfulness. {} Remember, there is meaningfulness in each moment, and you don't have to anticipate that moment. {} You can think before you act – it only takes a few seconds to think about what might happen. {} You can think about the full range of consequences without becoming anxious or acting sneakily.</p>	<p>(D) Discovering Meaningfulness in being spontaneous and surprising yourself, which is an aspect of being unique. {} Spontaneity can be a part of being creative. {} You may have an idea for a painting, or a novel derived from intuition or inspiration. {} Over thinking consequences can inhibit your creative process.</p>
3	<p>Cost of Being Impulsive: {} 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 diverse ways to manage interpersonal conflicts.</p>	<p>Cost 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 pay attention while others are talking. {} You are more resilient.</p>	<p>Cost of a Spontaneous Attitude: Other may see you as being impulsive or lacking forethought.</p>
4	<p>Benefit of Being Impulsive: {} 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.</p>	<p>Benefit of Being Reflective: When you think before you act, you are more careful in your social responses, thereby expanding your uniqueness. You increase the chances of making fewer errors.</p>	<p>Benefit of a Spontaneous Attitude: proceeding from natural feeling or native tendency without external constraint</p>
5	<p>Toxic Expansion of My Uniqueness: {} I believe that being spontaneous, impulsive, insensitive, and not caring about my responsibilities will help me advance my own ends. {} I think being impulsive and impatient with others will help me, but my actions will provoke others to fear me, and they may learn to resent me. {} Others may see my impulsiveness as being unthoughtful and unkind, which does not help me expand my uniqueness. (unkind-impatient d)</p>	<p>Healthy Expansion of Your Uniqueness: {} When you are thoughtful and deliberative, you have a greater chance of expanding your uniqueness. {} Being <i>thoughtful</i> involves using careful, reasoned thinking before doing something, which increases the probability of increasing your individuality. {} Thoughtful is also giving heedful anticipation of the needs and wants of others. {} Being deliberative is thinking about and discussing issues and making decisions carefully.</p>	<p>Spontaneous Attitudes Expansion: Open up new areas of creativity.</p>
6	<p>Toxic Restriction of Uniqueness: {} I may see myself as being unique by disregarding consequences. Consequences don't apply to me. {} Therefore, ignoring the consequences leads to blaming others for my actions. {} When people see me as being punitive and sarcastic, they may resist me passively. (See (d) cruel, unkind, impatient)</p>	<p>Discover Healthy Restriction of Your Uniqueness: {} You can be strict if necessary. {} You can be firm to protect your sense of uniqueness, and you can be just to protect another person's sense of individuality. Can be strict, if necessary, firm but just (d)</p>	<p>Spontaneous Attitudes and Restricting Your uniqueness: Your intuition may be incorrect or off target.</p>

Index 4 Reasonableness and tolerance

Index #4			
1	<p>Toxic Unreasonableness-Intolerance Belief: {} 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 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 different from me (Index#4).</p>	<p>Healthy Reasonableness-Being Tolerant Attitudinal Values: I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. {} I want to be tolerant of individual and cultural differences. {} I can have flexible beliefs when dealing with another person. {} I can tolerate frustration because this frustration will not last forever, and {} I can learn something new about myself when dealing with stress. {} I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4) (Healthy Expansion)</p>	<p>Attitudes Related to Feeling Uncertain {} It is appropriate to say, "I just don't know," when you don't know the answer. You can think {} I am unsure of the solution, so I will stay calm and see what the future may bring. {} Feeling uncertain is not having specific knowledge or having unreasonable expectations. {} In mild forms of accepting uncertainty, the phrase "ignorance is bliss" comes to mind.</p>

#1 What are some of the possible reasons why reason and tolerance is more effective than unreasonable and intolerant beliefs?

#i.

#ii.

#2. In what situations do you need to use reasonable and tolerant attitudes?

#3 In what situations do you need to use uncertainty?

#4 How is reactive Intolerance Meaningful?	How is open Reasonableness Meaningful?


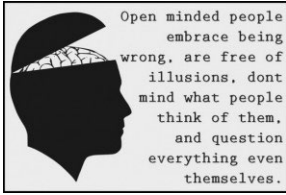

#5 Cost Benefit Analysis

Cost of Intolerance	Benefit of Being Tolerant
Benefit of Intolerance	Cost of Being Tolerant
#6 How does Intolerance wards of anxiety?	
#7 How does impulsiveness protect my self-esteem?	
#8 How will others respond to when you are Intolerance?	
Intolerance : Toxic of expansion your uniqueness.	Tolerant: Healthy expansion of your uniqueness.
Toxic of restricting your uniqueness.	Tolerant: healthy restriction of uniqueness.

Menu of Solutions & Effective Strategies Index #4

	Self-Preservation Modes:	Attitudinal Values:	Opposite
1	Toxic Unreasonableness-Intolerance Belief: {} 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 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 different from me (Index#4).	Healthy Reasonableness-Being Tolerant Attitudinal Values: I can be reasonable, practical, and tolerant and use my mental processes to discover meaningfulness. I value being sensible, logical, and functional. {} I want to be tolerant of individual and cultural differences. {} I can have flexible beliefs when dealing with another person. {} I can tolerate frustration because this frustration will not last forever, and {} I can learn something new about myself when dealing with stress. {} I can learn new skills that will be difficult and frustrating, but I can tolerate such frustrations. (Index 4) (Healthy Expansion) (Index #4)	Attitudes Related to Feeling Uncertain {} It is appropriate to say, "I just don't know," when you don't know the answer. You can think {} I am unsure of the solution, so I will stay calm and see what the future may bring. {} Feeling uncertain is not having specific knowledge or having unreasonable expectations. {} In mild forms of accepting uncertainty, the phrase "ignorance is bliss" comes to mind.
2	#4 Discovering Meaningfulness: {} Fairness is essential in expanding my opportunities and possibilities. {} We all need a fair chance to develop our skills and compete with our sense of uniqueness. {} My inability to tolerate frustration may signal that I need to find a new way or a better way of dealing with my frustrations. {} Intolerance in an individual situation is essential. For example, I am <i>intolerant</i> of other abusing children or children staying in one of the world's wealthiest countries.	#4 (D) Discovering Meaningfulness: {} Your expression of love can uniquely be your invention while being reasonable, relational, and rational. {} You can discover meaningfulness when you realize your style and creativity are irreplaceable. {} Being logical and sensible doesn't make you a conformist but helps you to know when to expand or restrict your uniqueness. {} You can understand that each moment is unrepeatable, even if you use your critical thinking skills.	(D) Discovering Meaningfulness: {} Uncertainty gives you time to think about something important. {} This time to think allows meaningfulness to emerge from the background to the foreground.) Extreme: {} 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. o (Factor O++ Disapproval Tension, page 89) {} I value not knowing everything. {} Most people don't like a know-it-all. {} I can't be an expert in everything. {} I know it is okay, not knowing
3	#5 (C) The Cost of Unreasonableness and intolerance: {} This survival mode decreases my ability to get along with others, making it difficult to bounce back from stress and be resilient. {} This survival mode increases my feelings of anger, misbehaving, not paying attention, and disturbing others. {} I may feel lonely and won't experience real intimacy. {} Another person may fantasize about getting revenge. {} I trap myself by my anger, and I will enmesh myself in more conflicts. C) The Benefit of Being Intolerant to Others: <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 they will not push me 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!	5 (D) The Cost of Tolerance: {} You may lower your standards and compromise your values to be tolerant.	Cost of Uncertain: You are unsure of yourself, and your intolerant of uncertainty, which limits sensible risk taking.
4	#5 C) The Benefit of Being Intolerant of Others: <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 they will not push me 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!	#5 D) The Benefit of Being Tolerant: {} When you are reasonable and tolerant of others, you have a greater chance of solving a problem uniquely and creatively. {} You don't have to give up your standards to accept people unconditionally, and {} You can expand your uniqueness by being responsible and wanting others to be responsible.	Benefit in Feeling Uncertain: Can give you a sense of adventure.
	(C) Toxic Expands Uniqueness: {} Intolerance and putting labels on people, restrict their uniqueness and limits my ability to expand my uniqueness. {} I restrict my uniqueness by provoking fear in others. {} I restrict my uniqueness by creating social distance and feeling self-righteous and by being disapproving of others. {} I may think that being aggressive and unfriendly is standing up for myself and shows my independence. (Sarcastic, self-seeking (d))	(D) Healthy Expansion of Your Uniqueness: {} When you are reasonable and tolerant of others, you can expand your uniqueness by being responsible and wanting others to be responsible. {} You have a greater chance of being creative. Can be strict, if necessary, firm but just (d)	(D) Healthy Expansion of Your Uniqueness: Uncertainty reinforce the idea that you are a person who thinks before you act, and you are a person who knows what you want out of life. {} As you have time to think, you can discover meaningfulness in this challenging situation, and you may come up with some innovative ideas.
	Toxic Restriction of Uniqueness: {} When you are intolerant of individual differences, you may use negative and extreme evaluations to judge that person. {} For example, you may think, "He is lazy" therefore, all lazy people are alike, or she is stupid (all so-called stupid people all act the same). {} Problems arise when you make the same mistake as that person has made and {} You then put yourself down and place yourself into the harmful category of people. {} Anger begets anger, which restricts my uniqueness.	(D): Discover Healthy Restriction of Uniqueness: {} When you are tolerant, you learn more about the person, expanding your uniqueness.	(D) Healthy Restriction Uniqueness: {} Uncertainty gives you time to think about what you want and if you action are consistent with your higher values. {} Feeling uncertain slows you down, and it gives you time to think about if you higher values that you may be flipping.

Being Receptive vs. Non-Receptive – Index #5

	Survival Mode: Pointless to Plan 	Attitudinal Values: Higher Value 	Opposite of Being Receptive and Non-Receptive 
Index # 5			
1	Toxic Non-Receptive Value (closed-mindedness): {} I'm not concerned about making plans or setting goals {} I'm not concerned about listening to others and formulating goals and plans with another person. {} I devalue innovative 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 innovative 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 having an "I Don't Feel Like It" Attitude is okay. {} I only do what is fun. {} I don't have to do an activity if it is not fun or boring. {} It is pointless to plan my time. {} Planning has nothing to do with being successful {} I don't have to think about how long it will take to do my work.. {} I only do things when I feel like doing them. (Index #5)	Healthy Receptive Attitudinal Values: (open-mindedness): I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions. {} I can plan enough time to get things done. {} I can learn to make sure that I know what the other person wants before I start working on the assignment or task. (Index 5) Being open-minded can expand my uniqueness because I can learn from new experiences. Index #5	Attitudes Related to Feeling Ambiguous capable of being understood in two or more possible senses or ways *an ambiguous smile* I feel ambiguous, unclear, equivocal, abstruse, abstruse (perplexing, puzzling, complex, profound)

#1. What are some of the possible reasons why receptive attitudes are **more effective than** closed minded and non-receptive beliefs?

#i

#ii.


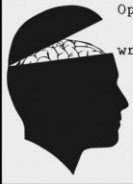

#2. In what situations do you need to use open-mindedness?

#3 In what situations do you need to use ambiguous?


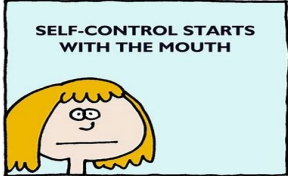

#4 How is reactive-closed mindedness meaningful?	How is open-mindedness meaningful?

#5 Cost Benefit Analysis

Cost of non-receptiveness	Benefit of open-mindedness
Benefit of non-receptiveness	Cost of open-mindedness
#6 How does non-receptiveness wards of anxiety?	
#7 How does non-receptiveness protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
non-receptiveness: toxic of expansion your uniqueness.	Open-mindedness: healthy expansion of your uniqueness
non-receptiveness Toxic of restricting your uniqueness.	Open-mindedness healthy restriction of uniqueness.

Menu of Solutions & Effective Strategies (Index #5)		
Self-Preservation Modes:	Attitudinal Values:	Opposite
<p>Pointless to Plan</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>Attitudinal value A meaningful life is a life in which these values are actualized to the greatest possible degree: Being Receptive (open and responsive to ideas, impressions, or suggestions), over unreceptive, closed-minded, it is pointless to plan.</p>		
<p>Toxic Non-Receptive Value (closed-mindedness): {} I'm not concerned about making plans or setting goals {} I'm not concerned about listening to others and formulating goals and plans with another person. {} I devalue innovative 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 innovative 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 having an "I Don't Feel Like It" Attitude is okay. {} I only do what is fun. {} I don't have to do an activity if it is not fun or boring. {} It is pointless to plan my time. {} Planning has nothing to do with being successful {} I don't have to think about how long it will take to do my work. {} I only do things when I feel like doing them. (Index #5)</p>	<p>Healthy Receptive Attitudinal Values: (open-mindedness): I can be receptive to innovative ideas, perspectives, and creative ideas. {} I can be open-minded. {} I can be open and responsive to ideas, impressions, or suggestions. {} I can plan enough time to get things done. {} I can learn to make sure that I know what the other person wants before I start working on the assignment or task. (Index 5) Being open-minded can expand my uniqueness because I can learn from new experiences. Index #5</p>	<p>Attitudes Related to Feeling Ambiguous capable of being understood in two or more possible senses or ways *an ambiguous smile* I feel ambiguous, unclear, equivocal, abstruse, abstruse (perplexing, puzzling, complex, profound)</p>
<p>#4 Discovering Meaningfulness: {} If I complain a lot and feel bitter, people will reject me, and I will not have the opportunity to discover meaningfulness and my uniqueness when people disallow my concerns. Certain moments in your life can appear: {} Boring: incapacity to take interest. {} Apathy is the inability to take the initiative, and {} Despair is the incapacity to find meaning in suffering. {} These signs are a wake-up call that you want to address. {} You want to be willing to change things on the fly.</p>	<p>#4 Discovering Meaningfulness: {} Frankl believes that meaningfulness is something that does not just bump into you one day – Meaningfulness will not come knocking on your day. {} To discover meaningfulness, you want to be open to innovative ideas and new perspectives, and {} You want to be receptive to another person's wants, feelings, and thoughts. {} You are open to receiving and giving in meeting life's demands.</p>	<p>(D) Discovering Meaningfulness: {} Ambiguity helps us to explore something that is unclear. You put effort in understanding the ambiguous object or idea, so you can clarify it for yourself. It helps you think about taking sensible risks and being inquisitive about the world and your life.</p>
<p>#5 Cost of Non-Receptiveness: {} 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 it, 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 guess, "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>#5 Cost of Healthy Receptiveness: {} 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>Cost of ambiguity: You are unsure of yourself, and others, which may result in a conflict.</p>
<p>#5 The benefit 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 make others angry!</p>	<p>#5 Benefit 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>Benefit of Uncertain; Greater sense of adventure.</p>
<p>Toxic Expansion of My Uniqueness: {} I restrict my uniqueness by provoking others to reject me by acting superior to them. This trains others to ignore me, even condemn me. {} I think I always have to complain and express grief, pain, or discontent all the time.</p>	<p>Healthy Expansion of Your Uniqueness: {} I can express my concerns and complain if necessary. {} I can tolerate following orders. Appreciative</p>	<p>(D) Healthy Expansion of Your Uniqueness:</p>
<p>Toxic Restriction of Uniqueness: {} I don't trust people, so I don't learn new skills or try new activities. {} When I am bored, apathetic, or I am experiencing Despair. {} I know others attempt to restrict my uniqueness because I am not learning new things. I am unwilling to try new activities, which some people may not like me doing. {} When I complain and act bitter, other people may want to punish me and restrict my actions. (See (g) distrusts everyone</p>	<p>Discover Healthy Restriction of Uniqueness: {} You can acknowledge your uniqueness without having to be right all the time. {} You are unique and irreplaceable even if someone else has a new idea or suggests a better than yours. {} You know that each moment is unrepeatable even if you have planned that moment.</p>	<p>(D) Healthy Restriction Uniqueness:</p>

Setting Goals (Index #6)

	Survival Mode:	Attitudinal Values: Higher Value:	The opposite of not setting goals or self-control is Concerned with Maintaining Your Self-Concept
Index #6			
1	Toxic Belief: It is Pointless to Set Goals Values: {} I am stubborn, and {} I'm not concerned about setting goals. . {} I'm not concerned about 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 don't have to give "My Best Attitude. {} I don't think managing my time and resources is essential. {} I believe I have no control over my life because life is meaningless. {} I can't concentrate when people are making noise. (Index 6) toxic restriction of your uniqueness.	Healthy Realistic Self-Control: Attitudinal Values: I can control myself and be careful socially {} Without self-control, other people will try to control me. {} I can control my emotions. {} I can be concerned about being socially precise. {} I can be concerned about the facts and reality. {} I can focus on things that will help me, and {} I know to avoid actions that will harm my social reputation and (Index 6) (Healthy restriction of my uniqueness)	Self-Concept: How You See Yourself Attitudes: {} You value maintaining your sense of self. {} You want to appreciate individuality and expand your understanding of uniqueness. {} You recognize your self-concept is your mental image of yourself. {} It is an idea you construct from your beliefs 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.

#1 What are some of the possible reasons why Realistic Self-Control Attitudes is more effective than Not Setting Goals Beliefs?

#i.

#ii.

#2. In what situations do you need to use reasonable and tolerant attitudes?

#3 In what situations do you having difficulty maintaining self-concept?




#4 How is not setting goals belief meaningful?	How is Realistic Self-Control and Setting Goals meaningful?

#5 Cost Benefit Analysis




Cost of not setting goals	Benefit of Setting Goals
Benefit of not setting goals	Cost of Setting Goals
#6 How does not setting goals wards of anxiety?	
#7 How does not setting goals protect my self-esteem?	
#8 How will others respond to when you act impulsively?	
Not setting goals: toxic of expansion your uniqueness.	Setting Goals: Healthy expansion of your uniqueness.
Not setting goals: Toxic of restricting your uniqueness.	Setting Goals: healthy restriction of uniqueness.

#Note: Boredom is the incapacity to take interest. I don't see the value and meaning in things people make me do. {} It is pointless to set goals because I tell myself, "This activity is stupid." When faced with a boring task, I tell myself, "I'll do this later" (procrastinating). {} I can't manage distractions, frustration, or uncomfortable situations, so I decide not to do the task. {} I think it is okay to give up in the face of any degree of frustration. {} I believe it is okay to do it later, when others expect me to complete a specific task in an agreed time frame. I can't manage my time. I can't manage distractions – I can't concentrate.

Menu of Solutions & Effective Strategies (Index #6)

Self-Preservation Modes:	Attitudinal Values:	Opposite
		
<p>Pointless to Set Goals Values : {} 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 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 concentrate when people are making noise. (Index 6)</p> <p>Boredom is the incapacity to take interest. I don't see the value and meaning in things people make me do. It is pointless to set goals because I tell myself, "This activity is stupid." When faced with a boring task, I tell myself, "I'll do this later" (procrastinating). {} I can't manage distractions, frustration, or uncomfortable situations, so I decide not to do the task. {} I think it is okay to give up in the face of any degree of frustration. {} I believe it is okay to do it later, when others expect me to complete a specific task in an agreed time frame. I can't manage my time. I can't manage distractions – I can't concentrate. (Index #6)</p>	<p>Healthy Realistic Self-Control: Attitudinal Values: I can control myself and be careful socially {} Without self-control, other people will try to control me. {} I can control my emotions. {} I can be concerned about being socially precise. {} I can be concerned about the facts and reality. {} I can focus on things that will help me, and {} I know to avoid actions that will harm my social reputation and (Index 6) (Healthy restriction of my uniqueness)</p>	<p>Self-Concept: How You See Yourself Attitudes: {} You value maintaining your sense of self. {} You want to appreciate individuality and expand your understanding of uniqueness. {} You recognize your self-concept is your mental image of yourself. {} It is an idea you construct from your beliefs about yourself and how you want to respond to others. {}</p> <p>{} An extreme form of self-control is being compulsive, which is an irresistible persistent impulse to perform an act.</p>
<p>#4 (D) Discovering Meaningfulness: {} Sometimes it is a promising idea to put things off when I don't have the necessary skills, resources, or time to complete a task to the fullest of my abilities.</p>	<p>#4 (D) Discovering Meaningfulness: {} You are exercising your creative values and your experiential values, which will help you do discover the meaningfulness of the moment.</p>	<p>(D) Discovering Meaningfulness: {} Your sense of self can function as a guiding force, or it can maintain your rigid and obsessional behavior. Therefore, monitoring your sense of self will help you discover meaningfulness in the moment.</p>
<p>#5 (C) The Cost of Having No Goals: {} 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>	<p>#5 (D) The Cost of have Realistic Self-Control: {} Too much self-control may lead to {} obsessional 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. (Q3++)</p>	<p>Cost of a Self-Concept: I may hold onto my self-concept that no longer fits my needs.</p>
<p>#5 (C) The Benefit of having No Goals: {} 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>	<p>#5 (D) The Benefit of having Realistic Self-Control: Realistic self-control helps you to {} 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>	<p>Benefit of a Self-Concept: if you have a healthy and realistic sense of self, you will attempt new activities and behaviors.</p>
<p>(C) Toxic Expansion of My Uniqueness: {} When I blame others for my feelings or my action, I may protect my self-esteem, but blaming others leads to a feeling helplessness. (See (d) unkind sarcastic Adapted from the work of Mike Bernard and David Burns.</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} You can be sensitive to another person's feelings and concerns. {} You can be modest in what you know and what you don't know. {} Modest is placing a moderate estimate on your abilities or worth. Note: Seeking worth is the fastest way to feel worthless. Can be strict if necessary. (Firm: I can be firm and take my responsibilities seriously. I can be strict if necessary. I want to be firm but fair and focused.</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you focus on the relevant facts of the situation, you have a greater chance of solving problems and making better decisions.</p>
<p>(C) Toxic Restriction of Uniqueness: {} Without being responsible, others can restrict my freedom. {} When people limit me, I will not have the freedom to expand my uniqueness. {} I ignore my responsible and take a cavalier attitude. {} When I make an offhand remark that disdains or dismisses important matters, I have a cavalier attitude. {} This attitude may provoke people to dismiss my concerns and act arrogantly.</p>	<p>(D) Discover Healthy Ways to Restrict Your Uniqueness: {} You can expand your uniqueness even when situations are difficult and trying. {} You recognize your irreplaceability when you take responsibility for your actions and don't blame others for your feelings. {} You can realize each moment is unrepeatable even if you have the same emotional reaction to the stress, trauma, and pain you experienced in the past.</p>	<p>(D) Healthy Restriction Uniqueness: {} You want to determine what issues apply to you and which problems are immaterial to you. If you study every philosopher, poet, and every intellect, it will utterly confuse you.</p>

Giving Your Best Effort Showing Concern vs. Giving Up (Index 7)

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Giving Up and Resolve
Index #7			
1	Pointless to Try Belief: Giving Up Behavior {} I'm not concerned about my effort or trying. {} I think it is okay to give up when tasks become too frustrating or tedious. {} I believe in luck or how the past controls my present life. {} I'm not concerned, so I can blame my addictions or ADHD, which controls my behavior. {} I believe in the "I Feel Like Giving Up Attitude." {} When things don't go my way, I think trying is pointless. (Index 7)	(D) Resolve Attitudinal Values: {} I can give my best effort. {} I can show resolve in times of stress and frustration. {} I know that effort leads to getting it right rather than luck. {} I can give my best effort to develop my talents and skills. {} I know that effort is the active use of energy to produce favorable and healthy results. {} I know the harder you try, the more I will succeed. (Index #7)	Unconcerned Attitudes: {} You do not value every issue that presents itself to you. {} 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 you cannot care about every issue presented to you.

#1. What are some of the possible reasons why Resolute Attitudes is more effective than Giving Up Beliefs?

#ii.

#ii.

#3. In what situations do you need to use resolute attitudes?




#4 In what situations you can't be interested in everything? What issues do you have no interest in?

#4 How is giving up meaningful?	How is being resolute meaningful?

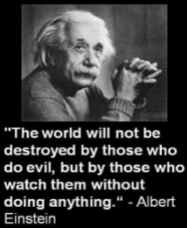
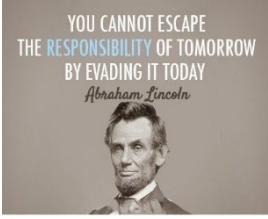

#5 Cost Benefit Analysis

Cost of Giving Up	Benefit of Being resolute
Benefit of Giving Up	Cost of Showing Resolution
#6 How does Giving Up ward of anxiety?	
#7 How does Giving Up protect my self-esteem?	
#8 How will others respond to when you think it is pointless to try?	
Why is believing Giving Up expansion your uniqueness.	Resolute: expands your uniqueness in healthy ways.
Toxic Giving Up restricting your uniqueness.	Resolute: Healthy restriction of uniqueness.

Menu of Solutions & Effective Strategies

	Self-Preservation Modes:	Attitudinal Values:	Opposite of Giving Up and Resolve
Index #7			
1	<p>Pointless to Try Belief: Giving Up Behavior</p> <p>{ } I'm not concerned about my effort or trying. { } I think it is okay to give up when tasks become too frustrating or tedious. { } I believe in luck or how the past controls my present life. { } I'm not concerned, so I can blame my addictions or ADHD, which controls my behavior. { } I believe in the "I Feel Like Giving Up Attitude." { } When things don't go my way, I think trying is pointless. (Index 7)</p>	<p>(D) Resolve Attitudinal Values: { } I can give my best effort. { } I can show resolve in times of stress and frustration. { } I know that effort leads to getting it right rather than luck. { } I can develop my talents and skills. { } effort is the active use of energy to produce favorable and healthy results. { } I know the harder you try, the more I will succeed.</p>	<p>Unconcerned Attitudes: { } You do not value every issue that presents itself to you. { } 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 you cannot care about every issue presented to you.</p>
2	<p>#4 (C) Discovering Meaningfulness: { } In certain moments, we sometimes need to retreat and catch our breath.</p>	<p>#4 (D) Discovering Meaningfulness: { } Happiness and success are wonderful but short-lived. { } Giving your best effort will lead to doing things right and carefully. Giving my best effort allows you to see the meaningfulness of the moment.</p>	<p>(D) Discovering Meaningfulness: If you are a "jack of all trades and a master of none, "you may miss the meaningfulness of the moment.</p>
3	<p>#5 (C) The Cost of Giving Up:</p> <p>{ } I will be less persistent, and I don't get things 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>	<p>#5 (D) The Cost of Having Doggedness: { } You may keep pursuing tasks you must give up. { } You get involved in a flight when it is not your responsibility to be involved. { } Sometimes, it is a promising idea to retreat.</p>	<p>Cost of Unconcerned Attitudes: People may confused unconcerned with uncaring.</p>
4	<p>#5 (C) The Benefit of Giving Up: { } 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>	<p>#5 (D) The Benefit of Being Resolved: { } You are more productive. { } You solve problems rather than avoid problems. { } You develop a healthy sense of confidence. { } You create a healthy appreciation and respect for others and their accomplishments.</p>	<p>Benefit of Unconcerned Attitudes: You can be concerned about everything. I need to set priorities.</p>
	How will giving up ward off anxiety? I don't have to worry about failing or looking stupid if I give up at the first sign of frustration.		
	How does giving up protect my self-esteem? When I give up and avoid failing, people won't look down at me.		
	How does will others respond to me when I giving up? People won't trust me or see me as being reliable because I can tolerate frustration or discomfort.		
	<p>(C) Toxic Expansion of My Uniqueness: { } Giving up protects my self-esteem. { } When I blame others for my feelings and actions, I won't feel bad about myself, but I giving up my freedom and responsibilities. (k) easily fooled, likes to be taken care of, lets others make decisions.</p>	<p>(D) Healthy Expansion of Your Uniqueness: { } You can be unique by giving your best effort and developing your talents even if another person does not appreciate your talents. { } You know you are irreplaceable even if you fail along the way, and { } You see each moment is unrepeatable, so there will be times when you succeed and times you fail. Appreciative (k)</p>	<p>(D) Healthy Expansion of Your Uniqueness: { } As you prioritize you resources, time and enegay, you have time and energy to expand your skills so you can expand your uniqueness that is meaningful to you.</p>
5	<p>(C) Toxic Restriction of Uniqueness: { } I give up easily, so I don't expand my uniqueness because developing new skills takes time and effort. { } I'm too busy blaming other for my feelings and actions. (See Interpersonal (k) Stubborn (g))</p>	<p>(D): Discover Healthy Restriction of Uniqueness: { } There are times to move ahead, and there are times to retreat. Pete Seeger's song taken from Ecclesiastes, "Turn, Turn, Turn," popularized by The Byrds, sings there is "a time to build up, a time to break down, a time to dance, a time to morn, a time to gain, and a time to lose."</p>	<p>(D) Healthy Restriction Uniqueness: { } You do not want to be overly involved in that issue. { } You only have so much energy and resources. { } You want to prioritize those resources.</p>

Responsibleness vs. Pointless to be Concerned (Index #8)

	Survival Mode:	Attitudinal Values: Higher Values:	Opposite of Pointless to be Concerned and being Responsible is Being Relevant
Index #8			
1	<p>(B) Pointless to be Concerned Belief: {} I'm not concerned about what others think or want. I am not concerned about being responsible and working hard in the face of frustration or stress. {} I am only concerned about 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. {} I think being concerned about myself, others, or the world is pointless. {} I can't stand it when things are frustrating or tedious. (Index #8)</p>	<p>(D) Responsibleness Attitudinal Values I can give my best effort and show resolve in times of stress and frustration {} I value being responsible. {} I want to do challenging work and tasks that are only sometimes easy. {} I can work tough, even when tasks are uncomfortable, or the job is not fun. {} I can take ownership of my emotional life (emotional responsibility). {} I can be accountable for the role I play. {} I can see possibilities or liabilities (Index #8).</p>	<p>Relevant Attitudes: {} You value issues that are relevant, pertinent, applicable, and germane to you. {} You want to retrieve material that satisfies your needs. {} You show little or no feeling-emotions about specific activities. {} Relevance: pertinent, fitting, compelling, practical, applicable, germane vs. irrelevant, unrelated, unconnected, extraneous; relation to the matter at hand; practical and social applicability.</p>

#1. What are some of the possible reasons why Responsibleness is more effective than Not Being Concerned Beliefs?

#i.

#ii.

#2. In what situations are you not concerned about?

#3 In what situations do you want to be responsible, and in what situations do you not to over extend your responsibility?

#4 How is lacking concern meaningful?	How is being responsible meaningful?

#5 Cost Benefit Analysis




Cost of not being concerned.	Benefit of Being responsible
Benefit of not being concerned.	Cost of Being responsible
#6 How does not being concerned wards of anxiety?	
#7 How does not being concerned protect my self-esteem?	
#8 How will others respond to when you are not concerned?	
not being concerned: Toxic of expansion your uniqueness.	Responsible: Healthy expansion of your uniqueness
not being concerned: Toxic of restricting your uniqueness	Responsible: healthy restriction of uniqueness.

Menu of Solutions & Effective Strategies (Index #8)

Self-Preservation Modes:		Attitudinal Values:		Opposite	
					
1	<p>(B) Pointless to be Concerned Belief: {} I'm not concerned about what others think or want. I am not concerned about being responsible or working hard in the face of frustration or stress. {} I am only concerned about 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. {} I think being concerned about myself, others, or the world is pointless. {} I can't stand it when things are frustrating or tedious. (Index #8)</p>	<p>(D) Responsibleness Attitudinal Values I can give my best effort and show resolve in times of stress and frustration {} I can be responsible. {} I want to do challenging work and tasks that are only sometimes easy. {} I can work tough, even when tasks are uncomfortable, or the job is not fun. {} I can take ownership of my emotional life (emotional responsibility). {} I can be accountable for the role I play. {} I can see possibilities or liabilities (Index #8).</p>	<p>Relevant Attitudes: {} You value issues that are relevant, pertinent, applicable, and germane to you. {} You want to retrieve material that satisfies your needs. {} You show little or no feeling-emotions about specific activities. {} Relevance: pertinent, fitting, compelling, practical, applicable, germane vs. irrelevant, unrelated, unconnected, extraneous; relation to the matter at hand; practical and social applicability.</p>		
2	<p>#4 (C) Discovering Meaningfulness: {} There are times when {} I want to slow down and re-examine my resources. {} I can remove myself from the stressful situation and have some fun and do things I enjoy doing.</p>	<p>#4 (D) Discovering Meaningfulness: {} Discovering meaningfulness takes involvement. {} Simply waiting for meaningfulness to come along will be frustrating, and your life will appear empty.</p>	<p>(D) Discovering Meaningfulness: Focusing on extraneous issues, you may not notice the critical issues. You can discover meaningfulness when you address relevant questions.</p>		
3	<p>#5 (C) Cost 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>#5 (D) Cost 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>Cost of Being Relevant: having significant and demonstrable bearing on the matter at hand, affording evidence tending to prove or disprove the matter at issue or under discussion</p>		
4	<p>#5 (C) Benefit 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) bored!" {} I will feel powerful and in control when I refuse to cooperate. {} I will show others they can't push me 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>#5 (D) Benefit of being Responsible: {} People trust you and let you to do tasks independent of their supervision. {} You feel good about yourself and your performance because you are: <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>Benefit of Being Relevant: You select tasks and values that are important and meaningful to you.</p>		
How will not being concerned ward off anxiety? When I avoid challenging work, I also avoid failing or looking stupid.					
How does not being concerned protect my self-esteem? I only feel good about myself when I am having fun and doing something exciting.					
How does will others respond to me when I'm not concerned about their worries? Let others worry about themselves – I'm not concerned about them.					
	<p>(C) Toxic Expansion of My Uniqueness: {} When I blame others for my feelings or my action, I may protect my self-esteem, but blaming others leads to a feeling helplessness. (See (d) unkind sarcastic; impatient with others mistakes, sarcastic</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} You can be sensitive to another person's feelings and concerns. {} You can be modest in what you know and what you don't know. {} Modest is placing a moderate estimate on your abilities or worth. Note: Seeking worth is the fastest way to feel worthless. Can be strict if necessary. (Firm: I can be firm and take my responsibilities seriously. I can be strict if necessary. I want to be firm but fair and focused.</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you focus on the relevant facts of the situation, you have a greater chance of solving problems and making better decisions.</p>		
	<p>(C) Toxic Restriction of Uniqueness: {} Without being responsible, others can restrict my freedom. {} When people limit me, I will not have the freedom to expand my uniqueness. {} I ignore my responsible and take a cavalier attitude. {} When I make an offhand remark that disdains or dismisses important matters, I have a cavalier attitude. {} This attitude may provoke people to dismiss my concerns and act arrogantly.</p>	<p>(D) Discover Healthy Ways to Restrict Your Uniqueness: {} You can expand your uniqueness even when situations are difficult and trying. {} You recognize your irreplaceability when you take responsibility for your actions and don't blame others for your feelings. {} You can realize each moment is unrepeatable even if you have the same emotional reaction to the stress, trauma, and pain you experienced in the past.</p>	<p>(D) Healthy Restriction Uniqueness: {} You want to determine what issues apply to you and which problems are immaterial to you. If you study every philosopher, poet, and every intellect, it will utterly confuse you.</p>		

Reassuring Yourself is better than Self-Doubt (Index #9)

Instilling Confidence Values: I can have a healthy sense of certainty, trust, and faith in myself and others. Attitude values can help me know that I am more likely to succeed than fail based on which values I hold (survival values or attitudinal values). I don't have to be afraid of making mistakes and know using extremely negative evaluations (I am stupid) will not correct my behavior or expand my uniqueness. I can take on new responsibilities as I become more independent and confident.

	Survival Mode:	Attitudinal Values:	Opposite
Index #9			
	<p>Self-Doubt Value: {} I doubt my worth and abilities when I fail or cannot achieve a goal. {} When I challenge myself, I believe I can't do what I need to do. {} I think I am not good at anything when I fail. {} I feel I can't do anything right. {} I believe "nothing ever works out for me." {} I adhere to the attitude of "I Can't Do It." (Index 9).</p>	<p>Self-Reassurance Attitudinal Values: Self-Reassurance is restoring my confidence and to assure anew. {} I can believe in myself. {} I think that "I can do this!" {} I know I am more likely to be successful than fail. {} I can give myself credit when I am successful. {} When I am unsuccessful, I remember how I did well (Index #9).</p>	<p>Unenthusiastic Attitudes: {} 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 an 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, and unresponsive on issues. {} You can be cautious and reflective. {} You can be cautious and reflective.</p>

#1 What are some of the possible reasons why having Self-Reassurance Attitudes is more effective than Self-Doubt Beliefs?

#i.

#ii.


#2. In what situations or issues are unenthusiastic?

#3 In what difficult situations do you want to reassure yourself?

#4 How is having self-doubt meaningful?	How is self-reassurance meaningful?




#5 Cost Benefit Analysis

Cost of self-doubt	Benefit of self-reassurance
Benefit of not setting goals	Cost of Being self-reassurance
#6 How does self-doubt wards of anxiety?	
#7 How does self-doubt protect my self-esteem?	
#8 How will others respond to when you have self-doubt?	
Self-doubt is a toxic way of expanding your uniqueness.	Self-reassurance is a healthy way of expanding of your uniqueness – why?
Toxic of restricting your uniqueness.	Self-reassurance is a healthy restriction of your uniqueness.

Menu of Solutions & Effective Strategies			
	Self-Preservation Modes:	Attitudinal Values:	Opposite
Index #9			
1	Self-Doubt Value: {} I doubt my worth and abilities when I fail or cannot achieve a goal. {} When I challenge myself, I believe I can't do what I need to do. {} I think I am not good at anything when I fail. {} I feel I can't do anything right. {} I believe "nothing ever works out for me." {} I adhere to the attitude of "I Can't Do It." (Index 9).	Self-Reassurance Attitudinal Values: Self-Reassurance is restoring my confidence and to assure anew. {} I can believe in myself. {} I think that "I can do this!" {} I know I am more likely to be successful than fail. {} I can give myself credit when I am successful. {} When I am unsuccessful, I remember how I did well (Index #9).	Unenthusiastic Attitudes: {} 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 an 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, and unresponsive on issues. {} You can be cautious and reflective. {} You can be careful and thoughtful.
2	#4 (D) Discovering Meaningfulness: How is doubting yourself meaningful? {} Doubting yourself helps you to focus on what is important to you and what you need to do to meet life's demands.	#4 (D) Discovering Meaningfulness: {} You can appreciate your confidence without becoming overly confident or conceited. {} You are irreplaceable because you have faith in yourself. {} You do not worry about demonstrating your confidence to others, and {} you can recognize each moment is unrepeatable because of the skills others have helped you to develop.	(D) Discovering Meaningfulness: If you were excited about everything, it would be confusing to decide what is vital in your life, what significant actions you want to take, and what would be meaningful to you.
3	#5 (C) Cost 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 less resilient. {} When other people make mistakes, I will make an important thing about it and blow things out of proportion. {} I will have more incredible difficulty solving problems with other people.	#5 (D) Cost 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.	Cost of Being Unenthusiastic People may see you as uncaring or disinterested.
4	#5 (C) Benefit 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.	#5 (D) Benefit of Self-Reassured: {} It develops a constructive 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.	The benefit of being Unenthusiastic You are being true to yourself, so people will see you as genuine.
	How will self-doubt ward off anxiety? I won't try things that are uncomfortable, risky, or frustrating, so I will buffer myself from failure and disappointment.		
	How does elf-doubt protect my self-esteem? When I don't try new behaviors, I won't fail or look stupid.		
	How does will others respond to me when I'm full of self-doubt? People will not have confidence in me, and they will give me fewer responsibilities.		
	(C) Toxic Expansion of My Uniqueness: I believe putting myself down will stop me from making mistakes. {} I am overly apologetic, lack self-confidence, and am easily embarrassed, so I restrict my behavior and don't try new skills	(D) Healthy Expansion of Your Uniqueness: {} Rating your behavior helps you expand your uniqueness by monitoring your actions to learn new skills or develop new goals and plans.	(D) Healthy Expansion of Your Uniqueness: {} Focusing on goals and plans that open the door to discovering meaningful help to exercise resources and energy on relevant and significant issues.
	(C) Toxic Restriction of Uniqueness: {} I train people to look down at me, so they treat me with disrespect, contempt, or disdain. {} I see myself as weak and feel less anxious when people depreciate me. {} By being overly modest, I restrict my uniqueness. (See (h) shame, lacks self-confidence. (h) shame, lack of self-confidence, easily embarrassed, (C) Toxic Expansion of My Uniqueness: I believe putting myself down will stop me from making mistakes. {} I am overly apologetic, lack self-confidence, and am easily embarrassed, so I restrict my behavior and don't try new skills.	(D): Discover Healthy Restriction of Uniqueness: {} You can criticize yourself without putting yourself down. You can rate your behavior to determine if you are reaching your goals. Able to criticize self (h)	(D) Healthy Restriction Uniqueness: {} You may feel unexcited about issues, so you spend more time working on questions and concerns that are influential and inspirational.
	Adapted from the work of Mike Bernard and the work of David Burns		

Seeking Approval vs. Confidence Self-Reliance (Index #10)

complete worksheet reflecting your top attitudinal value. If you get stuck, go to Menu on the next page on the next page.

	Survival Mode:	Attitudinal Values: Higher Value	Opposite of Seeking Approval and Self-Reliance
Index #10	<p>Fear of Disapproval</p> 	<p>Independent Thinking:</p> 	
1	<p>Toxic Seeking Approval Value: {} I value another person's opinion too much. {} I don't value my opinion, and I don't have confidence in my ideas. {} I need excessive approval from others to feel good about myself. {} I must have people's permission and love to be happy or prosperous. {} I believe it is awful if someone important to me rejects me. {} I can't stand it when people call me names, say unkind things, or criticize me. {} I must 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, 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>Healthy Self-Reliance Attitudinal Values: Independent Thinking: I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point. {} I can appreciate, and I can judge for myself. {} I can speak up, even if others vehemently disagree with me. {} I can try new activities. Self-reliance is confidence and having faith in my efforts and abilities {} I can act on practical evidence. {} I know it is important not to dwell on my hardships and my disabilities and limitations (Index 10). I expand my uniqueness by using independent thinking.</p>	<p>Healthy Contemplative Value: Contemplating is considering with attention and studying an issue before you decide. {} You value thinking about something before I decide. {} You want to be modest and self-effacing without becoming overly shy and passive. {} You know that You can say, "You are still thinking about it." {} You know it is okay to say, "You haven't decided yet." {} You feel jealous quickly. {} You know it is vital to be stoic when facing tough decisions. {} You know it is significant to be deliberate and not restless in times of stress.</p>

#1 What are some of the possible reasons why Having Self-Reliant Attitudes is more effective than Seeking Approval Beliefs?

#i. .

-ii;j..



#2. What situation do you need to be self-reliant? .

#3 In what situations do you want to be contemplative and thoughtful? .

#4 How is seeking approval meaningful?	#5 How is being self-reliant meaningful?



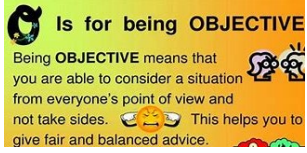
#5 Cost Benefit Analysis

Cost of seeking approval	Benefit of Being self-reliant
Benefit of seeking approval	Cost of Being self-reliant
#6 How does seeking approval wards of anxiety?	
#7 How does seeking approval protect my self-esteem?	
#8 How will others respond to when you seek approval?	
How is seeking approval toxic of expansion your uniqueness.	Why is self-reliant a healthy expansion of your uniqueness.
Toxic of restricting your uniqueness. (Why is self-reliant a healthy restriction of uniqueness.

Menu of Solutions & Effective Strategies (Index #10)			
	Self-Preservation Modes:	Attitudinal Values: Higher Value	Opposite of Seeking Approval and Self-Reliance
Index #10	Fear of Disapproval 	Independent Thinking: 	
	Attitudinal value: Values are actualized to the greatest possible degree: Healthy Self-Reliance over Seeking Approval		
1	Toxic Seeking Approval Value: {} I value another person's opinion too much. {} I don't value my opinion, and I don't have confidence in my ideas. {} I need excessive approval from others to feel good about myself. {} I must have people's permission and love to be happy or prosperous. {} I believe it is awful if someone important to me rejects me. {} I can't stand it when people call me names, say unkind things, or criticize me. {} I must 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, 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).	Healthy Self-Reliance Attitudinal Values: Independent Thinking: I can value my ability to think independently {} I can exercise my ability to think for myself. {} I can keep to the point. {} I can appreciate, and I can judge for myself. {} I can speak up, even if others vehemently disagree with me. {} I can try new activities. Self-reliance is confidence and having faith in my efforts and abilities {} I can act on practical evidence. {} I know it is important not to dwell on my hardships and my disabilities and limitations (Index 10). I expand my uniqueness by using independent thinking.	Healthy Contemplative Value: Contemplating is considering with attention and studying an issue before you decide. {} You value thinking about something before I decide. {} You want to be modest and self-effacing without becoming overly shy and passive. {} You know that You can say, "You are still thinking about it." {} You know it is okay to say, "You haven't decided yet." {} You feel jealous quickly. {} You know it is vital to be stoic when facing tough decisions. {} You know it is significant to be deliberate and not restless in times of stress.
	#4 (C) Discovering Meaningfulness: How is being intolerant meaningful? {} Getting along with others opens the doors to new perceptions, which helps me to discover the meaningfulness of each moment. {} I appreciate that people have different opinions from me. {} I can acknowledge that their opinions are important and significant to them	#4 (D) Discovering Meaningfulness: {} You know you are irreplaceable, but you know you will need to get along with others. {} You want to appreciate their love and support. {} You can recognize each moment is unrepeatable, so be grateful for the love and support you receive now and the support you will receive in the future.	(D) Discovering Meaningfulness: Meaningfulness and contemplation go hand and hand. To find meaningfulness, you want to an act of considering with attention, and you want to concentration on spiritual things as a form of private devotion.
2	#5 (C) Cost of Strongly Believing "I Need Approval." {} Others emotionally hurt me easily 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. {} When I seek out too much approval, some people will see that as clinging and annoying and disapprove of me more. {} By adhering 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.	#5 (D) Cost of being an Independent Thinker: {} You may ignore another person's advice or warnings. {} You may not care about another person's feelings, thoughts, and concerns. {} Your sense of uniqueness is more significant than another person's sense of uniqueness.	Cost of Contemplative: I maybe overthinking the situation.
3	#5 (C) Benefit of Strongly Believing "I Need Approval." {} 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.	#5 (D) Benefit of thinking independently: {} You have a higher chance of expanding your sense of uniqueness. {} You can discover meaningfulness that is unique to you. {} People may trust you more and give you more responsibilities. {} You listen to what people have to say but don't worry or obsess over what they say.	Benefit of Contemplative: I am thinking before I act. Therefore, I may avoid several negative consequences.
	#6 How does cooperating ward off anxiety? When you experience a sense of belonging and believe you get along with others. This show of cooperation makes you feel less anxious because you feel supported and loved by others. If you show appreciation, you will feel less anxious because you will feel supported and loved by others.		
	#7 Does cooperating protect your esteem? People give affection, support, and love when you collaborate. When you are cooperative, you benefit mutually.		
	#8 How will others respond to your over-conventionality? You train people to be tender, and you hope you can create a sense of mutual self-respect among them.		
	(C) Toxic Expansion of My Uniqueness: {} I am modest, and I easily lead, which is really a ploy to expand my uniqueness and do anything I want. For example, I am meek and unaggressive, so people don't notice me, {} Embarrassed diffidence, guilty submission, and self-induced hostile criticism get people off my back, and I can do what I want to do.	(D) Healthy Expansion of Your Uniqueness: {} You can grasp the nature, worth, quality, and significance of your uniqueness without being overly dependent on others or excessively self-sufficient.	(D) Healthy Expansion of Your Uniqueness: {} When you think before you act, you may delay an action that would expand your uniqueness. Still, in the long run, it will allow you to expand your originality and divergent thinking.
	(C) Toxic Restriction of Uniqueness: When I seek excessive approval from others, I conform to their wishes more than discovering what is meaningful to me and how I create something new that I have always wanted. (See (I) meek, spineless, passive.	(D): Discover Healthy Restriction of Uniqueness: {} You can be respectful and tolerate the structure, rules, and routines imposed on you by people in authority. Cooperative	(D) Healthy Restriction Uniqueness: {} When you contemplate, you are giving yourself to think, decide, and anticipate negative consequences. {} Therefore, thinking is a healthy way to inhibit yourself.

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

Seeking Perfection versus Appreciating those moments of perfection (#11)

Index #11	Survival Mode: 	Attitudinal Values 	Opposite 
1	<p>Toxic Seeking Perfection Value: I can have confidence in myself and others unless I am perfect and they are perfect. {} I must be perfect for stopping worrying about myself. {} I want to do things flawlessly to feel good about myself. {} I must 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 must be successful in everything I do, and it is awful 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 Attitudinal Values: I can think of constructive ways to improve my life. {} I can be positive and find healthy ways to improve my life or the life of another. {} I can learn new behaviors and skills. (Useful coping statement) {} I can learn new ways of thinking. {} I can try something new even though I might not be able to do it immediately. {} My sensible risks will not get me or others into trouble (Index 11).</p>	<p>Self-Distancing Value: {} 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.</p>

#1 What are some of the possible reasons why Sensible Risk-Taking Attitudes is more effective than Seeking Perfection Beliefs?

#i.

#ii.

#2. What situation do you need to take sensible risks?



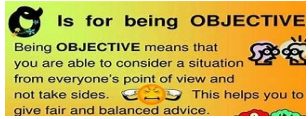
#3 In what situations do you want to use self-distancing?

#4 How is seek perfection meaningful?	How is taking sensible risks meaningful?




#5 Cost Benefit Analysis

Cost of seeking perfection	Benefit of taking sensible risks
Benefit of seeking perfection	Cost of taking sensible risks
#6 How does seeking perfection wards of anxiety?	
#7 How does seeking perfection protect my self-esteem?	
#8 How will others respond to when you seek perfection?	
Why is seeking perfection toxic way to expand your uniqueness.	How is taking sensible risks a healthy way to expand of your uniqueness.
Seeking perfection is a toxic way of restricting your uniqueness.	Why is taking sensible risks a healthy way of restricting your uniqueness.

Menu of Solutions & Effective Strategies (Index #11)

Self-Preservation Modes:		Attitudinal Values:	Opposite
			
<p>Toxic Seeking Perfection Value: I can have confidence in myself and others unless I am perfect, and they are perfect. {} I must be perfect for stopping worrying about myself. {} I want to do things flawlessly to feel good about myself. {} I must 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 must be successful in everything I do, and it is awful 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 Attitudinal Values: I can think of constructive ways to improve my life. {} I can be positive and find healthy ways to improve my life or the life of another. {} I can learn new behaviors and skills. (Useful coping statement) {} I can learn new ways of thinking. {} I can try something new even though I might not be able to do it immediately. {} My sensible risks will not get me or others into trouble (Index 11).</p>	<p>Self-Distancing Value: {} 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.</p>
<p>#4 (C) Discovering Meaningfulness: How can self-perfection be meaningful? {} Perfection means to complete, to make whole. {} Wanting to do something better takes effort and time, so perfection is your appreciation of something that is bigger than yourself, such as art, music, science, etc.</p>		<p>#4 Discovering Meaningfulness: {} Being perfect and feeling complete are two different things. {} Being complete involves having all necessary parts, elements, or steps, you are highly proficient, and you conduct tasks thoroughly.</p>	<p>Discovering Meaningfulness: {} You can find meaningfulness in your sense of completeness and wholeness (free of defect or impairment; intact, physically sound, and healthy, free of disease, being mentally or emotionally tough).</p>
<p>#5 (C) Cost 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 starting a project 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 exceedingly high results.</p>		<p>#5 Cost of Taking Sensible Risks: You may make the wrong decision. Human behavior is difficult to predict, and carelessness, accidents, misinformation, lack of information, and other unknowns may lead to bad decisions.</p>	<p>. Cost of Self-Distancing: {} You may experience extreme withdrawal in clinical depression and excessive introspection. {} You may be overly emotionally cautious and restricted interests, and you may be excessively quick to recognize danger.</p>
<p>#5 Benefits of thinking "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. {} Seeking excessive perfection and condemning myself will result in less joy and more stress and pain. (Adapted from the work of Mike Bernard and the work of David Burns.) Taking Sensible Risks</p>		<p>#5 Benefits 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 their understanding of uniqueness. {} 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>Benefits of Self-Distancing: {} Your healthy self-awareness and observing ego may increase. {} You will be more objective and make better decisions. {} Your capacity to step away from your sense of self with a sense of humor.</p>
<p>#6 How does not making decisions ward of anxiety? I am downhearted and depressed. I am wishy-washy, and I knuckle under others' wishes, but they are the ones making the mistakes.</p>			
<p>#7 How does seeking perfection protect my self-esteem?</p>			
<p>#8 How will others respond to when you seek perfection?</p>			
	<p>(C) Toxic Expansion of My Uniqueness: {} I think people won't have lofty expectations for me when they put me down. Interpersonal See (h) self-effacing, See (I) masochistic</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you accept yourself unconditionally, you are open to new experiences, available to your creative side, and willing to approach values you can't change in a resilient and flexible manner. Able to criticize self, can be obedient, and follow instructions (h)</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you do not rigidly connect to one point of view or philosophy, you can be open to new ideas or perspectives. Note: Learning is about changing your perspective. Extreme: {} No sense of integrity, and you go about accepting anything.</p>
5	<p>(C) Toxic Restriction of Uniqueness: {} I can't appreciate my uniqueness without holding it over others or feeling superior to others. {} I think I am replaceable because I believe anybody can do what I do, and {} I want to repeat past pleasurable moments, so I want to live in the past. {} Obsess self-worth and self-doubt. Self-contempt is present.</p>	<p>(D): Discover Healthy Restriction of Uniqueness: {} You can appreciate your uniqueness without holding it over others. {} You know that you are irreplaceable without worrying if people will replace you. {} You recognize each moment is unrepeatable while knowing you don't have to have those moments repeated.</p>	<p>(D) Healthy Restriction Uniqueness: {} You accept yourself unconditionally, so you determine what you are good at, and you are willing to try new things within limits.</p>

Self-Downing versus Unconditional Self-Acceptance (Index #12)

	Self-Preservation Mode	Attitudinal Value:	Opposite
Index #12			
1	Toxic Self-Downing Value: {} When people reject me or I have not achieved my goals, I think I am a total failure or a useless person. {} I devalue myself. {} I want to put myself down because this devaluing will motivate me to do better in the future. {} I know I am a total failure or 100% useless if I make a mistake. {} I feel worthless when people reject me or disapprove of me. {} I think I must perform in a way, or else I'm 100% useless. (Index 12).	Healthy Unconditional Self-Acceptance Attitudinal Values: I can accept myself unconditionally. I can appreciate and accept another person's uniqueness. {} I value accepting myself unconditionally. {} I appreciate and accept another person's uniqueness. {} I can encourage people to discover their sense of meaningfulness. {} I can recognize that when I accept myself for acting badly or not living up to my values. {} I am not letting myself off the hook or excusing my actions. {} Rather, I accept my share of responsibility for my behavior without depreciating myself for making mistakes and failing to achieve my personal goals (Index 12).	Healthy Sense of Unconnected Attitudes: {} You don't have to consistently connect with others, ideas, etc. {} For example, I like the people at your gym, yoga studio, etc. {} But don't connect your confidence 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 irrelevant. {} You can see Extreme withdrawal in clinical depression, excessive introspection, overly emotional cautious, restricted interests, and excessively quick to recognize danger.

#1 What are some of the possible reasons why Unconditional Self-Acceptance Attitudes is more effective than Self-Downing Beliefs?

#i.

#ii.

#2. What situation do you need to show unconditional self-acceptance?

#3 In what situations or people are you unconcerned about?

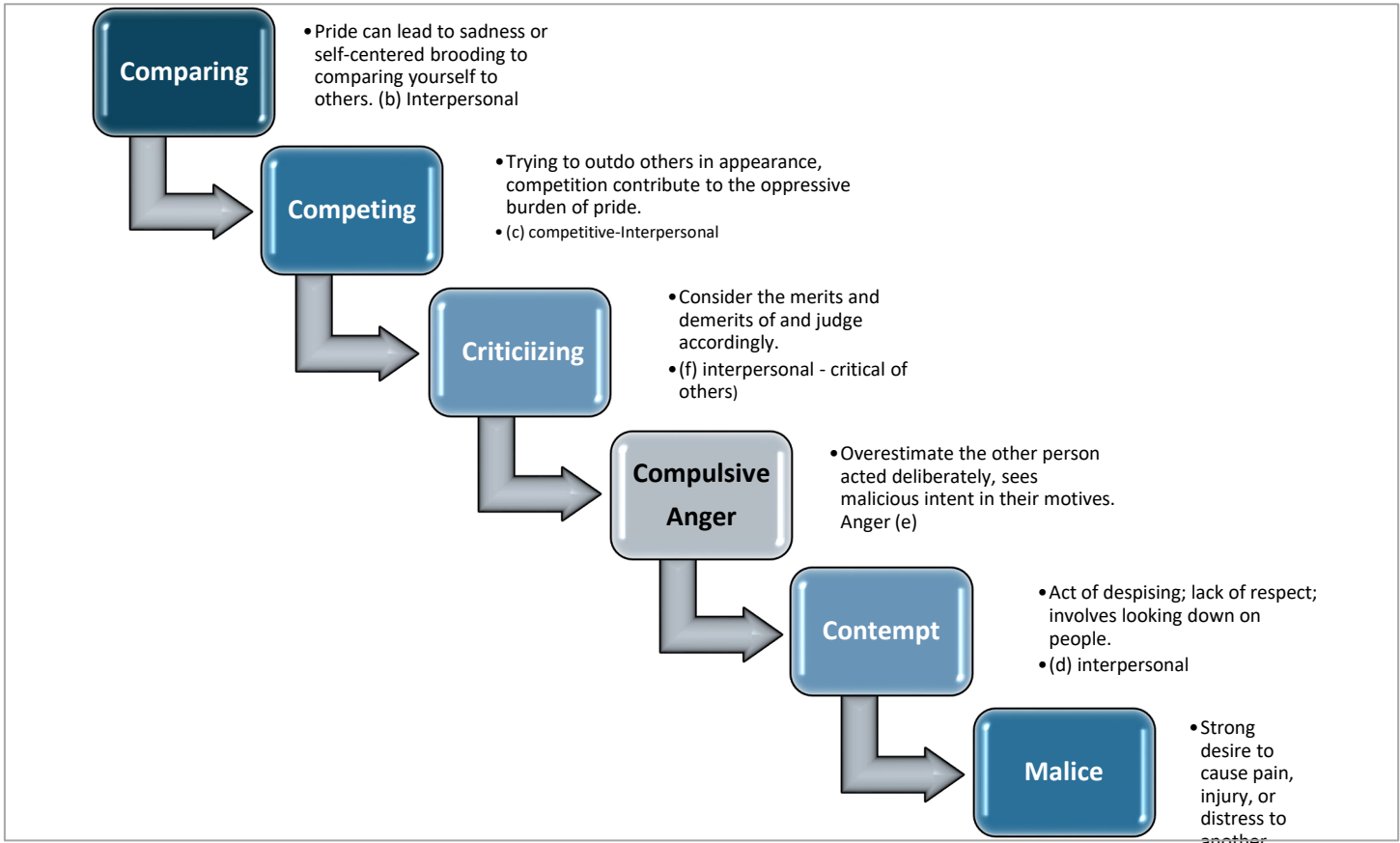
#4 How is non-acceptance beliefs meaningful?	How are unconditional attitudes meaningful?

#5 Cost Benefit Analysis

Cost of non-acceptance beliefs	Benefit of unconditional attitudes
Benefit of non-acceptance beliefs	Cost of Being unconditional attitudes
#6 How does non-acceptance beliefs wards of anxiety?	
#7 How do non-acceptance beliefs protect my self-esteem?	
#8 How will others respond to when you act using non-acceptance beliefs?	
How non-acceptance belief toxic to expanding your uniqueness?	How are unconditional acceptance attitude a healthy way to expand of your uniqueness.
How is non-acceptance beliefs toxic of restricting your uniqueness.	How does an unconditional acceptance attitude restrict your of uniqueness.

Menu of Solutions & Effective Strategies (Index #12)

Self-Preservation Modes: Limb System Sensations Put into Words	Attitudinal Values: Higher Value:	Opposite of Self-Downing & Unconditional Self-Acceptance
		
<p>Toxic Self-Downing Belief: {} When people reject me or I have not achieved my goals, I think I am a total failure or a useless person. {} I devalue myself. {} I want to put myself down because this devaluing will motivate me to do better in the future. {} I know I am a total failure or 100% useless if I make a mistake. {} I feel worthless when people reject me or disapprove of me. {} I think I must perform in a way, or else I'm 100% useless. (Index 12).</p>	<p>Healthy Unconditional Self-Acceptance Attitudinal Values: I can accept myself unconditionally. I can appreciate and accept another person's uniqueness. {} I value accepting myself unconditionally. {} I appreciate and accept another person's uniqueness. {} I can encourage people to discover their sense of meaningfulness. {} I can recognize that when I accept myself for acting badly or not living up to my values. {} I am not letting myself off the hook or excusing my actions. {} Rather, I accept my share of responsibility for my behavior without depreciating myself for making mistakes and failing to achieve my personal goals (Index 12).</p>	<p>Healthy Sense of Unconnected Attitudes: {} You don't have to consistently connect with others, ideas, etc. {} For example, I like the people at your gym, yoga studio, etc. {} But don't connect your confidence 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 irrelevant. {} You can see Extreme withdrawal in clinical depression, excessive introspection, overly emotional cautious, restricted interests, and excessively quick to recognize danger.</p>
<p>#4 (C) Discovering Meaningfulness {} Recognizing my failures can help me decide on a plan to improve or alter my behavior. {} When I behave in a self-effacing manner, I condemn myself, and people will act arrogant around me or reject me readily.</p>	<p>#4 (D) Discovering Meaningfulness in unconditional self-acceptance: {} You can accept yourself unconditionally when you are responsible or irresponsible. {} You recognized that "Response-ability" is the ability to respond to the meaning potentials offered by life. {} Your challenge is to take on concrete tasks and accomplish human achievements. {} The tasks must be self-chosen. {} You know that without responsibility, freedom brings not meaning but meaningless chaos.</p>	<p>(D) Discovering Meaningfulness: {} When you develop innovative ideas and discover new opportunities, you don't have to be connected to rigid opinions or dogmatic worldviews.</p>
<p>#5 (C) Cost of Seeing Yourself as Being Worthless and a Total Failure: {} Self-Downing leads to feelings of depression, helplessness, hopelessness, and worthlessness. {} I diminish my sense of confidence. {} I have difficulty bouncing back from stress. {} I will have problems paying attention. {} The role of the victim is tiresome. {} I come off as full of self-pity. {} I will feel ashamed of myself. {} I will have difficulty 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 people won't expect much of me.</p>	<p>#5 (D) Cost of Unconditional Self-Acceptance: {} You may disregard another person's concerns. {} You are too accepting and give in too quickly to other people's demands. {} You may be too happy with the status quo and stop trying or caring.</p>	<p>#5 Cost of Healthy Sense of Unconnected {} People may view your lack of connectedness as being aloof or apathetic.</p>
<p>#5 (C) Benefits of Seeing Yourself as worthless and a Total Failure: {} 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 cannot bounce back from adversities. {} With this lack of confidence, people won't expect much of me. (Role of Victim)</p>	<p>#5 (D) Benefits of Unconditional Self-Acceptance: {} Helps you {} to fight off feelings of depression. {} {} to develop a constructive sense of confidence. {} To take sensible risks to 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>	<p>The benefit of a Healthy Sense of Unconnected {} You cannot connect with everyone, and some people associated with them would be harmful (sociopath).</p>
<p>#6 How does non-acceptance beliefs wards of anxiety? People won't expect too much from me if I convince others I am worthless and not responsible for my actions.</p>		
<p>#7 How do non-acceptance beliefs protect my self-esteem? I blame others, so I don't have to change my behavior.</p>		
<p>#8 How will others respond to when you act using non-acceptance beliefs? People will give me advice that I may or may not want.</p>		
<p>(C) Toxic Expansion of My Uniqueness: {} I think people won't have lofty expectations for me when they put me down. Interpersonal See (h) self-effacing. See (a) masochistic</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you accept yourself unconditionally, you are open to new experiences, available to your creative side, and willing to approach values you can't change in a resilient and flexible manner. Able to criticize self, can be obedient, and follow instructions (h)</p>	<p>(D) Healthy Expansion of Your Uniqueness: {} When you do not rigidly connect to one point of view or philosophy, you can be open to new ideas or perspectives. Note: Learning is about changing your perspective. Extreme: {} No sense of integrity, and you go about accepting anything.</p>
<p>(C) Toxic Restriction of Uniqueness: {} I can't appreciate my uniqueness without holding it over others or feeling superior to others. {} I think I am replaceable because I believe anybody can do what I do, and {} I want to repeat past pleasurable moments, so I want to live in the past. {} Obsess self-worth and self-doubt. Self-contempt is present.</p>	<p>(D): Discover Healthy Restriction of Uniqueness: {} You can appreciate your uniqueness without holding it over others. {} You know that you are irreplaceable without worrying if people will replace you. {} You recognize each moment is unrepeatable while knowing you don't have to have those moments repeated.</p>	<p>(D) Healthy Restriction Uniqueness: {} You accept yourself unconditionally, so you determine what you are good at, and you are willing to try new things within limits.</p>



Toxic pride starts with comparing yourself with others and slide you into contempt of others and malicious behaviors.

	Toxic Pride	Healthy Pride	Lack of Pride
	<p>Extreme Evaluation: <input type="checkbox"/> Toxic Pride is having inordinate high self-esteem. Conceit is an exaggerated opinion of my qualities or abilities.</p> <p><input type="checkbox"/> I can't really internalize individual triumphs.</p> <p><input type="checkbox"/> It can lead to excessive egotistical: the practice of talking about oneself too much, an exaggerated sense of self-importance.</p> <p><input type="checkbox"/> Extreme Evaluation is meaningful: I want to accomplish something.</p>	<p><input type="checkbox"/> Self-Respect: A healthy sense of pride stems from strong self-respect. It involves acknowledging our self-worth and not allowing others to belittle or disrespect us.</p> <p><input type="checkbox"/> Confidence: Confidence is a vital characteristic of a healthy sense of pride. It allows us to believe in our abilities and to take on challenges without fear of failure or rejection.</p> <p><input type="checkbox"/> Humility: Despite being proud of our achievements, those with a healthy sense of pride are also humble. They acknowledge the role of others in our success and are not afraid to admit our mistakes or shortcomings.</p> <p><input type="checkbox"/> Gratitude: Those with a healthy sense of pride express gratitude for our achievements and those who helped us along the way. We understand that success is not solely our doing but also the result of support and opportunities provided by others.</p> <p><input type="checkbox"/> Resilience: A healthy sense of pride can also contribute to resilience. It can help us to bounce back from failures or setbacks by reminding us of our worth and abilities.</p>	<p><input type="checkbox"/> Low self-esteem is among the most common characteristics of people who lack pride. We do not value ourselves highly and underestimate our abilities and worth.</p> <p><input type="checkbox"/> Lack of Confidence: We need pride to have the confidence necessary to take on new challenges or pursue our goals. This can hinder our ability to experience genuine love, authentic trust, sincere respect, and success.</p> <p><input type="checkbox"/> Difficulty in Asserting Oneself: We need help standing up for ourselves and asserting our rights and needs. We let others take advantage of us.</p> <p><input type="checkbox"/> Neglecting Self-Care: When we lack pride in ourselves, we neglect our personal care and well-being. We do not prioritize our health, hygiene, or personal appearance.</p>
	<p>Excessive Pride: <input type="checkbox"/> I am vain, which is an inflated pride in myself or my appearance.</p> <p><input type="checkbox"/> Holding onto my successes will decrease my sense of healthy self-confidence is tenuous.</p> <p><input type="checkbox"/> Conceited behaviors: showing an excessively high opinion of oneself, snobbish: seeks association with those regarded as social superiors.</p> <p><input type="checkbox"/> Excessive pride is meaningful: experience value in my actions and discover meaningfulness in making something worthwhile.</p>	<p><input type="checkbox"/> Respect for Others: A healthy sense of pride also involves respecting others. This means acknowledging and appreciating the abilities and achievements of others without feeling threatened or inferior.</p> <p><input type="checkbox"/> Empathy: Finally, empathy accompanies a healthy sense of pride. This involves understanding and sharing the feelings of others and using this understanding to guide our actions and interactions.</p>	<p><input type="checkbox"/> Tendency to Self-Criticize: A lack of pride can lead to a tendency to self-criticize. We find faults in ourselves and focus more on our weaknesses than our strengths.</p> <p><input type="checkbox"/> Lack of Ambition: We see a lack of pride reflected in our lack of ambition. We don't have clear goals or aspirations or feel that we are not good enough to achieve them.</p> <p><input type="checkbox"/> Difficulty Accepting Compliments: When we lack pride, we have difficulty accepting compliments. We downplay our achievements and do not believe when others acknowledge our skills or accomplishments.</p>
	<p>Exaggerated Sense of Superiority</p> <p><input type="checkbox"/> I participate in activities that reflect my vanity and these actions are empty or valueless.</p>	<p><input type="checkbox"/> Achievement: A healthy sense of pride comes from personal or professional achievements. It involves recognizing and celebrating our accomplishments without boasting or arrogance.</p>	<p><input type="checkbox"/> Avoidance of Social Situations: We need pride to feel comfortable in social situations. We feel that we are not interesting or worthy enough to contribute to conversations or social interactions.</p>

<input type="checkbox"/> I must always “prove” myself and not only to myself but also to others. <input type="checkbox"/> I make a declaration not of competence as such but of personal superiority. Looking down on others or <i>putting</i> them down.	<input type="checkbox"/> Balanced Perspective: A healthy sense of pride involves maintaining a balanced perspective of ourselves. It means recognizing our strengths but also acknowledging areas for improvement. <input type="checkbox"/> Self-motivation: With a healthy sense of pride, we are self-motivated. We set personal goals and strive to achieve them, not for external validation, but to develop our ability to experience genuine love, authentic trust, and sincere respect.	<input type="checkbox"/> Dependence on Others: With a lack of pride, we depend on others for validation and approval. We seek reassurance from others about our worth. <input type="checkbox"/> Fear of Failure: A lack of pride can also lead to a fear of failure. We are so afraid of making mistakes or not meeting expectations that we avoid taking risks or trying new things.
<input type="checkbox"/> Exaggerated sense of superiority is meaningful: I want to give my best effort in everything I do.	<input type="checkbox"/> Healthy pride can inspire others: When we demonstrate pride in our achievements, we can motivate others to pursue their goals and to believe in our abilities. Thus, healthy pride not only benefits us as individuals, but can also have a positive impact on those around us. <input type="checkbox"/> Healthy pride buffers us against negative influences, such as criticism or rejection.	

Humility

##	Self-righteous unhealthy humility	Healthy and mature humility	Immature (submissive) unhealthy humility
1	False Modesty: Self-righteous unhealthy humility often manifests as false modesty. This is when a person downplays their achievements or abilities not out of genuine humility, but to draw attention to themselves and their accomplishments.	Self-awareness: When we experience mature humility, we understand our strengths and weaknesses and are not afraid to admit when we are wrong. We are aware of our faults and do not try to hide them but rather work to improve ourselves and expand our uniqueness healthily.	Self-deprecation: Immature and unhealthy humility involves a person constantly putting themselves down, belittling their achievements, and dismissing their worth.
2	Seeking Validation: Another characteristic is constantly seeking validation or approval from others. They may act humble to get compliments or affirmation from others.	Respect for others: When we experience mature humility, we respect the dignity and worth of every individual. We value others' opinions and perspectives, even if we differ.	Excessive modesty: While modesty is generally seen as a virtue, too much of it can be a sign of unhealthy humility. This can manifest as a person refusing to accept compliments or recognition for their work.
3	Self-Deprecation: People with unhealthy humility often excessively criticize or belittle themselves. This can be a form of self-punishment or a way to manipulate others into offering reassurance or praise.	Gratitude: When we experience mature humility, we appreciate what we have and do not take things for granted. We express gratitude towards others and are not overly concerned with receiving praise or recognition for our achievements.	Lack of self-esteem: People with unhealthy humility often have low self-esteem. They may feel unworthy or inferior to others, and this can affect their mental health and overall well-being.
4	Victim Mentality: They might always portray themselves as a victim, regardless of the situation. This can be a way to gain sympathy or to avoid taking responsibility for their actions.	Patience: When we experience mature humility, we are patient and understanding. We do not rush to judgment or make hasty decisions.	People-pleasing: Those with immature humility often go out of their way to please others, even at the expense of their own needs and desires. They may feel like they need to sacrifice themselves in order to be liked or accepted.
5	Superiority Complex: Despite their outward show of humility, these individuals often believe they are superior to others. They may see their humility as a virtue that sets them apart or makes them better than others.	Generosity: When we experience mature humility, we are selfless and willing to share our time, resources, and knowledge with others without expecting anything in return.	Difficulty asserting oneself: Unhealthy humility can make it hard for a person to stand up for themselves. They may struggle to express their opinions or desires and may often defer to others.
6	Passive-Aggressive Behavior: They may use their humility as a way to indirectly express hostility or resentment. For example, they might use self-deprecating humor to criticize others or to express negative feelings.	Open-mindedness: When we experience mature humility, we are open to new ideas and experiences. We are willing to learn from others and do not believe we know everything.	Over-apologizing: People with unhealthy humility may apologize excessively, even when they haven't done anything wrong. This is often due to a fear of upsetting others or a belief that they are always at fault.
7	Manipulation: Unhealthy humility can be a form of manipulation. By acting humble, these individuals can control how others perceive them and influence their behavior.	Lack of arrogance: When we experience mature humility, we do not boast about our achievements or try to belittle others. We do not seek to be the center of attention and are comfortable in our skin.	Avoidance of conflict: Those with immature humility often avoid conflict at all costs. They may agree with others even when they don't truly feel the same way, just to keep the peace.
8	Lack of Self-Confidence: Despite their self-righteous attitude, people with unhealthy humility often lack self-confidence. Their humility is often a mask for their insecurities and self-doubt.	Tolerance: When we experience mature humility, we are tolerant of others, accept our differences, and do not insist on our way (Index 4).	Dependence on others: Unhealthy humility can lead to a person becoming overly dependent on others for validation and approval. They may struggle to make decisions on their own and may constantly seek reassurance from others.
9	Inability to Accept Compliments: They often struggle to accept compliments or positive feedback. They may dismiss or downplay compliments, which can be frustrating for others and damaging to their own self-esteem.	Honesty: Honesty and integrity are important characteristics of humility. When humble, we are truthful and sincere in our interactions with others.	Lack of ambition: People with unhealthy humility often lack ambition. They may feel that they don't deserve success or that they are incapable of achieving their goals.
10	Always Apologetic: They are always apologizing, even when it's not necessary. This can be a sign of low self-esteem and a lack of self-worth.	Ability to listen: When we experience mature humility, we are good listeners and willing to hear what others have to say and consider our viewpoints.	Fear of failure: Those with immature humility often have a deep-seated fear of failure. They may avoid taking risks or trying new things because they are afraid of making mistakes or disappointing others.
11		Forgiveness (Letting go of resentment): When we experience mature humility, we quickly forgive and do not hold grudges. We understand that everyone makes mistakes and will give others a second chance.	
12		Adaptability: When we experience mature humility, we are adaptable, flexible, and willing to change our minds when presented with new information or perspectives.	

Stage One: Comparing

(b)	I think I can expand my uniqueness by being overconfident, assertive and being independent of others, but arrogance fails in the long run.		
	Toxic Ways to Expand Your Uniqueness	Healthy Ways to Expand You Uniqueness	No Impact on Expanding or Restricting
	<p>Toxic Comparing -Conceited: Self-Enhancing Beliefs- Egotistical- egocentric (limited in outlook or concern to my activities or needs). Boastful, snobbish.</p> <p>Headstrong: not easily restrained; impatient of control, advice, or suggestions, directed by ungovernable will Narcissistic: egoism (excessive concern for oneself with or without exaggerated feelings of self-importance), self-centeredness (index 1 (b))</p>	<p>Healthy Self-Respecting Attitude: healthy pride and confidence in yourself; a feeling that you are behaving with honor and dignity. You are sensitive to others, and they may give you admiration.</p> <p>Self-Respecting instills confidence is a feeling of trust in your abilities, qualities, and judgment. You want people’s admiration, respect, and appreciation.</p> <p>Self-Respecting involves being self-reliant, self-confident, and assertive</p>	<p>Humble: not overly proud or haughty; not arrogant or assertive; not prideful, not giving or accepting flattery, I do “it” because it is the right thing to do.</p> <p>Extreme Humility: people may take advantage of you.</p>

#1 What are some of the possible reasons why healthy self-respect is more effective than comparing?

#i.

#ii.

#2. In what situations do you need to be self-respecting?

#3 In what situations do you need to be humble?

#4 How Reactive Comparing is meaningful?	How is Self-Respecting meaningful?
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#5 Cost Benefit Analysis

Cost of Comparing	Benefit of Self-Respecting
Benefit of Comparing	Cost of Self-Respecting
#6. How does Comparing ward off anxiety?	
#7. How does Comparing protect your self-esteem?	
#8: Comparing trains people to...	
Toxic of expansion your uniqueness.	Healthy expansion of your uniqueness. \
Toxic of restricting your uniqueness.	healthy restriction of uniqueness.

	Toxic Comparing	Genuine Self-Confidence Attitude	Lack of Genuine Self-Confidence:
	<p>Toxic Comparing: When we compare ourselves to others, several things can happen:</p> <ol style="list-style-type: none"> 1. Lower Self-esteem: If we perceive the other person as being better or more successful, it can lead to feelings of inadequacy and lower our self-esteem. 2. Increased Stress: Constant comparison can lead to increased stress and anxiety, especially if we feel we're not measuring up. 3. Distorted Self-Image: We may develop a distorted self-image and overlook our strengths and accomplishments. 4. Negative Impact on Mental Health: Long-term comparison can lead to depression and other mental health issues. 5. Motivation: On the positive side, comparing ourselves to others can sometimes motivate us to work harder and achieve our goals. 6. Learning: We can also learn from others' experiences and mistakes, which can help us in our personal growth. 	<p>Genuine Self-confidence involves:</p> <ol style="list-style-type: none"> 1 Confidence: consciousness of our powers or of reliance on our circumstances, stresses faith in ourselves and our powers. This includes: <input type="checkbox"/> Self-Reassurance: to make safe, to give confidence to others, feel certain goals are realized. <input type="checkbox"/> Self-Reliant: have faith in our efforts and abilities, to have confidence based on experience (index 10). <input type="checkbox"/> Self-Acceptance: Accepting our efforts, success, and failure without judging yourself or others. 2, Resiliency: an ability to recover from or adjust easily to misfortune or change. <input type="checkbox"/> No fears: we are not afraid or apprehensive, scared, worried, and anxious. <input type="checkbox"/> Content: I feel gratified, pleased, satisfied, and comfortable. <input type="checkbox"/> Emotional Regulation: Paying attention to emotional expression, emotional distancing, cognitive restructuring, allowing the expression of positive and negative emotions. 3. Secure: We are free from danger, free from risk of loss, and we are trustworthy and dependable. <input type="checkbox"/> We are cheerful, relaxed, considerate, full of good spirits, happy; enjoying or characterized by well-being and contentment. Joyful. Happiness evoked by well-being, success, or good fortune. <input type="checkbox"/> Vigorous in which we show no signs of depletion or diminishing of freshness or robustness. 	<p>Lack of Genuine Self-Confidence: When we are unable to expand our uniqueness, it means we are not able to fully express or develop our individuality or personal qualities. This can occur when we lack genuine self-esteem, a fundamental belief in our worth and abilities.</p> <p><input type="checkbox"/> Feeling troubled: This inability to express our uniqueness can lead to feelings of apprehension, anxiety, and worry. We may develop phobic symptoms due to the fear of being judged or not being good enough. This can also lead to depression, as we may feel trapped in our inability to express ourselves, leading to feelings of sadness and loneliness. <input type="checkbox"/> Feeling inadequate: When we lack genuine self-esteem, we may be more susceptible to mood swings, as our emotional stability is tied to how we perceive ourselves. We may become irritable, fussy, and easily upset, being overly critical of ourselves. This can also make us overly sensitive to the approval and disapproval of others, as we may rely on external validation to feel good about ourselves. <input type="checkbox"/> Feeling insecure: Lacking self-esteem can also lead to feelings of insecurity. We may lack self-confidence, always second-guessing ourselves and feeling hesitant to act. This can lead to self-reproach, where we constantly blame ourselves for our perceived shortcomings. This constant self-doubt and uncertainty can further erode our self-esteem, creating a vicious cycle of insecurity and self-doubt.</p>

Welton's slide 1st Comparing

(b)	I think I can expand my uniqueness by being overconfident, assertive and being independent of others, but arrogance fails in the long run.		
1			
2	<p>Toxic Comparing -Conceited: Self-Enhancing Beliefs- Egotistical- egocentric (limited in outlook or concern to my activities or needs). Boastful, snobbish.</p> <p>Headstrong: not easily restrained; impatient of control, advice, or suggestions, directed by ungovernable will Narcissistic: egoism (excessive concern for oneself with or without exaggerated feelings of self-importance), self-centeredness (index1 (b))</p>	<p>Healthy Self-Respecting Attitude: healthy pride and confidence in yourself; a feeling that you are behaving with honor and dignity. You are sensitive to others, and they may give you admiration.</p> <p>Self-Respecting instills confidence is a feeling of trust in your abilities, qualities, and judgment. You want people's admiration, respect, and appreciation.</p> <p>Self-Respecting involves being self-reliant, self-confident, and assertive</p>	<p>Humble: not overly proud or haughty; not arrogant or assertive; not prideful, not giving or accepting flattery, I do "it" because it is the right thing to do.</p> <p>Extreme Humility: people may take advantage of you.</p>
2	<p>Discovering Meaningfulness: I have to protect what is important and meaningful to me. I want to show people my strength and hard work.</p>	<p>Discovering Meaningfulness: I want to assert my values and discover meaningfulness. I want to think independently, and I want to stand up for my values confidently and objectively.</p>	<p>Discovering Meaningfulness: I want to do something for someone else or a cause that is greater than my individual desires.</p>
3	<p>Cost of Being Narcissistic: I make others feel inferior. My display of superiority wards off anxiety; I feel secure when they are independent of others and feel I am triumphing over them; I depend on self-esteem to demonstrate the weakness in others, over-demonstrativeness covers up essential coldness and distance. Provokes defeated envy and inferiority feelings in others, puts distance between myself and others, and wants to be independent of and superior to the "other one." Dependence is terrifying; it shames and humiliates others; passivity, cooperation, trust, or tenderness as dangerous.</p>	<p>Cost of Self-Reliant: I may take on too many responsibilities, and they are supported by others. Doing everything by myself may interfere with my ability to be objective and rational.</p> <p>Ignoring help and support from others may create conflicts and feelings of isolation.</p>	<p>Cost of Having Self-Respect: People may see my sense of self-respect as being overly confident or conceited. I want to present myself as a competent person willing to help others. I want to help others without putting them down or feeling secondary.</p>
4	<p>Benefit of Being Narcissistic: I appreciate my senses of self-reliance, so I get more things done because I am avoiding others.</p>	<p>Benefit of Self-Reliant: I want to develop confidence in and exercise my powers or judgment to discover meaningfulness in each moment.</p>	<p>Benefit of Having Self-Respect: Believe in me, so I'm ready to expand my uniqueness and discover meaningfulness.</p>
	6 How does being headstrong – comparing others ward off anxiety? I ward off anxiety by demonstrating I'm superior to others. I ward off anxiety by Rejecting others and being selfish. Index #2 I believe I can expand my uniqueness by getting admiration and respect from others.		
	7. How does being headstrong – comparing with others – protect our self-esteem? I protect myself esteem by demonstrating how others are weak. I feel secure when I am independent of others and feel I am triumphant over others. I have to be successful to feel good about myself. I want to provoke envy and feelings of inferiority in others. I distance myself and others by wanting to be independent and superior to others. I find depending on others terrifying.		
	8 How will others respond to you being headstrong – comparing others? I realize that self-confidence receives considerable admiration and social approval from others. But I compulsively make myself feel better at the expense of others. I cannot tolerate success or strength in others. Other myself-enhancing behaviors increase feelings of envy, distress, inferiority, and respectful admiration from others. Others may look up to me and pay tribute gradually with an envious role.		
5	<p>Toxic Expansion of My Uniqueness: "How can I establish superiority over this person? How can I defeat him? How can I use him for my self- enhancement?"</p>	<p>Discover Healthy Expansion of My Uniqueness: As I rely on myself, I learn new skills and see the world differently. This helps me to expand my uniqueness.</p>	<p>Discover Healthy Expansion of My Uniqueness: Healthy self-respect provides a perspective that increases my confidence without putting others down.</p>
6	<p>Toxic Restrictions of Your Uniqueness: When I am narcissistic and egotistical, people may not cooperate with me because of an exaggerated sense of self-importance. I am not listening to others or being supportive of others.</p>	<p>Discover Healthy Restrictions of Uniqueness: When I am self-reliant, I want to think about what others want and need. I want to focus on repairing broken promises and making new agreements.</p>	<p>Discover Healthy Restrictions of Uniqueness: Healthy self-respect is apricating others' uniqueness. And not seeing people are being replaceable.</p>

2nd Stage Competitive

Toxic Competitive-	Businesslike	Healthy Self-Reliant
<p>Toxic Competitive: I do not value being sympatric; I'm not interested or sensitive to others. I am selfish as a necessary condition to deal with stress, or someone dismisses my uniqueness (index 2); Competitive in Relationships (2nd step in Welter), cold, unfeeling, shrewd, calculating, indifferent, uncaring, unresponsive, apathetic, (c)</p>	<p>Healthy Businesslike: I can think for myself; trying new activities is important. I value speaking up even if others think I am being stupid. I appreciate knowing it is not awful when others reject or disrespect me. It is regrettable, but not awful that people dislike me. (Confidence index 10) I value being independent. I don't have to rely on someone or something else. My success is not contingent on what others think of me. I'm not looking for help, opinions, or guidance from others.</p>	<p>Healthy Self-Reliance: I can rely on my powers and resources rather than those of others. I value self-confident, which is trusting my abilities, qualities, and judgment. I value taking care of yourself.</p>

#1 What are some of the possible reasons why healthy self-reliance is more effective than competing?

#i.

#ii.

#2. In what situations do you need to be self-reliant?

#3 In what situations do you need to be business like?

#4 How is being competitive is meaningful?	How is being self-reliant meaningful?
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#5 Cost Benefit Analysis

Cost of being competitive	Benefit of being self-reliant
Benefit of being competitive	Cost of being self-reliant
#6. How does being competitive ward off anxiety?	
#7. How does being competitive protect your self-esteem?	
#8: Being competitive trains people to...	
Toxic of expansion your uniqueness.	Healthy self-reliance expands your uniqueness. \
Toxic of restricting your uniqueness.	Healthy self-reliance restricts your uniqueness.

	Toxic Competitive-	Businesslike	Healthy Self-Reliant
	Toxic Competitive: I do not value being sympatric; I'm not interested or sensitive to others. I am selfish as a necessary condition to deal with stress, or someone dismisses my uniqueness (index 2); Competitive in Relationships (2nd step in Welter), cold, unfeeling, shrewd, calculating, indifferent, uncaring, unresponsive, apathetic, (c)	Healthy Businesslike: I can think for myself; trying new activities is important. I value speaking up even if others think I am being stupid. I appreciate knowing it is not awful when others reject or disrespect me. It is regrettable, but not awful that people dislike me. (Confidence index 10) I value being independent. I don't have to rely on someone or something else. My success is not contingent on what others think of me. I'm not looking for help, opinions, or guidance from others.	Healthy Self-Reliance: I can rely on my powers and resources rather than those of others. I value self-confident, which is trusting my abilities, qualities, and judgment. I value taking care of yourself.
(c)	Survival Mode:	Interpersonal Values	Funtional Values
1	Toxic: I can be cold and unfeeling. I can be shrewd and calculating. I think only of myself. People see me as selfish (index #2). I can be shrewd and calculating,	I can be indifferent to others. I like to compete with others. I am very businesslike. I am assertive.	I can take care of myself.
2	Discovering Meaningfulness: When I am competitive, I will reach my goals. In the struggle to reach my goals, I may learn new things about myself and others.	Discovering Meaningfulness: Being competitive encourages me to do my best and practice to improve my performance.	Discovering Meaningfulness: Taking care of myself allows me to be independent and think for myself. This might help me discover meaningfulness by doing things on my own.
3	Cost of Being Unfeeling: People don't trust me. When people don't trust me, they're always looking over my shoulder, giving me less responsibility, so I have less chance of developing my ability to discover meaningfulness.	Cost of Being Competitive: When I am competitive in my relationships, I can become critical, angry, and demanding about how the other person should or should not act.	Cost of Taking Care of Myself: I want to take care of myself, which may result in rejecting support and love of others. This may bring about resentment from other people I love.
4	Benefit of Being Unfeeling: I can be more objective and therefore be more successful. I will need to use my independent thinking, but I might respect or disregard other people's thoughts and feelings.	Benefit of Being Competitive: When I compete and give my best effort, I develop confidence and learn new things about myself and the other person. Being competitive may help me in sports and business.	Benefit of Taking Care of Myself: I get more things done and focus on my goals and dreams. I also develop a sense of independence and confidence.
	6 How does being headstrong – comparing others ward off anxiety? I ward off anxiety by demonstrating I'm superior to others. I ward off anxiety by Rejecting others and being selfish (Index #2). I believe I can expand my uniqueness by getting admiration and respect from others.		
	7. How does being headstrong – comparing with others – protect our self-esteem? I protect myself esteem by demonstrating how others are weak. I feel secure when I am independent of others and feel I am triumphant over others. I have to be successful to feel good about myself. I want to provoke envy and feelings of inferiority in others. I distance myself and others by wanting to be independent and superior to others. I find depending on others terrifying.		
	How will others respond to you being headstrong – comparing others? I realize that self-confidence receives considerable admiration and social approval from others. But I compulsively make myself feel better at the expense of others. I cannot tolerate success or strength in others. Other myself-enhancing behaviors increase feelings of envy, distress, inferiority, and respectful admiration from others. Others may look up to me and pay tribute gradually with an envious role.		
5	Toxic Expansion of My Uniqueness: Not caring about others gives me a false belief that I'm helping myself, but I'm restricting my uniqueness and developing resentment in others.	Discover Healthy Expansion of My Uniqueness: Competitiveness helps me to be successful. It forces me to sharpen my skills and learn new things about myself. Being competitive makes me learn new skills and perform at a higher level. Being competitive forces me to sharpen my skills and learn new things about myself. Being competitive makes me learn new skills and perform at a higher level.	Discover Healthy Expansion of My Uniqueness: Taking care of myself develops confidence and a sense of healthy independence. As I take care of myself, I learn new skills, and they become more efficient in my daily activities.
6	Toxic Restrictions of Your Uniqueness: When I'm cold and unfeeling, I blame others for my mistakes and don't appreciate other people's efforts and kindness.	Discover Healthy Restrictions of Uniqueness: Competitiveness points out my limitations and boundaries between people. I need to know when to be competitive and when to be supportive.	Discover Healthy Restrictions of Uniqueness: I want to stay focused on myself and take care of myself. I want to share my responsibilities for household tasks.

Criticizing 3rd stage: Criticizing (e)

	Self-Preservation Mode	Interpersonal Value	Functional Value
1	<p>Toxic Criticism: I am critical of others: I show disapproval or derogation. I have a moral superiority about me. I have a righteous irritation. I am irritable: easily exasperated or excited. Irritate implies often and gradually arouses angry feelings that may range from mere impatience to rage. Exasperate suggests galling annoyance and extreme impatience; I criticize others too much and am often called a faultfinder or a nitpicker. I tend to excessively focus on the flaws, mistakes, or shortcomings of others rather than acknowledging their positive qualities or achievements. I constantly seek out and highlight imperfections, often in a condescending or judgmental manner. I have a critical mindset, always looking for something to criticize, and I may not hesitate to express my disapproval or dissatisfaction openly. I am hypercritical, frequently commenting on trivial matters and making others feel inadequate or inferior. My criticism is usually unsolicited and may be harsh, hurtful, or demoralizing, creating a hostile and toxic environment. Overall, I criticize others too much, tend to have a pessimistic outlook and fail to recognize the value and potential in others.</p>	<p>Sincere Respect: I can be frank with others: Sincere respect is a genuine feeling of admiration, regard, and esteem towards someone or something. It goes beyond mere politeness or courtesy and involves a deep appreciation for the qualities, achievements, or values of the person or object being respected. Sincere respect is characterized by honesty, authenticity, and a proper understanding of the worth or significance of the individual or thing being respected. It is not based on personal gain or self-interest but on a genuine recognition of the inherent value and dignity of the person or object. Sincere respect often manifests in treating others with kindness, fairness, and consideration and acknowledging and valuing their perspectives, opinions, and experiences.</p>	<p>Being Direct: Being Direct: I can be straight forward and direct, and I am free from evasiveness or obscurity. When I am direct and straightforward, I do not beat around the bush or sugarcoat their words. I am known for being honest and upfront with my wants, thoughts, and feelings. I have a no-nonsense approach and express my thoughts and wants clearly and directly. I do not hesitate to speak my mind and am not afraid of confrontation or difficult conversations. I value transparency and believe in getting to the point without unnecessary detours or ambiguity. I am often seen as reliable and trustworthy because I say what I mean and mean what I say without being mean.</p>

1 What are some of the possible reasons why healthy sincere respect being direct is more effective than criticizing?

#i.

#ii.

#2. In what situations do you need to be sincere respect?

#3 In what situations do you need to be direct?

#4 How is being critical is meaningful?	How is being direct meaningful?
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#5 Cost Benefit Analysis

Cost of being critical	Benefit of being direct
Benefit of being critical	Cost of being direct
#6. How does being critical ward off anxiety?	
#7. How does being critical protect your self-esteem?	
#8: Being critical trains people to...	
Toxic criticism leads to unhealthy expansion your uniqueness.	Healthy sincere respect expands your uniqueness. \
Toxic criticism is a unhealthy way to restrict your uniqueness.	Healthy sincere respect restricts your uniqueness.

Criticizing			
	Self-Preservation Mode	Interpersonal Value	Functional Value
1	Toxic Criticism: I am critical of others: I show disapproval or derogation. I have a moral superiority about me. I have a righteous irritation. I am irritable: easily exasperated or excited. Irritate implies often and gradually arouses angry feelings that may range from mere impatience to rage. Exasperate suggests galling annoyance and extreme impatience; I criticize others too much and am often called a faultfinder or a nitpicker. I tend to excessively focus on the flaws, mistakes, or shortcomings of others rather than acknowledging their positive qualities or achievements. I constantly seek out and highlight imperfections, often in a condescending or judgmental manner. I have a critical mindset, always looking for something to criticize, and I may not hesitate to express my disapproval or dissatisfaction openly. I am hypercritical, frequently commenting on trivial matters and making others feel inadequate or inferior. My criticism is usually unsolicited and may be harsh, hurtful, or demoralizing, creating a hostile and toxic environment. Overall, I criticize others too much, tend to have a pessimistic outlook and fail to recognize the value and potential in others.	Sincere Respect: I can be frank with others: Sincere respect is a genuine feeling of admiration, regard, and esteem towards someone or something. It goes beyond mere politeness or courtesy and involves a deep appreciation for the qualities, achievements, or values of the person or object being respected. Sincere respect is characterized by honesty, authenticity, and a proper understanding of the worth or significance of the individual or thing being respected. It is not based on personal gain or self-interest but on a genuine recognition of the inherent value and dignity of the person or object. Sincere respect often manifests in treating others with kindness, fairness, and consideration and acknowledging and valuing their perspectives, opinions, and experiences.	Being Direct: Being Direct: I can be straight forward and direct, and I am free from evasiveness or obscurity. When I am direct and straightforward, I do not beat around the bush or sugarcoat their words. I am known for being honest and upfront with my wants, thoughts and feelings. I have a no-nonsense approach and express my thoughts and wants clearly and directly. I do not hesitate to speak my mind and am not afraid of confrontation or difficult conversations. I value transparency and believe in getting to the point without unnecessary detours or ambiguity. I am often seen as reliable and trustworthy because I say what I mean and mean what I say without being mean.
2	Discovering Meaningfulness. The criticism tells me that my values and ability to find Meaningfulness have been blocked. Criticism from others can introduce alternative perspectives and ideas when criticized, and I may not have considered them. It broadens my understanding and encourages me to think critically, fostering creativity and innovation.	Discovering Meaningfulness: Sincere respect creates a positive and supportive atmosphere. Sincere respect can increase team members' motivation, engagement, and productivity. I feel valued and appreciated for my contributions, which boosts my confidence and encourages me to perform at my best. When I give my best effort, I have a greater chance of discovering meaningfulness.	Discovering Meaningfulness:
3	Cost: Criticism is often expressed harshly or disrespectfully. It may involve personal attacks, generalizations, or sweeping statements undermining the recipient's abilities or character. Criticism creates a defensive response and hampers open discussion.	Cost of Sincere Respect: Others may confuse respect with acceptance. People may see your respect as a weakness and give in to their impulses rather than your agreed-upon plan.	Cost of Being Direct: Others may take offense to your direct approach. They may confuse being direct with being hurtful.
4	Benefit: Criticism can provide valuable insights and suggestions for improvement. It can help individuals recognize their weaknesses and areas for growth and enhance their skills or performance.	The Benefit of Sincere Respect: promotes collaboration, understanding, and personal growth. It creates a positive atmosphere, enhances relationships, and increases retention. It also improves problem-solving and fosters personal development. Overall, sincere respect is a valuable behavior that can significantly impact individuals and organizations.	The benefit of Being
	#6: How does criticism ward off anxiety? My best defense is a good offense. When I criticize others, they usually are defending themselves and feel anxious.		
	#7: How does criticism protect our self-esteem? When I focus on other people's problems, I feel good about myself because I might be helping them.		
	#8: How will others respond when you criticize them? Others feel resentment or guilt, fear and distrust me, others have fearful respect for me or resentful submission.		
5	Toxic Restriction of Your Uniqueness: People will be resentful when you are inclined to criticize severely and unfavorably. They won't be supportive of developing your talents and potentialities.	Discover Healthy Expansion of My Uniqueness: People will be willing to support my efforts to expand my uniqueness.	(D) Healthy Restriction Uniqueness
6	Toxic Expansion of Uniqueness: You may think that criticizing others will demonstrate your uniqueness, but people will see you as unsupportive and your comments as hurtful.	Discover Healthy Restrictions of Uniqueness: As I restrict my uniqueness, I am respectful and supportive of others.	(D) Healthy Expansion of Your Uniqueness:
	Healthy ways to expand my uniqueness: Criticism, when given with the intention of helping I learn and develop, I can be a powerful tool for personal and professional growth. It encourages me to reflect on my actions, learn from my mistakes, and strive to do better in the future.		

4th Stage: Compulsive Anger

Negative yet Toxic Emotion	Negative yet Healthy Emotion	Opposite
Compulsive Anger	Responsive Anger:	Healthy Satisfaction

1 What are some of the possible reasons why healthy [] sincere respect [] being direct is more effective than criticizing?

#i.

#ii.

#2. In what situations do you need to be sincere respect?

#3 In what situations do you need to be direct?

#4 How is being anger is meaningful?	How is responsive anger meaningful?
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#5 Cost Benefit Analysis

Cost of excessive anger	Benefit of responsive anger?
Benefit of excessive anger	Cost of responsive anger
#6. How does excessive anger ward off anxiety?	
#7. How does being excessive anger your self-esteem?	
#8: excessive anger critical trains people to...	
excessive anger leads to unhealthy expansion your uniqueness.	Healthy responsive anger expands your uniqueness. \
excessive anger is a unhealthy way to restrict your uniqueness.	responsive anger restricts your uniqueness in healthy ways .

1	Reactive Anger	Healthy Responsive Anger	Repressed Anger
	<p>Compulsive Reactive Anger: {} I overestimate the extent to which the other person acted deliberately {} I see malicious intent in the motives of others {} I see myself as definitely right, and I see the other person as being wrong. {} I am unable to see the other person's point of view. {} I am plotting to seek to revenge. (Windy Dryden). After an episode of anger, I may experience Irritability, frustration, anxiety, rage, toxic stress, feeling overwhelmed, or toxic guilt. (e)</p> <p>Self-Preservation Modes: Reactive Anger - {} I am telling myself to watch out, assert myself, or even protect others. {} I may get angry or express anger if I see someone harming a defenseless child, elderly person, or animal. {} Reactive or impulsive anger may also help me to do the right thing automatically during these times.</p> <p>{} But it could get me into trouble because I haven't thought things through.</p> <p>Excessive Anger:</p> <ol style="list-style-type: none"> Frequency: Excessive anger is characterized by its frequent occurrence. The person gets angry very often, sometimes for no apparent reason. Intensity: The intensity of the anger is also a characteristic. The person may get extremely angry, even for minor issues or triggers. Duration: The anger lasts for a long time, sometimes even after the triggering situation has passed. Difficulty Controlling Anger: The person finds it very difficult to control their anger, and it leads to aggressive or violent behavior. Negative Impact: The anger has a negative impact on the person's relationships, work, and overall quality of life. <p>Reactive Anger:</p> <ol style="list-style-type: none"> Triggered by External Factors: Reactive anger is triggered by external factors or situations. The person reacts with anger to a perceived threat or injustice. Immediate Response: The anger is an immediate response to the triggering situation. The person does not take time to think or calm down before reacting. Intense but Short-Lived: The anger is intense but short-lived. Once the triggering situation is over, the person calms down. Defensive: Reactive anger is defensive. The person feels threatened or attacked and reacts with anger to defend themselves. Regret: After the anger has passed, the person feels regret or guilt for their angry reaction. They may apologize or try to make amends for their behavior. 	<p>Responsive Anger: Anger is a resistance to apathy. {} 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 wrong. {} You can see the other person's point of view. {} You do not plot to exact revenge.</p> <p>Responsive Anger: {} Focused on problems, not people. {} Not arbitrary; it has helpful, practical, and healthy reasons. {} Aware of how that anger might affect others. {} Sensitive to a clear and existing need.</p> <p>{} Helps to adapt socially and even survive emotionally. {} Something that can serve as a practical function to reach a person's goals. {} State my feelings constructively and healthy ways. {} Anger helps me to resolve and focus on a goal. However, anger becomes dysfunctional when it works against my best interests or diminishes my core values.</p> <p>Healthy anger is where I speak directly to the person with whom I am angry and deal with the frustration in a problem-solving manner. It is directed at the problem, and according to research, is not associated with heart disease." Healthy anger is actually a very normal, healthy emotion, according to researchers (Strong, 2018). Strong, Debbie. (May 29, 2018). 7 ways anger is ruining my health Retrieved March 11, 2019, from</p>	<p>Passive Aggressive Behavior: This is a common characteristic of repressed anger. We do not directly express our anger but show it through sarcasm, stubbornness, or a deliberate failure to accomplish tasks.</p> <ol style="list-style-type: none"> Chronic Irritability: With repressed anger, we feel irritable most of the time. We may be easily annoyed or impatient, and this can be a sign of underlying anger issues. Frequent Frustration: With a lack of expression of our anger, we experience frequent feelings of frustration. We may feel like they're constantly being blocked from achieving our goals, even when there are no real obstacles in our way. Physical Symptoms: Repressed anger can also manifest in physical symptoms such as headaches, stomach problems, high blood pressure, or sleep disorders. Difficulty with Relationships: Those who repress their anger may have difficulty maintaining healthy relationships. We may struggle with trust, intimacy, or communication issues. Self-Harm or Substance Abuse: With repressed anger may resort to self-harm or substance abuse as a way to cope with our feelings. Depression or Anxiety: Repressed anger can also lead to mental health issues like depression or anxiety. We feel hopeless, lose interest in activities they once enjoyed, or constantly worry. Overly Polite or Accommodating: Some people who fear expressing their anger may go out of their way to be overly polite or accommodating, even when it's not necessary or appropriate. Difficulty Expressing Other Emotions: If we are repressing our anger, we may also have trouble expressing other emotions. This can make it hard for us to connect with others on an emotional level. Frequent Fantasies of Revenge or Retribution: With repressed anger, we fantasize about revenge or retribution. These fantasies can be a way for them to indirectly express their anger. Denial: With repressed anger, we deny feeling are angry. Even when confronted with clear signs of our anger, we may insist we are not upset.

5th Stage: Contempt

Contempt		
Self-Preservation Modes:	Interpersonal Values	Functional Values
<p>Contempt: I am contemptuous and disgusted with others. I can be cruel and unkind. I'm impatient with others making mistakes. I am self-seeking and I can be sarcastic, I use cold sternness to get my way. I am punitive with others. (d)</p>	<p>Authentic: I can be strict if necessary. I am exact, and precise. I am conforming to principle or a norm. My actions are worthy of acceptance or belief as conforming to or based on fact.</p>	<p>Assertive: I am stern but fair, I can be firm but reasonable. Assertiveness: Firm, Fair, and Focused: <i>{} Firm:</i> not subject to change or revision. <i>{} Fair:</i> elimination of your feelings, prejudices, and desires so as to achieve a proper balance of conflicting interests. (<i>Just:</i> following of a standard of what is right and proper), <i>{} Focused:</i> to concentrate attention or effort on the topic at hand.</p>

1 What are some of the possible reasons why healthy authentic assertiveness is more effective than contempt?

#i.

#ii.

#2. In what situations do you need to be authentic?

#3 In what situations do you need to be assertive?

#4 How is being contemptuous is meaningful?	How is being assertive meaningful?
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#5 Cost Benefit Analysis

Cost of being contemptuous	Benefit of being assertive
Benefit of being contemptuous	Cost of being assertive
#6. How does being contemptuous ward off anxiety?	
#7. How does being contemptuous protect your self-esteem?	
#8: Being contemptuous trains people to...	
Toxic contempt leads to unhealthy expansion your uniqueness.	Healthy authentic assertiveness expands your uniqueness. \
Toxic contempt is a unhealthy way to restrict your uniqueness.	Healthy authentic assertiveness restricts your uniqueness.

Contempt		
Menu of Solutions & Effective Strategies: Contemptuous		
Self-Preservation Modes:	Interpersonal Values	Functional Values
Toxic Contempt: I am contemptuous and disgusted with others. I can be cruel and unkind. I'm impatient with others making mistakes. I am self-seeking and I can be sarcastic, I use cold sternness to get my way. I am punitive with others. (d)	Authentic: I can be strict if necessary. I am exact, and precise. I am conforming to principle or a norm. My actions are worthy of acceptance or belief as conforming to or based on fact.	Assertive: I am stern but fair, I can be firm but reasonable. Assertiveness: Firm, Fair, and Focused: {} <i>Firm:</i> not subject to change or revision. {} <i>Fair:</i> elimination of your feelings, prejudices, and desires so as to achieve a proper balance of conflicting interests. (<i>Just:</i> following of a standard of what is right and proper), {} <i>Focused:</i> to concentrate attention or effort on the topic at hand.
Discovering Meaningfulness {} When life is pain, it is preparing me to face an upcoming difficulty task. Anxiety helps me anticipate stress and situations that may restrict my uniqueness or interfere with me reaching my goals.	Discovering Meaningfulness: <i>Every concrete experience of daily life contains meaning. Those everyday experiences you need to be responsive to others, but you also want to be firm and just, levelheaded, avoid using extreme evaluations or excessive behaviors so that you can discover your unique and specific meaningfulness.</i>	Discovering Meaningfulness: I discover meaningfulness when I exhibit strict and complete accordance with facts or a standard. I also want to strictly conform to a pattern, standard, or convention. I am restricting my uniqueness by being rigid about meeting standards.
Cost of Being Merciless: People resist me passively. People will avoid me, and they will have a tendency not to be supportive of me.	Cost of Being Firm and Fair: Fairness has a subjective quality to it. People may see my sense of justice and fairness have been stern and unreasonable.	Cost of Being Strict: People may see my tendency to be precise and exact as rigid and closed-minded. Being strict may cause resentment in some people.
#6 How will contempt ward off anxiety? When I willfully disobey or open disrespect for others, I justify my righteousness and my virtue, which proves I'm better than others.		
#7 How does contempt protect my self-esteem? I am willfully disobedience to or open disrespect for others, which will show how others are inferior, and I am superior. When I am sarcastic, I feel protected. My self-esteem comes from provoking fear in others, mocking, destroying, and threatening actions (contempt). I justify my transactions with pious, moral, and self-righteous reasons. I will lie about anything to protect my vulnerability and self-esteem; my lies are usually so inconsistent that people start passively resisting my efforts.		
#8 How will others respond to your contempt? I admire myself too much, and I accept myself when I am harsh and coercive. I act coldly and sternly. I disapprove, and I want to make others feel inferior or unworthy. I "should never be uncomfortable, and people must treat me respectfully.		
Benefit of Being Merciless: People will take me seriously and not try to pay the poor my concept. I may be seen as hard-hearted and unkind, but I mean business, and people better listen to me. Others will realize I don't take "sh#t" from anybody	Benefit of Being Firm and Fair: I have a greater chance of getting along with people when I am firm and fair with others. When I am firm, I have a greater chance of getting what I want, but I am reasonable with people because I have established rules.	Benefit of Being Strict: I get things done in an organized fashion. People know I mean business, and they enjoy doing business with me. I'm not seen as a wishy-washy person.
Toxic Expansion of My Uniqueness: I don't waste my time fixing other people's mistakes; I mean business, and people must listen to my demands. People don't get in my way when I expand my uniqueness, regardless of their opinions.	Discover Healthy Expansion of My Uniqueness: {} You can be strict if necessary. You don't like frustration, but you can tolerate it and cope with it because you are smart and strong enough to deal with disappointment.	Discover Healthy Expansion of My Uniqueness: I am strict when necessary, so I have a greater chance of expanding my uniqueness because I don't have to waste my time worrying or dealing with people's mistakes.
Toxic Restrictions of Your Uniqueness: {} <i>Seesaw Rationalization:</i> if you hate me-then I can hate you; if you put yourself down, then I can put you down. I can act unethically because you are an unethical "no-good-bastard."	Discover Healthy Restrictions of Uniqueness: {} You are firm and just, and {} You can be assertive but fair, but you want to watch being too harsh or stern.	Discover Healthy Restrictions of Uniqueness: When I am strict with people, I might have to do things I dislike. For example, I may want to be friendly and pleasant to them, but this action will not help me.

6th Stage Welton's Model –Malice

Menu of Solutions & Effective Strategies: Malice (e)			
(e)	Self-Preservation Mode :	Interpersonal Values	Funtional Values
1	Toxic: I can be aggressive, hard hearted, and I am often unfriendly. I am frequently angry and outspoken.	I am straight forward and direct. I can be critical of others, but sometimes I feel irritable, short-tempered, petulant, cantankerous. Can be critical.	I can be frank and honest. Forthright.
2	Discovering Meaningfulness: Aggressiveness could be an attempt to stand up for my values and show people they can't take advantage of me. I am a person with a strong sense of determination.	Discovering Meaningfulness: Being direct and using critical thinking can help me discover meaningfulness because I am looking at both sides of the issue.	Discovering Meaningfulness: I want to be honest with others to discover my uniqueness and what is meaningful to me.
3	Cost of Feeling Excessively Angry: Others may become hostile with me. Anger usually begets anger.	Cost of Being Direct: I may be too direct with others, which may turn off people working with me.	Cost of Being Firm: People may see me as bossy and a control freak.
4	Benefit of Feeling Angry: It shows people I'm passionate about and care about certain people and issues.	Benefit of Being Direct: I show people I carry out tasks in an organized, energized fashion and supervise studies efficiently. I get things done, and it helps me get along with others.	Benefit of Being Firm: I say what I mean, and I mean what I say. This firmness makes it clear to others what I want without putting them down.
	#6 How will anger ward off anxiety? You sense you are most effective in minimizing anxiety when hostile and punitive. People might see you as weak or stupid.		
	#7 How does anger protect my self-esteem? People must not disrespect you. It would be awful if people saw you as a stupid person or vulnerable. You worry about if people don't do what you say because everything will fall apart. You express your anxiety by being impatient and feeling ashamed. You can't expand your uniqueness, so you feel impatient and immature.		
	#8 How will others respond to your anger? Anger begets anger. When you act hostile towards others, they become angry. You may believe that you will increase your self-respect when you act aggressively. But people do not respect you; they will fear you or go out of their way to avoid you.		
5	Toxic Expansion of My Uniqueness: Being angry will help me get what I want, and people will respond to me more effectively if I'm mad.	Discover Healthy Expansion of My Uniqueness: Being direct will help me get along with others; they will clearly understand what I want and expect from them.	Discover Healthy Expansion of My Uniqueness: Being firm with others will expand my uniqueness because people will know what I want, and I will know what they want.
6	Toxic Restrictions of Your Uniqueness: Being angry will help me develop my skills and motivate me to correct my errors.	Discover Healthy Restrictions of Uniqueness: I want to be direct. I need to restrict my uniqueness because I want to know what others think and feel.	Discover Healthy Restrictions of Uniqueness: I want to be assertive, firm, focused, and fair, so people will know what I want, and they don't feel hurt or misunderstood.

Aggressive-Hard Hearted-Malice		Fairness	
Valuing Justice > aggressive: The opposite of both is disinterested			
(e)	Survival Mode:	Interpersonal Values	Funtional Values
1	Toxic: Aggressive- Malice Hardhearted: lacking in sympathetic understanding; unfeeling, pitiless. Aggressive- Violent: Often unfriendly, frequently angry, outspoken; Emotionally agitated to the point of loss of self-control; prone to commit acts of violence; Agitated: to move with an irregular, rapid, or violent action; to excite and often trouble the mind or feelings, to discuss excitedly and earnestly (e) I can be aggressive, hard hearted, and I am often unfriendly. I am frequently angry and outspoken.	Fairness: {} Straightforward (free from evasiveness or obscurity, clear-cut, precise; proceeding in an undeviating and direct manner. {} Critical of others, some irritable, {} Can be frank and honest, {} I value justice: the quality of being just, impartial, or fair; the principle or ideal of just dealing or right action; righteousness. {} <i>Fairness:</i> marked by impartiality and honesty; free from self-interest, prejudice, or favoritism; {} Genuine-True - free from hypocrisy or pretense; sincere, {} Critical but fair with others. {} Genuine-True - free from hypocrisy or pretense; sincere, {} Critical but fair with others	I can be frank and honest. Forthright: directly forward b : without hesitation. Frank stresses lack of shyness or secretiveness or of evasiveness from considerations of tact or expedience. Candid suggests expression marked by sincerity and honesty especially in offering unwelcome criticism or opinion.
2	Discovering Meaningfulness: Aggressiveness could be an attempt to stand up for my values and show people they can't take advantage of me. I am a person with a strong sense of determination.	Discovering Meaningfulness: Being direct and using critical thinking can help me discover meaningfulness because I am looking at both sides of the issue.	Discovering Meaningfulness: I want to be honest with others to discover my uniqueness and what is meaningful to me.
3	Cost of Feeling Excessively Angry: Others may become hostile with me. Anger usually beget anger.	Cost of Being Direct: I may be too direct with others, which may turn off people working with me.	Cost of Being Firm: People may see me as bossy and a control freak.
4	Benefit of Feeling Angry: It shows people I'm passionate about and care about certain people and issues.	Benefit of Being Direct: I show people I carry out tasks in an organized, energized fashion and supervise studies efficiently. I get things done, and it helps me get along with others.	Benefit of Being Firm: I say what I mean, and I mean what I say. This firmness makes it clear to others what I want without putting them down.
	#6 How will malicious behavior ward off anxiety? When I act malicious, I am standing up for myself, and people won't take advantage of me.		
	#7 How does malicious behavior protect my self-esteem? I can seek revenge in which that person desires. Other people will know not to mess with me, so my self-esteem increases because people fear me.		
	#8 How will others respond to your malicious behavior? Other people will become hostile to me, but I enjoy the challenge and I know I can beat people who threaten me. I can justify my malicious behavior because others desire my anger. If they don't want to get hurt – don't mess with me!		
5	Toxic Expansion of My Uniqueness: Being angry will help me get what I want, and people will respond to me more effectively if I'm mad.	Discover Healthy Expansion of My Uniqueness: Being direct will help me get along with others; they will clearly understand what I want and expect from them.	Discover Healthy Expansion of My Uniqueness: Being firm with others will expand my uniqueness because people will know what I want, and I will know what they want.
6	Toxic Restrictions of Your Uniqueness: Being angry will help me develop my skills and motivate me to correct my errors.	Discover Healthy Restrictions of Uniqueness: I want to be direct. I need to restrict my uniqueness because I want to know what others think and feel.	Discover Healthy Restrictions of Uniqueness: I want to be assertive, firm, focused, and fair, so people will know what I want, and they don't feel hurt or misunderstood.

Anger

<i>Healthy Toxic > Toxic: Feeling Satisfied is the opposite of anger and the opposite of feeling mildly annoyed.</i>		
<p>Toxic Anger: {} I overestimate the extent to which the other person acted deliberately {} I see malicious intent in the motives of others {} I see myself as definitely right. and I see the other person as being wrong. {} I am unable to see the other person's point of view. {} I am plotting to seek to revenge. (Windy Dryden). After an episode of anger, I may experience Irritability, frustration, anxiety, rage, toxic stress, feeling overwhelmed, or toxic guilt.</p>	<p>Responsive Anger: Anger is a resistance to apathy. {} 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 wrong. {} You can 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).</p>
<p>Survival Mode: Reactive Anger - {} I am telling myself to watch out, assert myself, or even protect others. {} I may get angry or express anger if I see someone harming a defenseless child, elderly person, or animal. {} Reactive or impulsive anger may also help me to do the right thing automatically during these times. {} But it could get me into trouble because I haven't thought things through – See Toxic Anger</p>	<p>Responsive Anger: {} Focused on problems, not people. {} Not arbitrary; it has helpful, practical, and healthy reasons. {} Aware of how that anger might affect others. {} Sensitive to a clear and existing need. {} Helps to adapt socially and even survive emotionally. {} Something that can serve as a practical function to reach a person's goals. {} State my feelings constructively and healthy ways. {} Anger helps me to resolve and focus on a goal. However, anger becomes dysfunctional when it works against my best interests or diminishes my core values. Healthy anger is where I speak directly to the person with whom I am angry and deal with the frustration in a problem-solving manner. It is directed at the problem, and according to research, is not associated with heart disease." Healthy anger is actually a very normal, healthy emotion, according to researchers</p>	<p>Extreme satisfaction may lead to laziness and feeling bored. Stop trying.</p>

#1 What are some of the possible reasons why Healthy anger is more effective than toxic anger?

#i.

#ii.

#2. What situations you feel satisfied?

#3 In what situations or issues are you toxic anger?

#4 How is toxic anger meaningful?	How are healthy anger meaningful?

#5 Cost Benefit Analysis

Cost of toxic anger	Benefit of healthy anger
Benefit of toxic anger	Cost of healthy anger

#6 How does **toxic anger** ward of anxiety?

#7 How does toxic **anger** protect your self-esteem?

#8 How will others respond to your **toxic anger**?

#9 Characteristics of toxic way of expanding your uniqueness.

11 Characteristics of healthy way of expanding your uniqueness.

#10 Characteristics of toxic way of restricting your uniqueness.

#12 Characteristics of healthy way of restricting your uniqueness.

Healthy Anger: Fights Apathy and Indifference			
1	When You are having difficulties with something working right, another person is blocking your goals, or is not following your instructions or requests.	When someone goes out of his or her way to bug you.	When things don't go your way, or they don't go as you planned.
2	Dealing with Frustrated. You feel like your effort is ineffectual. You feel like giving up, but you don't give up. You remain persistent yet uncomfortable.	Coping with Annoyances. You feel like people are getting on your nerves with petty unpleasantness, but you know you can keep your composure.	Managing Disappointed. When events and people fail to meet your expectations. What can you do?
3	V Dealing with Being Thwarted: You feel your efforts are ruined because others oppose your efforts or desires.	Coping with being Bothered. People are interfering with your level of comfort and your peace of mind.	Managing Being Let down. When people fail to support you, and you need their help. What you want to do? can you do?
4	Dealing with Discouragement. You feel like giving up, and you lose confidence in your abilities and skills.	Coping with being Impatient. You feel irritated, as though you can't wait, but you can stay calm. You are over eager or intolerant of such frustration, but you know you can tolerate frustration.	Dealing with Feeling Dissatisfied. You are not pleased with what has happened; you are displeased. What are your options?
5	Dealing with Obstructions. You feel like another person is getting in your way and placing restrictions on you	Coping with being Irked. You feel stressed out, and you have grown impatient and weary, so you remind yourself stay calm.	Dealing with Feeling Saddened. You feel some distress, and You don't like how things turned out. How can you accept your negative feelings?
6	Dealing with Aggravation. You feel like another person is making it worse, more serious, or more severe for you.	Coping with feeling Confused. You feel puzzled, vexed, perplexed, at a loss of what to do or say, so you ask the person to explain what they want, feel, and think.	Dealing with Feeling Disenchanted. You feel disappointed about what was going on, and you did not like what You saw. How can you accept your negative feelings?

Experiential Values) Worksheet - Emotional Respect of Others: Grasping and valuing another person's uniqueness.

(o) helpful, responsible, enjoy taking care of people, big-hearted, generous, charitable

(o)			Caring
	Self-Perservation Mode	Interpersonal Values	Funtional Values
2.1	Overly Responsible: (Overprotective) I spoil others with kindness. I am too willing to give to others. I am overprotective of others. I am generous to a fault (o)	Bighearted, generous, charitable, unselfish: We enjoy taking care of other. We don't expect anything in return. We give freely of ourselves, and we value learning. We avoid appearing to be weak or unconventional.	Caring-Helpful, Helpful, supportive, caring, offers, a giving person. We enjoy taking care of others, we give freely of time and energy. We are big hearted and unselfish. We present ourselves as reasonable, successful, sympathetic, mature.

#1 What are some of the possible reasons why generous (caring-helpful) is more effective than being overly protective of others?

#i.

ii.

#2. What situation do we need to be helpful and generous?

#3 In what situations or issues, we don't care about?

#4 How are being Overly Responsible beliefs meaningful?	How is caring-helpful meaningful?

#5 Cost Benefit Analysis

Cost of Being Overly Responsible	Benefit of having caring-helpful attitudes
Benefit of Being Overly Responsible	Cost of caring-helpful attitudes
#6 How does spoiling people with kindness wards of anxiety?	
#7 How does spoiling people with kindness protect our self-esteem?	
#8 How will others respond to when I spoiling them with kindness?	
#9 Characteristics of toxic way of expanding our uniqueness	Characteristics of caring-helpful healthy way of expanding our uniqueness.
#10 Characteristics of toxic way of restricting our uniqueness.	Characteristics of caring-helpful is healthy way of restricting our uniqueness.

Menu of Solutions & Effective Strategies (o)			
(o)	Self-Preservation Modes	Interpersonal Values	Functional Values
1	Toxic Overprotective: spoils people with kindness, is overly responsible, too willing to give to others, overprotective of others, generous to a fault. Overly Responsible: (Overprotective) I spoil others with kindness. I am too willing to give to others. I am overprotective of others. I am generous to a fault (o)	Helpful: Enjoys helpful others, gives I give freely of self, big hearted and unselfish. I present myself as reasonable, successful, sympathetic, mature. I avoid appearing to be weak or unconventional.	Caring- , bighearted, generous, charitable, unselfish: We enjoy taking care of other. We don't expect anything in return. We give freely of ourselves, and we value learning. Helpful, supportive, caring, offers, gives
2	Discovering Meaningfulness: When I am hyper-normal, people are not afraid of me and see me as helpful. This lack of conflict gives me time to discover meaningfulness.	Discovering Meaningfulness: People may see me as reliable and supportive, so I'll have the social support to discover meaningfulness.	Discovering Meaningfulness: Being supportive helps me discover the meaningfulness I am learning about another person's uniqueness.
3	Cost of Being Overly Responsible: I take on too many responsibilities that will result in giving too many points (game theory) and not receiving points from others.	Cost of Being Helpful: Others may not appreciate our efforts or see our help as interfering	Cost of Taking Care of Others: I may not address our wants and needs, so I may not get what I want.
4	Benefit of Being Responsible: Being Responsible trains people to trust us.	Benefit of Being Helpful: I can be helpful and supportive of others, which may bring social approval/	Benefit of Taking Care of Others: People will trust me. My feelings of self-esteem are bolstered by appearing mature and generous.
5	Toxic Expansion of My Uniqueness: I may see myself as wonderful when I spoil others and have a false sense of esteem.	Discover Healthy Expansion of My Uniqueness: When I help others, I feel good about myself because I feel bighearted, generous, charitable.	Discover Healthy Expansion of My Uniqueness: When I care about others and help them, I learn about myself and practice our social skills.
6	Toxic Restrictions of My Uniqueness: When I feel anxious, I am overly agreeable. I am too willing to give and to overprotective when it is not necessary. I am too impulsive when it comes to other people.	Discover Healthy Restrictions of Uniqueness: While helping others, I may have to suspend expressing our needs.	Discover Healthy Restrictions of Uniqueness: I will listen to others and develop a sense of trust and cooperation while taking care of them.
(o)	I restrict our uniqueness by getting people to dependent on me. People have to trust me. I have an intense fear of failing. I fear others will control me, so I must be kind and over-responsible because I am only doing our unethical behavior to protect me and others.		
1	Behavior: {} I restrict our uniqueness and control our anxiety by acting overly agreeable. {} I am too willing to give and too overprotective when it is not necessary. {} I am too impulsive when it comes to other people. {} I enjoy taking care of others. {} I give easily of myself, and I am "big-hearted" and unselfish. {} I am "always" being supportive and always being encouraging, so I sometimes restrict our uniqueness. {} I act confidently and powerfully. {} I am excessively responsible and generous, and {} I need to show our strength, including inappropriate protectiveness and an over-concern for others' welfare. {} I restrict our uniqueness by being close to other, to help, counsel, support, and sympathize. {} I want to be tender, reasonable, and responsible with others.		
2	Feeling: depression, obsessions. I am afraid of taking on a passive-aggressive or bitter role. I am intolerant our unconventional or weak feelings. I deny feelings of frustration and passivity. I fear appearing defeated, deprived, unfriendly, or passive. My generosity tends to relieve feelings of anger, helplessness, or isolation.		
3	Automatic Thoughts-Conditional Thinking: I restrict our uniqueness by taking responsibility for another person's failures. If people fail or people hurt each other, I believe it is our fault because I think that I didn't do enough. I must give freely of myself. People must not be mad at me. If I am kind and generous, then I must love me and appreciate me. I'm overly optimistic; everybody can do if they have the right training or learn the right skills; they act manipulating, so I get our way. {} I am intolerant of family members. {} I am well-adjusted nice person – if I could get rid of that crazy behavior pattern of others (alcoholism, gambling, sexual aberrations, immaturity etc. then everything I will be happy forever.		
4	(B) Belief: {} If people fail or they get hurt, it is our fault, and I didn't do enough. I must give freely of myself. People must not be mad at me. If I am kind and generous, then I must love me and appreciate me.	(D) Discover a New Way of Thinking: {} We have hope and want people will trust us. Without hope for discovering meaningfulness tomorrow, we may give up easily and feel depressed.	
5	(C) Discovering Meaningfulness in My Belief: {} I realize that we cannot have freedom with being responsible. {} I discover meaningfulness because people's appreciation serves as a feedback loop that I'm on the right track.	(D) Discovering Meaningfulness in New Attitude: We have unconditional worth because tomorrow I may discover meaningfulness.	
6	(B) Unrealistic and Inflexible Thinking {} Unrealistic dread: If people abandon me, then bad things will happen to me.	(D): Discover Realistic-Flexible Attitudes:	
7	(B) Unreasonable and Illogical Thinking:	(D): Discover Reasonable-Logical Attitudes	
8	(B) Unhelpful and Unworkable Thinking:	(D): Discover Rational-Helpful Attitudes:	
9	(C) Unhealthy Restriction of Uniqueness {} I restrict our uniqueness by provoking others to accept me and respect me. I need others to be dependent on me, but others may feel resentful later. I don't deal with tension and restrict our uniqueness so people will accept me. I restrict our uniqueness by being overly agreeable, conciliatory, and people have to be dependent on me.	(D): Discover Healthy Ways to Restrict Our Uniqueness: {} We can put another person's needs in front of our needs and wants. We are helpful, bighearted, generous, and charitable. Unselfish; Enjoys taking care of others. Gives freely of self; Values learning	

	Hyper-Normal vs. Being Considerate (n)	
Self-preservation Modes:	Interpersonal Values	Functional Values
Hyper-normal – I dote on others, which provokes acceptance from others; I need people to accept me. I try to comfort everyone. I am too lenient with others, overly sympathetic, and forgive anything. I am softhearted and emotionally responsive, I protect our self-esteem by being hyper-normal and over-sympathetic, and I will forgive anything. I'm a good person because I am over-sympathetic and forgiving. (n)	Showing Empathy. I have a healthy mutuality. I want unity or harmony with others. I can gain knowledge or understanding by study, instruction, or experience) I am not putting our interests first. Putting our action first will restrict our uniqueness, but it will help me to be more responsive (index #1), which will help me get along with others later down the road. (Long-range self-interest). projection of a subjective state into an object so that the object appears to be infused with it	Considerate: I am thoughtful of the rights and feelings of others. I am tender, softhearted, and emotionally responsive to others. I am sympathetic: I encourage others, I am kind and reassuring.

#1 What are some of the possible reasons why showing consideration / empathy is more effective than being hyper-normal?

#i.

#ii.

#2. What situation do we need to be considerate to others?

#3 Why is empathy important to others?

#4 How are being Hyper-Normal beliefs meaningful?	How is being Considerate meaningful?

#5 Cost Benefit Analysis

Cost of Hyper-Normal	Benefit of having Considerate Attitudes
Benefit of Being Hyper-Normal	Cost of Considerate Attitudes

#6 How does hyper-normal behaviors ward of anxiety?

#7 How does hyper-normal behaviors protect our self-esteem?

#8 How will others respond to us with our hyper-normal behaviors?

#9 Characteristics of toxic way of expanding our uniqueness.	Characteristics of healthy way of expanding our uniqueness.
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#10 Characteristics of toxic way of restricting our uniqueness.	Characteristics of healthy way of restricting our uniqueness.
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Hyper-Normal vs. Being Considerate (n)

2.2 (n)	Self-preservation Modes:	Interpersonal Values	Functional Values
2.2	Hyper-normal – I dote on others, which provokes acceptance from others; I need people to accept me. I try to comfort everyone. I am too lenient with others, overly sympathetic, and forgive anything. I am softhearted and emotionally responsive, I protect our self-esteem by being hyper-normal and over-sympathetic, and I will forgive anything. I’m a good person because I am over-sympathetic and forgiving.	Showing empathy. I have a healthy mutuality. I want unity or harmony with others. I can gain knowledge or understanding by study, instruction, or experience) I am not putting our interests first. Putting our action first will restrict our uniqueness, but it will help me to be more responsive (index #1), which will help me get along with others later down the road. (Long-range self-interest). projection of a subjective state into an object so that the object appears to be infused with it	Considerate: I am thoughtful of the rights and feelings of others. I am tender, softhearted, and emotionally responsive to others. I am sympathetic: I encourage others, I am kind and reassuring.
2	Discovering Meaningfulness: Comforting others and helping them gives me a sense of community.	Discovering Meaningfulness: the action of understanding, being aware of, being sensitive to, and vicariously experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively explicit manner, which sees the meaningfulness of another.	Discovering Meaningfulness: When emotionally responsive to others, I have a greater chance of discovering meaningfulness because I'm getting along with others and helping them discover what is meaningful.
3	Cost of Being Hyper-normal: By being tender common tender, supportive I train others to agree, conciliate, and depend on me. our helpful behavior might make other people cooperative and appreciative.	Cost of Being Softhearted: People may not understand our concerns and motives when I'm overly responsive to other people's needs and excessively sympathetic.	Cost of Being Considerate: People may disregard what I want and need by being excessively understanding, caring, and compassionate.
4	Benefit of Hyper-normal: Being normal trains people to accept me. Comforting others makes me a nice person who always encourages everyone.	Benefit of Being Softhearted: When I am sympathetic to other people's feelings and thoughts, I have a greater chance of being empathic with others and exercising experiential value.	Benefit of Being Considerate: When I am thoughtful of the rights and feelings of others, our sense of community increases, and I have a greater chance of discovering meaningfulness.
	#6 How does hyper-normal behaviors ward of anxiety? If I am normal, people won't fear me, and they will be nice to me. Because I care about them, I will help them and won't feel anxious about them being harmed or uncomfortable. If I save them, I'll feel secure in our role as a responsible person. I'll feel anxious if people see me as an irresponsible person because they will not trust me and will disapprove of me.		
	#7 How does hyper-normal behaviors protect our self-esteem? When I act "normal" I am expanding our uniqueness, and when I feel responsible, I am restricting our uniqueness in a healthy way. When I feel normal and responsible, I feel good about myself.		
	#8 How will others respond to us with our hyper-normal behaviors?		
5	Toxic Expansion of My Uniqueness: Being lenient and over-sympathetic will make me special and different from all others. I try to comfort everyone, which makes me unique from all others.	Discover Healthy Expansion of My Uniqueness: When I show empathy for another person, I have a greater chance of truly understanding another person's feelings, goals, and dreams.	Discover Healthy Expansion of My Uniqueness: When I'm considerate of other people's feelings and goals, I can discover what is important to them, and I have a greater chance of getting along with others – which expands our uniqueness.
6	Toxic Restrictions of Our Uniqueness: : I encourage, which indicates I'm a more sociable person and should be treated kindly – so I always have to be solid and supportive regardless of how I feel.	Discover Healthy Restrictions of Uniqueness: When I am sympathetic to other people's feelings and thoughts, I put our feelings ahead of our goals, purpose, and emotions.	Discover Healthy Restrictions of Uniqueness: When I prioritize other people's thoughts and feelings, I may have to restrict our uniqueness. But in the long run, I am expanding our uniqueness by being considerate and kind.
7	Toxic Dialectic: <input type="checkbox"/> I'm fragile and will get hurt if I get close to someone, but I'm incredibly lonely. <input type="checkbox"/> People will see me as having deficiencies if I get close enough, but it is better to be alone than feel bad. <input type="checkbox"/> My anxiety will overwhelm me, but it is better to be alone than to feel bad people's judgment of me can destroy me, but I destroy myself with our judgment.	Healthy Dialectics: <input type="checkbox"/> We accept our uniqueness, and we know that we are an ordinary person. <input type="checkbox"/> We want to be responsive, kind, and empathic while being firm, fair, and focused when problem-solving. <input type="checkbox"/> We can unconditionally accept ourselves, others, and the world even when they place conditions on us.	Healthy Dialectics: <input type="checkbox"/> I want to be considerate, but I am an ordinary person with bad moods and negative feelings. <input type="checkbox"/> We know our worth is not based on our performance, effectiveness, and effort because we are alive and can do better tomorrow.

Being Cooperative vs. Overly Agreeable. (l)

	Agrees with everyone.	Pleasant	Cooperative
(l)	Self-preservation Mode	Interpersonal Values	Functional Values
Menu of Solutions & Effective Strategies (l)			
2.3.1	Toxic: overly cooperative , agrees with everyone, will confide in anyone, is too easily influenced by friends, wants everyone's love. I want everyone to like me, always pleasant and agreeable, eager to get along with others.	Pleasant: I want to get along with others. I want to be pleasant, I want to have a fun time, enjoy myself. I want to be nice and friendly with others. I want to be affable, courteous, polite, considerate, and civil.	Cooperative: agreeable, participates, supportive, accommodating. When I am cooperative, we get more things done, have more fun, helpful, and supportive.

#1 What are some of the possible reasons why being cooperative is more effective than agreeing with everyone?

#i.

#ii.

#2. What situation do we need to cooperate with others?

#3 In what situations we want to see the situation for we is pleasant?

#4 How are agreeing with beliefs meaningful?	How is being cooperative meaningful?

#5 Cost Benefit Analysis

Cost of Agreeing with Others	Benefit of being Cooperative Attitudes
Benefit of Being of Agreeing with Others	Cost of having Cooperative Attitudes
#6 How does overly agreeing with others ward of anxiety?	
#7 How does overly agreeing with others protect our self-esteem?	
#8 What will overly agreeing with others train people to do?	
#9 Characteristics of toxic way of expanding our uniqueness.	Characteristics of healthy way of expanding our uniqueness.
#10 Characteristics of toxic way of restricting our uniqueness.	Characteristics of healthy way of restricting our uniqueness.

(I)	Agrees with everyone.	Pleasant	Cooperative
	Self-preservation Mode	Interpersonal Values	Functional Values
Menu of Solutions & Effective Strategies (I)			
2.3.1	Overly cooperative , agrees with everyone, will confide in anyone, is too easily influenced by friends, wants everyone's love. I want everyone to like me, always pleasant and agreeable, eager to get along with others.	Pleasant: I want to get along with others. I want to be pleasant, I want to have a fun time, enjoy myself. I want to be nice and friendly with others. I want to be affable, courteous, polite, considerate, and civil.	Cooperative: agreeable, participates, supportive, accommodating. When I am cooperative, we get more things done, have more fun, helpful, and supportive.
2	Discovering Meaningfulness: Being supportive sometimes involves putting other's needs before yours. Cooperative, helpful, accommodating, willing.	Discovering Meaningfulness: I have a great chance of discovering meaningfulness if I have support from others.	Discovering Meaningfulness: When I cooperate with others, I give our best effort because I am in social situation, and I'm not only thinking of myself.
3	Cost of Being Overly Cooperative: When I overelaborate our concerns about our physical or emotional comfort, I have an excessive need for approval. {} I am training people to see me as weak and helpless. {} This thinking pulls others to give me help and support. When people approve of me, I will feel safe and secure. I'm too easily influenced by friends, I will confide in anyone, I want everyone's love, and I agree with everyone. This leads to failing to meet our needs.	Cost of Being Pleasant: I have qualities that tend to give pleasure to others. I am agreeable, and ready or willing to agree or be too willing to agree or consent without addressing our concerns.	Cost of Being Cooperative: I may have to give in to the needs of others and disregard our needs.
4	Benefit of Being Overly Cooperative: I will get along with others, and they will enjoy getting our needs met. I will associate with others for mutual benefit.	Benefit of Being Pleasant: provokes tenderness in others, we get along with others, we are more productive, and we have more fun when we are pleasant and get along with others.	Benefit of Being Cooperative: I get along, have more fun with others, and am more productive working in a team than working alone.
6 How does cooperating ward off anxiety? When we feel a sense of belonging and believe we are getting along with others. This show of cooperation makes we feel less anxious because we will feel supported and loved by others. If we show appreciation, we will feel less anxious because we will feel supported and loved by others.			
#7 Does cooperating protect our esteem? Collaborating feels good because people give we affection, support, and love. When we are cooperative, we develop mutual benefits			
8 How will others respond to our over-conventionality? We train people to be tender, and hope we will develop a sense of mutual self-respect.			
5	Toxic Expansion of My Uniqueness: We expand our uniqueness by getting other people's approval, so we believe we can do more things and have a better relationship with people. We are cooperative, conventional, and we'll compromise our values and wants to be approved by others. We need approval to be happy. We derive our sense of worth and esteem from people's approval	Discover Healthy Expansion of My Uniqueness: We would like people to like us. We want to get along with people. We are genuinely concerned and committed to doing what we can to improve our reaction—rational <i>Belief</i> : we strongly desire approval and would be much less happy if we received none. Other people cannot give we self-worth or intrinsic worth by loving or approving of us. When we value ourselves merely because we are alive and kicking, and for that reason alone, we want to live an enjoyable life. We want to create unconditional self-acceptance (USA).	Discover Healthy Expansion of My Uniqueness: I have a greater chance of never damaging our self-respect when cooperative. I can maintain a good social reputation with I am collaborative.
6	Toxic Restrictions of Our Uniqueness: Isolation Rationalization: If they disagree with me, there is something wrong with me, so I will have to withdraw and isolate myself, and then my behavior won't seem that bad. I will separate and distance myself from others, and then they will feel bad, and they will apologize to me. They will underestimate my badness.	Discover Healthy Restrictions of Uniqueness: When I want to be pleasant, I want to express our ideals and show people I am grateful and approve of our actions.	Discover Healthy Restrictions of Uniqueness: When we are cooperative, we carry out our community's duties and develop our goals from ideals. When we are harmonious, we have a greater chance of helping people and not being seen as selfish. Restricting our uniqueness makes we more productive because we cooperate with people.

Overly Conventional vs. Friendly (m)

(m)			
	Self-preservation Mode	Interpersonal Value	Functional Value
1	Over-Conventional: I am overly friendly. I lack originality, and I avoid expressing our individuality, I love everyone, and I am fond of everyone. I always have to be warm, or people will reject me. I obsess, and I am -compulsive with repetitious expressions of affiliative behavior, external values, and approval from others. (m)	Companionship: a community of interest, activity, feeling, or experience; a company of equals or friends. {} I value giving and receiving, and Companionship is essential. I don't appreciate comparing myself with others, and our lack of competitiveness pulls me to egotism and unhealthy pride.	Cordial & Friendly: Warmhearted: I can be ... {} friendly, {} warm, sociable, and neighborly. {} Affectionate and understanding; {} Closeness in which everyone is comfortable, {}

#1 What are some of the possible reasons why being warmhearted more effective than being overly conventional?

#i.

#ii.

#2. What situation do we need to be warmhearted?

#3 In what situations we want to see the situation in which our act friendly to be nice?

#4 How are Over Conventional beliefs meaningful?	How is being warmhearted meaningful?

#5 Cost Benefit Analysis

Cost of Being Over Conventional	Benefit of having Warmhearted Attitudes
Benefit of Being Over Conventional	Cost of having Warmhearted Attitudes

#6 How does a lack of individuality ward of anxiety?

#7 How does a lack of individuality protect our self-esteem?

#8 How will others respond to our lack of individuality?

#9 Characteristics of toxic way of expanding our uniqueness.

Characteristics of healthy way of expanding our uniqueness.

#10 Characteristics of toxic way of restricting our uniqueness.

Characteristics of healthy way of restricting our uniqueness.

(m)			
	Self-preservation Mode	Interpersonal Value	Functional Value
1	Overly Conventional: I am overly friendly. I lack originality, and I avoid expressing our individuality, I love everyone, and I am fond of everyone. I always have to be warm, or people will reject me. I obsess, and I am -compulsive with repetitious expressions of affiliative behavior, external values, and approval from others. (m) Effusive, gushing, demonstrative, overly affectionate, excessively emotional	Companionship: a community of interest, activity, feeling, or experience; a company of equals or friends. {} I value giving and receiving, and Companionship is essential. I don't appreciate comparing myself with others, and our lack of competitiveness pulls me to egotism and unhealthy pride.	Cordial & Friendly: Warmhearted: I can be ... {} friendly, {} warm, sociable, and neighborly. {} Affectionate and understanding; {} Closeness in which everyone is comfortable, {} I am warm, sociable, and neighborly, I am affectionate and understanding when appropriate.
2	Discovering Meaningfulness: I get along with others, so I have fun and be a part of a team, and there is a chance of being productive.	Discovering Meaningfulness: I have a greater chance of discovering meaningfulness when interacting with our community.	Discovering Meaningfulness: I have a greater chance of discovering meaningfulness when interacting with our community
3	Cost of Being Conventional: lack originality or individuality.	Cost of Companionships: we are closely connected with something similar, which may decrease our ability to expand our uniqueness and see our meaning potential.	Cost of Being Friendly: People may take advantage of our friendly nature when I show kind interest and goodwill and am not hostile.
4	Benefit of Being Conventional: My actions are formed by agreement. These arrangements are according to, sanctioned by, or based on law.	Benefits of companionship: we are closely connected with something similar, we are productive. Companionship is a healthy form of restricting our uniqueness.	Benefit of Being Friendly: I have a greater chance of having fun and getting along with others. : It
	#6 How does a lack of individuality ward off anxiety? When we feel that people love we because we show appreciation, we will feel less anxious because we will feel supported and loved by others. Therefore we show appreciation so people won't be mad at we, and we get the affection we want.		
	7 How will others respond to us? Does a lack of individuality protect our self-esteem? It feels good to be loved by others, so we preserve our esteem because people give we the affection, support, and love we want.		
	#8 How will others respond to our over-conventionality? We train people to love we by being appreciative, neighborly, affectionate, and understanding.		
5	Toxic Expansion of My Uniqueness: I'll get our way if I am conventional and non-original. People do not have a right to deny me our just deserts. If people don't respond to me, they are worthless.	Discover Healthy Expansion of My Uniqueness: I get along with others better, and I have a better chance of discovering meaningfulness. Excessive areability tends to provoke approval and friendliness from others. I believe that our optimism trains people to like me. I believe that cooperation induces a reciprocal positive response in others.	Discover Healthy Expansion of My Uniqueness: friendly agreeability tends to provoke approval and friendliness from others. I believe that our optimism trains people to like me. I believe that cooperation induces a reciprocal positive response in others.
6	Toxic Restrictions of Our Uniqueness: When I am overly conventional, I lack originality or individuality. Being dependent: {} I feel tense when others don't like me. I accept advice readily. I am very trusting of others, and I am eager to please. {} I let others make decisions for me, and people easily fool me. {} I will believe anyone so that people will approve of me. I cannot tolerate criticism or feelings of guilt in myself. I strive to please, to be accepted, to establish positive relations with others.	Discover Healthy Restrictions of Uniqueness: I don't express our true feelings because I'm afraid people will reject me for how I feel. So, this creates conflicts with loved ones.	Discover Healthy Restrictions of Uniqueness: People love when I'm friendly, but loss our temper, then I'm rejected.

(j)	Self-preservation Mode	Interpersonal Value	Functional Value
1	Toxic Deferent: Docile – Fragile Hearted: I ingratiate myself with the wishes of others. I am docile, obedient, meek, and submissive. Other people easily teach me, and others easily lead or manage me. I am overly respectful, tractable, and submissive; clinging vine: docile implies a predisposition to submit readily to control or guidance. Dependent: I want others to lead me. I admire and imitate others. Hardly ever talks back, often helped by others;(j) (Personality Partial Factor E- submissive, easily lead by authority) By acting friendly and likable, giving up our individuality, and restricting our uniqueness, people will help me. (j) Toxic: I am dependent on others, and I want to be led, I hardly ever talk back.	Grateful: Being grateful is a heartfelt recognition of the sources of benefit and affirming goodness and a sincere show of approval and admiration. I appreciate the benefits received, expressing gratitude. I value beauty (experiential values); why is being grateful a healthy means of restricting our uniqueness? I am grateful for others giving me support and confidence. For example, when I receive something from teachers, etc. Value expressing gratitude: Heartfelt recognizing the sources of benefit. Affirms goodness and sincere show of approval.	Courteous: I follow our lead and understand the structure and rules that work. This is a paradox because I expand our uniqueness in the long run by restricting our uniqueness in the short run. I often need help from others, I admire and imitate others. I'm very respectful to authority. I often respect, admire, and comfort others.

#1 What are some of the possible reasons why being grateful more effective than being overly obedient and submissive?

#i.

#ii.

#2. What situation do we need to be courteous?

#3 In what situations we want to see the situation in which we are grateful?

#4 How are Over submissive-meek beliefs meaningful?	How is being grateful meaningful?

#5 Cost Benefit Analysis

Cost of Being submissive-meek	Benefit of being grateful
Benefit of Being submissive-meek	Cost of being grateful

#6 How does being submissive-meek ward of anxiety?

#7 How does being submissive-meek protect our self-esteem?

#8 How will others respond to us being submissive-meek?

#9 Characteristics of toxic submissive-meek way of expanding our uniqueness.

Being grateful: Characteristics of healthy way of expanding our uniqueness.

#10 Characteristics of toxic way submissive-meek of restricting our uniqueness.

Being grateful: Characteristics of healthy way of restricting our uniqueness.

(j)	Self-preservation Mode	Interpersonal Value	Functional Value
1	Toxic Deferent: Docile – Fragile Hearted: I ingratiate myself with the wishes of others. I am docile, obedient, meek, and submissive. Other people easily teach me, and others easily lead or manage me. I am overly respectful, tractable, and submissive; clinging vine: docile implies a predisposition to submit readily to control or guidance. Dependent: I want others to lead me. I admire and imitate others. Hardly ever talks back, often helped by others;(j) (Personality Partial Factor E- submissive, easily lead by authority) By acting friendly and likable, giving up our individuality, and restricting our uniqueness, people will help me. (j) Toxic: I am dependent on others, and I want to be led, I hardly ever talk back.	Grateful: Being grateful is a heartfelt recognition of the sources of benefit and affirming goodness and a sincere show of approval and admiration. I appreciate the benefits received, expressing gratitude. I value beauty (experiential values); why is being grateful a healthy means of restricting our uniqueness? I am grateful for others giving me support and confidence. For example, when I receive something from teachers, etc. Value expressing gratitude: Heartfelt recognizing the sources of benefit. Affirms goodness and sincere show of approval.	Courteous: I follow our lead and understand the structure and rules that work. This is a paradox because I expand our uniqueness in the long run by restricting our uniqueness in the short run. I often need help from others, I admire and imitate others. I'm very respectful to authority. I often respect, admire, and comfort others.
2	Discovering Meaningfulness: I rely on others, and I appreciate our support. There are many tasks I need help to do.	Discovering Meaningfulness: When I appreciate of benefits received, which may alleviate discomfort of others.	Discovering Meaningfulness: I discover another person's possibilities by giving me opportunities to become confident.
3	Cost of Being Docile-Unassuming: I ward off anxiety by utilizing self-depreciation. <i>Self-criticism</i> involves hostile criticism of others (Factor L; projection) and Factor O – guilt-proneness). I believe, "Things must go our way" for me to feel safe."	Cost of Being Grateful: I might use gratitude to manipulate others into giving me what I want.	Cost of Being Overly Respectful to Authority: People in authority may misuse our power, and there are means to correct our misperceptions or conduct.
4	Benefit of Docile-Unassuming: People help me and give me advice when I need it.	Benefit of Being Grateful: It feels good when people show our appreciation and gratitude.	Benefit of Being Overly Respectful to Authority: I learn from them, and we can get more done and be productive if I play by the follower role.
	#6 How does imitating and admiring others ward off anxiety? When I become overly dependent on others that fail to ward off anxiety, I deal with increased anxiety through feelings of helplessness, and our interpersonal patterns reflect dependent conformity.		
	#7 How does imitating and admiring others protect our self-esteem? I protect our esteem by letting others take charge and see myself as a good follower. I lack confidence and repress our feelings and wants. Others to see me as sweet and lovable, which I see as a positive attribute.		
	#8 How will others respond to our imitating and admiring them? I train people to lead. I provoke others to be helpful and nurturing. When I act poignant, helpless, and respectful, I teach others to offer help, advice, and direction. I feel that, at times, I am weak and friendly, which provokes others to be strong and pleasant. I want people to inspire me, help me, promise, reassure me, and explain or tell me some way to relieve our anxiety and tears.		
5	Toxic Expansion of My Uniqueness: When I overly respectful, tractable, and submissive; clinging vine, I think people will help me and I can expand our uniqueness.	Discover Healthy Expansion of My Uniqueness: When I am grateful, I am open to learn from others.	Discover Healthy Expansion of My Uniqueness: I want to listen to someone in authority as I learn new skills.
6	Toxic Restrictions of Our Uniqueness: People always advise me, implying, "I can't make our decisions. I restrict our uniqueness by feeling guilty and believing that I am inferior to others. I train others to take the lead. I reduce our anxiety by avoiding new tasks and presenting myself as being weak. {} I restrict our uniqueness by using insecure-dependent strategy. {} I trust others, but I mask our sense of trust with feelings of helplessness. {} I restrict our uniqueness by feeling helpless. I lack protection or support, so I don't try new things. {} I am docile (meek, obedient, submissive). I combine punitive self-depreciation and bland naiveté.	Discover Healthy Restrictions of Uniqueness: Expressing our gratitude will put the attention on others. I may have to restrict our talents, so other people can shine.	Discover Healthy Restrictions of Uniqueness: Expecting people to help me may restrict our ability to learn new skills. These skills can help me discover meaningfulness.

Confident in others - Appreciation (k)

(k)	Self-preservation Modes:	Interpersonal Values	Functional Values
2.6	Toxic: Overly Trusting - Dependent: I believe anyone; I let others make decisions. I like others to take care of me. Others easily fool me. Approval anxiety – Disapproval Tension, Overly Trusting, Eager to please, excessively gullible, anxious about people’s approval. (k) I want to restrict our uniqueness because I fear being alone, but even with other people’s support, I still feel depressed and anxious. I want to limit our uniqueness because I fear being alone, but I still feel depressed and uneasy with other people’s help.	Appreciative: I can be sensitive to another person’s efforts, talents: Value Thankfulness and recognizes benefits received, grasping the significance of those benefits. Sense of well-being increases. Readiness to show appreciation and there is an increase in feelings of contentment. Appreciation: Recognizing the effort and skill of the other person. Genuine show of approval. Expresses and shows appreciation. Expresses and shows admiration of a thing of excellence.	Confident in Others: I experience. I can recognize aesthetic values, and express our admiration, approval, accepts advice readily. I can see the value and beauty of nature. Paradoxically the more I restrict our uniqueness while learning from others, the more I will expand our individuality in the future.

#1 What are some of the possible reasons why showing appreciation is more effective than being overly dependent on others?

#i.

#ii.

#2. What situation do we need to show appreciation?

#3 What situations are confident in?

#4 How is having a Dependent belief meaningful?	How is being appreciative meaningful?

#5 Cost Benefit Analysis

Cost of Being Dependent	Benefit of having Appreciative Attitudes
Benefit of Being Dependent	Cost of Appreciative Attitudes

#6 How does seeking approval (overly trusting)ward of anxiety?	
#7 How does approval seeking (overly trusting)protect our self-esteem?	
#8 How will others respond to our seeking approval (overly trusting)?	
#9 Characteristics of toxic way of expanding our uniqueness.	Characteristics of healthy way of expanding our uniqueness.
#10 Characteristics of toxic way of restricting our uniqueness.	Characteristics of healthy way of restricting our uniqueness.

Menu of Solutions & Effective Strategies (k)			
(k)	Self-Preservation Mode:	Interpersonal	Functional Values
	Toxic: Overly Trusting - Dependent: I believe anyone; I let others make decisions. I like others to take care of me. Others easily fool me. Approval anxiety – Disapproval Tension, Overly Trusting, Eager to please, excessively gullible, anxious about people’s approval. (k) I want to restrict our uniqueness because I fear being alone, but even with other people’s support, I still feel depressed and anxious. I want to limit our uniqueness because I fear being alone, but I still feel depressed and uneasy with other people’s help.	Confident in Others: I experience. I can recognize aesthetic values, and express our admiration, approval, accepts advice readily. I can see the value and beauty of nature. Paradoxically the more I restrict our uniqueness while learning from others, the more I will expand our individuality in the future.	Appreciative: I can be sensitive to another person’s efforts, talents,
1	Toxic: dependent, we’ll believe anything, easily fooled, likes to be taken care of, let’s others make decisions	I accept advice readily, trusting, and eager to please, very anxious about social approval	Appreciative, indebted, beholden, obliged, an expression of admiration, approval. Being appreciative is recognizing the effort and skills of another. I show admiration for another’s excellence.
2	Discovering Meaningfulness: We all need support from others to discover meaningfulness because we live in an interdependent community.	Discovering Meaningfulness: When I trust people, I feel more confident in seeing our unique meaningfulness, but I may want too much agreement from others.	Discovering Meaningfulness: I show appreciation and see that people’s effort inspires me to do our best.
3	Cost of Being Dependent: Being over-reliant on others, needing help from others, excessively relying on another for support. I appear clingy, beg, and feel helpless, which can lead to depression.	Cost of Social Approval: I give up our individual goals, wants, and purpose to get approval from others.	Cost of Being Appreciative: People may not reciprocate our appreciation with our thankfulness. Game theory tells me I might feel angry when people do not show me appreciation.
4	Benefit of Being Dependent: Being dependent provokes people to help me.	Benefit of Social Approval: People are helpful, supportive, and caring. Individuals who “dance to our drummer” and care little about what others think of them can remain within the community if they are needed and are willing to fulfill that need.	Benefit of Being Appreciative: Appreciation show that I understand how good something is, and I am grateful for another’s talents and efforts.
	#6 How does seeking approval (overly trusting) ward of anxiety? I can avoid the expression of hostility, independence and power, which if expressed would cause me anxiety. I am less anxiety when I am outwardly relying on or looking up to others.		
	#7 How does approval seeking (overly trusting) protect our self-esteem? If I am meek and admiring, respectful, people won’t expect too much from me. I am dependent on others, and if I fail, the strong person failed.		
	#8 How will others respond to our seeking approval (overly trusting)? If you act in a poignant, helpless, respectful manner, you train others to offer help, advice, and direction, provokes tenderness from others, provokes others to be nurturing.		
5	Toxic Expansion of My Uniqueness: When excessive dependent or seeking approval, we may give up our sense of independence, and our sense of doing what we need to do.	Discover Healthy Expansion of My Uniqueness: When people give me advice, it helps me develop our skills to expand our uniqueness.	Discover Healthy Expansion of My Uniqueness: When I appreciate another person’s talents, I can learn from them, and they can be our social model.
6	Toxic Restrictions of Our Uniqueness: When I rely on people too much, our self-confidence diminishes. It is nice when people help me, but I may need help learning new skills when people help me too much.	Discover Healthy Restrictions of Uniqueness: I want social approval to maintain cohesion at work and in our family; I may restrict our individual and personal desires so the group can prosper.	Discover Healthy Restrictions of Uniqueness: I may be too critical in evaluation. I have a fair critical estimate which may hurt other people’s feelings. I may be overly sensitive and obsess about what others are thinking.

Self-Effacing vs. Able to Criticize Self (h)

(h)	Self-preservation Modes:	Interpersonal Values	Functional Values
1	Toxic Unassured: I am faint-hearted. {} Self-Effacing: I am shy; I approach others modestly and can be inconspicuous. {} I always feel ashamed of myself. {} I am shy and timid. I lack the courage or self-confidence to stand up for myself. I need boldness and determination. {} I am self-punishing, and I am overly apologetic, {} I am easily embarrassed. (h) self-punishing.	Autonomous: existing or capable of existing independently, take things as they come; no impact on our life, no personal cost to me. I am apologetic, lack self-confidence and I'm easily embarrassed. {} I believe having self-control in life is essential. I want to control vices such as drinking, drugging, and gambling. {} I want to be respectful to our parents. {} I want people to avoid sinful behaviors. {} I want to avoid temptations. (Healthy restriction of our uniqueness)	I Can criticize myself without using extreme evaluations. I value social and moral standards. Healthy criticism involves being positive with social orientation. I can be specific and private (don't criticize someone publicly). {} I want to control our unruly emotions that get them in trouble. I don't want others to see me as a selfish person. I want to correct self-defeating habits.

#1 What are some of the possible reasons why Healthy Self- Criticism Attitudes is more effective than being shy and a lack of self-confidence?

#i.

#ii.

#2. What situation do we need to be self-critical?

#3 In what situations or issues are we autonomous?

#4 How is shame belief meaningful?	How are healthy self-criticism attitudes meaningful?

#5 Cost Benefit Analysis

Cost of Self-Downing	Benefit of Unconditional Acceptance Attitudes
Benefit of Self-Downing	Cost of Unconditional Acceptance Attitudes
#6 How does self-downing ward of anxiety?	
#7 How does self-downing protect our self-esteem?	
#8 How will others respond to our self-downing?	
#9 Characteristics of toxic way of expanding our uniqueness.	# 11 Characteristics of healthy way of expanding our uniqueness.
#10 Characteristics of toxic way of restricting our uniqueness.	#12 Characteristics of healthy way of restricting our uniqueness.

Menu of Solutions & Effective Strategies (h)			
(h)	Self-Preservation Mode:	Interpersonal Values	Functional Values
1	Toxic: I am self-effacing, always ashamed of myself, shy, timid, and self-punishing.	I am apologetic, lack self-confidence and I'm easily embarrassed	I can criticize myself.
2	Discovering Meaningfulness: Feeling effacing and helpless helps me recognize that I want support from others, and I want to work on our social skills, assertiveness, so people don't look at me.	Discovering Meaningfulness: Having goals and not reaching our goals is meaningful because (1) I may need to make a new plan to reach our goals; (2) I may want to make a more realistic goal given our time and present resources; and (3) I want to meet life's demands rather than demanding something from others and the world.	Discovering Meaningfulness: I discover meaningfulness when I to consider the merits and demerits of and judge accordingly. When I rate our progress, I can decide if I'm moving in the right direction.
3	Cost of Being Self-Effacing: I make myself modestly or shyly inconspicuous, so people don't notice me. I feel left out, and people don't care about me.	Cost of Lacking Confident: People may see we as overconfident or cocky. They may not trust we because they think we are aggressively assertive.	Cost of Being Critical: We may criticize ourselves too harshly, reducing our motivation to complete specific tasks.
4	Benefit of Being Self-Effacing: People will lower our expectations of us.	Benefit of Lacking Confidence: People have a greater chance of helping we and being supportive in learning new skills.	Benefit of Being Critical: I can learn from our mistakes so I can better reach our goals.
	#6 How does self-downing ward of anxiety?		
	#7 How does self-downing protect our self-esteem?		
	#8 How will others respond to our self-downing? I restrict our uniqueness by training people to look down at me with varying intensities of derogation and superiority.		
5	Toxic Expansion of My Uniqueness: I may believe that feeling glum and having self-contempt will make others to accept me unconditionally, and I can do what I want whenever I want to do it. I think that running away will demonstrate our uniqueness.	Discover Healthy Expansion of My Uniqueness: Confidence gives me ways to develop and expand our opportunities. The best way to build trust is by practicing and restricting our uniqueness in healthy habits.	Discover Healthy Expansion of My Uniqueness: Critical thinking involves being objective and logical. Critical thinking helps me be more open minded and develop our skills.
6	Toxic Restriction of Uniqueness: {} I train people to look down at me, so they treat me with disrespect, contempt, or disdain. {} I see myself as weak and feel less anxious when people depreciate me. {} By being overly modest, I restrict our uniqueness. (See (h) shame, lacks self-confident	Discover Healthy Restriction of Uniqueness: {} We can criticize ourselves without putting ourselves down. We can rate our behavior to determine if we are reaching our goals. Able to criticize self	Healthy Restriction Uniqueness: {} We may feel unexcited about issues, so we spend more time working on questions and concerns that are influential and inspirational.

Being Meek-Passive versus Respecting Others (i)

	Survival Mode:	Interpersonal Values	Funtional Values
(i)			
2.8	Toxic Submission: {} Meek, passive, unaggressive. Disheartened: obeys too willingly, modest: placing a moderate estimate on one's abilities or worth neither bold nor self-assertive, tending toward diffidence, Spiritless, spineless, dejected; Masochistic: I enjoy others subjecting me to pain, {} humiliation especially by a loved one, easily led, usually gives in (I) people may see me as spineless, meek, passive, and unaggressive. I obey too willingly, passive. Guilt does not exist without some interjection or underlying acceptance of punitive themes. Self-criticism seems to involve some aspect of hostile criticism expressed against or projected on others. (i)	Can be Loyal and Devoted: Respectful of Others {} We pay attention. {} Accept others unconditionally even when the other person doesn't use reciprocal assertiveness. I am modest, easily led, and I usually give in to other's wishes or demands. I place a moderate estimate on our abilities or worth. I am neither bold nor self-assertive, and I tend toward diffidence, shyness, hesitancy, reserve.	I Can be obedient, healthy restriction of our uniqueness. We can be obedient, which implies compliance with the demands or requests of one in authority. We can follow rules and we are tolerant to follow structure. We pay attention to what they are saying. We show appreciation in our effort and experience

#1 What are some of the possible reasons why Respecting Another Person Attitudes is more effective than Disheartened Beliefs?

#i.

#ii.

#2. What situation do we need to be respectful?

#3 In what situations we want to enjoy our solitude or what activities do we like to do by ourselves?

#4 How are being Obedient beliefs meaningful?	How is being respectful to others meaningful?

#5 Cost Benefit Analysis

Cost of Being Meek and Passive	Benefit of Respectful Attitudes
Benefit of Meek and Passive	Cost of Respectful Attitudes

#6 How does being meek and passive ward of anxiety?

#7 How does being meek and passive protect our self-esteem?

#8 How will others respond to our meekness and passivity?

#9 Characteristics of toxic way of expanding our uniqueness.	Characteristics of healthy way of expanding our uniqueness.
#10 Characteristics of toxic way of restricting our uniqueness.	Characteristics of healthy way of restricting our uniqueness.

Menu of Solutions & Effective Strategies (i)			
(i)	Self-Preservation Mode:	Interpersonal Values	Functional Values
2.8	Toxic Submission: {} Meek, passive, unaggressive. Disheartened: obeys too willingly, modest: placing a moderate estimate on one's abilities or worth m neither bold nor self-assertive, tending toward diffidence, Spiritless, spineless, dejected; Masochistic: I enjoy others subjecting me to pain, {} humiliation especially by a loved one, easily led, usually gives in (I) people may see me as spineless, meek, passive, and unaggressive. I obey too willingly, passive. Guilt does not exist without some interjection or underlying acceptance of punitive themes. Self-criticism seems to involve some aspect of hostile criticism expressed against or projected on others. (i). No sense of healthy pride.	Can be Loyal and Devoted: Respectful of Others {} We pay attention. {} Accept others unconditionally even when the other person doesn't use reciprocal assertiveness. I am modest, easily led, and I usually give in to other's wishes or demands. I place a moderate estimate on our abilities or worth. I am neither bold nor self-assertive, and I tend toward diffidence, shyness, hesitancy, reserve.	I Can be obedient, healthy restriction of our uniqueness. We can be obedient, which implies compliance with the demands or requests of one in authority. We can follow rules, and we are tolerant to follow structure. We pay attention to what they are saying. We show appreciation in our effort and experience
2	Discovering Meaningfulness: I believe I am weak, inferior person. I train others to look down upon me. Life is telling me I need to find another way of feeling safe and avoiding anxiety. I want to move from anxiety to concern.	Discovering Meaningfulness: I am neither bold nor self-assertive. This gives me time to figure out what I want and time to listen to others.	Discovering Meaningfulness: I know when to move forward or when to give up. Sometimes retreating is our best alternative.
3	Cost of Being Passive: I am only receptive to outside impressions or influences. People will see me as weak and irresponsible when overly shy or timid. I ward off anxiety by means of self-depreciation.	Cost of Being Modest: self-abasing individuals provoke punitive and arrogantly superior reactions from others. when I act in a meek manner, I tend to avoid equal relationships and to seek strong, guiding partners. Others may become more aggressive if they see we as submissive.	Cost of Being Obedient: I give up our wishes for other group goals, and I may follow a leader who is not ethical or is more concerned about our welfare.
4	Benefit of Being Passive: I allow other people to expand our uniqueness and develop our skills. I am patient and without resentment.	Benefit of Being Modest: I can sit back and observe what is happening and find the best way to help the group or leader. People will less aggressive if they see we as passive.	Benefit of Being Obedient: I can contribute to the team, making the company productive and profitable. This is a healthy restriction of our uniqueness.
	#6 How does being meek and passive ward of anxiety? I use self-abasement (to lower prestige, or esteem) to avoid anxiety and my responsibilities. I ward off anxiety by means of self-depreciation. Uses introjection as a defense mechanism.		
	#7 How does being meek and passive protect our self-esteem? I convince people I am harmless, weak, and defeated. People won't expect too much from me. I put my confidence in strong individuals, and I feel safe when people degrade me.		
	#8 How will others respond to our meekness and passivity? I train others to look down at me because I am weak and inferior. I act glum and guilty, so people will look down on me, and sometimes they feel contemptuous of me. Provokes scorn. Self-abasing individuals provoke punitive and arrogantly superior reactions from others.		
5	Toxic Expansion of My Uniqueness: I believe people will take care of me or feel sorry for me. My sense of helplessness will reinforce the idea that I can make our world safe. When our world is safe, I can try new things. But I would only do things to expand our uniqueness when I feel safe.	Discover Healthy Expansion of My Uniqueness: As I observe other people's behavior and am modest, I will learn more about myself and develop our skills by following others.	Discover Healthy Expansion of My Uniqueness: I am a part of the group. Being a part of the group gives me a chance to learn new skills so that later on, I can expand our uniqueness with these newfound skills.
6	Toxic Restrictions of Our Uniqueness: I am unpretentious reserve. I avoid anxiety by employing retiring, embarrassed diffidence. Self-depreciation is a way for me to feel safe.	Discover Healthy Restrictions of Uniqueness: By being modest, I am also being cautious. This can lead to looking before I leap into situations in which I don't want to be in.	Discover Healthy Restrictions of Uniqueness: Being a part of the team involves playing our role to the best of our ability.