

LIST OF HANDOUTS FOR THE WEB-SITE TA-TUTOR.COM

PAGE 1

BASIC HOMEWORK - IDEAS & FILL-INS

STARTING OUT
KEEPING TRACK OF YOUR HOMEWORK ACHIEVEMENTS
HOMEWORK IDEAS
EXERCISE IN MAD-SAD-GLAD-SCARED
WHAT TO TALK ABOUT - HOW TO LISTEN - HOW TO ASK
WHO AM I ? - SOME INVENTORY - TODAY AND CHILDHOOD
RELATIONSHIP STRENGTHS
HELP AND HINDERANCE - HERITAGE FROM YOUR PARENTS
EVALUATE YOUR MOM AND DAD - THEIR BOUNDARIES
A HANDFUL OF BOUNDARIES
A HANDFUL OF BOUNDARIES - THE WORKSHEET
ABC - AFFECTION / BELONGING / CONTROL
ABC - AFFECTION / BELONGING / CONTROL - YOUR CHILDHOOD
SO . . . WHAT ARE YOU AFRAID OF ? DOES THAT RUN YOUR LIFE ?
COMFORT LEVEL WITH SAYING THE WORDS - ON/OFF LIMITS - FEAR
DEPENDENCY ISSUES 1
25 CHARACTERISTICS OF UNRESOLVED DEPENDENCY ISSUES
DEPENDENCY ISSUES 2
PICKING A PARTNER - YOUR RELATIONSHIPS - YOUR MOM & DAD
CONDITIONS AND CONTRACTS - A FOUNDATION OF RELATIONSHIP
CONTROL STYLES AND STRUGGLES
SOME IDEAS ABOUT SELF AND OTHERS
5IVE TRUST CONTRACTS FOR COUPLES
POSITIVE SELF-ESTEEM IS NOT COMFORT
A FEW THINGS THAT I THINK ARE TRUE
5IVE WAYS TO ENCOURAGE SPIRITUALITY FOR YOU AND CHILDREN
6IX USEFUL A-B-C-D-E-F'S FOR FAST EVALUATION
SIGNS OF UNHEALTHY BOUNDARIES
DECISIONS AND RESULTS - YOU ALWAYS HAVE 4 CHOICES !
A BIT ABOUT ANGER
NOTES ON ANGER
7 KINDS OF ANGER - PAGE 1
7 KINDS OF ANGER - PAGE 2
7 KINDS OF ANGER - THE WORKSHEET - WHAT ANGER DO YOU DO ?
ANGER QUIZ - WHAT DO YOU BELIEVE ? - DISCUSS WITH OTHERS
THE PHILOSOPHY CORNER
THE RULES FOR BEING HUMAN
3 ZEN STORIES - JUDGMENT - ACCEPTANCE - UNDERSTANDING
AND LAST, BUT NOT LEAST, SOME HUMOR, GO EASY WITH YOURSELF

PAC - 1

A DOUBLE HANDFUL OF PARENT
A DOUBLE HANDFUL OF ADULT
A DOUBLE HANDFUL OF CHILD
ADULT QUESTIONS FOR RATIONAL INQUIRY
THE BASICS IN CHILDHOOD
MY BASIC P-A-C INTRODUCTION SUMMARY

PAC - 2

THE OK CORRAL
THE OK CORRAL WITH SWEDE (print to read)
THE DRAMA TRIANGLE
THE DRAMA / DURABLE TRIANGLES
THE 5 DRIVERS
THE 5 DRIVERS, SOME OPTIONS
THE PALMER CURRENCY WHEEL
THE PALMER CURRENCY WHEEL, THE WORKSHEET
THE 6 PSYCHOLOGICAL HUNGERS
THE CURRENCY-HUNGER WORKSHEET
THE 4 LEVELS OF DISCOUNTING - 1
THE 4 LEVELS OF DISCOUNTING - 2



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**