

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

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QUINBY QUADRANT - DECISIONS & RESULTS
LOVE AND GARBAGE
JOHARI WINDOW

CHILDHOOD ISSUES

PRIMARY PROCESS PROBLEMS (NOT CONTENT)
THE BASICS IN CHILDHOOD
THE 7EVEN DEADLY SINS OF CHILDHOOD
HEALTHY STRUCTURE
6IX STAGES OF PERSONAL DEVELOPMENT

IDEAS ABOUT RELATIONSHIPS

PICKING A PARTNER - MOM & DAD HERITAGE
PICKING A PARTNER - MOM & DAD RULES FOR ISSUES
PICKING A PARTNER - A FAST A-B-C-D-E-F TO EVALUATE
PICKING A PARTNER - KELLY'S LIST TO EVALUATE
PICKING A PARTNER - JD'S LIST TO EVALUATE
WHAT KEEPS A MARRIAGE GOING ?
WHAT KEEPS A FRIENDSHIP GOING ?
DO YOU KNOW HOW OTHERS SEE YOU ?
2 EXERCISES IN TALKING AND LISTENING
EXERCISE IN MAD-SAD-GLAD-SCARED
WHAT TO TALK ABOUT - HOW TO LISTEN
CRITICAL COUPLES CUESTIONS
CONDITIONS & CONTRACTS
AFFECTION - BELONGING - CONTROL - THE BASIC ABC'S
HOMEWORK
5IVE TRUST CONTRACTS FOR COUPLES

IDEAS ABOUT ANGER - ASSERTION

SOME IDEAS ABOUT ASSERTION
ANGER - WHAT DO YOU BELIEVE ?
NOTES ON ANGER
ANGER 7 KINDS - 1
ANGER 7 KINDS - 2
ANGER 7 KINDS - THE WORKSHEET

IDEAS ABOUT POWER

NOTES ON POWER
POWER - ITS USE AND ABUSE - 1
POWER - ITS USE AND ABUSE - 2
POWER - ITS USE AND ABUSE - 3
POWER - ITS USE AND ABUSE - 4
6IX TYPES OF POWER
SOME NOTES AND IDEAS ABOUT POWER
POWER PROFILES AND TRANSACTIONAL CONTENT
OVERLAPPING CURRENCY PROBLEMS -1
OVERLAPPING CURRENCY PROBLEMS -2
HOW TO CONTROL PEOPLE

IDEAS ABOUT SPIRITUALITY

SPIRITUALITY IS DIFFERENT FROM RELIGION
5IVE WAYS TO ENCOURAGE YOUR CHILDS SPIRITUALITY
7EVEN CHAKRA ENERGY CENTERS
HOW WIDE IS YOUR VISION ?

SOME LISTS TO USE

WHAT TO SAY FOR PRAISE
ERIC'S LIST OF LOVEABLE BEHAVIORS
HOW TO LOVE YOURSELF



**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.**