

POSITIVE SELF-ESTEEM
FREEDOM REQUIRES RESPONSIBILITY
FREEDOM REQUIRES DISCIPLINE
PEACEFUL CONFLICT RESOLUTION
FIGHTING FAIR AND RESOLVING CONFLICTS

LIFE "TIMES" INVENTORY

LIFE "TIME" INVENTORY
RELATIONSHIP STRENGTHS
LIFE SKILLS INVENTORY
HERITAGE STRENGTH INVENTORY
MY SCRIPTED JOB DESCRIPTION
HELP AND HINDRANCE
WANTS - "LOST AND FOUND"
A-B-C'S OF CHILDHOOD
ABC - DRAMA TRIANGLE WORKSHEET - 1
ABC - DURABLE TRIANGLE WORKSHEET - 2
MY HAVEN
DEVELOPING YOUR HUMAN POTENTIAL
FUN DEVELOPMENT
SO . . . WHAT ARE YOU AFRAID OF ?
COMFORT LEVEL SAYING THE WORDS
THE STRUCTURE OF CHANGE
THE IMPACT OF CHANGE ON YOUR LIFE

CALENDARS FOR PLANNING

CALENDAR - WEEK
CALENDAR - MONTH
CALENDAR - YEAR
ONE YEAR FLOW CHART

ABUSE

WARNING SIGNS
STACY'S STORY - HOW IT STARTS
SHARON'S STORY - HOW IT STARTS
SHARON'S STORY - WORKING IT OUT
THE TAILHOOK LEGACY - ENFORCEMENT IN ACTION !

THE ATTITUDE TRIANGLE LISTS

ATTITUDE TRIANGLE WORKSHEET (USE WITH LISTS BELOW)
ATTITUDE TRIANGLE LIST 1 (USE WITH WORKSHEET ABOVE)
ATTITUDE TRIANGLE LIST 2 (USE WITH WORKSHEET ABOVE)
ATTITUDE TRIANGLE LIST 3 (USE WITH WORKSHEET ABOVE)

ETHICS

ETHICAL DIMENSIONS - 1
ETHICAL DIMENSIONS - (MORE TO COME)

HUMOR

PERFORMANCE STANDARDS
WORD PLAY
DOING IT ALONE
LIGHTHOUSE
BOTH SIDES
AFFIRMATIONS FOR A BETTER LIFE
THE 12 NIGHTMARES OF CHRISTMAS PAST AND PRESENT
THE 12 DAYS OF CHRISTMAS FUTURE
THE GONKLATAER ARMATUER



R&M SEMINARS

**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.**