

## **A FEW IDEAS AND PREMISES FOR CHANGING AND LIVING WELL**

- 1. THINK GLOBALLY – ACT LOCALLY – DOING WHAT YOU CAN IS GOOD ENOUGH**
- 2. CHILDREN DECIDE IN 2 WAYS – DEPENDENT - INDEPENDENT - & OFTEN FORGET WHY**
- 3. YOU ARE RESPONSIBLE TO HELP YOURSELF AND TO HELP OTHERS**
- 4. 3 SETS OF OK SHOULD ARE – MAINTAIN HEALTH & SAFETY – DIGNITY – AGREEMENTS**
- 5. THERAPY ADDS TO PEOPLES PROCESS SKILLS – IT IS NOT A SUBTRACTIVE PROCESS**
- 6. THERAPY AND LIFE ARE THE ARTS AND PRACTICES OF DOING WELL THE POSSIBLE**
- 7. THERE ARE • RIGHTS – RESPONSIBILITIES – RULES • ABOUT BEING HAPPY**
- 8. MANY THINGS ARE TRUE AT THE SAME TIME – DON'T GET STUCK IN RIGHT OR WRONG**
- 9. ALL THAT WE HAVE OF VALUE IS EACH OTHER – TAKE CARE OF EACH OTHER**
- 10. YOU ARE HEALTHY BY WHAT YOU DO – NOT NECESSARILY THE RESULTS YOU GET**
- 11. THERE ARE 3 KINDS OF HURTS – SCABS – SCARS – SEPTIC – BE CAREFUL AND KIND**
- 12. THERE ARE 3 GREAT PERMISSIONS – TO LOVE – TO CHANGE – TO DO THINGS WELL**

## **A FEW PROCESS TRUTHS ABOUT CHANGING AND LIVING WELL**

- 1. IF YOU WANT TO KNOW – YOU MUST ASK – THERE ARE NO DUMB QUESTIONS**
- 2. IF YOU DON'T WANT TO DEAL WITH THE ANSWER – DON'T ASK THE QUESTION**
- 3. YOU GET WHAT YOU ADVERTISE FOR – BE CAREFUL ABOUT WHAT YOU INVITE**
- 4. YOU GENERATE WHAT YOU ARE AFRAID OF – YOU GENERATE WHAT YOU WANT TO AVOID**
- 5. TO GET WHAT YOU WANT – LEARN HOW TO GIVE IT AWAY FIRST – IT COMES BACK**
- 6. WORRY IS A PARENT SUBSTITUTE FOR CLEAR THINKING AND ACTION PLANNING**
- 7. OPINIONS AND FEELINGS MAY OFTEN BE A PERSONAL TRIUMPH OVER GOOD DATA**
- 8. YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**



**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING  
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