

# COMFORT LEVELS SAYING THE WORDS

## IF SOMEONE TALKS TO YOU ABOUT YOUR INVOLVEMENT WITH . . .

	SURE ! OK LET'S TALK	NEUTRAL TO TALK ABOUT	NO THANKS ! MAYBE LATER
VACATION	_____	_____	_____
CHRISTMAS	_____	_____	_____
BIRTHDAY	_____	_____	_____
MOTHER	_____	_____	_____
FATHER	_____	_____	_____
COOPERATION	_____	_____	_____
DEPENDENCE	_____	_____	_____
INDEPENDENCE	_____	_____	_____
COMPETITION	_____	_____	_____
WEAKNESS	_____	_____	_____
CONFRONTATION	_____	_____	_____
SENSITIVENESS	_____	_____	_____
IRRESPONSIBILITY	_____	_____	_____
MAD	_____	_____	_____
JUDGMENTALNESS	_____	_____	_____
RIGHTEOUSNESS	_____	_____	_____
SAD	_____	_____	_____
UNDEPENDABILITY	_____	_____	_____
RIGIDITY	_____	_____	_____
GLAD	_____	_____	_____
GRIEF	_____	_____	_____
FLEXIBILITY	_____	_____	_____
SCARED	_____	_____	_____
HOSTILITY	_____	_____	_____
BANKRUPTCY	_____	_____	_____
ARROGANCE	_____	_____	_____
SMUGNESS	_____	_____	_____
SEXUALITY	_____	_____	_____
POWER	_____	_____	_____



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.