

DECISIONS & RESULTS

DO

NOT DO

**FEEL
OK**

DO THIS - ENJOY

I AM OK - YOU ARE OK

WE AGREE OK

NO BLAME - GET ON WITH

DO THAT - ENJOY

I AM OK - YOU ARE OK

WE DISAGREE OK

NO BLAME - GET ON WITH

**FEEL
NOT
OK**

DO THIS - STRUGGLE

I AM NOT OK - YOU ARE ?

WE AGREE RESENTFULLY

BLAME - GET NO WHERE

DO NOT DO THIS - STRUGGLE

I AM NOT OK - YOU ARE ?

WE DISAGREE RESENTFULLY

BLAME - GET NO WHERE



**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.**