

ATTITUDE AWARENESS

ONE METHOD FOR EXPLORING THE CONFRONTATIONS OF DUALISTIC FORCED CHOICE

(A different illustration of this is found at my web-site TA-TUTOR.COM, then see the menus for TA-TUTOR and ATTITUDE TRIANGLE)

Most of us have been raised, one way or another, and with varying intensities, on the forced choice of good or bad, right or wrong, best or worst, win or lose, and other ways of limiting choice and limiting exploring the world. Often our parents offer us these choices as though there are no other choices. There are other choices.

When we accept these limitations, as children, we carry these ideas, beliefs, and attitudes over into adult life, with the same limitations. These limitations apply to our personal life as well as our business life and our social life. These - now self imposed - limitations will control how we make emotional choices today.

The following method will help generate discussion, new ideas, new ways of looking at the world in all its complexities and differences of people, values, feelings, thoughts, behaviors, and the meanings for others that are different from our closely held meanings, beliefs, and attitudes. New choices will help set you free.

CAVEATS FOR USE

- Do not expect change or resolution today; Explore, Learn, Investigate -
- This must be done in "good faith", openness, and trust - "open inquiry" -
- This must be done for discovery, learning, and exploration; NOT SOLVING!! -
- This must be a voluntary involvement; pressure won't help openness or trust. -
- Do this in a spirit of Win-Win; One-upness always develops a lose position -
- The leader must participate; unwilling participants may do something else -
- Understand that change is an "add-on" process; not a "take-away" process -

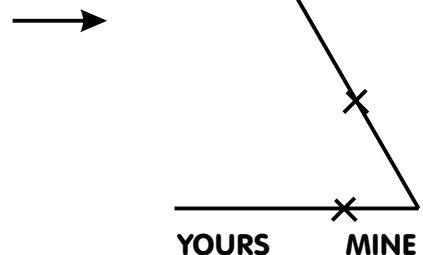
Draw a line and a pair of values - in possible conflict - at the ends.



Then put an X between them where you feel you are: in terms of valuing YOURS over MINE, or closer to MINE if you value MINE more than YOURS. Honesty and openness are important here.



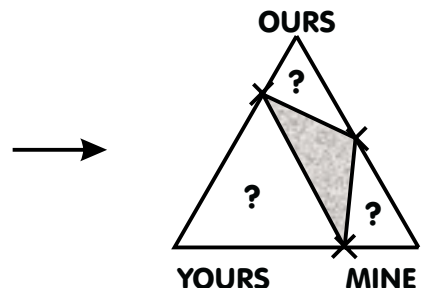
Now draw one leg of a triangle in and put OURS at the end. The introduction of this third concept helps soften the confrontation of the emotional or values competition of MINE vs. YOURS.



Now put an X between MINE and OURS where you feel that you value MINE more or less than OURS. Again, honesty counts here.

Do the same for OURS and YOURS by placing an X between OURS and YOURS where you feel that you value OURS more or less than YOURS. This will finish out the 3 sets of choices - not just 1 set.

Now fill in the triangle in the middle. There are white triangles left at the corners. The size of these MAY or MAY NOT be an indicator pointing to the corner(s) where you can find new ideas and growth. It is often hard to look at our values that we hold near and dear. THEREFORE: look carefully, go slowly with loving patience, humor, inquiry, and tolerance, and, MOSTLY, without the growth and understanding limits of judgement and criticalness.



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.