

SOME IDEAS ABOUT LIFE

5 WAYS TO BE AFFECTED
PHYSICALLY
EMOTIONALLY
INTELLECTUALLY
SOCIALLY
SPIRITUALLY

SOMEBODY ALWAYS
KNOWS FIRST

THE ABC'S OF
CHILDHOOD
AFFECTION
BELONGING
C O N T R O L

3 FOUNDATIONS FOR LIFE
AGREEMENTS
DIGNITY
HEALTH & SAFETY

EVERYBODY'S FAVORITE STATION
W I I - F M
WHAT'S IN IT FOR ME ?

WITHOUT GOOD DATA YOU ARE JUST
ANOTHER PERSON WITH AN OPINION

INTEGRITY
DO AS I DO
DO AS I SAY

TWO WAYS TO GET INTO TROUBLE
DO-ME DUE-ME

COMMON SENSE HAS TO BE TAUGHT
PRIVATE SENSE HAS TO BE EXPLAINED

USE MORE WORDS

TAKING CRITICISM WELL
IS AN ACQUIRED TASTE

TWO MAJOR PROBLEMS IN CHILDHOOD
ERRORS OF OMISSION
ERRORS OF COMMISSION

PEOPLE GET MARRIED AND
DIVORCED FOR THE SAME
REASONS - THE FLIP SIDE
IS INVISIBLE WHEN YOU
DON'T WANT TO SEE IT

STOP FIGHTS WITH
"TELL ME MORE"

FORGIVENESS IS GIVING UP
ALL HOPE FOR A BETTER PAST

WE GENERATE WHAT WE ARE AFRAID OF

MOST CHILDREN ARE
CONTROLLED BY PARENTAL
ANGER
APPROVAL
ABANDONMENT

BASIC EMOTIONS
MAD
SAD
GLAD
SCARED

HANG-UPS ARE TALENTS IN DISGUISE
TALENTS ARE HANG-UPS IN DISGUISE

THREE GREAT QUESTIONS IN LIFE :
WHO AM I ?
WHERE AM I GOING ?
HOW AM I GOING TO GET THERE ?

WE ARE BORN WITH THE CAPACITY FOR A VIGOROUS AND ROBUST
YES - NO - WOW - OUCH - NEXT
WE HAVE TO LEARN THE REALITIES OF
TRUTH - LIES - GOOD SECRETS - BAD SECRETS
- DISCRETION ABOUT WHEN TO USE WHICH

RELATIONSHIPS HAVE 2 DIMENSIONS
CONDITIONS - NOT NEGOTIABLE
CONTRACTS - ARE NEGOTIABLE
CHANGE CONDITIONS = CHANGE CONTRACTS

MOST OF WHAT HAPPENS TO US IN LIFE IS NOT PERSONAL
REGARDLESS OF HOW WE FEEL ABOUT IT

IF YOU ASK THE QUESTION
LISTEN TO THE ANSWER



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.