

TOOLS MAPS IDEAS

SYMBOLS A representation that stands for a larger more complex idea.

MAPS

Relationships of symbols, ordinarily two-dimensional but sometimes threedimensional. These include such relationships as P-A-C, The Drama Triangle, TheScript Matrix, a floor plan of your home, work place, or a "territory" city map.

RULES

Guidelines, not rigid, meant to develop new degrees of freedom and new options for growth physically, emotionally, intellectually, socially, and spiritually.

Rule example -- IF YOU CAN'T FIND OUT WHERE YOU ARE - USE ANOTHER MAP
OR GO BEYOND THE EDGE OF THE MAP YOU ARE USING !

(if you find that using P-A-C is confusing, use the drama triangle)

THE TERRITORY

The map is not the territory. People are complex and over simplification can lead to blind alleys and useless confrontation. Maps are useful guides in order to start looking for hidden feelings, distortions, thinking patterns, and feelings that have been buried for a long time. The more maps that you know about, the more you will learn about your own territory!

<u>CHARTS</u>	and	Easily accessible collections of symbols and maps to
<u>LISTS</u>	and	quickly refresh your memory. You can then establish
<u>DIARIES</u>	and	relationships between separate items on the lists due
<u>DAYBOOKS</u>	and	to their being listed together AND reviewable.

HOMEWORK TO DO

Behavioral suggestions offered for the purpose of testing new ideas and generating growth and change by: experiment with new maps, ideas, feelings, behaviors, situations, relationships.

FAKE-IT-TIL-YOU-MAKE-IT

The practicing of new behaviors, by rote, until the new behavior becomes second nature. This discipline allows the acquisition of new healthy behavior, even though it may feel a bit strange or uncomfortable for a while when learning it.

CHOICE

A direction taken by a person based upon a free and comfortable and integrated evaluation of options.

RESISTANCE

A direction taken by a person based upon a secretly held fear or belief about some situation or feeling.

TIME

GOAL TIME	How long it takes to get the job done by doing it (finish is the goal)
CLOCK TIME	How long you have to do the job by the clock (stop at set time)
	("you have to finish your homework by 9:00 or else" is a set up for trouble)

REJECTION is often the feeling you have when somebody makes a decision for their own reasons.

RUT - a grave with both ends open.

Suspending the habit of making fast judgment can be the most useful tool you can use in order to learn something new. Suspending judgment means that you cannot use the same old defenses to get rid of the anxiety of new ideas and feelings. You will have to consider the new issues for a few days or weeks before making initial judgments. After that you will get newer information that, hopefully, will modify the initial judgment. Then you are learning how to deal with anxiety producing situations in a new way that permits growth.



**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.**