

ATTITUDE AWARENESS LIST OF IDEAS TO USE WITH THE BLANK WORKSHEET

USE THESE TO STIMULATE DISCUSSION & DISCOVERY -- HUMOR IS GOOD -- YOU MAY NOT ARGUE OR JUDGE OR COMPETE

INTERMEDIATE IDEAS

Avoidance	Non-verbal	Verbal	Best skills to have to soften confrontations
Persecutor	Rescuer	Victim	Which is easiest for you to do ?
Persecutor	Rescuer	Victim	Which is hardest for you to do ?
Independent	Dependant	Inter-dependant	Which is the most common lifestyle ?
Work	Love	Play	How is the balance in your life ?
Self	Couple	Family	How do you spend your time ?
Us	Me	You	How do you share ownership ?
Tobacco	Booze	Food	"Stress Reduction" choice
Compassion	Cooperation	Consideration	Best anti-competition skills
Pay	Power	Prestige	What motivates you in job desires ?
Psychological	Physical	Social	The worst source of stress
Self	Friends	Strangers	How do you learn the best ?
Family	Community	Business	Where are you most committed ?
Beginning	Middle	End	What is the best part of a story / book ?
Water	Fire	Wind	What is the most powerful ? Why ?
Stop	Start	Sustain	Importance in skills for changing
Pessimist	Optimist	Realist	Effective life-stance
Decision	Determination	Discipline	Importance in skills for change
Courage	Curiosity	Commitment	Importance in skills for change
Energy	Space	Time	Importance to get the job done
R&D	Marketing	Training	What is the importance to profit ?
Parent	Child	Spouse	Who do you save from drowning ?
Intensity	Frequency	Duration	Most painful symptom dimension ?
Assess	Apportion	Account	Importance to non-profit board responsibility
Ideal	Personal	Practical	Importance in staff development negotiations
Seniority	Experience	Credentials	Importance in advancement criterion
I	It	We	I-It-We Importance
Nature	Nurture	Fate	Why things are the way they are
Water	Ice	Steam	What is the most powerful ? Why ?
Problem	Policy	Person	Importance of problem solving parameter
Position	Timing	Action	"Its all in your . . ."
Fair	Firm	Flexible	Importance in management skills
Goals	Vision	Outcome	Importance in project development
Success's	Secrets	Stresses	Easiest to share with others
Leader	Follower	Bystander	Most vulnerable role in power plays
Leader	Follower	Bystander	Least vulnerable role in power plays
Fair	Firm	Functional	Most important Parent attribute
Fast	Cheap	Good	Important to "Widget" production
Sit	Stay	Speak	Importance in Dog Training
Forests	Farms	Fisheries	Importance of Natural Resource
Rich	Brave	Powerful	Importance in making a difference in life
Criticism	Correction	Challenge	What are you "over-sensitive" to ?
Abandonment	Anger	Approval	What are you "over-sensitive" to ?
Conscience	Courage	Commitment	Importance - Morally & Ethically



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.