



D - I R S

Denial - Isolation - Rigidity - Secretiveness	4 DysFunctional Dynamics
Discovery - Inclusion - Responsiveness - Selective Sharing	4 Functional Dynamics

The first four dysfunctional psychosocial dynamics can be re-tooled into the second four functional psychosocial dynamics. All it takes is time, energy, work, and first of all -- A COMMITMENT AND WILLINGNESS TO GET THE JOB DONE. WILLINGNESS IS VERY OFTEN MORE IMPORTANT THAN WANT.

D - F B I

Discounts of Feeling-Behavior-Intelligence. Discounts minimize, ignore, reduce, diminish, lessen, decrease, or trivialize some important aspect of reality. "Don't worry they didn't really mean that"

- Discount of Feeling - "Don't cry, you are not hurt" "Don't be a cry-baby" "Big kids don't cry"
- Discount of Behavior - "You can never do anything right" "You'll just never quite make it"
- Discount of Intelligence - "You are stupid, you are crazy, you will never amount to anything"

D - C I A

Unresolved Dependency issues of Control-Inclusion-Affection. Many people, as children, do not have sufficient and appropriate affection and inclusion in their family of origin. They will then, MOST OFTEN, double or triple up on CONTROL STRUGGLES and CONTROL MASTERY in their personal and professional relationships. To fix endless control struggles, fix the shortfalls in affection and inclusion. Control problem and fighting showing up as a sex problem? -- Fix your love life (i.e. Generate more Affection and Inclusion with Cooperation, Dignity and Agreements)



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.