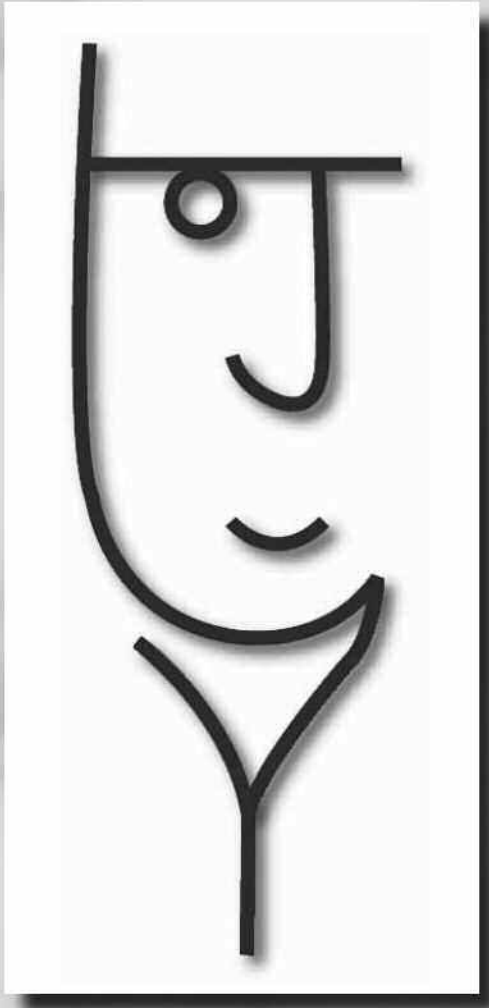


REJOINING

JOY



Volume III

Emotions

Gerald Young, PhD

REJOINING JOY

Volume III

Emotions

ALSO BY DR. GERALD YOUNG

Books

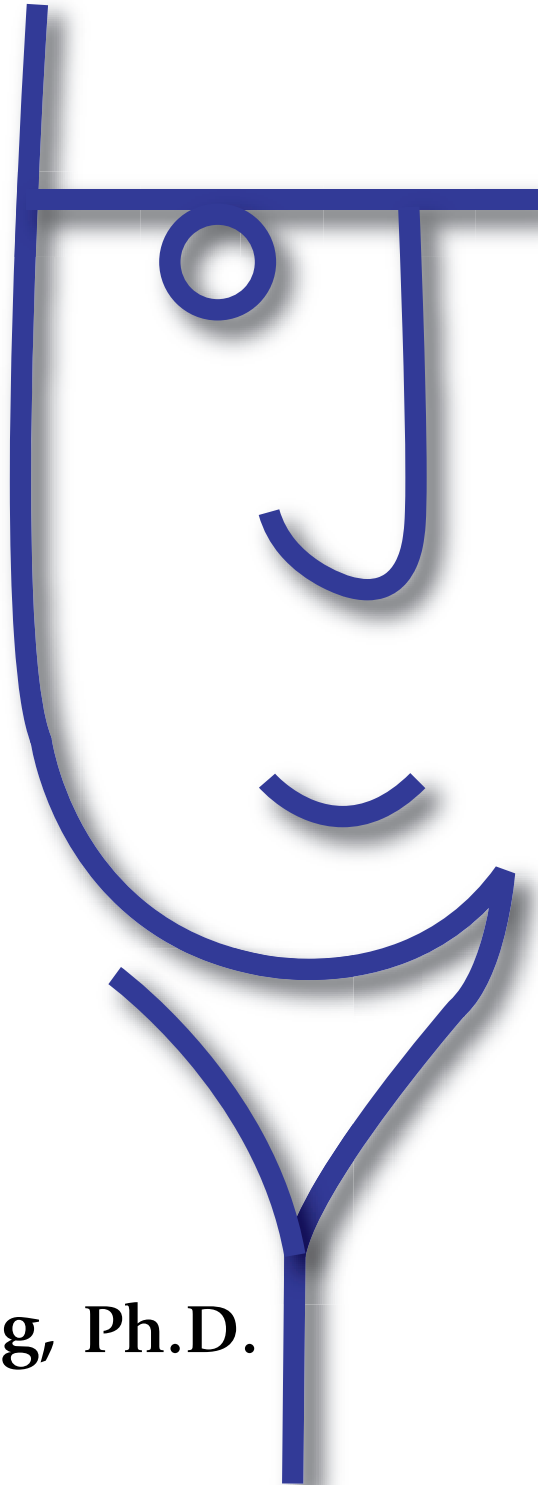
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The 2013, 2012, 2010, 2007, and 2006 books are books on psychological effects of traumatic events, and the like, in relation to personal injury law. The 2011 and 1997 books are on life span development. You may also consult the journal for which I am editor-in-chief, entitled, *Psychological Injury and Law*. To see my work in the area of psychological injury and law, consult the websites www.asapil.org and springer.com. To see my work in the area of self-help consult www.rejoiningjoy.com.

Rejoining Joy



Gerald Young, Ph.D.

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To my Family and my Clients



REJOINING JOY

Emotions Volume III

TABLE OF CONTENTS

Part 1

Introduction	xxxii	Figure 12-12	Bereavement.	35	
Chapter 11	Worry Wars	1	Figure 12-13	Living with Loss or Loss of Living	37
Figure 11-1	Winning Against Worry.	3	Figure 12-14	Getting Back to the Middle.	38
Figure 11-2	Worry Word Games.	4	Figure 12-15	Open the Possibilities.	39
Figure 11-3	Seeing Through Clouds of Worry.	5	Figure 12-16	Freedom is What We Mean of It.	40
Figure 11-4	The Worry Game	6	Figure 12-17	ReResponsibility	42
Figure 11-5	Descrambling to Stop Scrambling	7	Chapter 13	Abstain from Pain: Part One	47
Figure 11-6	Find Time For Rest Amid the Rushes.	8	Figure 13-1	Stepping Stones	51
Figure 11-7	Worry: The Best or the Worst	9	Figure 13-2	When You Have a Headache, Use Your Head.	52
Figure 11-8	Lift Weights or Raise Blood Pressure	10	Figure 13-3	The Pain Magnifying Glass.	53
Figure 11-9	Increasing Degrees of Stress, or Turning Down the Heat	11	Figure 13-4	What the Brain Signal Should Tell the Pain Signal	54
Figure 11-10	It's a Real WOR Out There	12	Figure 13-5	Pain Experience Formula	55
Figure 11-11	Turning Stress Upside Down Will Give It a Headache	13	Figure 13-6a	Working With Pain	56
Figure 11-12	Psychological Cave Bears	14	Figure 13-6b	Freebees: Taking the Sting Out of Pain	56
Figure 11-13	If Peter Piper Picked a Pack of Puckered Pronouncements.	15	Figure 13-7	Master Faster the Disaster.	57
Chapter 12	Sadness or Sadless	19	Figure 13-8	The Brain Drain.	58
Figure 12-1	The Two Faces of Sadness	21	Figure 13-9	Pain, Not Suffering	59
Figure 12-2	Time Line.	23	Figure 13-10	Join the Inner Circle	61
Figure 12-3	Passport to Your Port	24	Figure 13-11	Living With Pain For Long Term Gain.	62
Figure 12-4	The Ups and Downs of Life	25	Figure 13-12	Chronic Pain Chronic Effort	63
Figure 12-5	Wayward or a Way with Words.	26	Figure 13-13	Chronic Pain is Beatable When We Are Reasonable	64
Figure 12-6	Self Esteem.	28	Figure 13-14	Pain Arrest and Stop System: P.A.S.S.	65
Figure 12-7	Optimism is a Win-Win Situation	29	Figure 13-15	Pace and Persist at Activity Helps Lessen Pain and Stress	66
Figure 12-8	Drugs Are Not the Only Way to Get a High	30	Figure 13-16	Watch Your Pace:Work Through Your Task	67
Figure 12-9	Sadness is Not an Illusion.	31	Figure 13-17	Stepping Up the Pace	68
Figure 12-10	Sadness Termination & Ongoing Protection: S.T.O.P.	33			
Figure 12-11	Life Therapy	34			

Chapter 14	<i>Abstain from Pain: Part Two</i>	71	Chapter 15	<i>Unfazed by Fear</i>	97
Figure 14-1	Chronic Pain is Not in the Head	72	Figure 15-1	Relax City	99
Figure 14-2	From Having Own Life to a Life of Its Own	73	Figure 15-2	The Driving Wheel: "C"ing Straight	101
Figure 14-3	Play With Your Pain	75	Figure 15-3	Tune in to the FM Band	102
Figure 14-4	Tell Stress and Pain to Break Up	76	Figure 15-4	Steering Fear With This Steering Wheel	103
Figure 14-5	Watch Your Associations	77	Figure 15-5	What Fear Does Not Want to Hear On Special Days of the Year	104
Figure 14-6	If You Have Pain, Don't Mess With Stress	78	Figure 15-6	Seeing the Light	105
Figure 14-7	Pain Movements	79	Figure 15-7	It's OK to Chuckle: Just Don't Unbuckle	106
Figure 14-8	The Down Side of Pain	80	Figure 15-8	Driving Strategy	107
Figure 14-9	Fear of Pain	81	Figure 15-9	Expose Fear for What it is	111
Figure 14-10	The Pain Game	82	Figure 15-10	Stopping Communication Misses the Message	113
Figure 14-11	The Pain Community Provides No Immunity	83	Figure 15-11	Therapy Frees Talk of What Can Not be Said	115
Figure 14-12a	Getting Back Control	84	Figure 15-12	Sensitization	117
Figure 14-12b	Getting Back Control	85	Figure 15-13	Stress Builds Coping Skills and Strengths	119
Figure 14-13	There's No Cure; Mainly Because You're Not Sick	86	Figure 15-14	Each Stress Adds to Stress Response	120
Figure 14-14	It's a Fact: Pain and Stress Interact	87			
Figure 14-15	Mind Your Body Connection	88			
Figure 14-16	Target Pain Before It Targets You	91			

REJOINING JOY

Emotions Volume III

TABLE OF CONTENTS

Part 2

<p>Chapter 16 Snap Off Snappiness 127</p> <p>Figure 16-1 Saying Good-bye To Anger 129</p> <p>Figure 16-2 Anger Control: I 130</p> <p>Figure 16-3 Anger Control: II 131</p> <p>Figure 16-4 Anger Options 132</p> <p>Figure 16-5 Snap Off Snappiness 133</p> <p>Figure 16-6 Tit For Tat 134</p> <p>Figure 16-7 Anger Talk 135</p> <p>Figure 16-8 Questioning Anger Gives It An Answer 136</p> <p>Figure 16-9 Never Go Without Within 137</p> <p>Figure 16-10 Acceptance Scale 138</p> <p>Figure 16-11 Emotions: Before and After Stress . 139</p> <p>Figure 16-12 Lashing Out? 140</p> <p>Figure 16-13 The Ball is in Your Court 141</p> <p>Figure 16-14 Where There's an ill, There's a Way 142</p> <p>Figure 16-15 Road Rage or Act Your Age 143</p> <p>Figure 16-16 Let "A" Stand for "Affable" 144</p> <p>Chapter 17 Drinking and Other Addictions 147</p> <p>Figure 17-1 Free Will and Alcoholism: Give the Drink No Choice 150</p> <p>Figure 17-2 Facilitating Free Will in Making Life Choices Through Psychotherapy from a Functional Perspective^a . . . 151</p> <p>Figure 17-3 Free Will in Everyday Life 153</p> <p>Figure 17-4 Self-Regulation and the Executive Function of the Self 154</p> <p>Figure 17-5 Conscious Causation and Free Will . 156</p> <p>Figure 17-6 Free Will and Mechanisms in Motivation, Attention, and Reasoning 157</p> <p>Figure 17-7 Facilitating Free Will in Psychotherapy by Promoting Better Meaning Making 158</p>	<p>Figure 17-8 Free Will and Promoting Logic . . . 159</p> <p>Figure 17-9 The Change Process and Creating a Better Sense of Having Free Will . . 160</p> <p>Figure 17-10 Freeing the Will to Believe in Free Will in Addictions 162</p> <p>Figure 17-11 Waist Control 163</p> <p>Figure 17-12 Tell Weight To Wait 164</p> <p>Figure 17-13 Fridge Magnets To Freeze Food Dragnets 165</p> <p>Figure 17-14 Food Interrupt Training: E.I.T. . . . 166</p> <p>Figure 17-15 One Less Stress Chart 168</p> <p>Chapter 18 Love 171</p> <p>Figure 18-1 The Art Of Love 172</p> <p>Figure 18-2 Hit the Mark 173</p> <p>Figure 18-3 The Scales Of Just Us 174</p> <p>Figure 18-4 The Stages of Love 175</p> <p>Figure 18-5 Love Dimensions 177</p> <p>Figure 18-6 Love: Sole Proprietor or Soul Proprietor 181</p> <p>Figure 18-7 Tell It Like It Is 182</p> <p>Figure 18-8 Home Improvement 183</p> <p>Figure 18-9 Love Links 184</p> <p>Figure 18-10 Winning at Love 185</p> <p>Figure 18-11 St. Valentine's Song 186</p> <p>Figure 18-12 Love Makes the World Go 'Round . 187</p> <p>Figure 18-13 Long Distance Flights of Fancy . . 188</p> <p>Figure 18-14 Love on the Run 189</p> <p>Figure 18-15 Love is Green 190</p> <p>Figure 18-16 Fifteen Principles in Love 191</p>
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Chapter 19	Motivation	197	Chapter 20	Changing Our Story	215
Figure 19-1	Be in the Zone	199	Figure 20-1	Be Your Own Director	217
Figure 19-2	Self Motivation	200	Figure 20-2	Finding Things Within	218
Figure 19-3	The Wheel of Fortune	201	Figure 20-3	The Shortest Distance Between Two Points	219
Figure 19-4	The Alfabet	202	Figure 20-4	Decide On This Side	220
Figure 19-5	You Can Do It	203	Figure 20-5	How People See Me	221
Figure 19-6	According Yourself a Positive Future	205	Figure 20-6	Space Cadets to the Rescue	222
Figure 19-7	Acceptance	206	Figure 20-7	Comfort Zones Need Renewal	223
Figure 19-8	Two For One Sale	207	Figure 20-8	Put DEF Before ABC	224
Figure 19-9	Hope: I	208	Figure 20-9	Stop Plotting Along	226
Figure 19-10	Hope: II	209	Figure 20-10	See the Forest Between the Trees	227
Figure 19-11	The Monster of the Deep	210	Figure 20-11	Chatting It Up	229
Figure 19-12	Basketball Therapy	211	Figure 20-12	Changing the Future	230
			Figure 20-13	Follow the Future Field	231

ABOUT THE AUTHOR

DR. GERALD YOUNG is an Associate Professor Psychology at Glendon College, York University, Toronto, Ontario, Canada. He is also a practicing psychologist dealing with rehabilitation and with counseling. He undertakes research on two major topics. The first is on psychological injury and law [five books]. The second is on child development. His most recent book is entitled: *Cognitive and Affective Parallels in Development: Comparing the Neo-Piagetians Fischer, Case, and Young* (published by Springer SBM, New York). He has written one other book, on the topic of manual and hemisphere specialization. He has received an outstanding research award from his faculty at the university. He is the editor of the leading journal in the area of psychological injury and law (*Psychological Injury and Law, PIL*, springer.com), and is the president of its housing association (ASAPIL, see www.asapil.org).

Dr. Gerald Young has gained the trust of his clients and of his professional colleagues in his professional practice in clinical psychology. He has helped numerous clients over the years; and his reports have been presented to court. As an Associate Professor at York University, he teaches students the courses of Rehabilitation Psychology, and Abnormal Child, Adolescent, Adult, and Advanced Development.



“There is unity in my university teaching, my research, my practice, and the self-help book series. With much passion, I have dedicated my professional life to the area, and the self-help books reflect that passion and the skills that I have learned and developed and want to communicate to the reader.”

FOREWORD

R*ejoining Joy* is a self-help book series on stress, emotions, pain, managing stress, and dealing with a range of daily issues, such as raising children and functioning well at work (see rejoiningjoy.com). The series is not a self-help one in the traditional sense, for it is more about improving our ways of living. It does not simply ask us to be more positive, happy, or better. Rather, it shows the reader how to accomplish these and related goals in a realistic manner. It does not simply give the reader positive statements about the self to learn. Rather, it helps facilitate the reader in *learning new ways of living* by dealing better with the negatives and increasing the positives.

The series is based on figures and accompanying text created by psychologist Dr. Gerald Young in sessions with his clients. The text for each figure is described in one to several paragraphs and, usually, includes a positive message. In his clinical work, Dr. Young encourages people to tell better stories about themselves, to find inner qualities and strengths, to learn destressing skills in order to add to them, and to use appropriately these qualities and strengths in solving problems.

There are eight volumes in the book series.

The first volume presents essays, without accompanying figures for the most part, including an essay on an

introduction to psychology, and another on therapy. The next volume, the first with figures and accompanying text, is on stress and destressing. The next two volumes are also in this figure-text format. Specifically, the third volume in the series is on emotions, such as worrying but, also, it includes positive feelings, such as love. The fourth volume deals with diverse topics relating to children, work, change, and so on. The fifth volume has neither essays nor figures and accompanying text, but presents artwork meant to be relaxing. In a sixth book, the reader is provided a self-contained workbook of psychological exercises. In addition, the series includes a seventh book based on excerpts from the best material from books in the series. The eighth book is on sayings for living, loving, and learning. The reader should find them inspirational. They emphasize the major theme of the book series—that when life is difficult, we can still do our best and do it well, and that we choose to find techniques, strategies, and ways of living to help us in this great and empowering task. Another way of describing the major themes of the book is that they involve: Reducing Negatives, Increasing Positives, and Improving Relations and Love. I created over 20 sayings for over 20 themes.

Together, the books are aimed at having the reader not only regain joy but, also, keep it.

Introduction to the Book Series

Dr. Young has written a series of eight self-help books. In these self-help books, he shares with you the clinical advice he gives to his clients, most of whom have been in traumatic accidents. A large part of the material in the books consists of graphics and accompanying text. They cover the multiple areas of stress, negative emotions, and life disruptions that follow trauma. There is also an introductory book of essays, a book on art and nature, and a workbook. The series concludes with an excerpted book of the best of the other books. It ends with a book of the sayings, some excerpted from the other books and some newly written for it. The workbook is about *Empowering the Core* and the collection of sayings is about *Living, Learning, and Loving Together*. Together, the books constitute a series called, *Rejoining Joy*. The title reflects the belief that we can learn to be in charge of our lives and maintain joy even when we might experience traumatic events such as accidents. We can learn to live our life to the fullest, and have a sense that we are in charge no matter what may happen to us, and no matter what our situation or age.

The contents of the books are scientifically-based, yet tailored to each client. The goal in these books is to help people who want to grow, learn from their experiences, and have a more positive and peaceful psychology. The work is based especially on car accident survivors, who come into the office with a whole host of life issues. Therefore, the books covers how to handle stress, how to deal with

negative emotions, how to handle injuries and pain, how to cope with death of a loved one, how to handle the many difficulties that emerge in daily life, how to promote positive emotions, and how to improve communication and relationships, deal with children, families, and work, and how to change for the better.

The approach taken is cognitive-behavioral, narrative, interpersonal, and developmental. The books emphasize that ultimately we are responsible for ourselves, but we create that sense of responsibility by active participation in our social relations and daily life, and by actively finding solutions to the problems that may arise in our roles. Even when the worst tragedies happen to us, we can still be in control, learn from the experience and grow, stay ourselves, and be helpful to others. No matter how bad things seem, there is always something that we can direct, adapt to, and live through with inner positivity and peace. Even in the most extreme stress and negative emotions, we can turn to those parts of us that are more positive and peaceful, make them expand, and regain joy. We can learn to emphasize our positives and work with our negatives, to make us better people and to make our future better.

The Book Series Has Taken a Unique Approach

1. The most important point about the book series is that it will be helpful to readers because it presents a wide range of useful strategies, techniques, and ideas for use in daily

life. The book series is not just for people who are undergoing stress, whether through great tragedies such as serious accidents or in the hassles of daily life. The counseling given in the book series also is useful to prevent stresses from growing out of hand, to head off bad habits, and to promote good habits. We all can develop control in our lives and prosper psychologically in our daily activities. There are eight books in the series and it is comprehensive in the topics discussed and the education and instructions given.

2. In addition, the book series reflects an integration of my practice, teaching, and research, yet stays at the level of my clients and the general reader. In an article written in 2008 for the journal *Psychological Injury and Law*, I describe the psychotherapeutic encounter, and argue that it should deal with the whole person, through 10 critical areas, as well as through family counseling and related interventions, if necessary. This model is an integrative one that has guided the present book series, leading me to organize many common psychotherapeutic techniques into a holistic model. It allows me to keep the client in focus in therapy, and facilitate their self-growth, inner peace, and relations with others in their daily lives.
3. The majority of the books use visual graphics with accompanying text. In the heart of the book series, there are 30 such chapters spread over three books. The books are unique in the amount of graphics and in their use as central organizers, with text written solely to explain them. That is, for each visual, usually there is a paragraph or page-long description. For any one chapter, together the graphics cover the major themes important for it. For the excerpted book, the author took material from each of these 30 chapters, in particular, as well as some introductory essays and some art on nature, as described below. In addition, he put in select sayings written for the margins, as described below.
4. The book of introductory essays includes essays that explain psychology and explain psychotherapy. The author wrote these essays instead of using cumbersome footnotes or endnotes. Almost all key words in the visual graphics and their accompanying text are explained in the essays. Other essays are more motivational and inspirational. Finally, there are those that explain development very well, and they are based on my professional publications. This book concludes with a few poems.
5. The art and nature book is a “green” one, for it encourages readers to respect and love the planet and its animals. The art consists of simple line drawings, illustrating that any one can undertake art, and at any age. Also, the themes are peaceful, motivational, and inspirational, such as ones on families, flowers, dancing figures, and art based on a visit to the holy land.

6. The workbook consists solely of workbook exercises, each having a brief introductory text. Most exercises and their introductions fit on one page. Each exercise consists of two questions, asking for up to five possible answers, or at least things to think about. Other workbooks use more text for each exercise, so there are fewer exercises in other books than in the present workbook. Each of the exercises is aimed at creating a sense that one can succeed in taking charge of life's difficulties. The workbook was written so that it can stand alone, and be read without reading any other book in the series.

7. The book of sayings is a collection of sayings used as margin material, but it turned out important in its own right. For the most part, other collections of sayings involve those not written by the authors, but by famous writers and public figures. Because the sayings are tied to the book series, all of them are psychological in nature, which is unlike the case for other books of sayings. The reader will find the sayings are consistent with the major themes of the book, and therefore reasoned, motivating, inspiring, and promoting positives while helping to control negatives.

Who Needs to Read the Book Series?

1. Anyone who has confronted any kind of stress, not just those coming from accidents, should read the book series.
2. Anyone who wants to learn how to handle effectively stress, negative emotions, and bad habits will profit from the book series.
3. Anyone who needs advice on communication, relationships, love, children, teenagers, families, work, and taking responsibility of any kind will keep coming back to the series.

In short, the book series will be useful for almost anyone. Moreover, its attractive visual and workbook format makes for easy reading and good learning.

People of all ages will find the book series interesting and informative, from teenagers to the elderly. Some of the graphics and workbook exercises might seem more appropriate for young people and others for adults. However, readers of all ages, whether they are young or young at heart, will find the book to their liking.

In addition, because the graphics have been made in session and because the workbook is oriented to clients, both treating mental health professionals and their patients should find the book series valuable.

AUDIENCE

Market

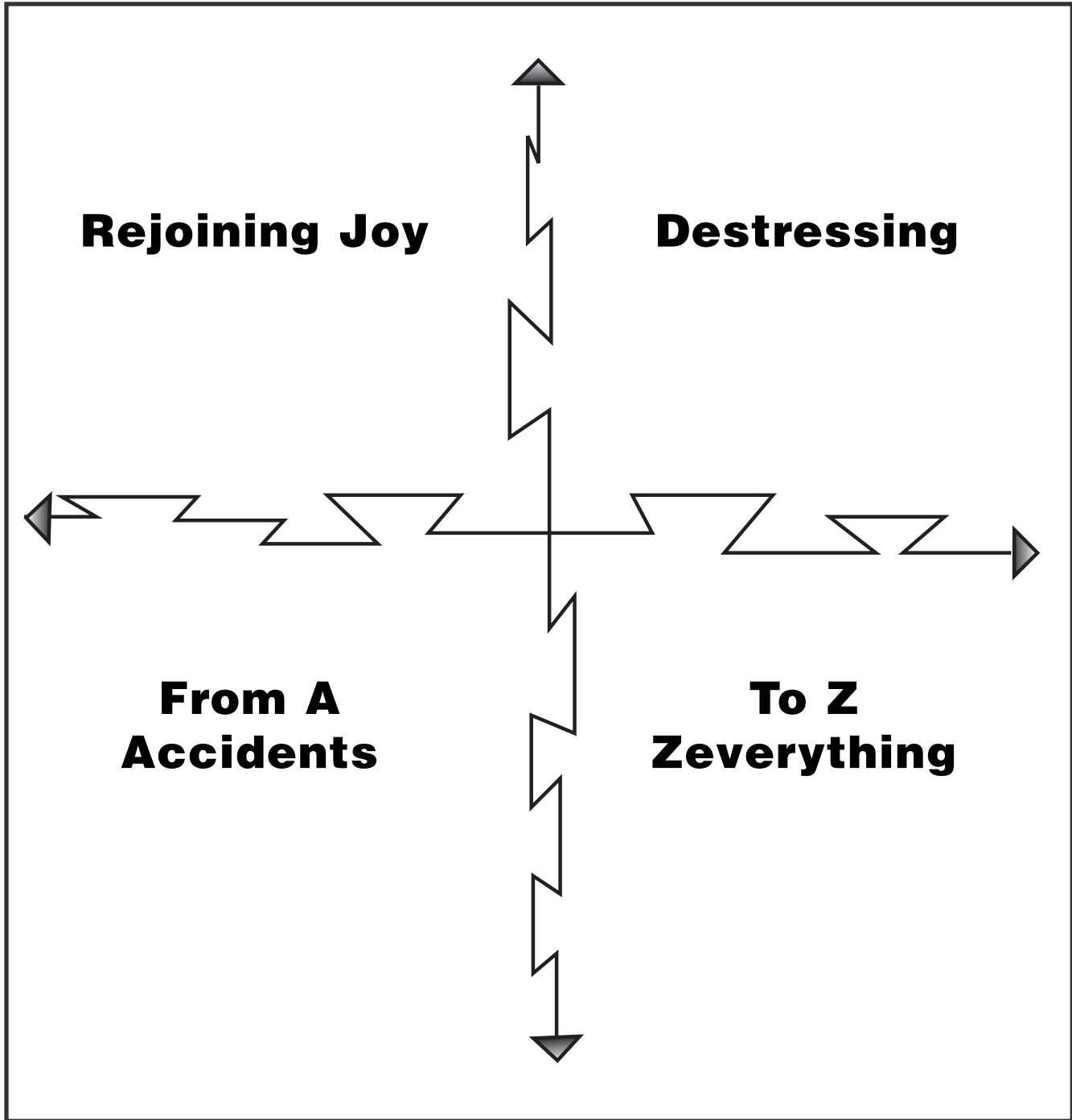
The book series was written starting with *clients* right in their sessions. I would make for them the therapeutic visualizations that I have described in order to illustrate what I wanted them to learn and to apply in their distressing and regaining joy. However, the book series is not just aimed at clines in need of mental health services. It aims, as well, for the self-help and self-healing *market, in general*. Many people need and seek simple techniques to use in their attempts to distress and regain joy, and they also seek books that further their sense of meaning and fulfillment, inspire them to change, and facilitate their growth. Therefore, the book series can be of great help to the general reader, given its motivational, inspirational, and reflective contents.

Because of its contents and the way it is written, *psychologists* and other mental health professionals will also find that the book series can be helpful in their practice. The contents of the books can be used effectively with their clients, just like I have used them with mine. For example, psychologists can use the therapeutic visual figures and their associated text to make crucial points in session. The sayings and art can be used to motivate and inspire. The essays can help flesh out therapeutic work, both in terms of facilitating reflection and for giving clients at-home reading assignments.

The advantage of my approach lies in its inclusive nature. I cover so many themes, with one chapter usually per theme. Within each chapter from the three books in the book series that have figures and matching text, there are at least 10 figures. Some are meant to present the same or similar information in different ways. However, most are quite distinct from the others. Because there are about 500 figures in the book series, and they cover a full range of topics, the mental health professional can select from much choice in the material covered by the books for the particular needs presented by clients in sessions. The therapist using my book series can design individually tailored groups of readings and figures for clients to consult.

REJOINING JOY: DESTRESSING

Stress infiltrates every aspect of our life. So can destressing and joy.



BOOK SERIES CONTENTS

Volume Descriptions

The first volume in the book series presents in a straightforward manner essays introducing psychology and how to live life more happily and effectively. The essays are meant to cover the basic topics presented in the remaining books, and they include pertinent definitions and explanations of concepts, although the reader does not have to read these essays before reading the other books. The topics in the first set of essays range from what are the fundamentals in psychology, to how to deal with stress, to how cognitive behavioral therapy works. The second set of essays is more literary in the first part and more scholarly in the second. The essays range from short ones that are more inspirational and motivational, to ones on change and on stages in development and their implications. Key themes relate to growth and responsibility.

The second volume is on destressing. This volume marks the beginning of the major use of therapeutic figures. In this volume, I explain basic concepts about stress and I explain behavioral techniques on how to distress. I emphasize various cognitive techniques, such as keeping our hope, optimism, and positive attitude. We learn that when confronted with stress, we have options in our behavior and we can be in control. I go on to explain that having some stress can be growth promoting and that we can learn to live effectively

with it. This first book in the series concludes with a chapter on recovering—stress is a start and dealing with it is our goal.

The third volume of the book series deals with negative emotions, such as worry and sadness, and specific emotional problems, such as drinking or dealing with pain. The volume moves from these negative and most basic emotions to positive ones, for it concludes with chapters on love and motivation, in particular. The main theme of this volume is that we can use emotions to our advantage, that emotions color all our activities, and that we can control them when they are negative. This third book in the book series concludes with a chapter on rewriting the stories that we tell about ourselves so that they are more positive.

The fourth volume in the book series is about improving the quality of our daily living. It deals with more complex topics, such as the self, communication, handling children and adolescents, coping with change, and managing work and family life. It includes a chapter on inspiration. It terminates with a description of major points of view in psychology, including the biopsychosocial perspective. This reflects the integrative effort that I have taken in writing the book series. To better understand our psychology, we need to look both inside and around us, both at our bodies and our mind, both at our thoughts and our emotions,

and both our bad habits and good ones. We all have core positives waiting to grow.

The fifth volume presents two-dimensional artistic line drawings intended to relax and inspire. Many of the drawings are about nature and animals. Many are about people and family. I do these drawings quickly, illustrating that, with a single line or a series of lines, we can both express ourselves and relax in doing so. The accompanying text for this book emphasizes the role that we all have to play in helping nature survive. I added text related to nature and our need to protect and preserve it. By acting to save the planet, its habitats, its animals, and its plants, we engage in the best forms of destressing.

Book six of the book series represents its crowning achievement. It consists of excerpts of the best material, especially from books III, IV, and V of the first five books in the series. I selected those figures and accompanying text that provide the clearest description of the book series' major messages and its best therapeutic self-help skills. The excerpted book offers a concise presentation of the book series contents, allowing the reader to consult the complete series for more in-depth reading.

Book seven presents workbook exercises that have the reader review and reflect on the contents of Books III, IV, and V of the book series. The exercises emphasize empowering our inner positive psychological core and good habits, or strengths and advantages, while helping readers toward altering negatives, bad habits, and so forth. Each of the exercises begins with an introduc-

tory paragraph, so that the reader can read the book by itself, without reference to other books.

The last volume of the book series presents inspirational sayings for living, loving, and learning. The sayings were written based on Dr. Young's work with his clients. They offer a basis for rejoining joy and gaining in life. The third through fifth book of the series concern stress, emotions, and daily living, and there are 10 chapters in each book. For each chapter, there are about 50–100 sayings and bolded sentences that are like sayings. They cover topics such as increasing positives, ensuring success, and improving relationships. There are over 20 topics related to destressing, emotions, and daily living, including at work and with family. There are over 20 sayings per topic. They will motivate, inspire, and help to promote good habits while helping to inhibit negative ones.

What the Book Series is NOT.

To better differentiate how this book series is different from other books similar to them the market, we need to know what the book series is not.

1. The book series is not on one particular topic, such as how to handle stress, depression, or pain, because it covers all these matters. Dr. Young, in his sessions with clients, deals with the full range of issues that come up after accidents and in life.
2. The book series does not give simplistic answers on how to cure or how to deal with all critical problems

that people face because there aren't any such simplistic answers, despite what some people or authors might preach. Books that simplify by giving catchy titles and cute phrases may inspire for the moment, but they do not create long-lasting helpful effects. The approach in the present book series is to not only inspire and teach, but also to have readers learn and apply the strategies in the series, and therefore improve their ways of living.

3. The book series is not a complex scientific explanation of psychology and its therapies. There are not a lot of theoretical explanation, references to the literature, and footnotes. Dr. Young has written scientific books and articles on therapy, but the goal of the present book series is practical and it is aimed at the mass market. The book series speaks to the reader at the level of the reader and gives a bibliography that the reader can consult for further information. Therefore, the book is balanced by being not too simple yet not too complex.
4. The book series is not simply text, because it includes many visuals. For each visual, there is usually an associated paragraph or page, and the visual and the text should be examined together.
5. The book series is not dry and humorless. To the contrary, it includes humor when necessary, it includes some
6. The book series is not another self-help book project that will not help people. We are coming to understand that self-help books have temporary effects and even some harmful ones. For example, by painting everything rosy or minimizing the difficulties in dealing with problems, other self-help books may overlook the serious problems people have in dealing with stress. Or, they may give very simple solutions that can only work in some situations, but lead to difficulties in others; so in the end, they limit the person and have opposite effects to those intended. The present book series is more realistic, never promising too much. However, it always offers good ideas and strategies, it motivates, and it always gives hope. **Life is a Lesson and we are both its teacher and student.**
7. The book series is not just for accident survivors. Indeed, it will be helpful for most people who want to learn how to handle stress of any kind, and regain joy. Also, it will be helpful to any one wishing to grow and transform for the better. Often, psychology is considered as a discipline that deals with helping people with their problems. The approach of the present book series goes beyond this, because psychology can help all of us all, no matter what our age, to learn to improve our psychological wellness, positivity, quality of life, ways of living, and joy in living.

PREFACE

The title of this book series includes the phrase, "Rejoining Joy." When we experience stress, we do the best that we can to get through it. We try to regain joy, and we use various destressing techniques, perhaps some like the techniques in this series. Rejoining joy is the goal so that we can get on with our lives and live it in enriching, productive ways. "A healthy way of living" is an important means to attain joy.

However, destressing is not a list of techniques mechanically applied. It is essential to want to destress and go beyond our repertoire of learned destressing techniques. People can learn to minimize or take away their present stress. It is just as important to learn that destressing is an ongoing process. When we go beyond the techniques used and see the whole picture, it becomes easier to deal with future stress.

The book series *Rejoining Joy* is divided into eight volumes. They cover a diversity of topics related to destressing, *a)* the nature of stress and how to best deal with it, *b)* the topic of emotions, such as worry, anger, motivation, and love, and *c)* topics relevant to daily life, such as communication, children, and work. The series does not try to cover every area relevant to destressing, nor does it attempt to be exhaustive. In order for readers to complete their knowledge and appreciation of the available destressing techniques in the field, they should consult other relevant self-help

books, their family physicians, and, if necessary, mental health professionals, such as psychologists.

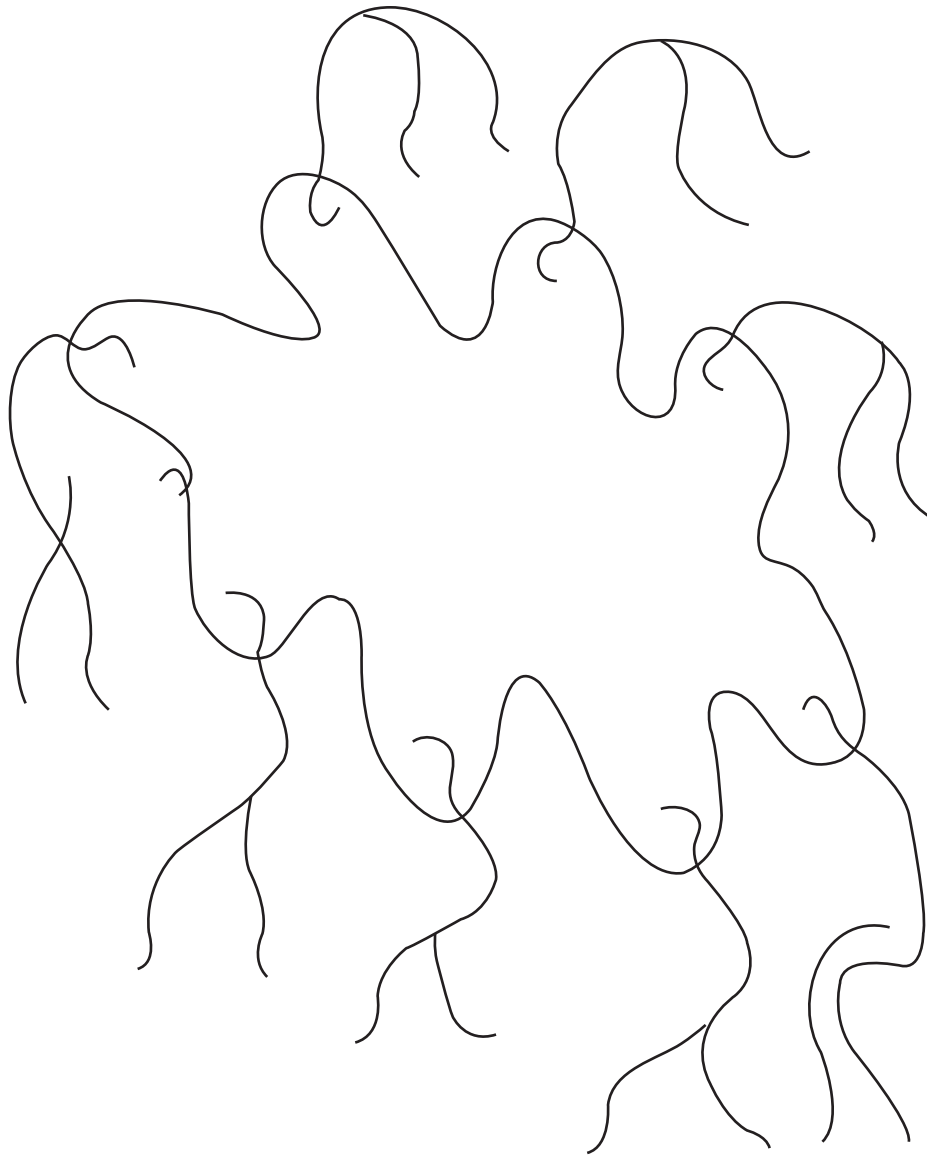
The *Rejoining Joy* book series is unique because it makes extensive use of visualizations, illustrations, drawings, figures, diagrams, graphs, charts, tables, and so on. In the book series, for the most part, I refer to them as "figures." The advantage of using the visual modality is that it captures simply the message that is being communicated. Moreover, visualizations are like verbal metaphors. They suggest, inspire, make people think, and so on, and often avoid direct instruction. Thus, they can function as powerful therapeutic tools. Within each chapter, the figures are loosely organized. It is not necessary that they be read in sequence from first to last. Each figure is meant to be a self-contained unit. Although there is accompanying text, each figure can be understood without reference to it. Similarly, the text can be read and understood without reference to any associated figure. Therefore, the reader can read the text on its own without reference to the figures, or can flip through the figures without reference to the text, or go back and forth between them.

One result of this format is that, at times, there are repetitions. For example, the idea of having a positive attitude is a common theme in the book series; instead of seeing this repetition as a drawback, we can see it as positive because it allows for the accentuation of important themes. The reader should note

that, although the focus of the book series is on figures, graphs, and so on, such visualizations have their time and place. For example, if using the book series, the therapist should not simply rely on visualizations. It is important to see each client as an individual with particular problems in particular stressful situations and, only when it is appropriate, should visualizations be used.

In our streams of consciousness, we find not only words and ideas but, also,

visual images, both of what happened in the past and what can happen in the future. Therapists can use more effectively the human penchant to visualize. Often, the visual modality is neglected in our thinking process regarding more positive stories that we can tell to ourselves and to others. The current book series aims to rectify this oversight through its many therapeutic visualizations. Narratives need not be verbal alone.



Dream Dance

The joy of music, rhythm, and dance invigorates life and provides the best source of destressing. We are connected in the smooth flow of coordinated, undulating bodies and the powerful chant of multitudes singing. Music and dance empower both individual and group. We sing in unison in choirs, or dance together to the trance of drumbeats. Or, we simply absorb the enchanting melodies that we hear at symphonies, at concerts, on the radio, or from our electronic devises. We listen to music as we fall asleep and it carries into the reverie of our dreams. **Music is to life, as life is to life.**

ACKNOWLEDGMENTS

The book series on Rejoining Joy owes much to my teachers, some of the best of whom have been my clients. It is their stories that have inspired me. Often, it is their ideas and solutions that I put into written and visual form. Often, they are like psychologists, and I simply facilitate the dialogue that they are having in their own minds about which course of action to follow, which advice to accept, and so on.

Another special set of teachers has involved my family, including my mother (Rosalind) and my late father (Samuel), my wife (Lelia) and our children (Carina, Joy, Victoria). They have been great teachers about children and parenting, as has been our first grandchildren, David and Osher. In turning to rehabilitation psychology, I owe much to Stephen Swallow, who was an excellent supervisor and mentor. Other important teachers whom I have had in my student and professional life have included: Jim Alcock, John Crozier, Thérèse Gouin Décarie, Neville Doxey, Michael Lewis, Edward Meade, Ronald Melzack, Gert Morgenstern, Marvin Simner, and Peter H. Wolff. To all these people, I say a hardy THANK YOU.

I would like to thank the following people who have helped put together the book series. Orden Braham of e-promotions completed the computer graphics following the hand written figures that I gave him, and he turned them into

the professional quality so clearly evident. Beth Crane of WeMakeBooks.ca worked diligently setting up the pages in their attractive format and provided timely advice, as well. Moreover, she greatly improved on the organization of the contents of the figures. Kim Monteforte set up the pages for the sayings book. Also Cindy Cake expertly put together the child alphabet book, which has been placed on the website for the book series (rejoiningjoy.com). Finally, Heidi Lawrance contributed to the last phases of preparing the book series for the website. The website itself is an excellent one, thanks to her work and that of Nathan Lawrance and Donna Lam, who worked so creatively on it.

Carina Young Rock had worked arduously on the first draft of some of the graphics, and Arthur Demerjian has helped her in this regard. More important, Carina Young Rock has provided photographs for the book series, the excellent quality of which is noticeable. These are, first, from the holy land and its nature preserves. Also, she took pictures in New York State. Brian Rock has added wonderful pictures of Switzerland. Joy Young provided the pictures of Toronto. Not to be left out, I added pictures from my visits to the San Francisco area and the Phoenix area (where conferences took place). Carina Young Rock and Joy Young have contributed some artwork to the series (Carina: the introductory art to Volume IV; Joy:

Figures 29.11 and the loon in Northern Bird in Volume V). They collaborated in writing the essay entitled, "Harmony."

Polly's parents have given kind permission for me to reproduce her epitaph (text for Figure 29.11) and the Foreword to the sayings book.

Editors and proofreaders must have patience, and, and I give Joy Young, Carina Young, Victoria Young, Catherine Leek, and Shayna Buhler many thanks. Jessica Chan and Darcy Winkler provided pertinent advice. Don Bastian provided incisive feedback from an editor's perspective that led to improvements in the final draft. Finally, a colleague, Andrew Kane, provided feedback on the essay, "On Psychology," demonstrating his effective writing skills.

Joy Young and Candice Rubinstein undertook the noble effort of struggling through my handwriting to type the manuscript. They had help from Regina Altarkovsky, Jessie Amaral, Melissa Canastraro, Kaitlyn Chambers, Jessica Chan, Joyce Chan, Aline Demerjian, Bonnie Donaldson, Hilary Downes, Paula Druzga, Ilana Gorodezky, Michelle Greisman, Urszula Jasiowka, Natalie Kardasopoulos, Ko Khaira, Vanessa Kissoon-Singh, Simone McMillan, Kathy Raufi, and Darcy Winkler.

I wish to thank Plenum Publishing Company (now called Springer Science & Business Media) for their kind permission to use full or adapted versions of material from my 1997 book, entitled *Adult Development, Therapy, and Culture: A Postmodern Synthesis*. The material forms the basis of the following figures in this series: E2-2, E2-3, E2-4, 7.5, 18.4, 26.5, 28.10, and 29.9. The poem entitled "A Healing Poem" is repro-

duced from that book, as is the essay "Reflections for Adults in Transition or Crisis." The art piece introducing Volume IV is taken from the cover of the Plenum book. Springer gave kind permission to take excerpts from chapters in my 2006 and 2007 books for the appendix in the book of essays. The first appendix is constituted by an excerpted, condensed version of a chapter by Young and Yehuda (2006). The second appendix is mostly constituted by excerpts from a chapter by Young, Kane, and Nicholson (2007), and by excerpts from an undergraduate BA research thesis by Janice Dias, written under my supervision, and published with permission by the authors. Parts of the essay entitled "Rehabilitation Psychology" are based on an article that I published in 2008 in the Springer journal that I edit, *Psychological Injury and Law*. Springer also gave permission to use material from my book in press for a section of the introductory essay on psychology and for two figures.

Many thanks to Mark Biernacki, LLB, of the law firm Smart and Biggar, for securing copyright and intellectual property rights for the book series and the website.

If you would like to order material related to *Rejoining Joy*, such as the artwork or the photographs, kindly visit www.regainjoy.com.

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February, 2011

SUGGESTED PROFESSIONAL READINGS

There are many books available for the interested reader. Robert Sapolsky (2004) has written an excellent trade book on the topic of stress. Boenisch and Haney (2004) present a fine book with ways of dealing with stress. In terms of dealing with the psychological trauma after an accident, the reader should consult Hickling and Blanchard (2006). A more academic description of stress can be found in Lehrer, Woolfolk, and Sime (2007). Pain management techniques are described very well in Turk and Winter (2006) and in Thorn (2004). The psychology textbooks that I use to teach my courses at the university have provided me with an excellent fund of knowledge (Arnett; DeHart and colleagues; Wicks-Nelson and Israel). For my own work, the reader is referred to Young (1997), Young (2007), and Young and colleagues (2006, 2007). For those interested in original academic journal articles on stress and distressing, you may consult: *Anxiety, Stress, and Coping; International Journal of Stress Management; Journal of Psychological Trauma; Journal of Traumatic Stress; Work and Stress, Traumatology, Journal of Child & Adolescent Trauma, and Psychological Traumas: Theory, Research, Practice, and Policy.*

Arnett, J. J. (2007). *Adolescence and Emerging Adulthood: A Cultural Approach* (3rd ed.). Upper Saddle River, NJ: Pearson.

Boenisch, E., & Haney, C. M. (2004). *The Stress Owner's Manual: Meaning, Balance, & Health in Your Life* (2nd Ed.). Atascadero, CA: Impact.

DeHart, G. B., Sroufe, L. A., & Cooper, R. G. (2004). *Child Development: Its Nature and Course* (6th ed.). Boston: McGraw Hill.

Lehrer, P. M., Woolfolk, R. L., & Sime, W. E. (2007). *Principles and Practice of Stress Management* (3rd ed.). New York: Guilford Press.

Hickling, E. J., & Blanchard, E. B. (2006). *Overcoming the Trauma of Your Motor Vehicle Accident: A Cognitive-Behavioral Treatment Program Workbook*. New York: Oxford University Press.

Sapolsky, R. M. (2004). *Why Zebras Don't Get Ulcers: Guide to Stress, Stress-Related Disease, and Coping* (3rd ed.). New York: Freeman.

Thorn, B. E. (2004). *Cognitive Therapy for Chronic Pain: A Step-by-Step Guide*. New York: Guilford.

Turk, D. C., & Winter, F. (2006). *The Pain Survival Guide: How to Reclaim Your Life*. Washington, DC: American Psychological Association.

Wicks-Nelson, R., & Israel, A. C. (2009). *Behavior Disorders of Childhood*. (7th ed.). Upper Saddle River, NJ: Pearson.

SUGGESTED SELF-HELP READINGS

In a certain sense, there is no competition for this book series because it is unique in the ways described. In another sense, the other self-help books that are presented below do very well and promise to continue to do well. Given that the present book series is unique compared to them, it is complementary to the others, and reader will find it an excellent addition to their self-help book library. Or, for young people, it could be a great way to start in self-help, learn psychology, or otherwise be inspired, learn, and grow. In the following, we review some recent books on the topic that are somewhat related to the present book series. By comparing them to the present book series, we illustrate not that the present book series is better, but that the field is ripe for another self-help book in psychology having the series positive characteristics, as described in the above.

A. The first group of competitors in the field that I examine consists of workbooks.

1. The first one is by Martha Davis, Elizabeth R. Eshelman, and Matthew Mckay called, *The relaxation & stress reduction workbook*. It follows the traditional model of workbooks, with a lot of text and exercises given throughout the chapters. The workbook in the present book series differs from it by having most of the exercises being one page in length, so that there are hundreds of them in the book. Each of mine has a brief introductory text that can stand alone, is interesting to read, and relates to a major theme in the other book in the series. Then, each introductory text is followed by two questions. Both questions are aimed at having the reader learn how to handle the issue presented in the exercise and feel confident in doing so.
2. The book by Glenn R. Schiraldi, *The post traumatic stress disorder sourcebook*, follows the same model. It covers many common therapeutic techniques to help clients deal with their traumas. It also covers the effects of trauma on many aspects of daily life. The present book series covers the material in Schiraldi, but in a more concise way, allowing coverage of many other topics.
3. The next book is *Mind over mood*, by Dennis Greenberger and Christine A. Padesky. It is a workbook that deals with cognitive-behavioral therapy, for example, for depression. Many of the workbook exercises deal with standard cognitive-behavioral techniques. In comparison, in my book series, although it is based on a cognitive-behavioral approach, it is not strictly on that approach. It is more expansive in how it deals with problems, yet nevertheless it is grounded in the cognitive-behavioral approach.

4. The next book is by Margaret A. Caudill and it is called, *Managing pain before it manages you*. The title shows a similarity with the present approach because a lot of what is done in the present book series is aimed at helping people manage their problems. The Caudill workbook is written in the standard workbook format, with a lot of text and exercises. It includes chapters on communication and problem solving. The comments for this book are similar to those of the others—it is well done but it deals with a limited range of difficulties that people confront after trauma and in their daily lives.
5. The same can be said for the workbook by Martin M. Anthony and Richard P. Swinson, called, *The shyness and social anxiety workbook*. Comparative analysis reveals that most likely at the scientific level, this workbook is the best one. It emphasizes that we are the experts and it intends that we generalize from what we learn so that we can deal with future difficult social situations. Once more, it is noted that the present book series covers a broader range of material, and is complementary to this one.
6. *Mindstorms* is a book written by John W. Cassidy, and it is a guide for families living with traumatic brain injury. It gives suggestions to families and patients, but it is not a workbook, *per se*. The present book series does not focus on traumatic brain injury, but it can

help patients and families dealing with the stress, emotional upset, and effects on daily living that accompany traumatic brain injury.

To conclude, all these workbooks that I have reviewed are complementary to my own, but, given its advantages, mine will gain a fair share of the market and prosper in sales.

B. The second set of competitor books that are examined are not workbooks, but are more general ones, mostly with text, rather than exercises.

1. The first one is by Barbara L. Fredrickson, called, *Positivity*. Positive psychology is a recent, fast-developing field, and Dr. Fredrickson builds on her concept of “broaden and build” to construct a helpful book. In her book, she ends up with suggestions for increasing positivity and flourishing, and offers a helpful toolkit of ideas. She does not have workbook exercises and does not use visuals. Given this contrast, the present book series is different and unique. At the same time, although it is not called a book directly on positive psychology, it is steeped in this approach.
2. The second book is by Stephanie McClellan and Beth Hamilton, who have written a book called, *So stressed*. It explains very well from a scientific basis the negative effects of stress on our body and on our psychology. It develops a stress detox program and indi-

cates how we can build resilience and regain peace of mind. There are a lot of similarities in the present approach in dealing with these matters, although the present book series is medical than them and deal with many more issues than just handling stress. There are also the other differences described in the above that make the present book series special.

3. James Hollis wrote a book on, *What matters most*. In a certain sense, my own book deals with similar issues. He considers love and living fully, wisdom and spirituality, adopting new ways of living, finding meaning, and creating our own paths and journeys. The present book series deals with these topics, as well, as it is not simply just about handling stress and emotions on a momentary level. It is also about living a full life, and it reflects my basic philosophy that life is about responsibility or taking on responsibilities that make sense to us and about continually re-dedicating ourselves to these responsibilities. Our responsibilities might include raising children with love, living with our partners in love, and studying and working with dedication and application.
4. Another book about daily living and change has been written by David Posen, called, *Always change a losing game*. It deals with making the right choices, avoiding traps, strengthening beliefs, and so on. As with these other books reviewed in this section, it consists mostly

text. Not only does the present book series deal with the themes in this book, it also deals with them in the unique ways indicated.

5. Ronald D. Siegel has written a book on the very influential approach of mindfulness, called, *The mindfulness solution*. Mindfulness is a kind of meditation that is simple to use and apply. As explained by Siegel, mindfulness can help deal with anxiety, depression, pain, and stress. Also, the book discusses areas of daily living, such as romance and parenting. Mindfulness can help us break bad habits, change, and grow.

The reader will notice that the present book series deals with all of these, although it does not refer to techniques as mindfulness, *per se*. Rather than teach one technique, the book series offers an array of choices to the reader and they can combine them in ways that are effective for them, while adding to them other coping resources. The approach of the author to psychotherapy and counseling is not about technique. Nor is it about theory. Rather, the present book series is about learning about oneself and growing, on the one hand, and about genuinely meeting the person in context at the individual level, on the other hand.

6. Finally, there are self-help books with catchy titles and contents, such as written by Leil Lowndes, on *How to instantly connect with anyone*. The reader will appreciate that the book series includes

hundreds of sayings in the margins of the text pages, and has gathered them into a book fully dedicated to presenting them. In addition, the present book series has put in bold font hundreds of sentences in the text that are catchy and that are worthy of emphasis. However, the approach of the author in writing these sayings and sentences has been to be educational and instructional,

and not only wise, humorous, inspiring, and realistic. Dr. Young wants the reader to remember and act on the sayings. However, more important, he would especially like the reader to remember specific behavioral and cognitive techniques and other strategies that have proven through psychological and scientific bases to lead to constructive change in the ways of living.

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CONCLUSION

Readers should note that the book series may not apply fully to them. Some parts might strike home, while others may be too advanced or may not address personal situations. On the other hand, readers may find that some parts have raised points that they have avoided. A good response would be to say to oneself, "I didn't realize that this book series could help me with this situation. I will keep going in my reading to help me with it."

Throughout the book series, I use some humour, irony, and other means of inducing smiles or laughter. When clients first enter my office, the use of humour is not appropriate. However, humour can help as sessions proceed, as long as it is used sensitively for helping clients move forward.

Note that in this series, I have protected the confidentiality of my clients. In this regard, at the few points when I do refer to particular clients or case studies, their background characteristics, situations, and issues have been altered in order to protect their anonymity.

In summary, I have written a self-help book series with unique features. There are eight books in the series, and the total pages across the books that are available to the reader number almost 2,000 pages. The book series should be appealing to the general reader, as well as mental health professionals and their patients. It will have a long shelf life, so readers should keep it on their reading list for years to come, and consult the full series, available at

www.rejoiningjoy.com. We look forward to your feedback.

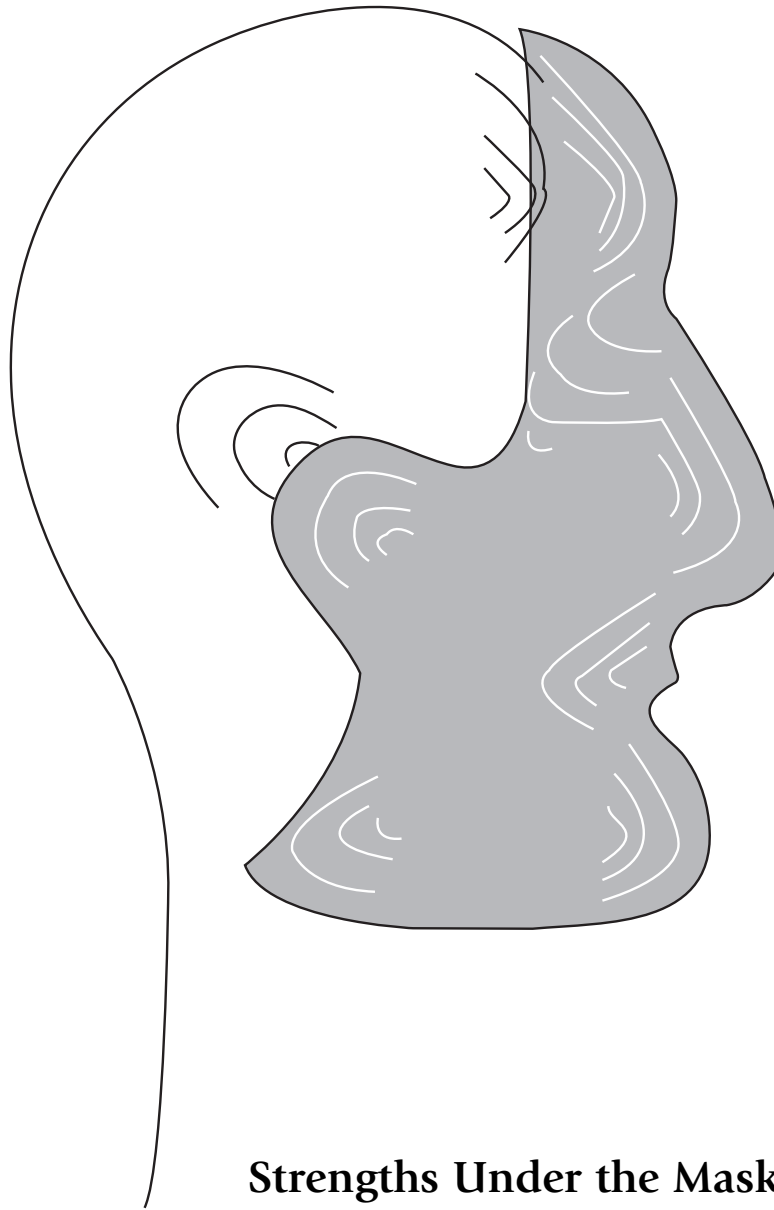
From Science to Practice and from Practice to Science

[Summary of an article published in the *Trauma Division Newsletter* of the American Psychological Association, 2009]

Evidence-based practice concerns application of sound scientific empirical investigation of psychological interventions to the treatment of patients. Moreover, it includes the capacity to engage in critical thinking, using scientific principles, in analyzing the quality of the research and in applying it to the patient being treated. Evidence-based practice adjusts to the wide individual variations in the population and the limits of the research.

Ideally, psychotherapy is a dynamic encounter of the therapist and patient, as they strive together to establish pathways to empowerment and improvement in the patient. Psychologists are trained in according to schools of thought, but often prefer eclectic and individualized approaches. We treat people for their symptoms rather than treating them for how they fit into schools of thought and learned techniques.

For a scientifically informed approach to psychotherapy published in the journal, see: Young, G. (2008). Psychotherapy for psychological injury: A biopsychosocial and forensic perspective. *Psychological Injury and Law*, 1 (4), 287-310. (www.asapil.org)



Strengths Under the Mask

Each of us has a unique set of core strengths that make us special. Each of us has weaknesses that can be improved by self-exploration, social support, and good advice. What others see in us is not a measure of what we know to be true of ourselves. At the same time, we may be confused about who we are, what are our strengths and virtues, and where we want to go and grow. **When times are difficult, we need to know that we have positive psychological anchors that can help us stabilize, preparing constructive change.** These can be found by being vigilant to our depths. By seeking inside, we will find constructive paths to the outside. By taking constructive paths on the outside, our inside anchors will grow.

VOLUME III — EMOTIONS INTRODUCTION

In this book, I explore some of the basic emotions that are part of human life. I focus on how these emotions manifest themselves in stressful situations, how to deal with them, and how to make the best of them, so that the stresses that have produced them are dealt with more effectively.

Let's use the metaphor of a drive in nature to explore the various emotions. The shoreline weaves around the cape over tumultuous foothills plunging to the sea, but the driver follows the route hugging the shoreline, admiring the beauty of the landscape. There is a brief frustration at a detour on the road, but it melts into a resolve to continue on and appreciate the view and nature's restive scenery. There is a brief sadness at a bleak, boring part of the road, but it picks up at the sight of beautiful idyllic islands basking in the soft sun of a blue-green inlet. Whenever sadness appears, it is refocused into fond memories that inspire new hopes of finding more such scenes around upcoming bends. There is a brief worry about thunderclouds on the horizon, but instead of imagining the worst, we feel as peaceful as when the dawn or dusk nestles into the natural course of the day. There is brief fear at a close call in the traffic on the road, but it transforms into more careful driving, and the reverie of the trip continues. The predominant emotions are ones of tranquil joy, serenity at the majesty of nature's craft, and wonder about what we shall see next.

When people are exposed to stress, they react with individual variation in emotions, and of course they might manifest a range of negative ones. Some people will show their frustrations more easily, other people will show their sadness more easily, and so on. These variations add to the complexity of understanding emotions. There are no simple rules for understanding which situations produce which emotions. Moreover, when excess stress is added to the life of individuals, the normal rules of emotional expression and control no longer apply. Core negative emotions are more likely to be manifested.

Part of what we have to learn is that at all times our negative emotions lie under the surface. They can be expressed if we become too stressed, even if our family or culture had taught us rules of control for emotional displays. However, negative emotions are not necessarily negative for us. Negative emotions are there to help us know that there is a stressful, problematic situation. Once we know this, we should begin seeking a solution, taking us beyond the negative emotions that the stress activated.

That is, a major purpose of emotions is to help us find the right solution for our problems; that is, they are not meant to stay with us but to have us return to our better feelings through positive actions that they generate in us. Often, it is normal that stress activates negative emotions, but it is also normal that we act to get the stress that caused them and the emotions

themselves under control. Emotions need to be our guides, not our masters. For emotions to be good guides, we need to review the situations that induced them, reduce the emotional feelings once they are activated, and restructure or canalize these emotions into new directions and new perspectives. For example, anger is a sign of determination that should lead us to constructive actions that free us of it. **Emotions are there to serve us, not enslave us.**

Emotions have become part of the human repertoire not because of their destructive nature when they get out of control, but because of their constructive nature when they are integrated into part of our successful adaptation to daily situations and stresses. The map of our emotions should look like an ever-changing and adapting shoreline instead of a continuous negative line. Emotions should be quickly oriented to the goal that they are meant to serve, and then transformed into adaptive action. Anger should become determination and the frustrating situation should be tackled. Sadness

should become a call to refocus and we should adapt to the loss or disappointment underlying it. Worry should become positive anticipation or optimism instead of catastrophic thought or pessimism. Fear should channel us toward mobilization of personal and other resources to deal with the threatening situation that is causing it.

Emotions help define who we are, both in terms of the nature of our individuality and the nature of our species. The more we can act to control and channel negative emotions when they build up or are not redirected appropriately, the more we can free ourselves of their pernicious effects. When they lurk behind every moment, they can seep into our daily lives for the smallest of reasons and become quite strongly expressed, even when not called for. We need to learn to deal with both inappropriate negative reactions in moments of stress and chronic negative emotions that may appear even when there is no stress. By learning how to manage well our emotions, we integrate the best that they have to offer.

A large, stylized letter 'W' is formed by two wheat stalks. The stalks are drawn with simple black outlines, showing the grain heads and the stems. The 'W' is positioned to the left of the word 'ithin', which is written in a black, elegant serif font. The entire title 'Within' is set against a soft, light gray shadow.

Within

**Within each of us lies
the full reach of us.**

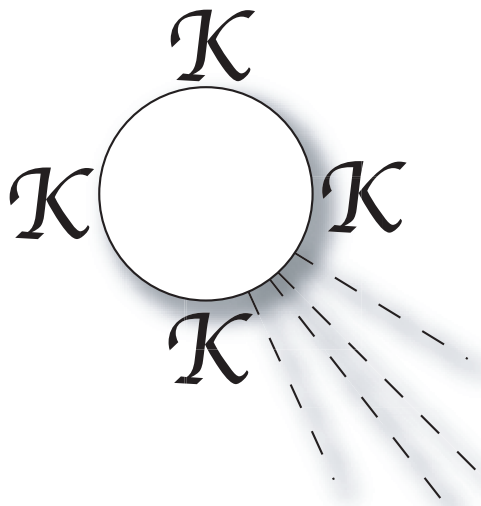
Emotions

Part 1

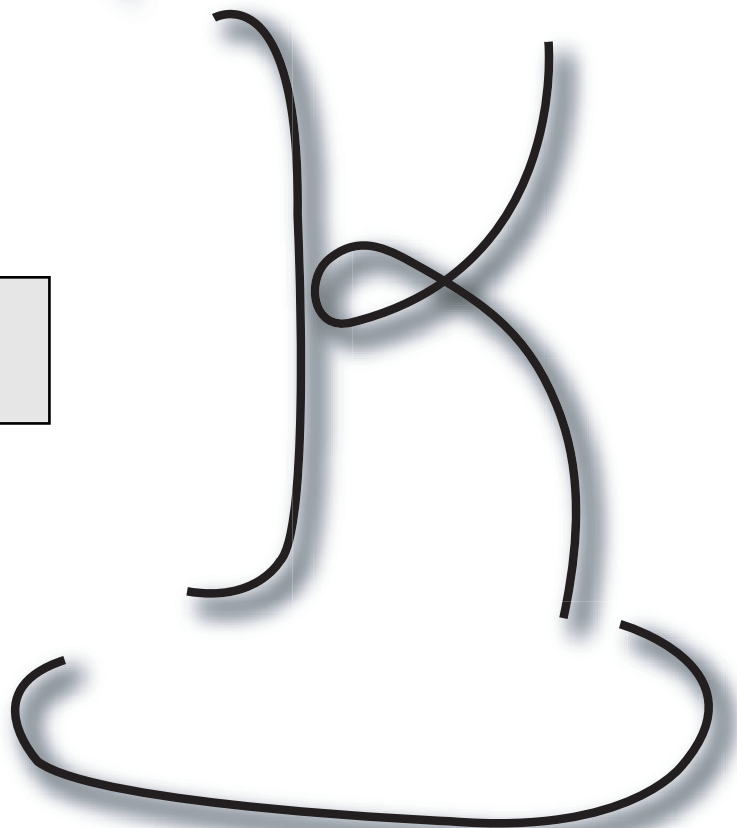
In the first five chapters of the book, I look at more internalized or inward negative emotions.

Chapter 11

Worry Wars



*"K" is for Knowledge
of right from
even more right.*





.....
*Worry can be stimulating,
as long as it is not stifling.*
.....

.....
*Worry is like a dirty
window. It fogs up
everything—until we
decide to wash it away.*
.....

The present chapter elaborates the nature of the emotion of worry, and provides insight into how to control it. Many of the figures in the chapters on stress in the second book in the series had applied to worry and, in this chapter, of the third book in the series, I describe some basic themes related to worry. **We can never be worry-free, nor should we want to be, but we can learn to live with worry and even prosper from it.**

In **Figure 11-1**, I explain some basic concepts about worry. First, we must know that some worry is good for us and motivates us. When we have no worry and there is nothing to worry about, we may become too lackadaisical or disinterested and not motivated to do anything. In contrast, when there is too much worry, of course, we may be overwhelmed. But a moderate dose of worry is beneficial. It should be just enough to get us going to determine what the problem is and how to best resolve it. However, even when overwhelmed with worry, we need not feel helpless and hopeless. Our goal should not be to eliminate worry and stressful situations, but to feel that we can gain control and, thus, be motivated to deal with the problems behind the worry.

Another important point about worry is that we need rest from it. We need to take mental mini-vacations. We need to reset the thermostat, at least for a little bit of time, several times each day, so that we can have time to recover, recalibrate, and find those needed plateaus of rest. Even when the stress feels overwhelming, it is in our best interest to say, "Enough is enough, I'm going to get some rest. I'm going to think clearly. I'm going to get control. **I have listened to you, Worry. Now you listen to me.** Let me rest so that I can listen better to the positive, motivating side of your message."

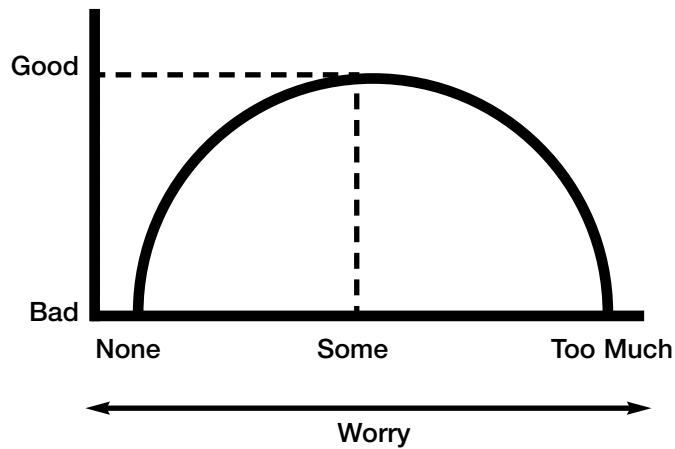


Figure 11-1

When worry becomes too much or when there is no worry, we lose our motivation.

Winning Against Worry

Some worry is good, to motivate us



So let worry know who's the boss

- Enough worry
- It's OK to rest
- It's not helping
- I'm in control now
- I'm listening to you, now you listen to me
- Help me, don't hurt me



.....
*Stress headache?
Head off stress.*
.....

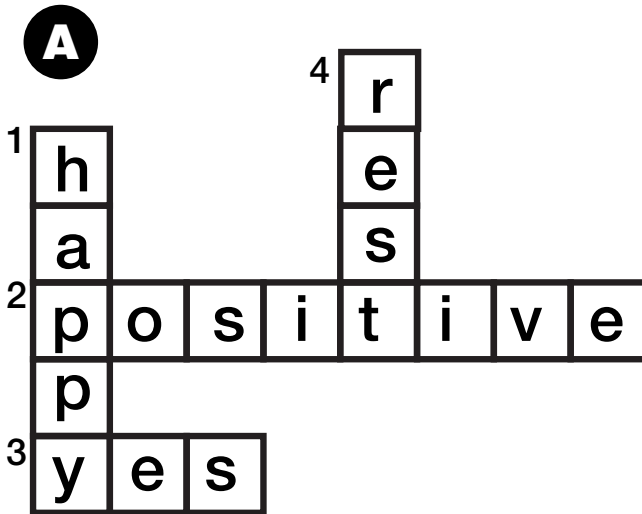
Worry in moderation
is the best ration.

In **Figure 11-2**, I present several motivational word games to help deal with worry. In them, I emphasize that to recover from stress and deal with it appropriately, both a positive attitude and rest are important. In this way, interest in things around us is regenerated, we rejuvenate, and we recover more easily. **Play games with Worry, but let it have no fun.**

Figure 11-2

These word games emphasize that relaxation, having a good attitude and effort, and techniques like breathing exercises are the best ways of dealing with excess worry.

Worry Word Games



Down

1. Your future, a positive mood
4. What you want, need, and will get

Across

2. Your attitude
3. What you will say to the future

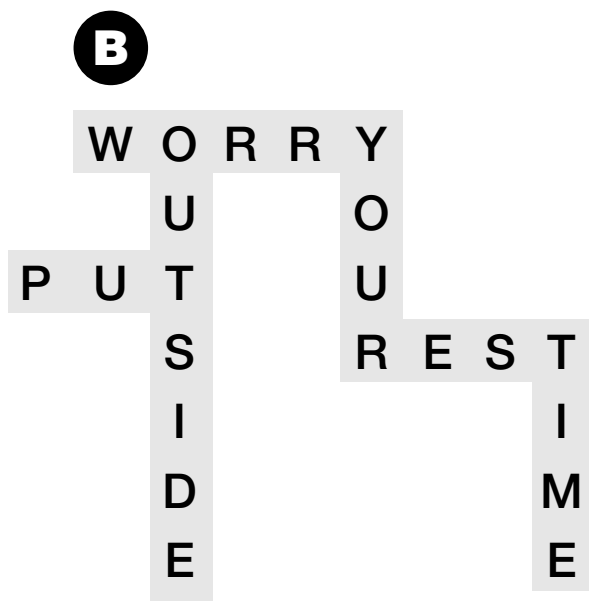


Figure 11-3 advises what to do when worry surrounds us like fog and we feel in a daze. If our mind is taken over by our stress, we find it difficult to concentrate. Information may not get through; or, it may penetrate but not in an organized way; or, we do not register it or retain it. When we are too worried, we need to make a concerted effort to see through the haze and to focus on the things around us. Worry is a reminder to keep sight of the problem causing it so that we may adapt to it. In this sense, it would be counter-productive to worry excessively to the point that we cannot focus. We need to use our mental telescope in order to see through the clouds. **When too worried, we need to magnify awareness, not the problem.**

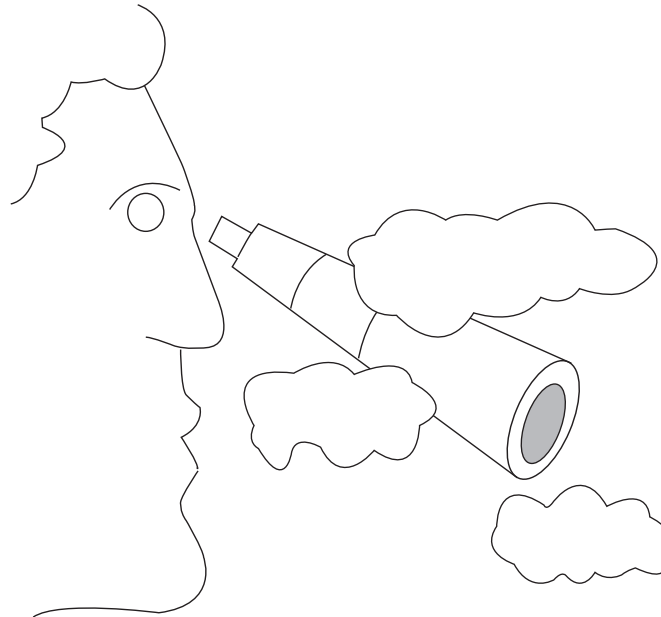
*Worry in excess
succeeds less.*

Karen was a closet catastrophizer. She catastrophized out of closets, too. Chapter 11 helped her to declare bankruptcy on worry. Chapter 11 is a good investment.

Figure 11-3

Worry may fog up our focus, but it cannot stop our viewing power.

Seeing Through Clouds of Worry



- Imagine a telescope going through the haze.
- Find the focus. Try to keep it. But it may come and go. You may lose the image as it gets cloudy.
- But you know the telescope is still there. Let that telescope be your guide. Let its power be your power.

Worry can be an
impediment or an impetus.

Figure 11-4 explains a new board game that I invented for a client in order to help her change her mood. The game asks us to throw worry in the wastebasket and to throw laughter in the funny money bank account. There are hidden worlds of adaptation to worry, including seeing the humorous side of things, and attempting to bring it out in order to better deal with it. Worry is a messenger that something needs supervision and perhaps improvement. Worry should put us on guard and, once we are alert to its message, we should put it behind the guard rail.

Figure 11-4

When we distance ourselves from worry, we go farther.

The Worry Game

Game Questions

Do you want to play it: *Yes*

If Worry wants to play with you: *I won't*

How do you throw out Stress: *Think pleasant*

What if Worry's partner Anxiety comes: *Ignore it*

When you win the Worry game, who wins: *Me*

If you don't throw Stress out, what happens: *It's still there*

What can you tell Pain about Worry: *That I'm going to get better*

Are you enjoying throwing out Worry: *Oh, yes*

What are you learning about throwing out Worry: *It feels better*

You're laughing as we play the game, does laughter help?

You don't feel stressful anymore

After laughter, what goes away faster? *Pain*

Game Choices

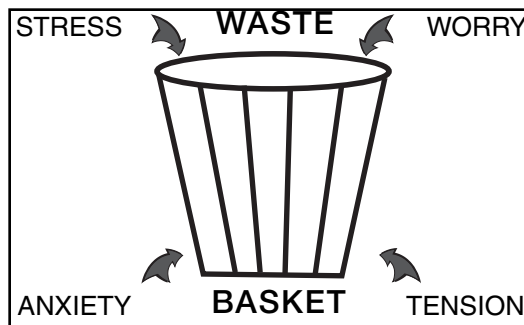


Figure 11-5

Worry mixes us up, until we rearrange its agenda.

Descrambling to Stop Scrambling

LOUS

S O U L

PAINS

S P A I N

PAPHY

H A P P Y

RIPT

T R I P

WROG

G R O W

PEST

S T E P

HURT

T H R U

TIRED

T R I E D

NIFE

F I N E

STRE

R E S T

Figure 11-5 and Figure 11-6 ask us to slow down. The day should not be one constant rush. We need our rest—moments to recuperate, rejuvenate, reinvigorate, and reintegrate. We need to find soul, growth, and rest in order to leave behind hurt, pain, and fatigue. Without them, stress takes its toll. Constant hurry means constant worry. In the end, constant worry can never last. Burn-out will result. The body exacts its rest in one way or another. The math is simple. We can take five to ten minutes of rest each hour at work or school and lose one hour per day. Or, we can decide not to take these short rests and lose five to ten days per month to sickness or even several months per year to burn-out. **When worry gets under the skin, worry-warts grow on it.**

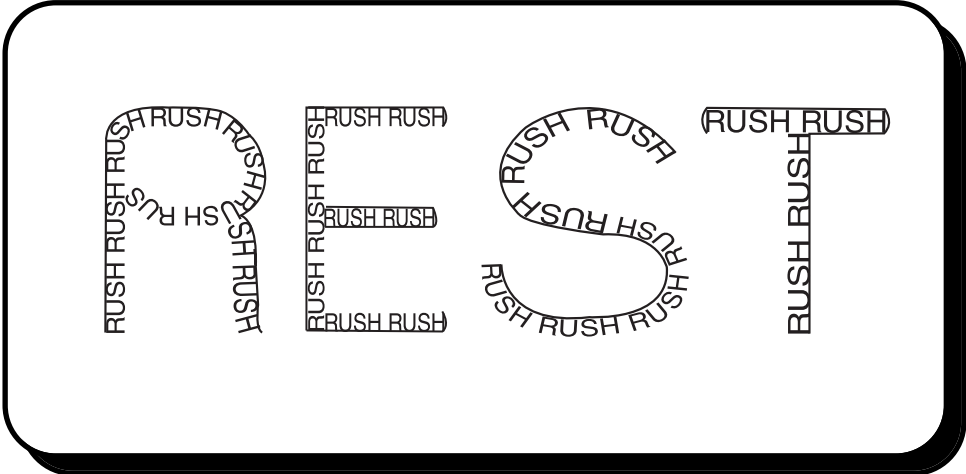
.....
*See behind worry to
see ahead.*
.....

.....
*Slow down worry to
speed up rest.*
.....

Figure 11-6

We need to strike a balance between being too busy and not applying ourselves hard enough. Good effort is important, but so is good rest. We should never let go responsibilities, and an important responsibility is that we should find enough time for ourselves.

Find Time For Rest Amid the Rushes



In **Figure 11-7**, we are reminded that there is positive or motivating worry and negative or de-motivating worry. Valid worry helps us deal rationally with our concerns. It should never be abandoned or avoided, both because its long term benefits and the solutions that it brings far outweigh its short term risks, stressful feelings, and disadvantages. **Positive worry should be placed right beside joy and other positive emotions in the pantheon of great emotions that we experience.**

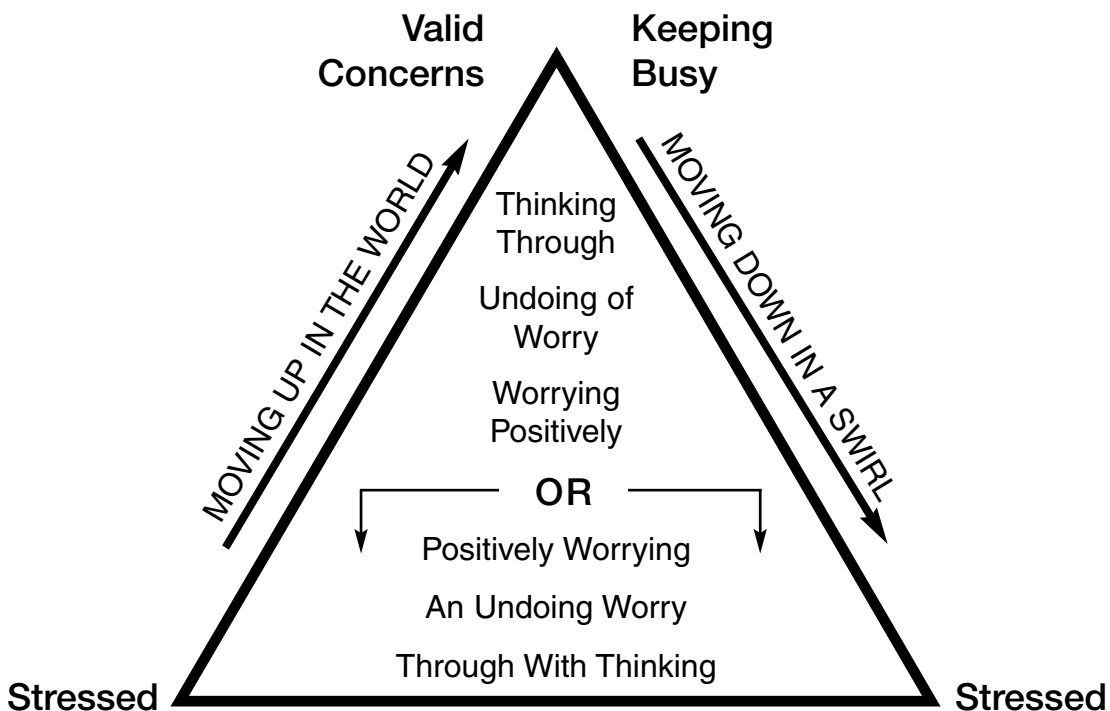
Cycling is better than worrying. Both go round and round—but cycling has a destination and an end.

<i>Worry is to anxiety as a breathing exercise is to not using it.</i>	<i>Use worry to advantage—Let it find the solutions to the problems that brought it out.</i>	<i>Become an Olympic champion of worry—Leap it in bounds.</i>
--	--	---

Figure 11-7

Dealing with worry starts with thinking. Thinking clearly about our stresses, without getting upset by them, leads to problem solving and, therefore, is positive. Thinking too much or not thinking clearly, and getting upset, are negative and do not lead to solutions. Thinking right at the outset puts out worry.

Worry: The Best or the Worst



.....
*Helping oneself and getting
help from others helps
manage worry.*
.....

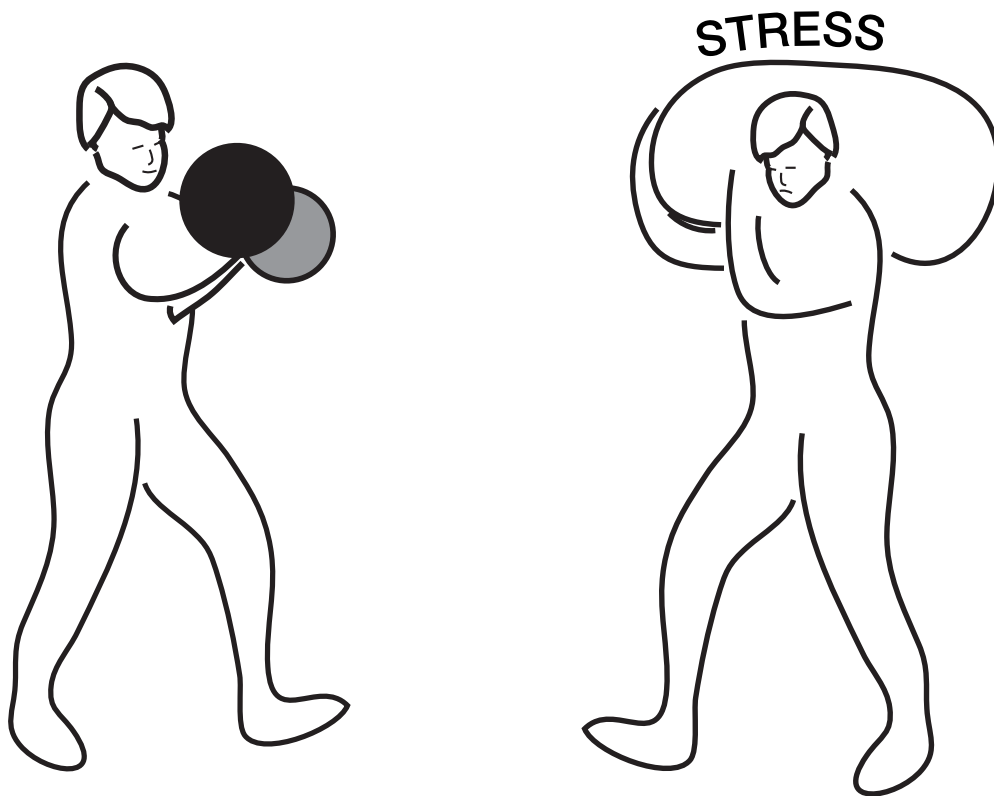
.....
*Worry has its habits.
Do not make it one of yours.*
.....

Figure 11-8 indicates that a good way to destress after a car accident is to let professionals handle our stress (e.g., let the doctor handle our medical concerns). Doctors tell doctor jokes, psychologists tell psychologist jokes, but Stress does not tell jokes. Let the professionals carry on their shoulders stress. We need to take care of ourselves, do everything to get better, and reduce Stress. **The more that we tell off Stress, the less Stress will give us stress; it will be too busy figuring out what to do.**

Figure 11-8

A good way of dealing with worry is to undertake constructive activities, such as exercising, and getting support from family, friends, and even professionals. Worry becomes everything when we do nothing.

Lift Weights or Raise Blood Pressure



- Client lifting weights to get better after accident

- Professionals gets shoulder deformity from carrying client's stress

Figure 11-9 reminds us that stress is inevitable as we deal with the problems that each day brings, and as we strive to reach our goals. Part of what we need to learn is to give measured responses to stress. At the lowest end of the scale, when we are worried, we should plan constructively. As we move up the worry scale, worry begins to get toxic, because it starts controlling us and gets in the way of our planning. It escalates into more serious levels and it blocks our ability to function well as it degenerates into anxiety such that our body becomes a battleground of nerves and emotions. Finally, at the highest end of the worry scale, the only thing that we can see is the worst in everything, and any positive adaptation to the stress is ruled out. We need to understand which level of reactions to stress that we experience, and learn thoughts, actions, and emotional and other techniques for turning down the reaction. In this way, we can begin to gradually descend the worry scale and climb the solution pathway.

*When worry is only
wondering, it encourages
rather than discourages.*

*Give worry all the space
it needs—a small corner
of the mind.*

Figure 11-9

Constructing positively and catastrophizing negatively are the opposite ends of the worry continuum. Too much worry also leads to anxious bodily feelings, stress, vicious circles, and so on. When we stick to the positives, we do not get stuck on the negatives.

Increasing Degrees of Stress, or Turning Down the Heat

- 1.** Wondering constructively what will happen;
This is healthy.
It leads to planning.
Positive cycle starts.
- 2.** Imagining negative and positive outcome;
But keeping the negative short, cutting it off, creating confidence in the positive.
Vicious circle does not start.
- 3.** Worrying over and over;
Seeing the negative, pessimism, lack of control.
This leads to complaining.
Vicious circle starts.
- 4.** Anxiety/ Worrying gets to body;
Creating stress, emotional turmoil, etc.
This leads to somatic reactions.
Vicious circle worsens.
- 5.** Catastrophizing/ Seeing the worst;
Putting the end of world first.
This leads to body pains.
Vicious circle out of control.

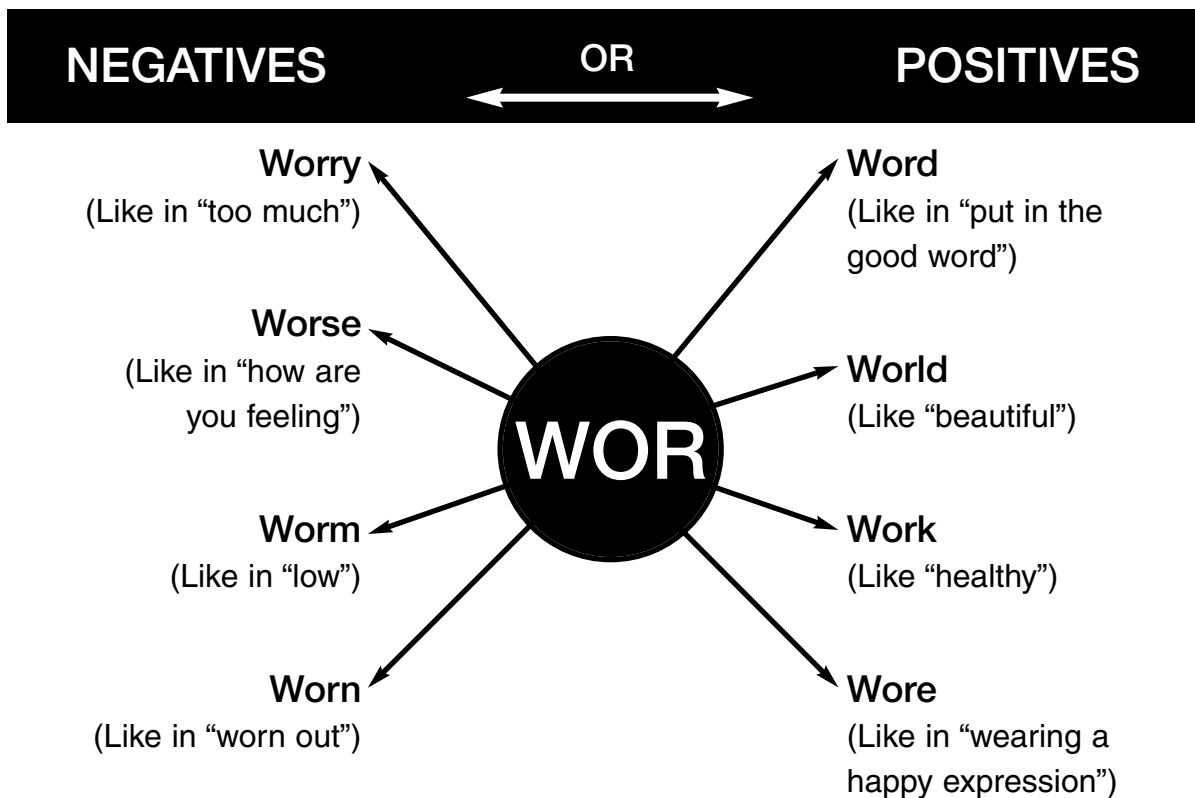
.....
*Nothing is the end of the world—
until we believe that it is.*
.....

Figure 11-10 gives examples of how the words that we use and also the talk that we tell ourselves are so important in determining whether worry lasts or is outlasted. Worry is inevitable, but how long it stays after it has worn out its welcome depends on whether we tell it, “I’m tired” or “You’re fired.” **The mind is a wonderful thing to turn on, as long as we do not use it to fool ourselves.**

Figure 11-10

Worry need not dominate our lives. Even when we think of our stresses, we can plan solutions, try harder, be confident that things will work out, live a healthy lifestyle, and so on. Being on top of worry makes it bottom out.

It’s a Real WOR Out There



.....
*To wear down worry—
raise up your spirits.*
.....

.....
*When worry gets out of hand—
let it fall.*
.....

.....
*Handle worry like fine lace—
put it away.*
.....

Figure 11-11 asks us to tip the right way. We can step into too much worry or into more positive options. Have you ever noticed that worry rhymes with hurry, scurry, flurry, and blurry, and that stress rhymes with mess, less, and duress? So turn stress outside in before it turns you inside out.

Worry breeds stress—until
we brood less.

Figure 11-11

We can take worry seriously or take it out of our lives. Some worry is necessary, and worry can be positive for us. If it turns on too strong, send it back through the turnstile.

Turning Stress Upside Down Will Give It a Headache

- Turn away from it all
- Turn toward yourself
- Turn in your bad habits
- Turn off the stress
- Turn down the heat
- Turn it around
- Turn it upside down
- Turn it inside out
- Turn it on its head
- Turn over a new leaf
- Turn up the sound of the music
- Take a different turn in the road
- Tell stress that it is its turn to have anxiety
- Apply a tourniquet to lapsing into believing worry
- Enter the tournament of winning against stress

Stress

Stress

Stress

Stress

.....
*Lots of laughter
cures lots of worries.*
.....

Figure 11-12 informs us that when we are too stressed, we experience an alarm response, even during sleep. We keep thinking as we sleep, or we sleep with one eye open. Our bodies and minds are prepared for an attack by a predator,

Figure 11-12

We need good sleep to feel healthy and think healthy. There are exercises that we can do to help us sleep. We can control the alert response that impedes sleep, and sleep well. Worry often arrives as we lie in our bed. But we can keep it short, stand up for our rest, and lie down for our sleep.

Psychological Cave Bears

Alert to Being Alert During Sleep

Recognize that there is an alert response to stress that interrupts sleep. We used to always need this alert response, when humans were evolving among dangerous predators that circulated at night. We had to keep an eye open for the safety of ourselves and of our children. However, there are no more real cave bears. But there are still psychological cave bears from time to time. The alert response will still happen when we are under stress. But it need not last.



De-Alert Before Sleep

Take steps to fall in step with the competing Sleep Response. Tell yourself that the best way of dealing with stress is to not bring home to the sleep hours our daily stresses, or other psychological cave bears. We need to sleep at night in order to be alert the next day, so that we can help ourselves adapt to stress. However, by letting psychological cave bears rule the nights, they come to rule the days, too. Stress is never far behind when we can't sleep well. As a solution, get into a restful breathing cycle; imagine pleasant scenes when stressful thoughts rise. Let stressful thoughts come, but then let them go. By doing this, we get better at having them leave quicker. Focus on feeling the body light, rested, warm, etc. Don't stress out at stress. A little stress, or even more, is fine. It is a natural human response to want to stop stress when it is too much for us. And, keep in mind that we can become part of the solution in doing this. That is how we survived the cave and the bears—we took charge. That is how we made the caves into dens and made the floors into bedded places of rest.



Let the Sleep Response Come

Believe that you can programme your deepest wishes to let the sleep response happen. Believing empowers doing, and doing empowers believing. As it begins to work, you'll gradually improve in letting the sleep response happen. Have faith, the sleep response is as natural to you as breathing. Have faith, that when you don't have faith, faith in your capacities will overcome doubt. See, think, and feel the big picture of where we come from (caves are part of it, to be sure), and where we are going (the best for us, for our family). When you see yourself doing that and know that you are doing that, you'll be deeply rested and more likely to sleep.

but the only predator around is anxiety. However, there are simple procedures that we can follow to bring back restful sleep and to turn off the alarm response that is impeding sleep. If we destress enough by using them, good sleep eventually will come. **In trying to fall asleep, we need to let in the weariness by asking the wariness to leave.**

Figure 11-13 indicates that we need to know when to take the motion out of emotion. **Emotion is the Great Motivator, but our thoughts should be the Great Finisher.**

Figure 11-13

Humour is one way of dealing with worry, because it tells us that we are trying to stay ourselves. Humour and worry are incompatible. So take humour along and leave worry home alone. Seek out friends and family. See a funny film. Read jokes. There are physiological benefits to laughter, as “feel good” chemicals are released. Laughter leaves signs on the outside, that is, on the face, but it is generated centrally, that is, in the brain. When we make laughter a central part of life even when worry is around, the joke will be on worry.

If Peter Piper Picked a Pack of Puckered Pronouncements

If Painful Priscilla planned to pace her pain with persistence and patience, what percent of Painful Priscilla’s pain would Painful Priscilla pull down?

If Stressed Out Seth selected to sleep sound, destress, and stay serene, what section of Stressed Out Seth’s stress would Stressed Out Seth settle?

If Fearful Farah fulfilled her fantasies to freeze fear, flee fright, and flourish in flowers, what fraction of Fearful Farah’s fear would Fearful Farah finish?

If Dillydally Danny decided to delete delay, downsize dumbness, and demand dedication, what dimension of Dillydally Danny’s dillydallying would Dillydally Danny decrease?

If Angry Andy announced he’d annihilate aggression, adjust to anxiety, and analyze actions, what aspect of Angry Andy’s anger would Angry Andy alleviate?

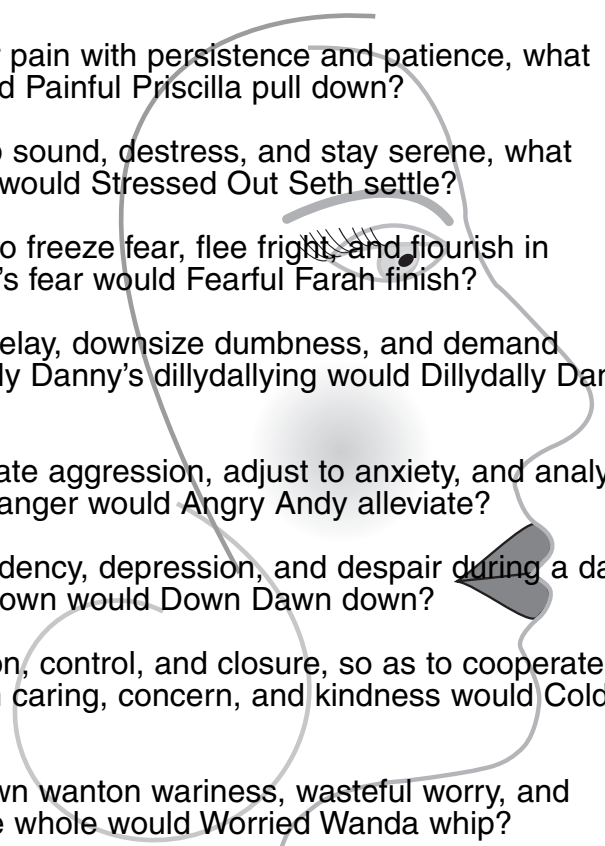
If Down Dawn diverted doom, despondency, depression, and despair during a day, how many degrees of Down Dawn’s down would Down Dawn down?

If Cold Cal countered coolness, caution, control, and closure, so as to cooperate, commune, and collaborate, how much caring, concern, and kindness would Cold Cal collect?

If Worried Wanda wanted to water down wanton wariness, wasteful worry, and wishful wanderings, which parts of the whole would Worried Wanda whip?

.....
*Misery loves company.
Send your misery to it.*
.....

.....
*Put runaway worry where
it belongs—on its
treadmill, not yours.*
.....



.....
*Too much worry—doesn't
deserve too much attention.*
.....

.....
*A worry is a switch to
finding our way.*
.....

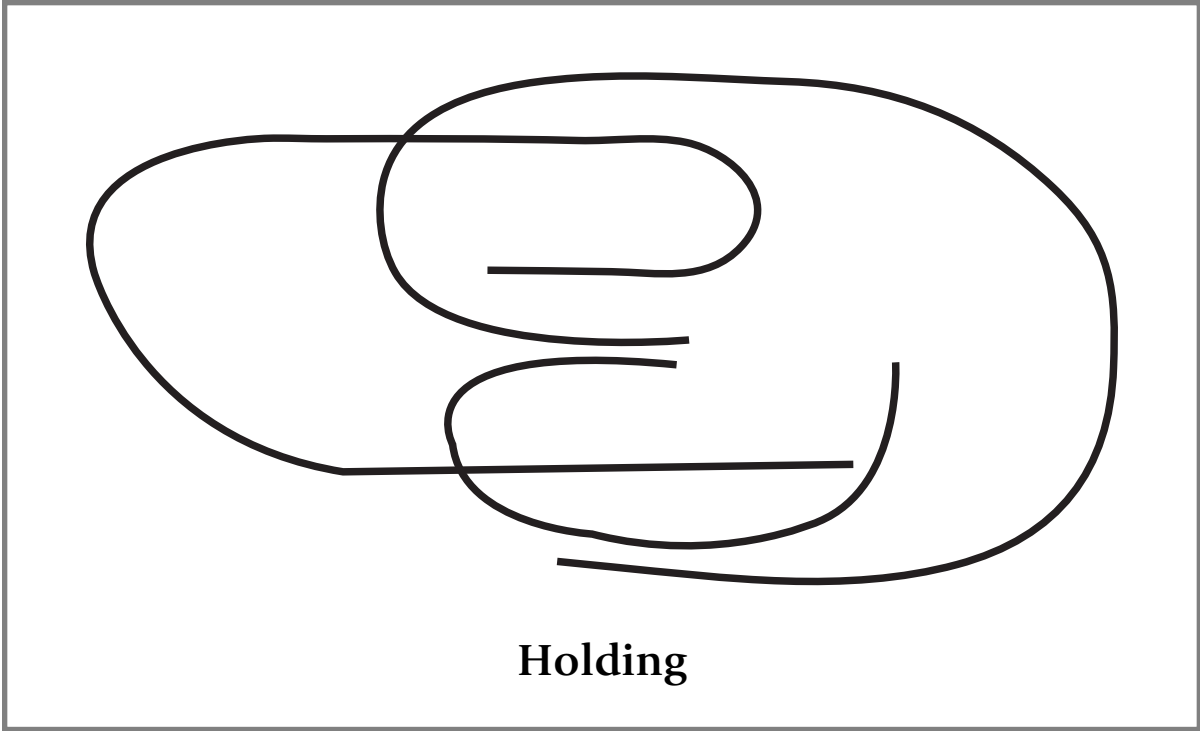
To conclude the chapter, I note that we all worry in order to make sure that we deal well with our stress, but worry should not predominate our emotions when we are under stress, neither in the long term nor at an intense level. When we are under stress, worry could be present as a parallel feeling to other emotions, thoughts, and actions. **When worry becomes more stressful than the stresses to which it is targeted, it is time to reduce it.**

.....
*Thank worry for coming—as long
as it does not overextend its stay.*
.....

.....
*When worry has staying power—
stay the course.*
.....

.....
*When worry grows out of hand—
grow destressing in your mind.*
.....





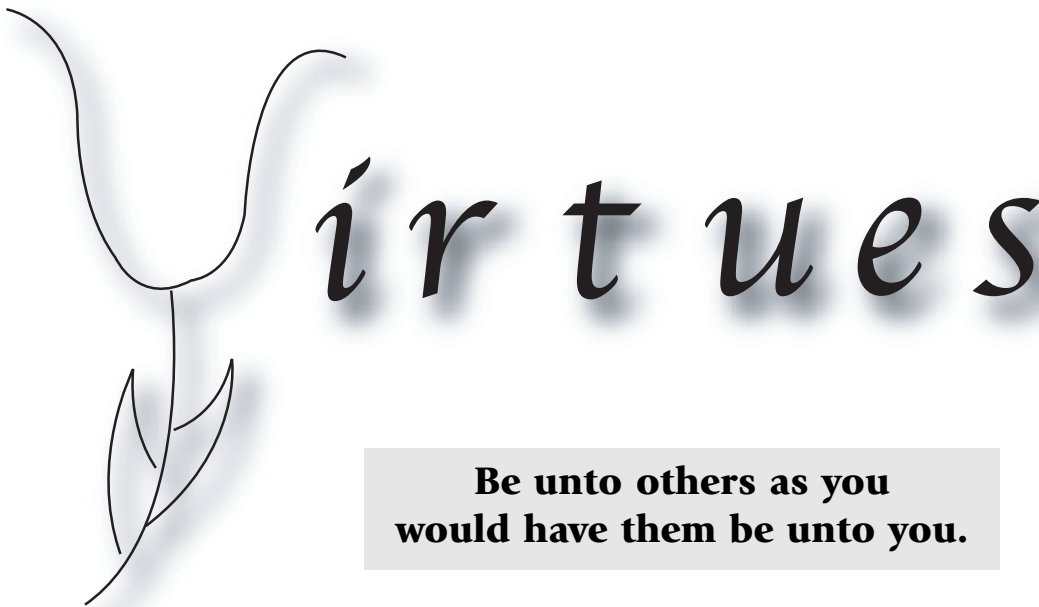
.....
*Worry will not win
when we will.*
.....

.....
*Worries are like bad
weather—but isn't there a
song, "Singing in the Rain"?*
.....

.....
*Worrying too much
accomplishes too little.*
.....

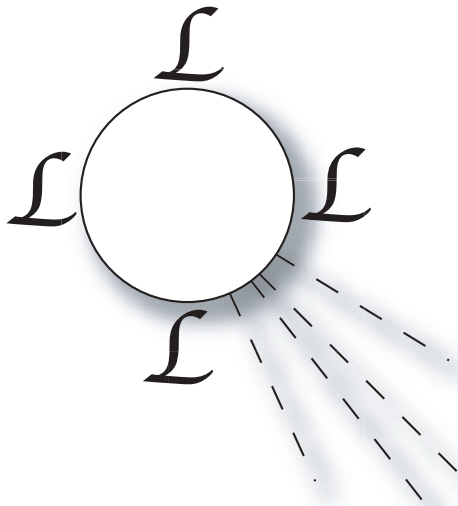
Ken was distressed about everything in his life. He was always on edge and had a chip on his shoulder, but he felt depressed, too, because his attitude chased people away. His friends stopped calling, his customers stopped ordering, his bank account stopped growing, and his parents worried. He began to drink more alcohol and things took a turn for the worse. His business began going downhill. He argued continuously with his wife, who finally asked him to sleep in another room. His children cried when he came home drunk or when he came home sober but angry. He felt hopeless, helpless, and useless and his debts grew. He always had considered himself a good provider and his identity was based on that perception of himself. He did not know what to do.

Ken's parents spoke to him about a mental health professional they knew. He decided to follow their advice, for he did not want to lose everything. His wife supported his decision and he called the therapist. On his way to his first appointment, he browses through the self-help books at the bookstore and finds one that comes with a CD-ROM version, packaged like this one. He finds the material helpful and the therapist knows that it will not be long before her services will no longer be needed.

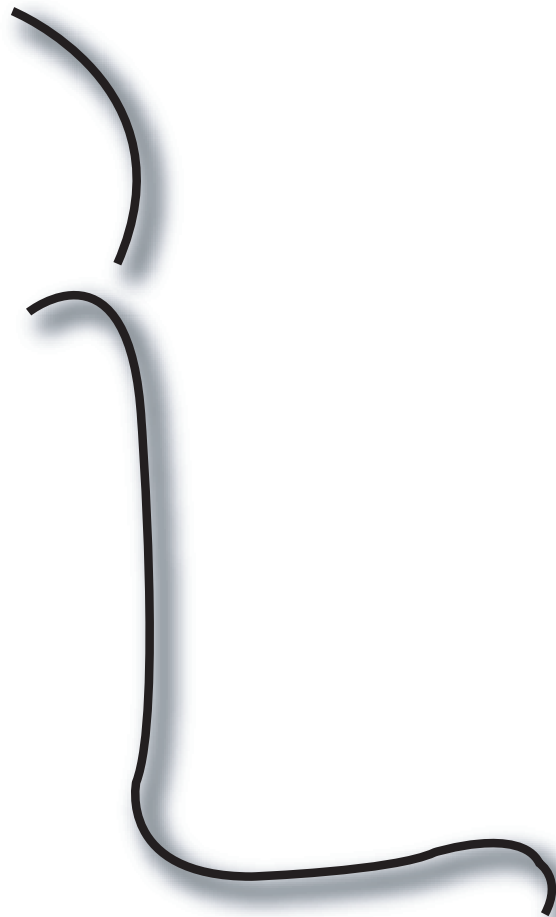


Chapter 12

Sadness or Sadless



*"L" is for Life,
Liberty, and the
pursuit of Love.*





In Chapter 12, I explore another very common negative emotion that manifests when we are stressed. In this case, I am looking at sadness, or, in its more intense form, depression. It can be the most incapacitating of emotions when it is strong, robbing us of energy, motivation, and even the will to live. Our losses can seem unbearable. We feel helpless, hopeless, and even worthless, with low self-esteem. Nothing brings pleasure anymore. Our mood becomes one of interminable despondency. This chapter is aimed at showing that there are effective ways to deal with sadness. Losses need acceptance. The self needs serenity. The present needs equilibrium. The future needs hope. We need to reach into parts of our self that want to get back on track and we need to reach out to others willing to help us to get there. Thus, there are alternatives to a depressive reaction in a stressful situation. We can learn to adopt a new way of reacting to stress and a new way of speaking to ourselves when we feel depressed. **We should see sadness not only as a sign of loss but also as a portent of exploration.**

Sadness can be a transition point to a greater serenity.

In **Figure 12-1**, the two major types of reaction to stress are presented—a negative or a positive reaction. One possibility in dealing with stress is that we perceive it as a loss and we fixate on the loss, producing disruption and sadness and, ultimately, resignation and giving up. Depression deepens with this dynamic.

Depression seems so powerful and permanent when it sets in. We feel terribly down, and we may cry endlessly, either openly or to ourselves. It robs us of our energy, our motivation, and the desire for pleasure and human contact. It tears at the sinews of our personal and daily life.

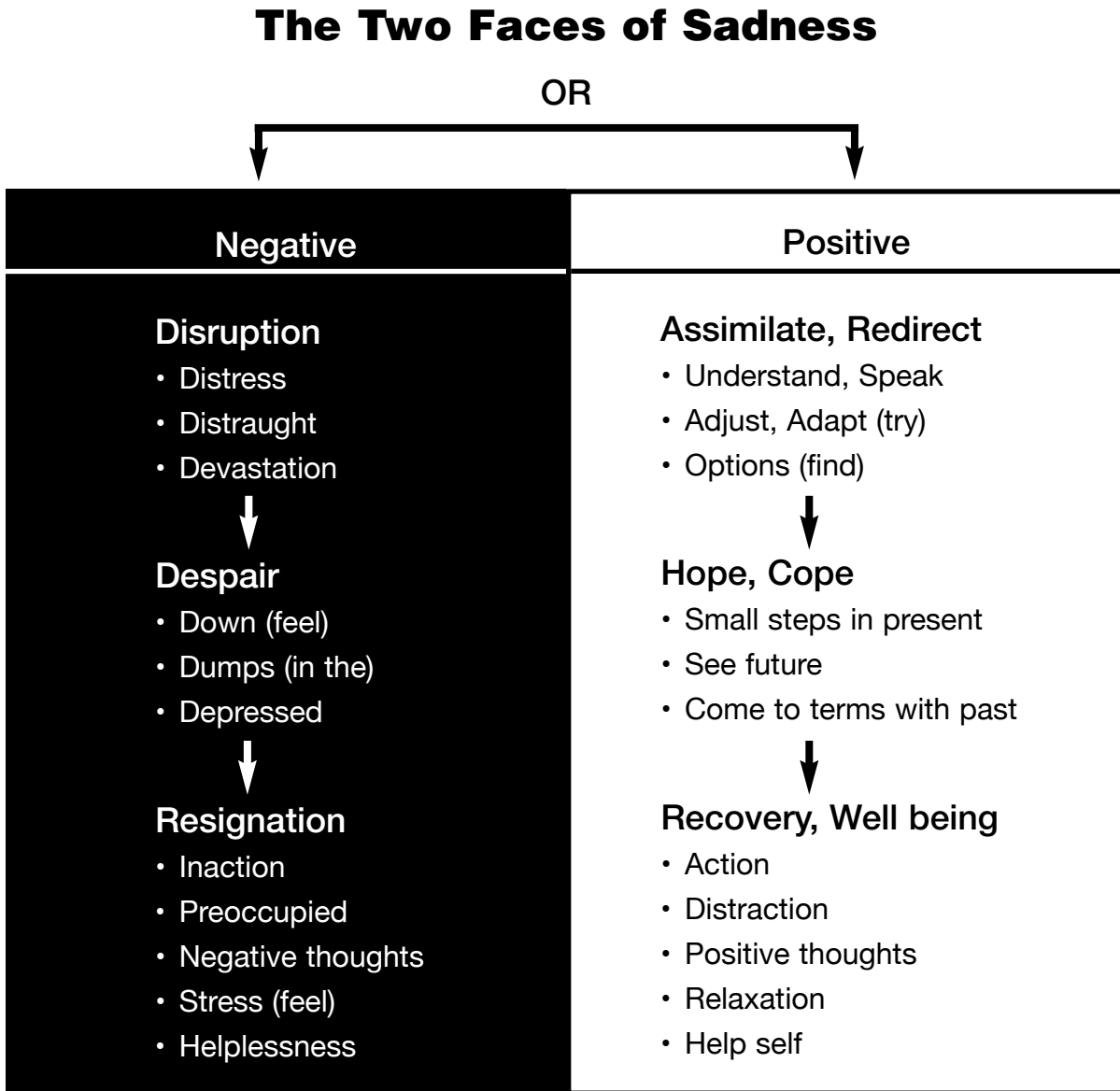
But sadness and depression, like other emotions, are part of our emotional heritage because they reveal meanings and messages to us. By curtailing their symptoms and listening to their messages, the veil that sadness and depression place over us begins to lift. More neutral reactions and more positive emotions begin to replace them.

The main message of sadness and depression is that a loss has taken place that is overwhelming. However, embedded in the message is an equally powerful one that, eventually, we can come to terms and perhaps replace the loss. Depression does not mean permanent change in mood and action.

Larry felt lonesome. Chapter 12 taught him to isolate depression from himself. Now he's loose. Don't lose Chapter 12.

Figure 12-1

Sadness is a normal response to an upsetting event. However, it does not have to last. We can assimilate it, cope, and recover. Sadness may be a part of us, but we can make it a small part, and one that motivates us.



If the human species had evolved to cease to function at every setback, it would not have survived the caves, let alone the tigers.

We have evolved to effectively deal with all sorts of setbacks and losses. Our genes could have it no other way. This resilience is part of our genetic heritage, as much as is the vulnerability to loss. Thus, when we are depressed by overwhelming stress, problems, and loss, it is normal to have at

The wisdom of sadness is that it is telling us that something is missing and that we can do something about it.

*Sadness opens up
channels to our interior
and to the interior of others.*

*Feeling hapless should be
considered the start of
moving toward happiness.*

*When we have a plan,
we keep our élan.*

least a part of us feel it will be prolonged and terrible, but also it is normal that at least part of us wants to regain ground and not remain so sad and depressed.

Another option to use as a counterweight to depression is to perceive loss as a juncture that can lead to growth. Loss may be accompanied by positives, such as hoping, redirecting, and finding options. For example, in the aftermath of loss, we might better come to terms with the past, helping us in the present, and enabling a more hopeful future. With this kind of attitude, sadness and depression become signposts of change in the positive direction. The sense of loss transforms to experiencing recovery, a sense of well-being, and an opening to the other. The choice is ours to make when we are sad. **When we are depressed, we can either give up or we can get up and give, both to ourselves and to others.**

In **Figure 12-2**, I explore the time lines of stress. When we are overwhelmed by stress, we feel sad, worthless, helpless, and hopeless. However, we need to realize that there are stresses that we have dealt with in the past and that sadness has not always developed. We have shown courage in our own way in dealing with past stresses, and we should recognize it. We have resources, coping mechanisms, and strengths in the present, and we should recognize them. We have visions of where we want to go in the future, and we should recognize them, too. For example, in order to cope well, if our stresses relate to the past, acceptance is key. If our stresses relate to present conditions, taking small steps toward the goals that we want to achieve is important. Finally, if our stresses relate to difficulties in seeing the future, having realistic visions to guide us is important. This is not to say that we should forget our dreams. One must always remember that reality is stagnant without dreams and that those dreams can create reality. We have to balance the two as we move through the opportunities in our lives.

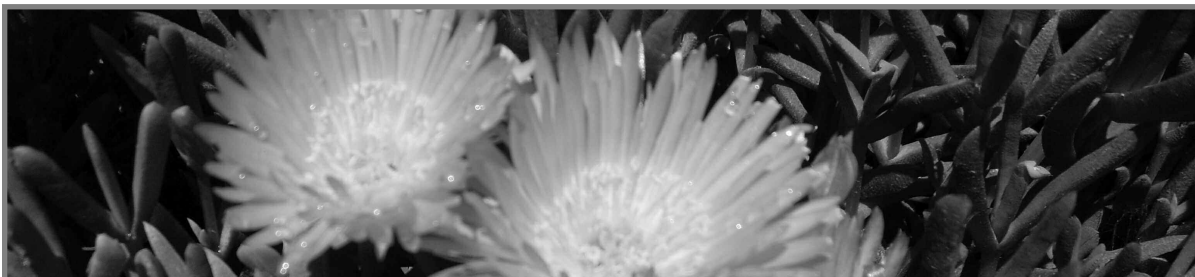


Figure 12-2

Sadness can be about the past, the present, or the future. We feel helpless, hopeless, and worthless. But we can learn to value our strengths. We can learn new ways of thinking, feeling, and acting. The past, present, and future would applaud.

Time Line

OLD WAY

- Worthless feeling about — *Past*
- Helpless feeling about — *Present*
- Hopeless feeling about — *Future*

TRANSITION

- Admiration — of courage in *Past*
- Acknowledgement — of strengths in *Present*
- Adoption — of valued vision in *Future*

NEW WAY

- *Past* — Coming to terms, accepting
- *Present* — Small steps to goals, adjusting, working through
- *Future* — Seeing, having vision, adapting



*Sadness is a state of mind.
Joy is a state of being.*

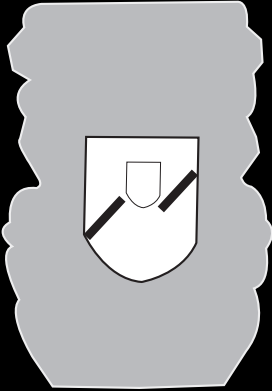
*When we give freely
of our time, time flies.*

In **Figure 12-3**, I use the idea of a passport to emphasize that very good ways of dealing with stress involve taking **mental mini-voyages, through relaxation, rather than maxi-voyages out of the country.** It would be a good idea to chart the positive destinations in our minds to which we have travelled and how we had got there. Did we use music? Or visualizations? Or look at travel magazines? What was the outcome of the landing? Was it smooth? Did it help? What did we learn by increasing the ability to relax in the face of

Figure 12-3

The simplest ways of dealing with sadness are the best. We can listen to music, meditate, rest, and relax and, generally, forget stress, deadlines, and time. This message about dealing with sadness is both timeless and timely.

Passport to Your Port

 <p>PASSPORT</p>	<p>DATE _____</p> <p>TRAVELLER _____</p> <p style="text-align: center;">PASSPORT TO:</p> <ul style="list-style-type: none"> • Visit your special place • No stress • No worry • Good sleep • No headaches • Relaxation • Rest • Rejuvenation
---	---

Destination Travelled to in Mind	Means of Arrival (e.g., Music)	Date: Timeless	Landing Outcome

stress and worry? Tourists explore physical locations that they have never visited, leading to an increased enthusiasm and energy when they return home. Perhaps we should explore our capacity to handle stress with the same attitude—that by finding new ways of destressing, we can increase our enthusiasm and energy for life.

Figure 12-4 speaks to how to lift our spirits. Sometimes stress gets us too down, and we cannot see what to do; there

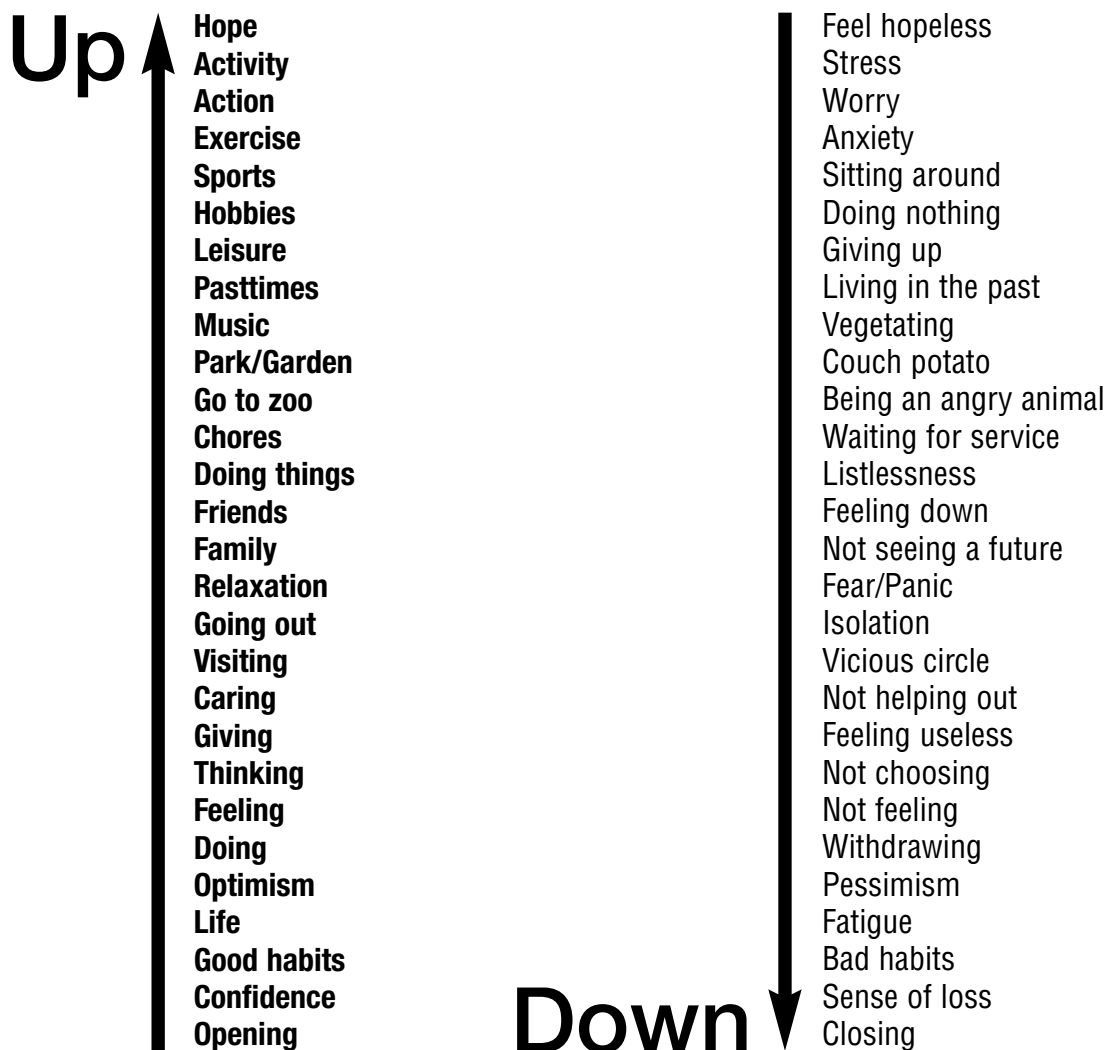
.....
*Sadness comes and goes.
 So be patient with it
 when it comes.*

.....
*Joy comes not from what we
 do but from what we are.*

Figure 12-4

Life has its normal ups and downs. We should not get too high with the ups nor too low with the downs. Nor should we believe that the downs must last long. By expecting a short-lived sadness, it will live short. By doing long-lived positive activities, sadness will be less active.

The Ups and Downs of Life



.....
If we are sad because we want to improve our lot, it is best to start by improving ourselves.
.....

.....
Mind Travel Advisory: Nothing like positive thoughts for every negative one.
.....

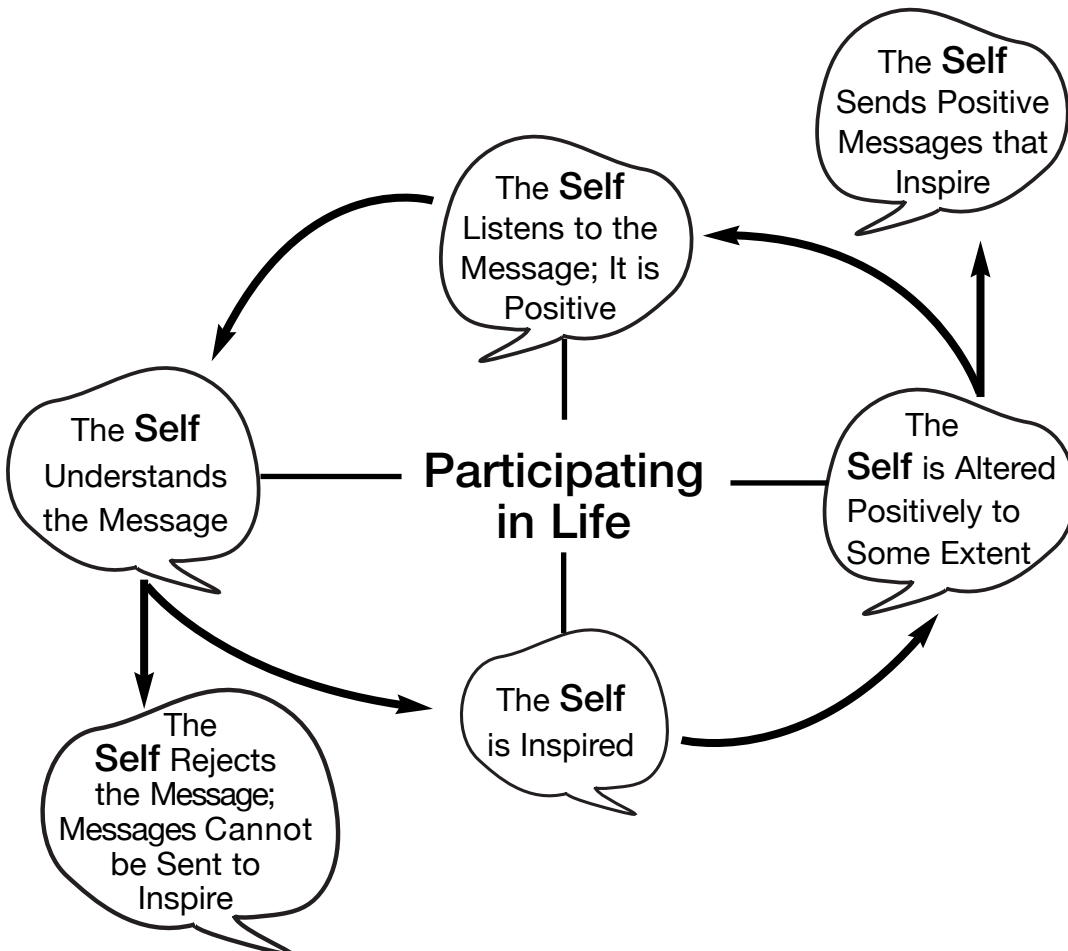
appears to be no hope on the horizon. However, **hope takes a small spark to ignite fully, a fraction of a second to inflame, and a glimmer of an opening to flourish.** Hope can turn things around. In addition, people can help. Moreover, each of us has the power to help those in need. By starting to recover, we can help others recover. Hope may be a factor involved in initiating recovering. Helping others may further recovering. Help helps hoping and hoping helps helping.

Figure 12-5 acknowledges that despite receiving positive messages of how to be, how to do, how to improve, and how to change, it is difficult for us to adopt new habits right away and to become more positive without effort. All change for the

Figure 12-5

Active listening and participating actively in life bring out positives in people and lead to positive exchange. Positive cycles are created. When we behave this way, negatives are lessened, including that of sadness.

Wayward or a Way with Words

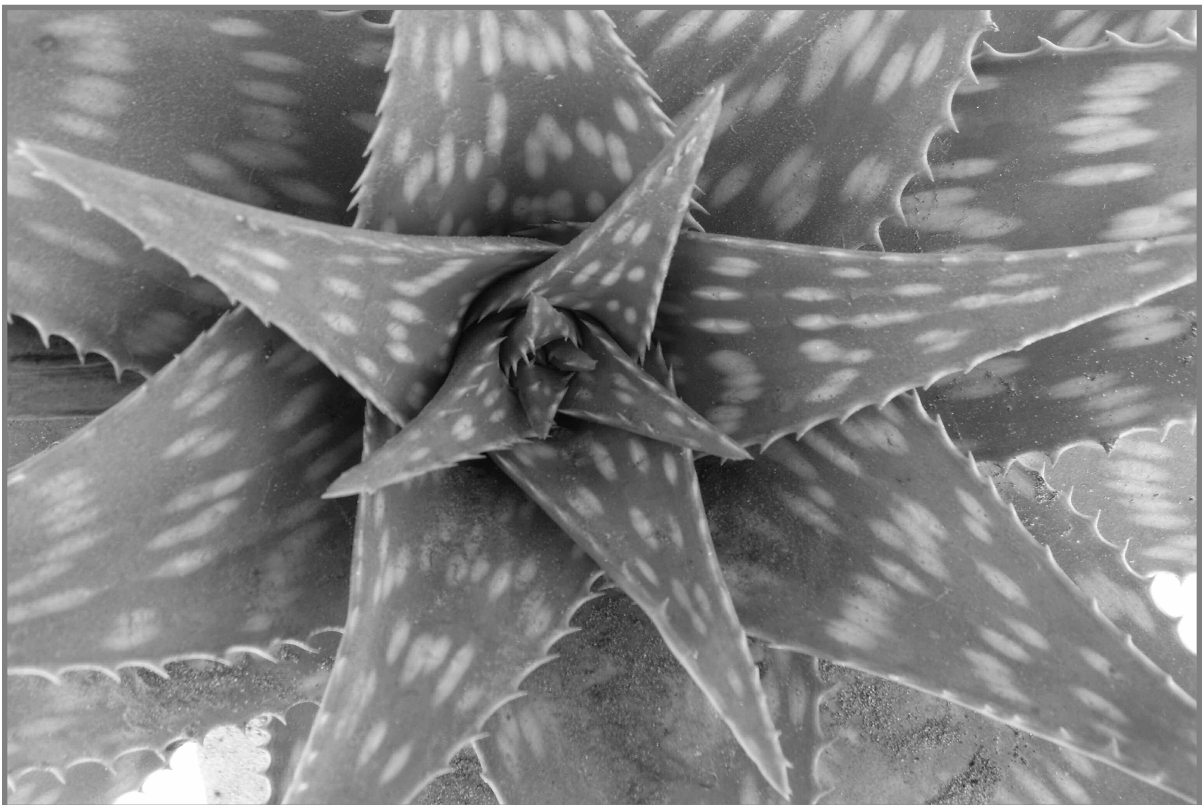


better takes will, application, and patience. We may hear the right words, but we may not absorb them. We take short cuts or we shortchange ourselves. Thus, when it is our turn to speak and give positive messages, others may not listen fully because we have not fully absorbed the messages ourselves and so we have undermined our own capacity to speak from experience.

By taking the chance to participate fully in life, by risking living the positive, the good, and the moral messages that we receive, inspiration carries us outward into action and inward into transformation. We end up capable of sending out positive messages, which, in turn, potentially can inspire others. Overwhelming stress, deep loss, profound upset, and so on, may hold us back but, eventually, we can gather our strength. When sadness pulls us down, getting up on the saddle can push us forward. The ride may not be as good as we want, but the ride will still be in a forward direction. When we hear a positive message in a positive psychological state, the message lives in us. It may be somewhat altered by our filters and diminished in its effects, but it should remain within our positive scope. **Sadness and depression can be short-lived—when we decide to live.**

The lows in sadness energize rejoining joy.

Sadness may be a temporary state of affairs, especially when we get our affairs in order.



.....
*When we boost our effort,
we boost our self-esteem.*
.....

.....
*Why would I say that fun
could be the opposite of joy?
Why would I say that
hurt may precede it?*
.....

Figure 12-6 points out that self-esteem comes both from within and without. To be sure, it is an internal push, but it needs constant effort and the right context, such as an external push and the right opportunity. It is hard to keep up our self-esteem because of the constant struggle of life. We make mistakes, which threaten our self-esteem. However, as long as we know that the goals that we have are reasonable and decent ones, our self-esteem should weather the storm and keep us on course. **When we have laudatory goals and messages to give, our self-esteem will not dip with the changing conditions of our lives.**

Figure 12-6

Positive self-esteem keeps us on the ready for whatever opportunity presents itself from the outside. It helps us give of ourselves, from our resources, on the inside. With such an attitude, sadness cannot find too much of a place on our outside or our inside.

Self Esteem Get Ready, Get Set, Go

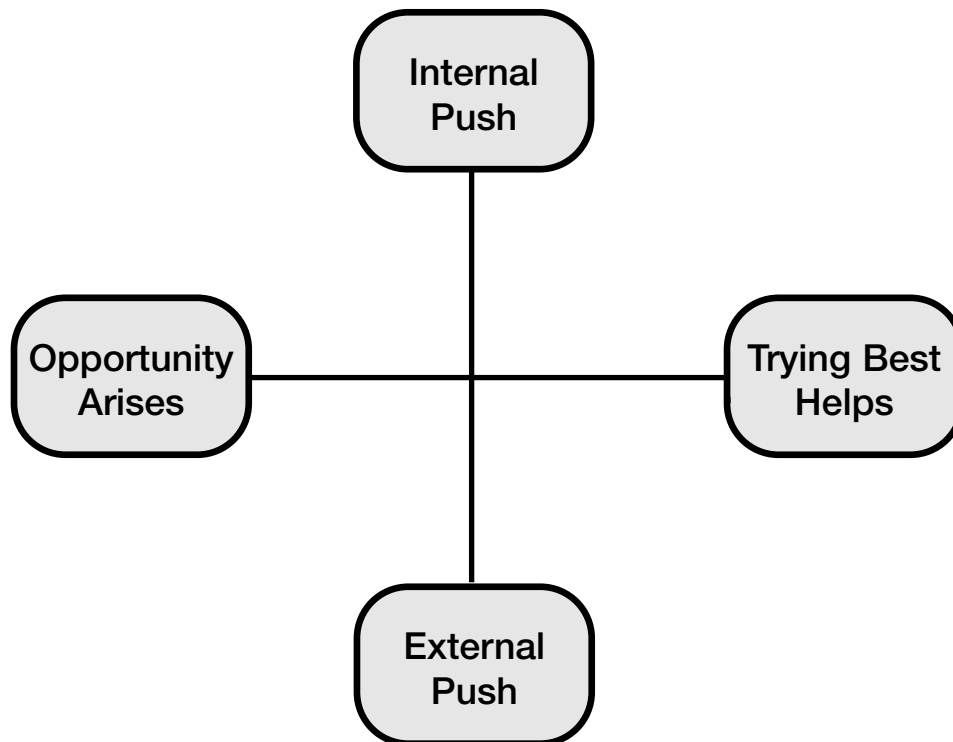


Figure 12-7 illustrates how a positive attitude helps us through difficult times. Whether the problem is in us or out there, optimism can keep us focussed and alert. However, we can experience different degrees of optimism and we can even experience pessimism. On the scale of possibilities in optimism and pessimism, the positives points are the ones to activate. **There is little room for feeling down when we perceive that the only direction is up.**

*When we cannot help
but being optimistic,
we help a lot.*

*To find an inner joy,
boost another's.*

Figure 12-7

Optimism is a positive feeling compared to pessimism. We vary in how much optimism and pessimism that we feel. We can feel either optimistic or pessimistic about ourselves and about things around us. Optimism is an attitude that can help boost both ourselves and those around us, thus reducing distress. We can make the better choice. Aim high on the optimism scale.

Optimism is a Win-Win Situation

Optimism About Self

- 1.** I'm ok
How can I improve myself
- 2.** I got a problem
How can I help myself
- 3.** I got a problem
I need help
and I am asking for it
- 4.** I got a problem
How can I get help
I'm confused
- 5.** I got a problem
I can't be helped

Optimism About Stress

- 1.** Things are ok around me
How can I improve the things around me
- 2.** There's a problem around me
How can I help
- 3.** There's a problem around me
It can be helped
Can I get help
- 4.** There's a problem around me
It can be helped
How can it get help without me
- 5.** There's a problem around me
It can't be helped
I can't help

*Joy lasts—when we
take life seriously.*

*If joy is the goal,
being good is the means.*

*Acquiring joy is a skill.
Socializing is the course.*

.....
*Being positive is as
natural to us as
being negative is not.*
.....

.....
*Joy is not an island beach
but an inner harbor.*
.....

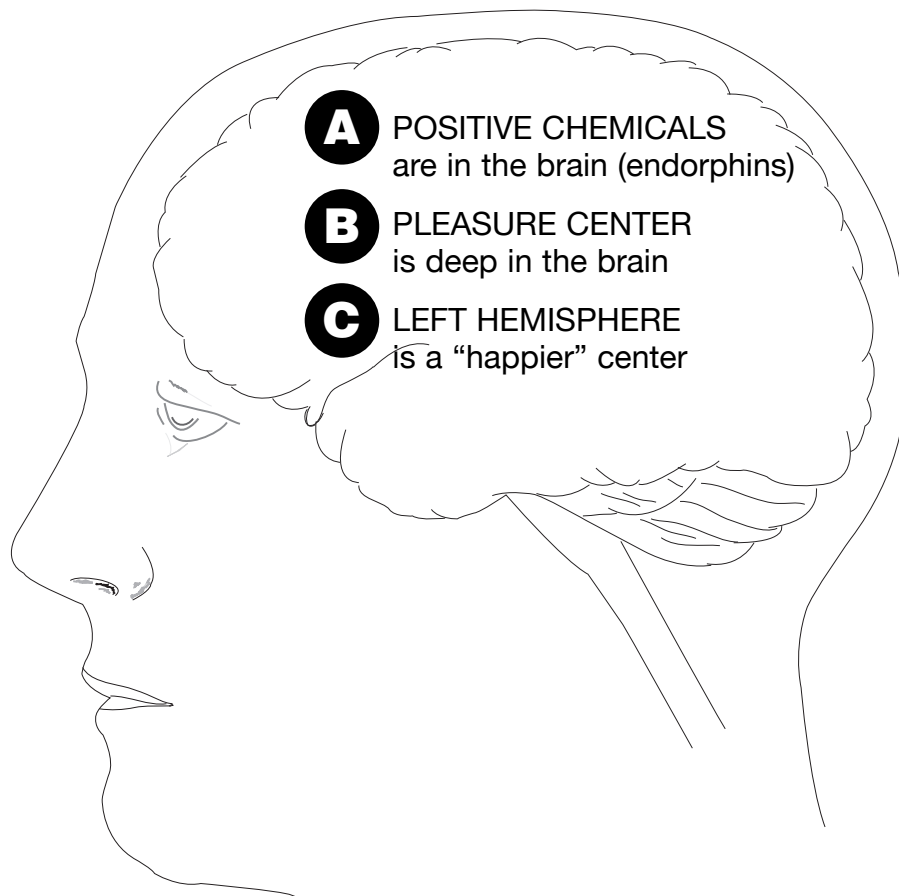
Figure 12-8 indicates that happiness is a natural. Too often, we fight the mood of sadness by seeking artificial replacements, superficial cover-ups, sensational stimulation, drug-induced highs, or momentary pleasure. **The best source of genuine happiness is genuine being.** Happiness should be an underlying constant that we feel despite the ups and downs of the day, because we know that we have programmed our day to meet constructive goals and that we are open to shared communication and activities.

The brain is built for experiencing happiness and dispensing it to others. a) The left hemisphere relative to the

Figure 12-8

Normally, sadness is not our natural state. Normally, the brain can be a happy organ, because happiness is built into our species' genes and, in general, the left hemisphere of the brain is specialized for happy feelings. There are ups and downs in the day, but they may occur against a backdrop of a deeper, more positive feeling. We are programmed both for happiness and socializing, and for both giving happiness and receiving it.

Drugs Are Not the Only Way to Get a High



right is specialized for happier feelings, probably because it is the language specialist and the specialist for refined sequences, such as in social activity. In addition, in this regard, the brain is built for us to be social. *b)* Also, the brain is the seat of neurotransmitters that give positive feelings. *c)* Finally, there are pleasure centers deep within the brain, ones that do not need street drugs to be stimulated in order to make us feel good. We can feel good by ourselves, naturally, without drugs. Our brain is a social, happy, feel good, pleasure center, which street drugs eventually damage and destroy. What could be sadder?

.....
*Ask others for advice.
Ask yourself for decisions.*
.....

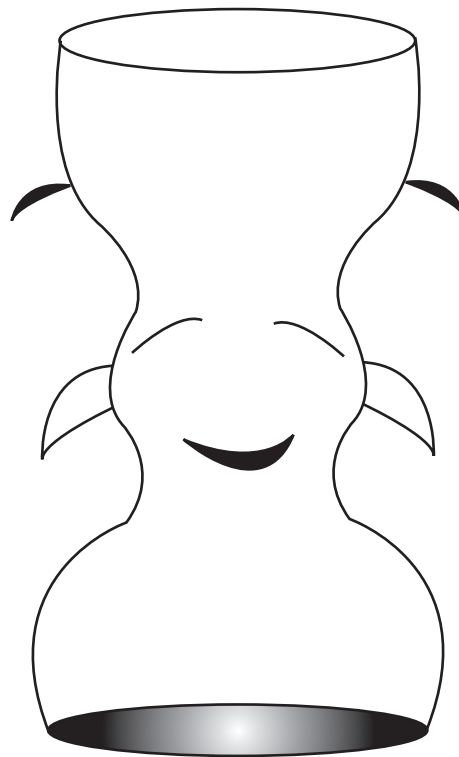
Figure 12-9 indicates that if sadness is all that shows on the outside, it is an illusion to think there is not a part of us that is happier on the inside. Depression feels like a 100 per cent negative experience that many of us avoid at all costs.

.....
*Sadness can be short
and sweet—when we
stop having long faces.*
.....

Figure 12-9

We may appear sad, depressed, or down. However, our internal peace, joy, or contentment may still burn strong. There are many sides to sadness, including the coping side.

Sadness is Not an Illusion



But neither is our internal smile

The paradox of accepting that things cannot change is that, in doing so, they might.

By honouring depression, we deal with it better.

Joy can start with a good word or a tender touch. It never ends with a good word or a tender touch.

We will do anything to stay out of its abyss. However, depression has a purpose that we should respect, for it helps us recover from the loss that underlies it. It is not meant to be permanent or to deny other emotions. As paradoxical as it may seem, depression is an intermediate step to happiness. It calls forth our personal resources and the social support around us, and also makes us more understanding of others and more empathic. It mobilizes our interior so that we may smile again, even if only faintly at first.

In the figure, the predominant facial configuration that jumps out at us is the central one in the cup—the smile. However, there are other faces in this illusion, and they are drawn more boldly and are doubled up. Nevertheless, you may not see them as you look at the vase, because, for our perceptual system, they are not prominent. Moreover, the power of the happy smile inside the cup captures our attention.

However, should you look carefully at the outside of the cup, you will see on each side a silhouette of a sad face, with both eyes and lip corners pointed down. Now that you notice the depressed faces outside the cup, these faces will attract your attention as much as the smiling one in the cup.

Just as we find both a happy and sad look in the figure, sadness and joy are symbiotically-related emotions. Thus, when depression seems too powerful, we should respect its force but, at the same time, we should dig deep below its surface in order to find the serene self that it can never fully hide. In this figure, the most powerful illusion is that **sadness cannot change. To change from being sad, change the being behind it.**

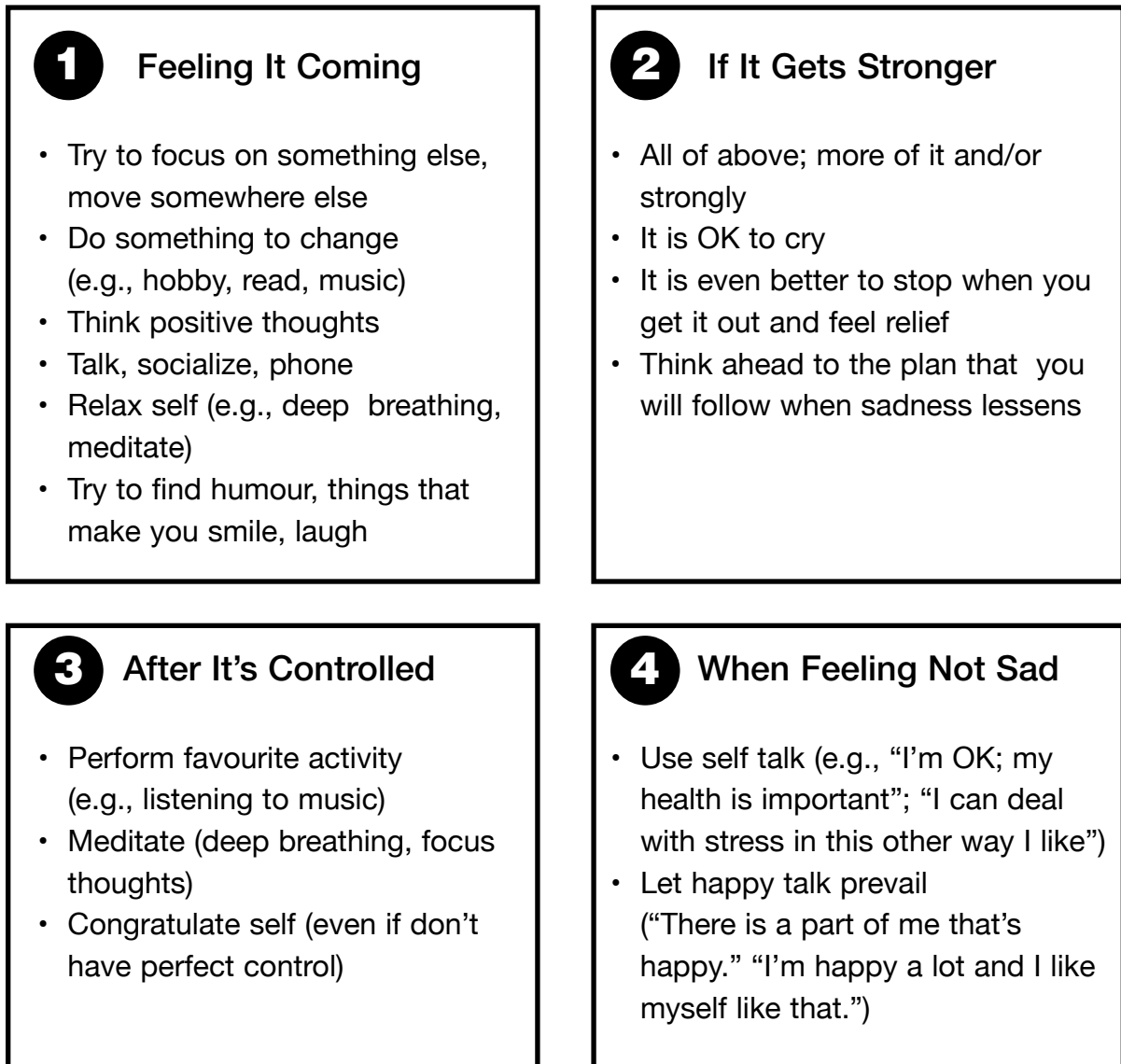
Figure 12-10 indicates the careful planning and moment-to-moment strategies needed in order to control and turn around a depressed mood. **Changing a bad habit, negative mood, or difficult situation takes hard work.** The more we work at life's stresses, the more life lets us rest, be happier, and grow into our good habits and have them grow.



Figure 12-10

Sadness progresses in steps, and at each step there is something we can do about it. We can react as we see it coming, and even before it appears, in that we can prepare for it. Sadness happens, but so can sadness control.

Sadness Termination & Ongoing Protection: S.T.O.P.



Mental gymnastics begins with a balanced beam on our face.

When we lend a helping hand, we are repaid in kind(ness).

Grab life by the horns— volunteer to help the needy.

.....
*The worst tragedies may
lead to profound discoveries.*
.....

.....
*Depression is a stepping
stone to sturdier
foundations.*
.....

Figure 12-11 was made during my first encounter with a grieving client. The death of his wife was traumatic for him, and he became extremely depressed as the anniversary of her death approached. Depression is one of the expected responses to bereavement, and it can last a long time. Memories of a departed love one are never forgotten. However, bereaved partners can end up learning that the loss of a loved one does not mean that their lives stop forever. The departed would not want such an eventuality; nor does the adaptive part of the grieving individual. **Death brings us closer to the meaning of life, and one aspect of this is that the search for living and meaning continues no matter how bad the situation appears.**

Figure 12-11

Loss of a loved one can lead to intense grieving. This can be understood as a capacity for regrowth and looking for a different route.

Life Therapy

Learning
Integration
For
Emerging

Therapeutic Transformations

Mourning	➔	Morning	Shrinking	➔	Sharing
Bereaving	➔	Believing	Feel Down	➔	Wisdom
Grieving	➔	Growing	Despairing	➔	Repairing
Procession	➔	Progression	Weeping	➔	Weaving
Losing	➔	Leasing	Dispirited	➔	Spirituality
Depressing	➔	Repossessing	Moving Away	➔	Moving On
Hurting	➔	Honouring	Longing	➔	Living
Alone	➔	Aplomb	Giving Up	➔	Giving
Suffering	➔	Buffering	Surviving	➔	Surmounting

Figure 12-12. The death of a loved one is something for which we can never be prepared. The feeling of despair is total and the grief extreme. Yet there are individual differences in how people react. Some bereaved people can be very helpful to others who are so overwhelmed by the loss. Some professionals believe there are stages through which individuals pass in the mourning process.

In general, change is first marked by coordination of the new and the old (stage 1). In the case of bereavement, after the loss of a loved one, the first stage of change involves the traumatic contrast between absolute absence and loving

A loss can be a win for growth.

Losses are lessons in growth's curriculum.

Figure 12-12

The worst events that can happen to us concern loss and bereavement. However, grief can be accommodated. Not everyone grieves; they may show inner strength that they could not imagine, want to help others, and so on. This being said, when there is grief, we can recover. Gradually, we may be able to deal with the grief, transform it, and start over in our learning of how to live in a different world.

Bereavement

Stages (Sanders, 1999)

- | | | |
|-----------|--------------------------|--------------------------------|
| 1. | Shock | <i>(Trauma)</i> |
| 2. | Awareness of loss | <i>(Acute anxiety, stress)</i> |
| 3. | Conservation, withdrawal | <i>(Chronic despair)</i> |
| 4. | Healing | <i>(Gaining control)</i> |
| 5. | Renewal | <i>(Recovering, new level)</i> |

Interpretation (after Young, 1997)

- | | | |
|-----------|-----------------|---|
| 1. | Coordination | <i>Opposition between what was and is</i> |
| 2. | Hierarchization | <i>Reality of situation sets in, sets up distress</i> |
| 3. | Systematization | <i>Capsule forms around distress to allow some adaptation</i> |
| 4. | Multiplication | <i>Major parts of life begin to show relearning</i> |
| 5. | Integration | <i>Regrowth takes hold</i> |

.....
*When we cannot move on,
we still can hope
that it will happen.*
.....

.....
*Watching those who
experience stress and bear
the burden—is witnessing.*
.....

.....
*Activity is to depression as
helping oneself is to cure.*
.....

memories. Next, in the change model (stage 2), coordination acquires a hierarchical arrangement. In bereavement, then, the loss takes precedence over everything as reality sets in, but the loving memories continue to be present even if they are secondary. In the third phase of change, the new reality systematically organizes. In bereavement, this means that the loss begins to separate from daily life, allowing space for healing, and the loving memories gain equality with the persistent despair and withdrawal at the emptiness. Gradually, in our general model of change, healing multiplies (in stage 4). As applied to bereavement, this means that the mourner begins to allow more control in her life and allows a relearning to take place without focus on the lost loved one. Memories of the departed loved one bring a smile and not only despair. **In the final stage of adaptation to loss of a loved one, renewal and recovery are marked by integration and regrowth, with treasured memories being honoured.**

Figure 12-13 underscores that grave loss brings depression, but that, in time, feeling sorrow after loss is not our only option. Some losses are so grievous that deep depression is inevitable but, with time, we can gradually recover to some degree. Often at such loss, depression is accompanied by other negative emotions, such as anger. More important, sometimes, through coping mechanisms that we had never realized that we possess, we begin to turn the corner. Our coping mechanisms help bring us out of these moods, as we start to move forward with at least some parts of our life, accept the loss, in part, and distract ourselves to some extent. Hope for a better life begins to grow. Eventually, we reach out more, come to honour the memories involved, adapt, and make good progress. From a state of needing help, we return to our pre-existing state where we can offer help. Nothing can make loss easy to bear, but without loss, there can never be real living. **A sense of loss is the messenger of what is precious in life.** On giving us this message, loss helps make life precious.

.....
*Joy is a natural—
when we are natural.*
.....

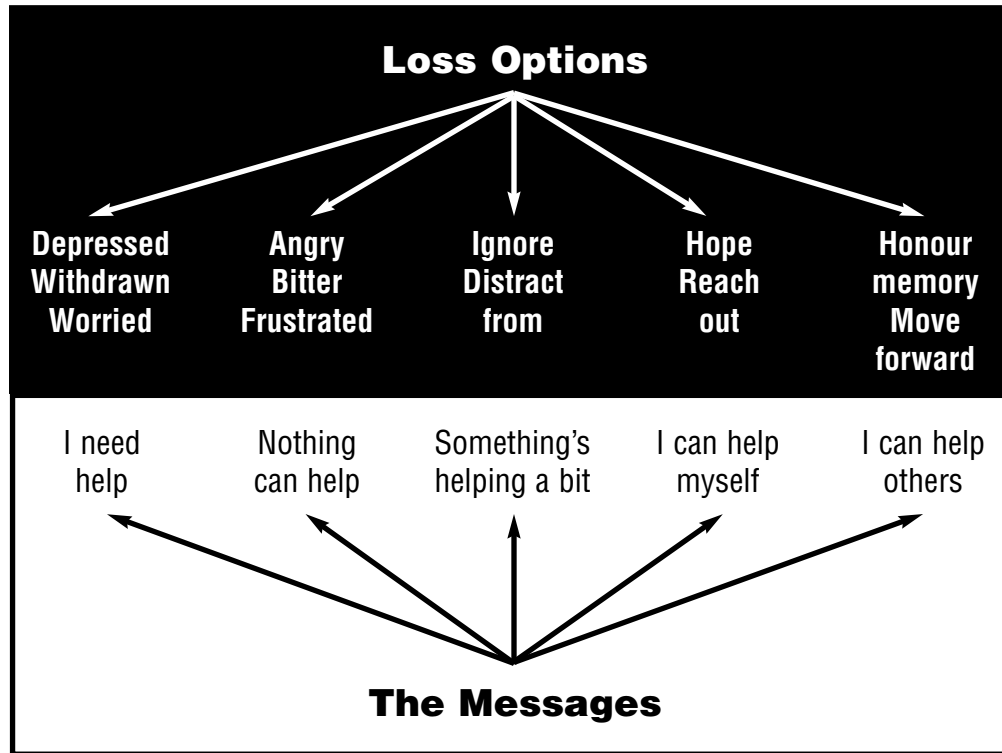
.....
*Give depression withdrawal
symptoms—meet a friend.*
.....

.....
Jump start joy—jump!
.....

Figure 12-13

Loss does not stop us from living; we do. No one can understand someone else's tragedy; they can only empathize and give support. When the worst happens, we need to take this positive support and help ourselves. In our despair, we cannot imagine ever being in a position to help others. But is not this what at least a part of us always wanted to do no matter what the circumstances—to help others no matter what, because helping is what matters?

Living with Loss or Loss of Living



Seeking balance sets the worst disequilibrium in positive motion.

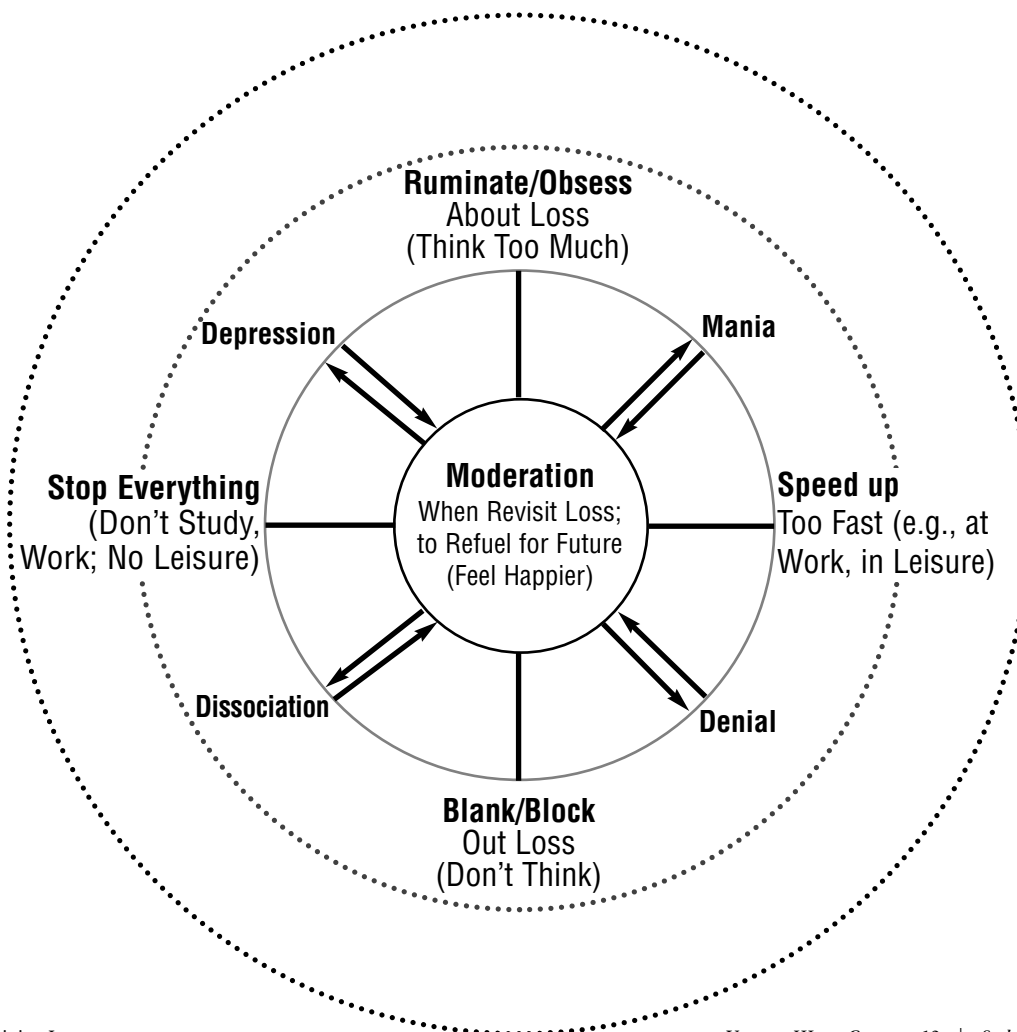
Pleasure is not joy—being is.

Figure 12-14 shows us that, after loss, excessive emotions dominate, but that we gradually move to more moderate feelings and reactions. At first, we stop everything and feel extremely depressed. We may clue out, try to forget, dissociate, or blank out, trying to block out everything. Or, we may speed up everything that we do, become manic and hyper, trying to deny or avoid our loss. Usually, we experience all of these in the confusion after loss but, gradually, we re-acquire balance and equilibrium. When moderation begins to take hold of our feelings after a loss, which happens

Figure 12-14

We need to learn moderation in dealing with loss, both in terms of our thoughts and our actions. This helps deal with depression and associated emotions and deal with trying too hard to forget and what accompanies that.

Getting Back to the Middle



through self-reflection, expression of our deepest feelings, support from others, and a desire to return to a balanced lifestyle, we can recover. We revisit the loss easier, refuel to help us get going, and move forward toward feeling happier. **When moderation controls our extremes, depression is easier to challenge and master.**

Figure 12-15 deals with depression that seems hopeless. When life seems so dark and bleak, the option of acceptance seems too far away. When loss is so heavy, deep despair follows and seems too powerful to ever escape. The only alternative is to realize that there is an alternative, or a glimmer of hope, and to have faith. We may not know where our faith and hope will bring us, but we need to accept that in mystery lies possibility. When we learn to accept mystery as a possible answer to existential questions, the search brings with it unimagined openings, no matter how deep our depression. **Where mastery and the goal of mastery cannot tread, let mystery and the goal of mystery provide inner strength.** At the same time, by accepting mystery, we protect ourselves from adopting immediately as answers improper and harmful stress-relieving options.

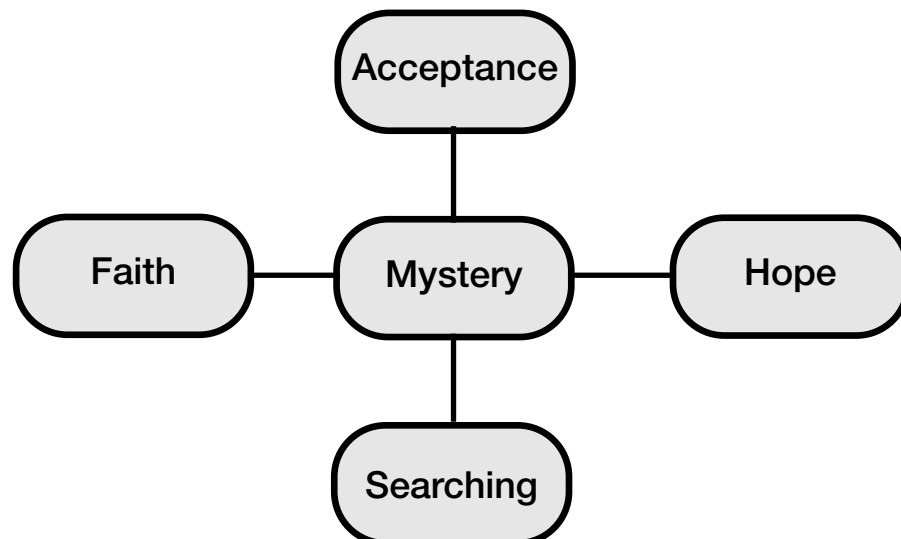
.....
*Sometimes mystery is
 the only answer.*

.....
*The search itself may be
 all that is necessary.*

Figure 12-15

When loss happens, often, we turn to the spiritual. We find strength in religion, tradition, and so on. We turn to our belief in God. Even though life and death are a mystery to us, we have faith. Options in how we think, feel, and act gradually develop.

Open the Possibilities



.....
*Being free is a
question of being.*
.....

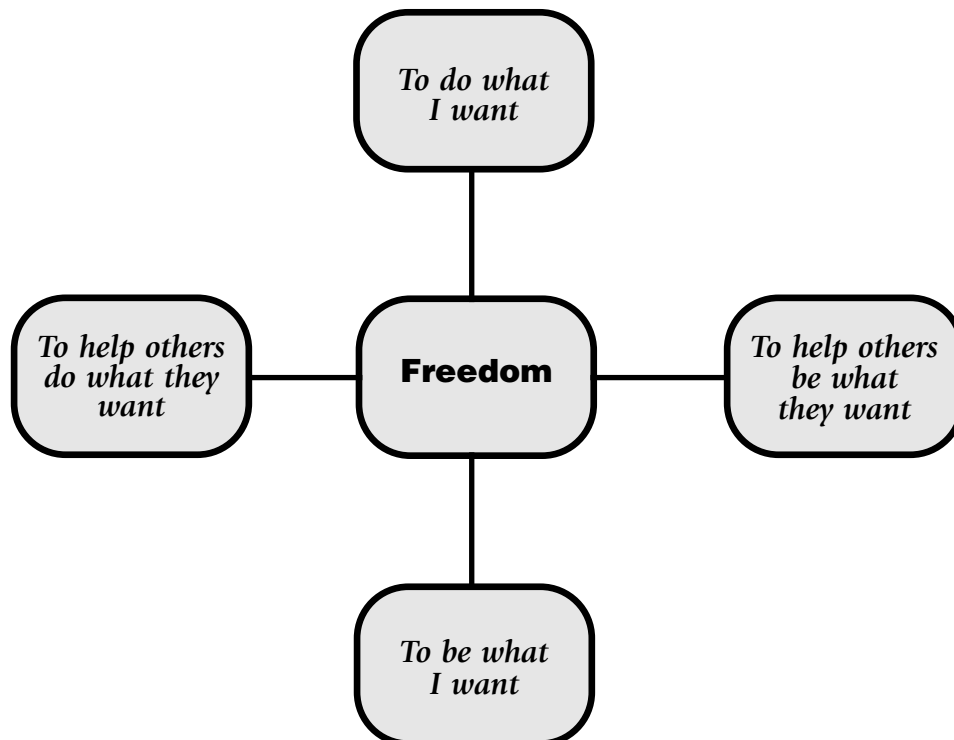
.....
*Freedom is not
for the taking.*
.....

Figure 12-16 examines the concept of freedom. People find themselves without freedom in so many ways. Political, cultural, religious, and associated freedoms are the cornerstone of our society. We need to be vigilant about their erosion and we need to support other societies in their efforts to acquire the same rights. But the freedom being discussed here is not the socio-political or similar kinds. Rather, it refers to the perception of freedom for ourselves that we carry in our personal lives. Each of us lives in a particular context with multiple levels. Each context has its advantages and disadvantages, pros and cons, opportunities and limitations, or catalysts and constraints. We continually attempt to seek mental space or psychological freedom within our context. However, sometimes, due to misfortune, accidents, or circumstance, our context changes for the worse.

Figure 12-16

Freedom is not only being free to do what we want. It goes much deeper than that. It is also about the freedom to be the best we can be in a moral, meaningful, ethical sense, and about the freedom to help others feel the same, as well. Sadness may be a lack of appreciation of this inherent human pulsion.

Freedom is What We Mean of It



After a negative event, the personal visions that we have—to continue to enjoy freedom of action and being—may be seriously compromised. For example, if we get hurt in an accident or if we become a caregiver for a loved one struck by disease, our sense of personal freedom may evaporate.

We need to keep in mind that **freedom is a perception of an inner state more than a right given by a political state.** Freedom is not something for us to take—it is something that comes from giving to others. Freedom is not an emptying of the vessel so that we may fill it as we wish, but the filling of the vessel, so that we can transport it where there is emptiness. In this sense, every context can be perceived as a freeing one, because every context is a potential opportunity to help. When every context becomes potential help, freedom becomes continual and contextual.

How can there be freedom in every context? When we are chained to unfortunate events, tragedies, and losses, can there really be freedom? To answer this question, first, we need to look at the opposite scenario. When everything is going “perfect,” when we can do exactly everything we want for ourselves, is there really full freedom? For several reasons, there is not. First, we may be too self-centered and ignore the plight of others. At least a part of us realizes this fact, and our conscious is bothered. We are not really free of ourselves. Second, and more important, the whole concept of freedom as a search for personal space and action is a false one doomed to make us slaves and to make us unhappy, rather than to make us independent and joyful. The more the search for freedom is egocentric, the more it is isolated from core human values, and the more we grow distant from our core humanity, where civility, good, morality, empathy, and caring are found. **In life, we need to provide for our basic needs, which means not only for our own needs, but also for the needs of others in need.**

How can a context that is much reduced or even devoid of freedom of personal space and action be freeing? Every context, no matter how devastating, can be helpful. The grieving adult who has lost a loved one can still show thanks to mourners for their concern and ask how they are coping. The caregiver burdened by responsibilities for an ill loved one can still undertake the care with sensitivity and feel spiritually uplifted by the opportunity ... and so on.

*Everything influences us,
including ourselves.*

*A free society liberates ideas
for others to choose.*

*The oppressed are open
to the destructive.*

.....
*Responsibility is
freedom's reward.*
.....

.....
*When responsibility
is continually renewed,
we are continually new.*
.....

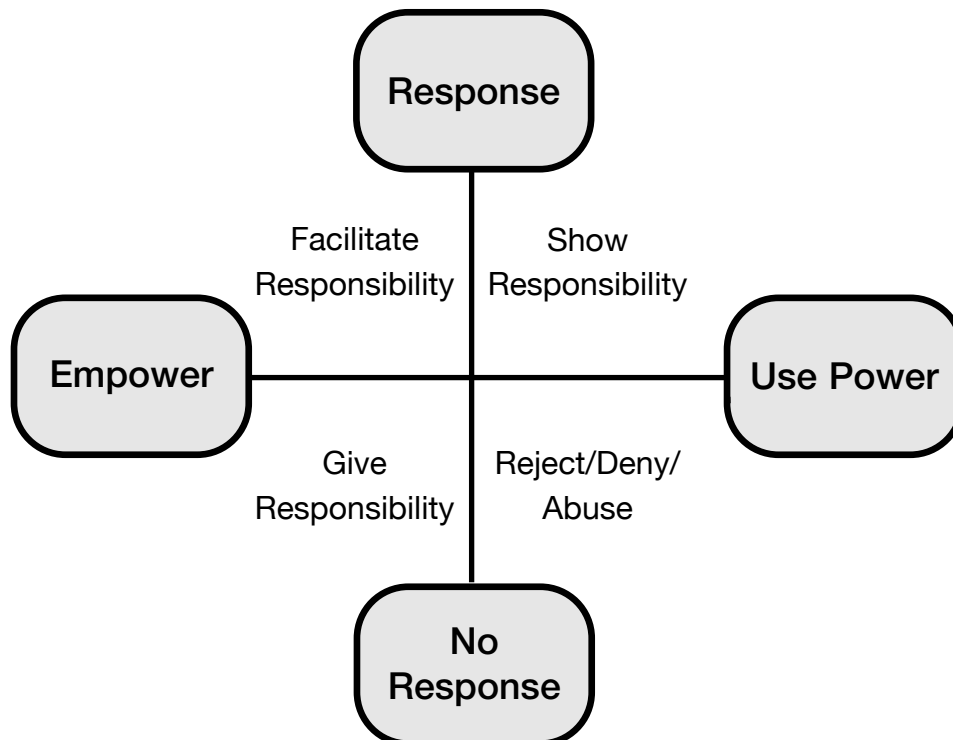
These examples illustrate that freedom is what we make of it. **Context does not provide freedom to us. We provide freedom to context.** Freedom is what we see, what we construct, and what we mean, or find meaning in. We should not seek to find the means to freedom, but we should seek to find the meaning of freedom. In addition, we should seek to find the freedom of meaning, the meaning in any context, and the means to free ourselves from concepts of freedom that do not free us.

Figure 12-17 underscores one of the major themes of this book, that of taking responsibility. There are unwritten social contracts that bind us. We are obligated to fulfill them, starting with making other people feel at ease and learning and respecting their needs and, in turn, communicating our own needs to them. This process includes determining the conditions for discharging our responsibilities to ourselves

Figure 12-17

We are born to live responsibility each moment of our lives, in a process of re-responsibility. Behavior varies in degree of control and responsiveness. In terms of responsibility, this means that we can increase our sense of responsibility, and counter its lack. The peaceful feeling from being this way gives us strength to deal with any sadness.

ReResponsibility



and to others, and for allowing others to do the same, so that relationships continue to be mutually beneficial. Even when a social contact is a fleeting one between strangers, we are required to be civil and to not infringe on others' space. There are mutual responsibilities, even here, that is, to be and let be.

Responsibility can be mutual or more one-sided. Being a parent or a caregiver is an example of having a more one-sided responsibility, but there are emotional benefits in being a parent that far outweigh the burden of the task. The same applies for the work in most teaching and helping professions with children. They bring their own rewards. Any form of guidance or mentoring also can be considered a more one-sided responsibility, yet we enjoy its intangible benefits. For example, we feel quite positive in sharing our knowledge at work with people whom we are training.

Responsibility takes place at several levels. When we have great responsibility, usually, we are responding to a need. For example, the parent shows responsibility in raising the child because the child is relatively helpless and powerless. However, when parents neglect their responsibility, we find conditions of rejection, denial, and even abuse. True, these excesses are not the norm. As the child grows older, in the typical case, the parent acts responsibly, and part of this attitude is that the parent aims to facilitate a sense of responsibility in the child. At one point, the parent augments this process by giving the child responsibility. Then, the parent empowers the child to be responsible for herself in increasingly wider areas of life, culminating in launching her into the adult world. The parent's responsibility is a life-long task. No matter what their age, children are always children to their parents. Moreover, a parent's sense of responsibility does not stop with their children. A parent may have to raise a grandchild, for example. The task of parenting illustrates that responsibility is unending.

We need to approach responsibility as the human imperative. It springs forth with our conception and continually asks us to participate fully in life's activities. Even as we play as children, we actively engage in sharing, behaving responsibly in mutuality with others. Responsibility is ongoing, stretching from childhood to adulthood, from morning to night, from home to work, from self to other, from family

.....
*When we are active,
curious, learning, and living,
sadness cannot fit in.*
.....

.....
*When life has a goal,
depression is not a path.*
.....

.....
*In times of trouble,
double your help.*
.....

to stranger, from friend to foe, from human to animal, from neighborhood to planet, and from time to timelessness.

Because of responsibility's pervasive and continual call to us and its potential constant presence in our lives, I call it, "Re-Responsibility." It is the stuff of life. On the one hand, we have an inherent, intuitive knowledge of the constant request by life for our responsibility. Additionally, society, our parents, and our surroundings all teach us to be responsible, reinforcing our natural tendencies.

Although we are repeatedly called to responsibility and reach out to it, context can undermine our commitment to it. At the worst, there may be lifelong privation seriously compromising our sense of responsibility. A lifetime of stress can defeat purpose. When we find children or adults who have lived such a past, our responsibility as a society or as individuals is great. Often, we respond in order to help. However, more frequently, life is unfolding with some but not overwhelming stress for people, and they do not need help. But, then, external events of a stressful nature confront them, taking away their capacity to undertake well or fully their responsibility, even to family. In these cases, often, we may also respond in order to help. Either communally or individually, we express our concern for people in need; respect their needs; feel for their difficulties; show sensitivity to their stresses; and give advice or more direct aid. Our goal should be to maximize resilience and growth in all those who are experiencing difficulties. Some people possess the inner and social resources so that stress never appears insurmountable to them, and all responsibilities that are undertaken are always experienced as fulfilling. However, other people need help even for simpler stresses. All people should receive the help that they need. When we get the help that we need, we may end up giving help to others.

*There is a down path—
and there is walking
down the path.*

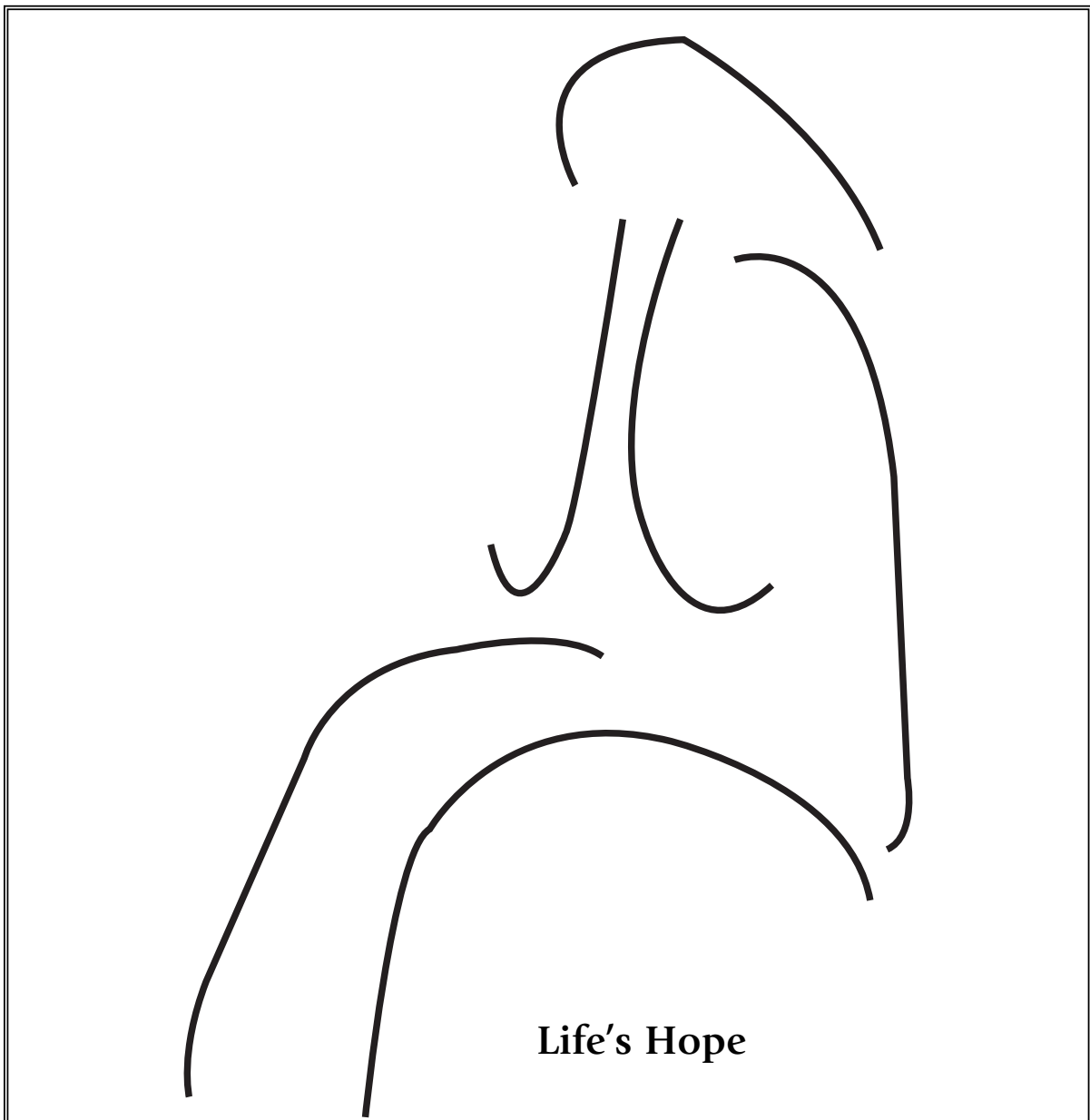
*Sadness is a simple
emotion—simple things
dampen it and simple
things replace it.*



To conclude this chapter, although the experience of sadness can be overwhelming, we need to see it a possible step on the way to rejoining joy. Sadness helps tell us what we like and love, miss and want to get, do not like and want to avoid, what is empty and what needs filling and fulfillment, and so on. In this sense, it is an essential emotion in our psychological growth, and we should be fully open to it instead of trying to avoid it. We can learn to deal with it. Sadness does not last when it is considered an important part of our life that teaches us about life.

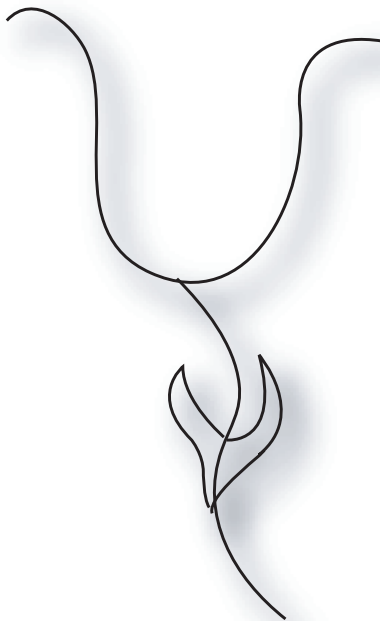
*By doing the right thing,
we become the right being.*

*If you know that sometimes
the self that you show is only
for show, the show can go on.*



Linda was shy and lacked assertiveness. Deep down, she felt she could do more with her life, but she did not know how to break out of the mould. She knew there was another side to her, one that was more confident and competent. However, she doubted all her decisions, dared not speak up in public, always said yes to her supervisor's requests and, generally conformed to people's expectations for fear of standing out. Linda longed to learn different ways of thinking and feelings. She finally got the courage to speak to a friend who was a social worker.

Linda's social worker friend gives her advice and provides her with some self-help books that he uses in his practice. One is like the present self-help book. After she reads it, he is pleasantly surprised when she asks another friend out for a date. Linda learns to accept her individual difference and to find her niche both at work and with her new boyfriend. Her lack of assertiveness becomes less of a problem and she develops new strengths, such as being quietly determined and expressing her determination.

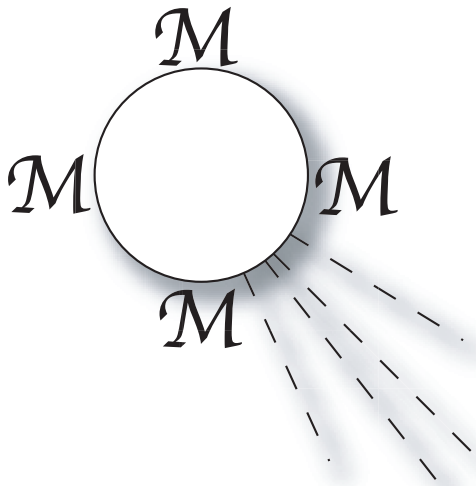


Visions

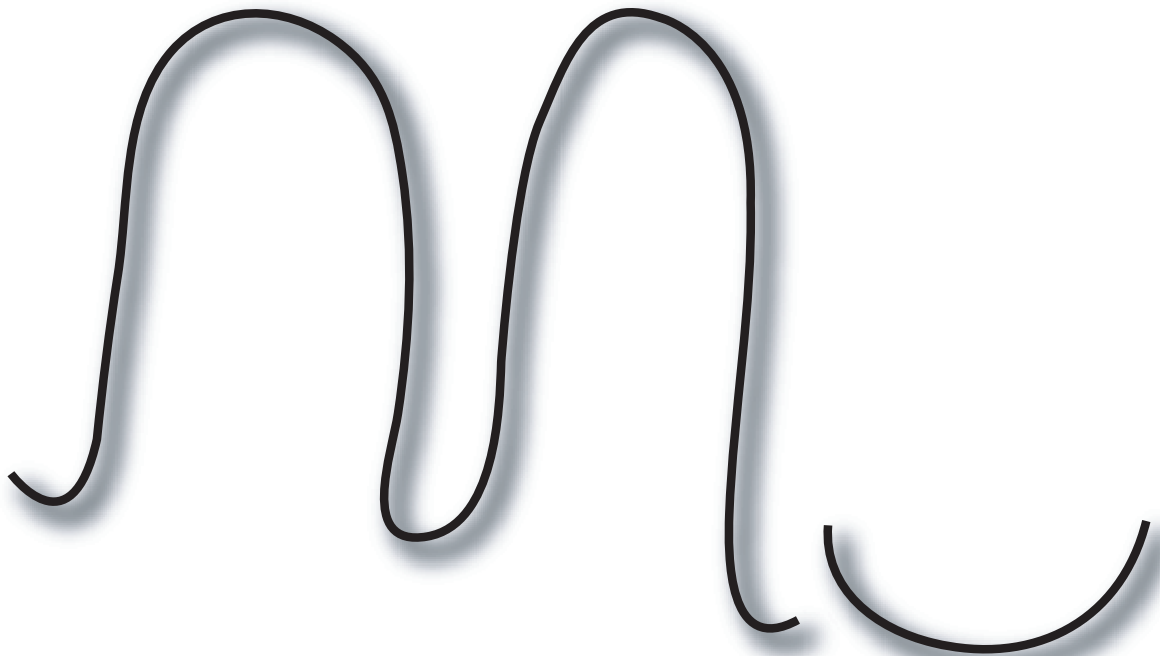
The visions that we create lead to creations beyond vision.

Chapter 13

Abstain from Pain: Part One



*"M" is for Motivation
to do better.*





In this chapter and the next, I deal with pain. I explain how chronic pain may develop, how pain may even outlast the physical injury, illness, or tissue damage that produced it, and how it can become magnified beyond its initial intensity. I try to show how we can gain control over pain. There are pain sensations that can be heightened by how we think of pain, how we anticipate that it will get worse once it starts, and so on. However, there are also strategies for keeping pain under control and for getting on with our lives. Mechanisms of control of pain do not necessarily involve medication. **Pain is psychological, in part, but its cure can be psychological in whole.**

Pain develops through a complex interaction of physical and psychological factors. There is not a simple one-to-one correspondence of the degree of insult to our bodies and the degree of pain experienced. An initial physical injury, illness, or tissue damage triggers the pain response. Although we do not realize it at the time, the pain response is one of nature's ways of protecting us. It signals us to take, if possible, immediate action against the cause of the pain. It ensures that we remain prudent about the cause of the pain in the future, avoiding it, in order to escape its recurring harmful effects. It induces us to continuously care for and monitor the physical and psychological effects of the original physical injury/illness/tissue damage until we are healed or, at least, until we are stabilized.

However, the moments when we are experiencing pain, we do not see it as positive. We can be overwhelmed by its intensity, and overcome by emotions and feelings of despair, anxiety, frustration, and pessimism. Our mind enters gridlock from all the searing sensations, frantic thoughts, and emotional hyperactivity.

However, for most experiences of pain, the original condition usually improves, even if it takes time. We follow the doctor's recommendations, attend physiotherapy, use medications, if needed, seek advice from friends, alter our activities, and so on, and, eventually, we return to our pre-pain lifestyle, perhaps with modifications.

Pain can be disabling when it first strikes, or it can grow into a disabling experience. It can become chronic, persisting beyond its original acute stage, and invade many parts of our lives—vocational, educational, familial, social, and community-based. It can develop into a psychological disorder or

M*urray's muscles hurt. He felt miserable. Chapter 13 taught him how to live with pain. Chapter 13 was his lucky charm.*

*Pain asks to be noticed.
Give it notice instead.*

syndrome, in which its disabling nature becomes persistent and pervasive. It can become partly initiated, caused, maintained, worsened, exacerbated, or otherwise increased by psychological factors.

Stress enters into the pain arena in multiple ways, magnifying or heightening its experience. First, we all carry a reservoir of stress in our daily lives unrelated to any pain. The burdens of hard work, family disagreements, distress about the past, or pessimism about the future take their toll on our coping mechanisms, resources, and resistance. We may become especially vulnerable, or susceptible, to events that include physical pain. We can be overwhelmed beyond the degree of the precipitating physical injury/illness/tissue damage. We may have little mental space for physical trauma or other events with psychological impact.

Instead of having a normal recovery or, at least, a stabilizing effect to the pain, our coping, recovery, and healing are compromised. Things take longer to return to their pre-pain state, if they do at all. Our continual perception is that the pain is worsening or, at least, not improving. Ongoing stresses explode into emergencies. We jump from crisis to crisis in our work or educational lives, if we still undertake these, and in our family lives and social lives. The stresses from our past amplify. Pessimism about the future seems justified and it solidifies.

The pain and its cause (physical injury, illness, tissue damage) bring their own stresses, but they are multiplied ten-fold by the consequences of stress on all aspects of our lives. Our sense of self suffers. We begin to turn excessively inward, outward, or both. That is, we despair excessively, become despondent and morose, and withdraw into moods of anxiety, fear, depression, pessimism, hopelessness, personal futility, and poor self-worth. Or, outwardly, we lash out, turning against the cause of the pain or those people, events, or things perceived to be associated with the cause (e.g., the illness, the accident, the driver of the vehicle in the accident, some doctors). We become frustrated with ourselves, with our limitations, and with our families. Vicious circles develop and cycle out of control. We run from medical test and doctor to medical test and doctor, seeking the “true” reason for our pain and the magic cure to end it. However, each disappointment in our efforts to allieviate the pain only confirms to us that our pain-saturated life is

.....
*Pain is as big as
our worry about it.*
.....

.....
*If we do not learn
how to live with
our pain, it lives our
life for us.*
.....

.....
*Sure, pain gets in the way—
but it does not mean that
there is not another way.*
.....

.....
*If we study our pain—
we will notice that it fails
when we pass it up.*
.....

now at a state where it is long-term or permanent. We obsess about the worst diseases possible as new causes of our increased pain, about living our future in disintegrating conditions and, ultimately, about our pain-wracked physical decline and demise.

When clients visit my office with tales of chronic pain such as in the above pattern, I try to facilitate a change in their attitude by appealing to parts of themselves that are less pain-focussed, more adaptive, and more optimistic. We all have a more positive side when facing stress, no matter how small, even if the stress is overpowering pain. I work to build up the clients' perceptions that they are capable of recovering, that we are acting together to stabilize a difficult situation, and that they can use learned techniques. I work to show them they have played an important part in the process of having these signs of improvement emerge, through their will to recover and their desire to return to their pre-pain health status and lifestyle. They come to realize that a part of them is not in despair, and that they can help control other parts of themselves that are pessimistic. No matter how bad is the pain that we feel, we can always be stronger than the feeling. There is always some part of us that is more positive, accepting, adaptive, and optimistic compared to how we feel on the average. **The positive part of us as we deal with pain can be discovered and can grow to become more than the pain can ever be.**

.....
*Pain can make us cry.
We can make us laugh.*
.....



Figure 13-1 clarifies that pain can be controlled to some extent by our will and motivation. Pain can be overpowering and demoralizing, but medication is not the only answer. We need not stop everything because of pain. We can decide to struggle through it as best we can, to go around it, and to find other ways. Nothing in life comes easy. We always have to be patient, to persist, and to take one step at a time toward our goals. The same attitude helps with pain. In life, there should be no hurry to get to the top of the staircase, because the stairs never end. **Pain can be disabling, but we can be enabling.**

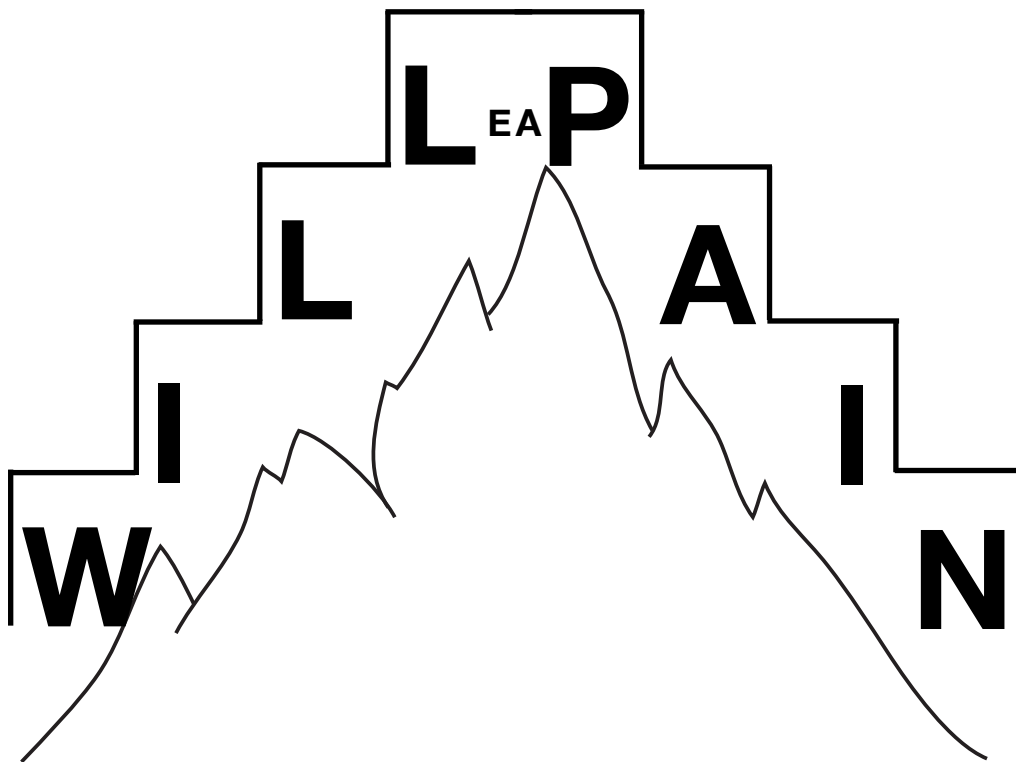
Pain is not all in the mind—but the mind can help.

Pain may not get better—but we still can feel better.

Figure 13-1

Pain is psychological as much as it is physical, if not more. When we keep positive, keep active, and use psychological techniques, pain can be willed lower. This does not mean to say that pain is all in our head but, rather, that our brain can reduce our pain.

Stepping Stones



**To climb down a mountain, first we have to climb up.
Pain is persistent; we have to be, too**

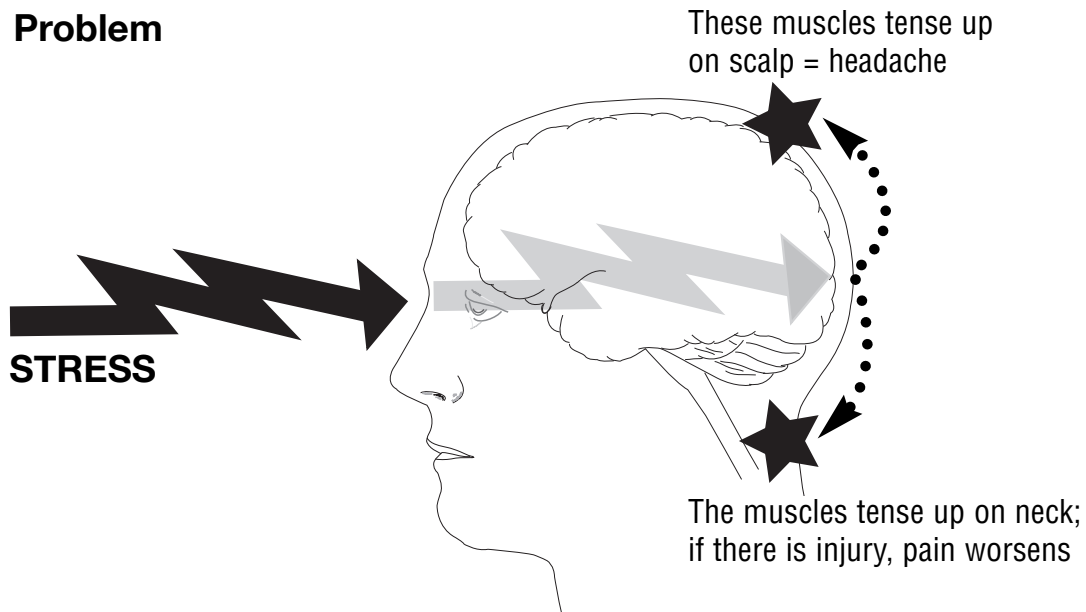
.....
*Headaches can be cured
without medicine—
would you believe it.*
.....

Figure 13-2 shows how stress causes headaches, neck aches, and other aches, if we do not know how to deal with it. Tension headaches are generally muscular, and migraine headaches are often considered vascular, but they can be exacerbated by tension. In either case, psychological exercises can help deal with the pain. **Headaches are the same as any other problem; they are waiting for head acts.**

Figure 13-2

Headaches may be experienced physically but, often, their origin is psychological. Stress can make us so frantic that we tense up, tighten up, and make a headache appear. Muscle contractions worsen, worsening our pain. By using the right psychological techniques, headaches can be controlled or lessened, for example, even when we try to solve problems while we are under stress. When we learn to lie low, headaches lie lower.

When You Have a Headache, Use Your Head



Solution

1. Physiotherapy exercises
2. Psychology exercises

**A headache is not in the head; it is on the scalp or neck
A migraine is not in the brain, itself; it is in the blood vessels in the brain**

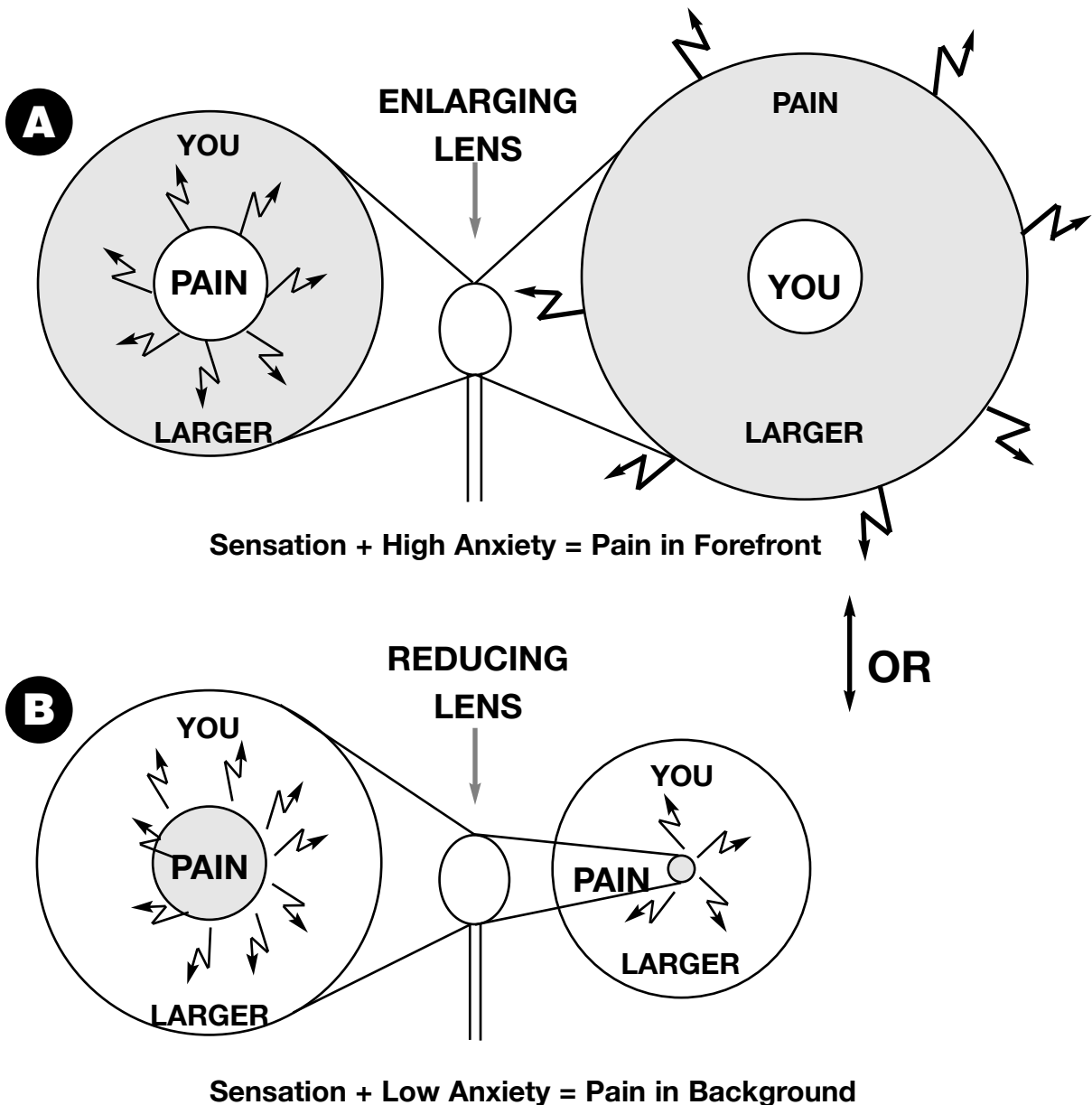
In **Figure 13-3**, we see how pain experience can be magnified beyond its initial sensations. In a figurative sense, it can even become larger than we are, dominating us and becoming the focus of our lives. It is important that the pain experience

When pain feels worse, perception may have increased it. Perception can also lessen it.

Figure 13-3

When pain starts, it may be very strong, but our strengths are still present. However, pain may make us very anxious, we become fearful, and the pain magnifies. It may become larger than us, taking up a large part of our lives. By learning how to control anxiety, we are already helping our pain.

The Pain Magnifying Glass



There are things that we can do to control pain—and medicine might be low on the list.

Pain may start with injury or illness, but it ends with mind and focus on wellness.

rience not get worse, but heal as we deal with it. We can do this better by keeping it in perspective, keeping it as background instead of foreground. Two people with the same pain sensations can respond to them with very different magnifying lenses: they can either turn the magnifying glass of the sensation toward the magnifying side, or they can turn it toward the reduction side. In many ways, the pain experience that we have depends on which attitude that we adopt. **When we perceive pain as less, it may become less.**

In **Figure 13-4**, the role of attitude in dealing with pain becomes clear. It shows that the brain signal can speak to the pain signal, and not just vice versa. The brain can influence the pain. There are different strategies that we can use in order to influence pain. We can decide to wait out pain, to deal with it by not exaggerating it. Or, we can decide to counter it directly, for example, through physical exercises. We can add distraction strategies and action strategies, which mean, respectively, that we can do things to get our minds off the pain or keep busy physically. Finally, we should not forget that action includes shared action, that is, with family or friends. **When we are passive while in pain, it actively worsens.**

Figure 13-4

The body tells the brain what hurts but, even with pain, the brain can influence the body. There is a gate control of pain in our spine and there are descending pathways from the brain that can help open or close the gate to pain. We can be passive when in pain, or we can actively cope with pain. When the brain speaks to pain, it listens.

What the Brain Signal Should Tell the Pain Signal

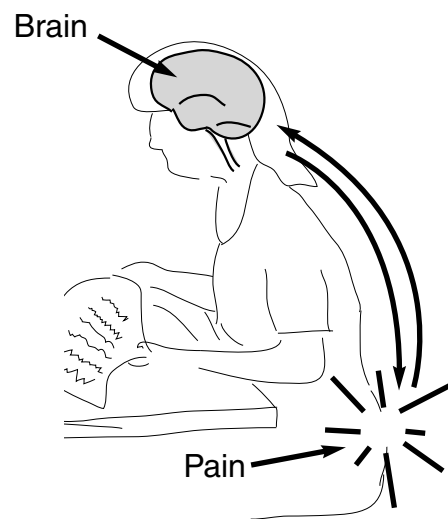
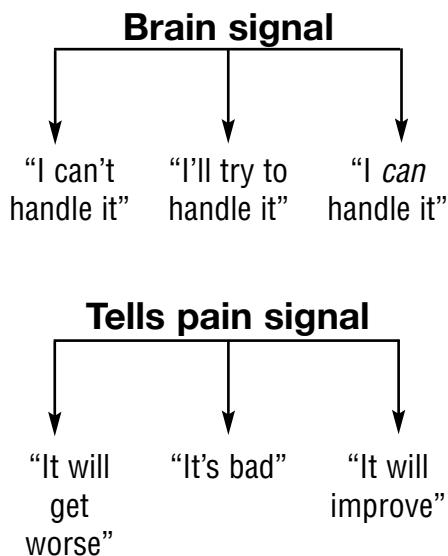


Figure 13-5 shows that pain often is magnified by our anticipation that it will get worse. Pain usually varies in its intensity. Its worst moments build up from bearable moments. Each time it builds, we fear it will be the worst possible pain. However, the degree to which pain builds depends on the psychological barriers that we place before it. When we tense our minds or fear the worst, pain climbs quickly to the worst that we fear. But when we apply counteracting strategies to pain acceleration, it slows down. **Because pain is the product of physical and psychological factors, we need to use psychology in its control.**

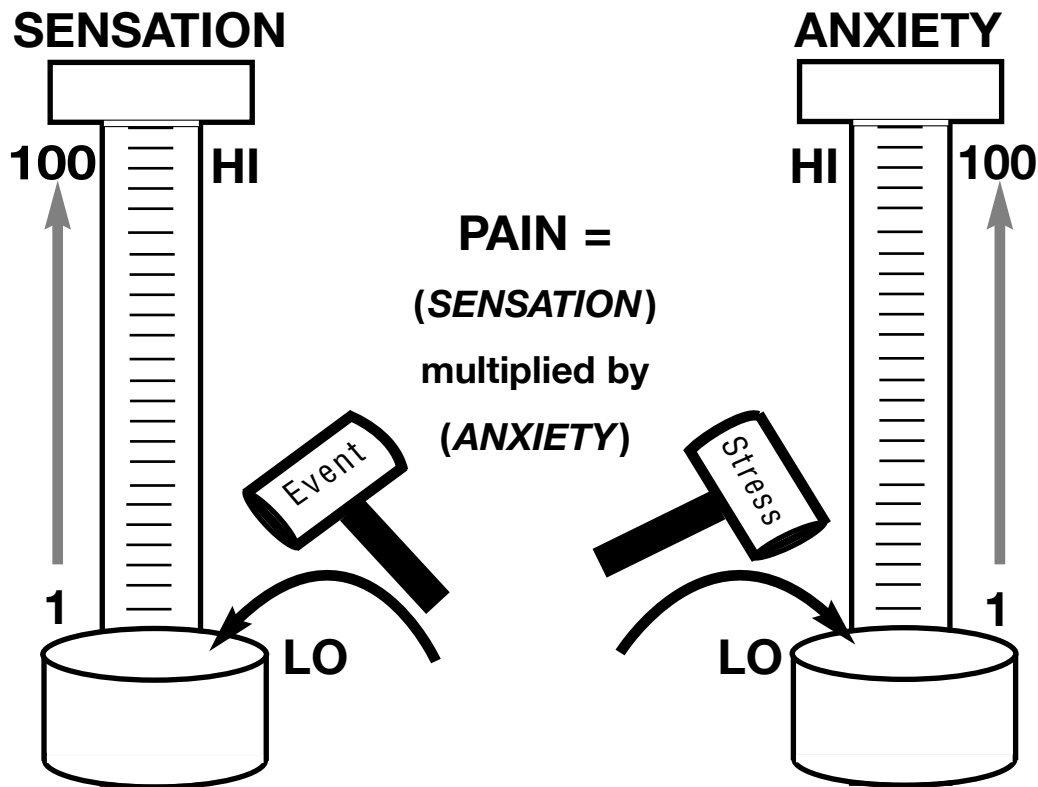
*Anxiety magnifies pain.
People magnify anxiety.*

*When pain is strong,
we can be stronger.*

Figure 13-5

When anxiety is high about pain, we need to give it the lowdown. Pain heightens when we are anxious; as muscles tense, chemicals are released that harm us, and so on. By controlling anxiety, we begin to help our pain.

Pain Experience Formula



Even minor pain can become major when one is anxious.

Panic worsens pain.
People control panic.

Taking charge of pain takes
away what it thrives on.

In **Figure 13-6**, I graph how pain and worry can grow to the point that there is a full-scale worry attack. Pain can be dealt with quite effectively through using the “free bees,” a play on words that indicates that many of the techniques that are involved in pain management include words beginning with the letter “B”. By using pain-control strategies when we are in pain, life can be easier. The techniques involve a) breathing exercises, b) the visualization of pleasant scenes

Figure 13-6a

Pain can be treated in more than medical ways. Worry adds to pain, but we can take back control by performing psychological exercises. They are free in cost, so use them freely.

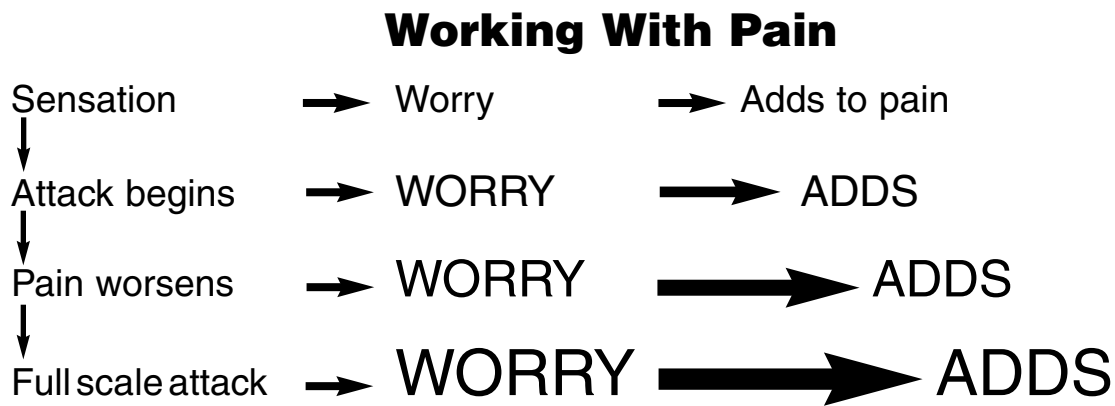


Figure 13-6b

Freebees: Taking the Sting Out of Pain

- | | |
|--------------------|------------------------------|
| • B reathe | (Exercise) |
| • B each | (Visualize) |
| • B end | (Muscle relaxation) |
| • B ed | (Rest) |
| • B oss | (Taking control) |
| • B abbling | (Talking to self positively) |
| • B etter | (This will happen) |
| • B usy | (This will return) |

in nature, such as the beach, c) various muscle relaxation techniques, d) getting appropriate rest and relaxation, and e) considering oneself in control of pain. Other strategies include silent self-talk to encourage us to deal with the pain, such as saying to oneself, "I can do it; I'll just relax. There are things that I can do, such as distancing myself." **Sometimes it is impossible to get free of pain, but it does not mean that it is impossible to get free.**

.....
Think the worst about our pain—that it gets in our way. Then, think the best about our pain—that we won't let it anymore.

Figure 13-7 and Figure 13-8 examine how pain involves all the major parts of our psychology, not just sensations. Pain is a perception personally built on an experience that can vary from one person to the next, or even from one situation to the next for the same person. It starts with a sensation but, then, our psychology takes the sensation and leads it in several different directions. Pain affects our basic functions, such as movement, concentration, and motivation. Also, it can produce powerful emotions, such as anxiety, fear,

.....
Psychological remedies for pain cost a lot of will.

Figure 13-7

When we control stress, progress takes place and, if we are in pain, the pain does not magnify. But if we have inadequate stress control, our thoughts, emotions, and basic functions regress. We can learn to master the negative spiral. When it comes to pain, use what is needed to make its absence grow fonder.

Master Faster the Disaster

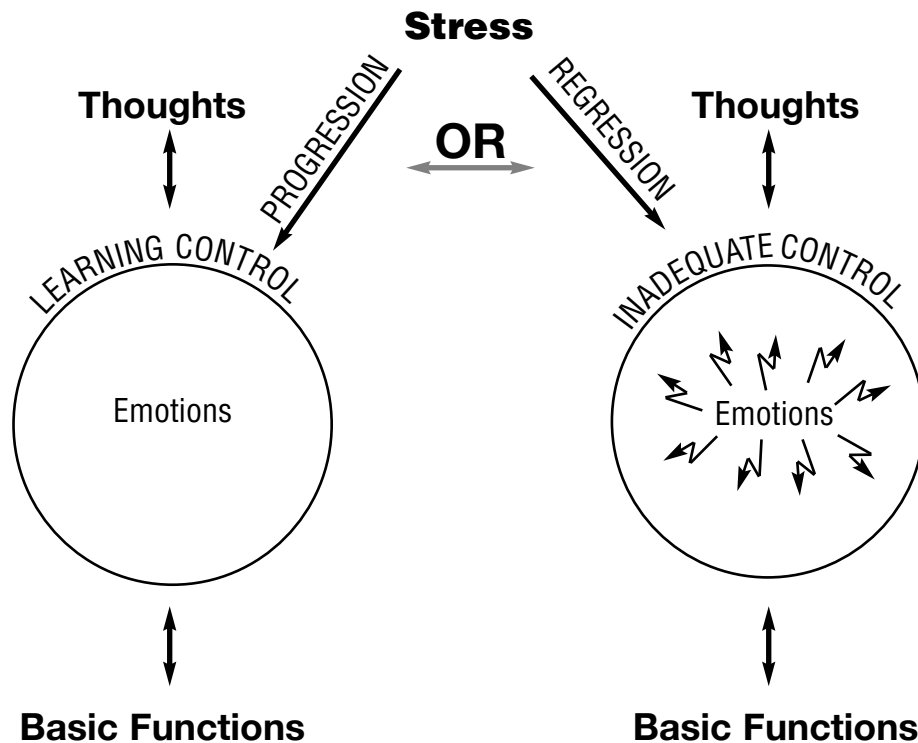
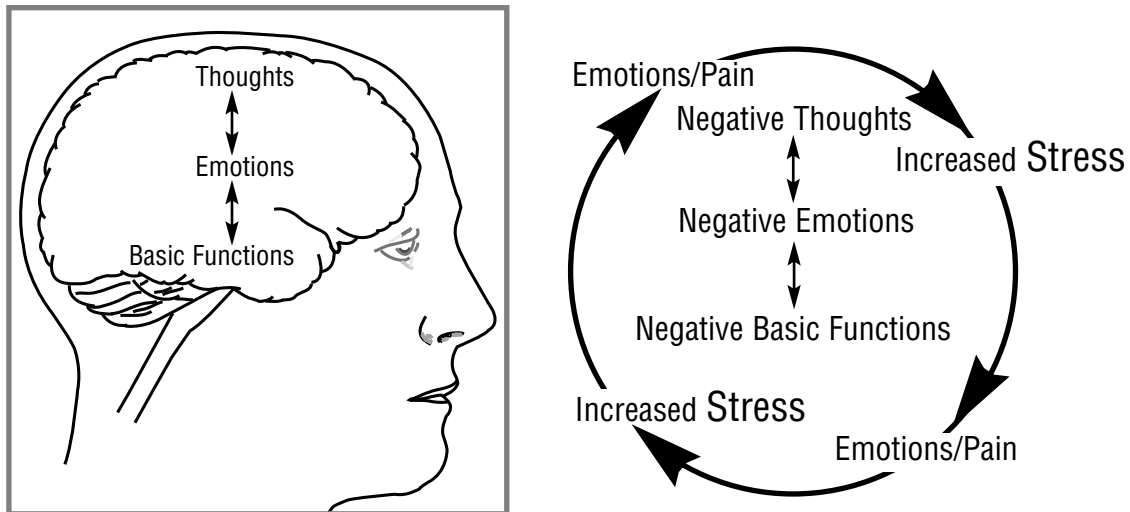


Figure 13-8

When stress intensifies, we can make it worse by our negative thoughts. If we are in pain, the pain worsens when we have negative thoughts, in a vicious circle. Negative thoughts may be the worst thing for pain. Positive thoughts may be the best. Let them enter your circle.

The Brain Drain



*Pain starts as physical,
worsens as we get
emotional, and improves
as we get thinking.*

*The hope that pain will
heal helps it heal.*

depression, and anger. However, the duration of these understandable events can vary immensely, from very short term to very long term. Factors that influence the duration of pain include our thinking, beliefs, values, attitudes, and the negative or positive quality of our outlook (pessimism vs. optimism).

If the pain sensation is intense, we can try many approaches to make it less frightening, to stop it from getting worse by catastrophizing, and to accept it. If the pain imposes changes in our basic functions, we can try to work around it, compensate, find detours, adjust, keep our major goals in mind, and return to our positive core self. If our emotions become too turbulent, we can keep them in perspective, try to understand their messages, act toward them in more constructive ways, channel the emotions to more constructive outlets, and so on. If our thoughts are too pessimistic, we can call on the more optimistic side of ourselves.

We can learn techniques of pain control instead of believing that there is nothing that we can do. We can find personal resources that we did not know that we had, instead

of giving up. We can seek social support, instead of isolating ourselves. We can cut short the vicious circle of increasing, ever-building pain and debilitation, instead of feeling that we have lost control of our life. The process can begin with a small focal point that can grow. **The first steps taken to deal better with pain may be the biggest ones.**

Figure 13-9 describes a different approach to pain management compared to the ones described up to now in this

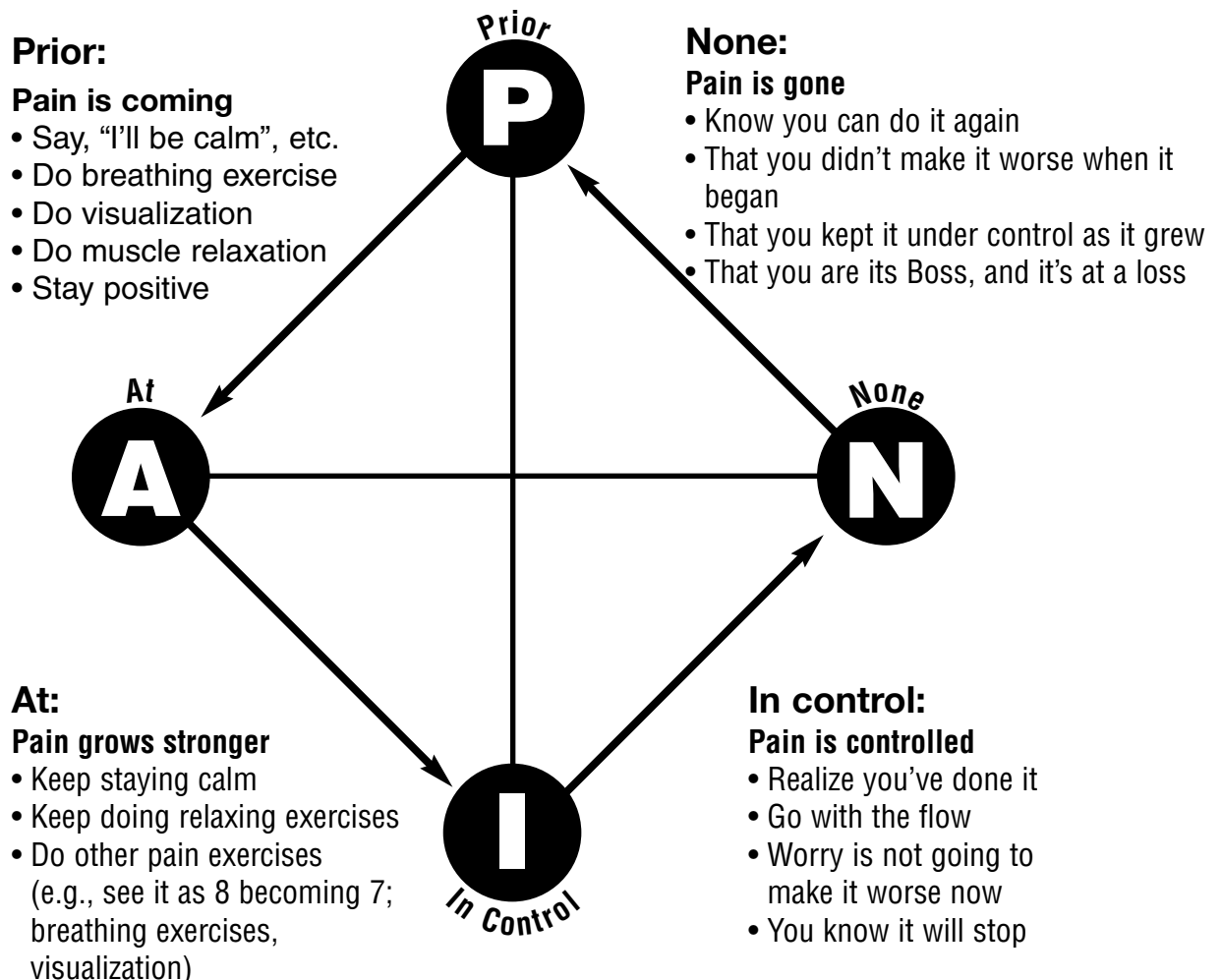
Pain begins to take over as soon as we begin to give up under.

By doing right things for pain, it cannot take a wrong road.

Figure 13-9

There is no need for pain to spiral out of control, especially when we keep control. At its first appearance, we should use appropriate techniques. At its height, we should match its increase with increased use of the techniques. As it lessens, we should realize that we've strengthened.

Pain, Not Suffering



.....
*Partnering pain with
optimism decreases
its hope to stay.*
.....

.....
*Pain can take away some
of what you do, but not
any of what you are.*
.....

.....
*When we focus on
what works, pain loses
its job of bothering us.*
.....

chapter. There are two basic psychological strategies in dealing with pain—to distance oneself from it, such as in trying action and distraction, and to approach it directly. In the latter approach, techniques are used that lead to focussing on the pain in order to better control it, such as imagining the site of the pain becoming smaller, less inflamed, and less painful. For example, we imagine that the pain is going from a subjective intensity level of 8 out of 10 down to 7 out of 10.

Exercises such as this have a three-fold function. First, in concentrating directly on the sensation of pain, the emotion and worry associated with the pain are not exaggerated. The sensation is dealt with for what it is and not for what it may become or for what it evokes emotionally. Second, slowly but surely, by concentrating on the pain sensation, the exercise becomes a somewhat meditative and relaxing one. The muscular and psychological tensions that are usually associated with bracing ourselves to deal with the pain experience begin to dissipate. Third, the pain experience actually lessens. Healing is promoted not only by subtracting the interfering stress, but also by the curative powers of the exercise. By imagining the pain intensity reducing, we have the power to actually reduce it. By visualizing a pain area shrinking in size or becoming less inflamed or reddened, we invoke powerful healing mechanisms in the body that deploy and can soothe, which they begin to do. The pain experience becomes more bearable. A cascade of healing begins, with the site of the physical pain coming more under psychological control. With each success in dealing with pain as it intensifies, we become more confident in our abilities to control it. **Pain can become an event in our lives that challenges us, rather than an event in our lives that masters us.**

In a similar vein, we can imagine the energy of our body to be like our planet Earth's central core of heat. We can imagine that the internal energy in our central core radiates to pain sites, soothing and healing as it goes. In addition, as our internal energy passes outward through painful or injured areas, we can imagine it is helped by the energy of the sun radiating down onto the surface. We can imagine that the two powerful energies, inside and outside, join to calm and cure, both alleviating the pain felt and providing hope that our control over it has increased and will continue to increase. With techniques such as these, and others that

we learn about, the mind begins to re-integrate the body, and can begin to imagine a healthier future. We can open the psychological gates to possibility and close it to pain. The message is that we can influence pain just as it can influence us. We can decide to keep motivated and to remain ourselves. We can try to think clearly, cope with the pain, and perceive it as something that we can manage. We can continue on in our daily lives, being active. **If we fight through the pain, pain will lessen the fight.**

When pain makes you give up—get up to the challenge.

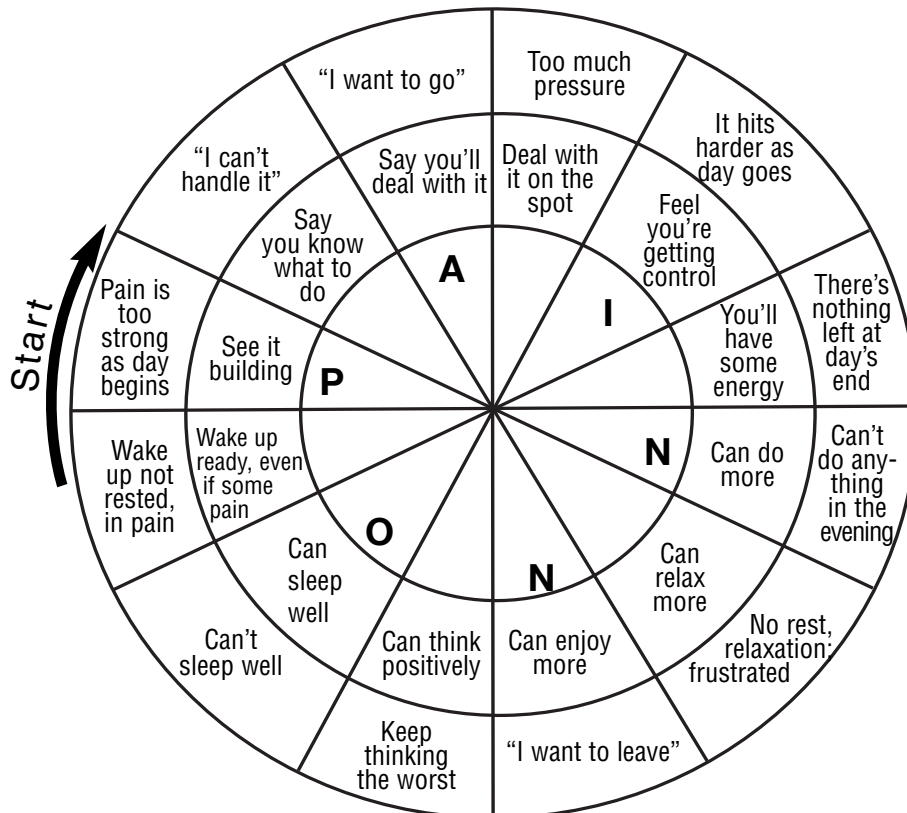
Figure 13-10 informs that it is best to feel positive that we can deal with pain throughout the whole day. Moreover, it is best to use the strategies that we have learned to control pain or, at least, to stop it from getting too intense. Our confidence in dealing with pain will grow with each success

Pain does not increase in the day—when we decrease its role in our life.

Figure 13-10

As the day progresses, when we are in pain, we experience a host of emotions and ups and downs. We can begin the day with positive thoughts, feelings, techniques, and attitudes, and see the pain go more down than up, or we can begin the day by getting off on the wrong side of the bed, and see the pain go more up than down. When pain control is not 24/7, it may end up being experienced as 10/10.

Join the Inner Circle



.....
*Meditation is
effective medication.*
.....

.....
*Small things in dealing with
pain can deal it quite a blow.*
.....

in containing it. When we begin to think and act this way, although we may never be pain-free, at least our mind will become free of the effects of pain. The lowest common denominator consists of all the negative thoughts that can accompany pain. **The highest common denominator consists of all the positive thoughts that can counter the negatives.** The message is that, to dominate pain, the positives have to become more dominant.

Figure 13-11 illustrates the degrees of pain that we can experience. When it is minimal (e.g., 1 or 2 out of 5 on a subjective pain intensity scale), most of us can manage it for most of our daily activities. We can work through the pain, knowing that even if it gets strong, it will not persist or impede us. However, even moderate degrees of pain can be partially incapacitating (e.g., level 3). Working, taking care of others, or studying become difficult or even impossible to undertake. At the extreme end of the scale, when pain persists intensely for more than short periods, the quality of our life is compromised (levels 4–5). It can rob our bodies

Figure 13-11

Pain is experienced at different levels, from the minimal to the extreme. Our psychology may not be able to reduce extreme pain to a minimal level, but it can make our pain levels less. Using psychology helps pain lessen so that we can better help ourselves. Psychology is not just the study of behavior, it is the study of our own behavior.

Living With Pain For Long Term Gain

PAIN SCALE

- 0.** No pain
- 1.** Some pain occasionally, it goes away
- 2.** Some pain is strong, we keep control, it goes away, usually ok
- 3.** Pain is either strong sometimes or less strong but constant; we try to keep control, but there is often some problem
- 4.** The pain is like in point 3, but we can't keep a lot of control, there is a big problem
- 5.** The pain is a daily, constant, uncontrollable, strong experience, that dramatically changes our life

PAIN GOAL

- Move down pain scale, e.g., from 5 to 4, 4 to 3, etc.
- Move up life scale

of strength and of energy and rob our mental state of will and of hope. However, there are techniques that we can learn that can keep pain in its place and at its natural level or less, avoiding it being worsened by stress and fear. **It is possible to scale down pain and uplift our spirit.**

.....
*Join the pain drain—do
 psychology exercises.*

Figure 13-12 asks us to give our best when we are in pain. Pain is something inside the body, but our body does not have to be inside the pain. For every condition that pain causes, there is an optimal way of dealing with it. Living with pain boils down to deciding to live. Even small victories against pain are big victories for us. **Pain does not give us choice, but we do not have to let pain decide.** When we go with the flow, we do not just follow—we facilitate new directions. When we keep our hope and positive ambitions in the foreground, pain may stay far in the background.

.....
*When pain does not stop—
 we should not either.*

Figure 13-12

For anything that stresses us, good effort is the most important factor in dealing with it. We vary in problem solving skills, coping skills, and so on, but we all have the ability to try our best. To relieve pain, give it your best shot.

Chronic Pain → Chronic Effort

Condition →	Optimal Response
<ul style="list-style-type: none"> • Chronic pain • Chronic ills • Chronic hurt • Chronic confusion • Chronic fatigue • Chronic inertia • Chronic giving up • Chronic overwhelm • Chronic pessimism • Chronic woe • Chronic no 	<ul style="list-style-type: none"> Chronic effort Chronic wills Chronic hope Chronic planning Chronic recovery Chronic motivation Chronic getting up Chronic overdrive Chronic optimism Chronic go Chronic yes

When pain goes up,
calm and hope
should not go down.

Figure 13-13 and Figure 13-14 point out that there is never an advantage from not trying. Trying does not have to lead to success in order for it to be considered an accomplishment. Pain gives way at least a bit when we give it our best. **By applying ourselves fully, we become one with our effort.** There is less room for pain this way. Pain may be a condition that does not stop, so why should we?

Figure 13-13

Chronic pain can become chronically gone by trying our best. The pain may not go away fully, but it will be lessened when we try our best. Giving up gives the worst outcome, more pain. To hurt less, give pain more of yourself.

Chronic Pain is Beatable When We Are Reasonable

Trying Harder	Giving Up
<p>Disadvantage</p> <ul style="list-style-type: none"> • Increased pain (temporary) • Hurt (but not harm) <p>(But there is no real disadvantage in trying harder, because we distract ourselves from our pain in doing so)</p> <p>Advantage</p> <ul style="list-style-type: none"> • Builds muscle • Builds energy • No harm • Builds motivation • Builds positive attitude • Chronic gain • Feel good, with hope 	<p>Disadvantage</p> <ul style="list-style-type: none"> • Muscle wasting • No energy • Harm • No motivation • Poor attitude • Chronic pain • Feel lousy <p>Advantage</p> <ul style="list-style-type: none"> • Doesn't hurt • No increased pain for a while <p>(But there is no real advantage to giving up; the pain is still there, it gets even worse)</p>

Figure 13-14

Pain control never stops even when pain stops. We can do things when it builds, when it maxes, when it lessens, and when it leaves. Knowing how strong it can get, why would we do anything else?

Pain Arrest and Stop System: P.A.S.S.

<p>1 Feeling It Coming</p> <ul style="list-style-type: none">• Try to focus on something else, move somewhere else• Do something to change (e.g., hobby, read, music)• Think positive thoughts• Talk, socialize, phone• Relax self (e.g., deep breathing, meditate)• Try to find humour, what makes you smile, laughter	<p>2 If It Gets Stronger</p> <ul style="list-style-type: none">• All of above; more of it and/or more strongly• If must, wince, moan, etc.• It is even better to stop when you get it out and feel relief• Think ahead to the plan that you will follow when pain lessens
<p>3 After It Is Controlled</p> <ul style="list-style-type: none">• Perform favourite activity (e.g., listening to music)• Meditate (deep breathing, focus thoughts)• Congratulate self (even if do not have perfect control)	<p>4 When Not In Pain</p> <ul style="list-style-type: none">• Use self talk (e.g., “I’m OK,” “My health is important,” “I can deal with pain in this other way I like”)• Let Positive Self talk for you (e.g., “There is a part of me that’s happy,” “I’m happy a lot and I like myself like that”)

<i>Accepting pain—improves the prognosis.</i>	<i>The best pain program— is living life.</i>	<i>Pain has a nasty habit of reducing in intensity—when we use our good habits in its control.</i>
<i>Take advantage of pain. When it lessens, do what you need to do or want to do.</i>	<i>Pain control is like the universe—infinite.</i>	<i>For pain to pass on, press on.</i>

Pain is a test.
Give it a low grade.

Pain needs education.
Learn to teach it well.

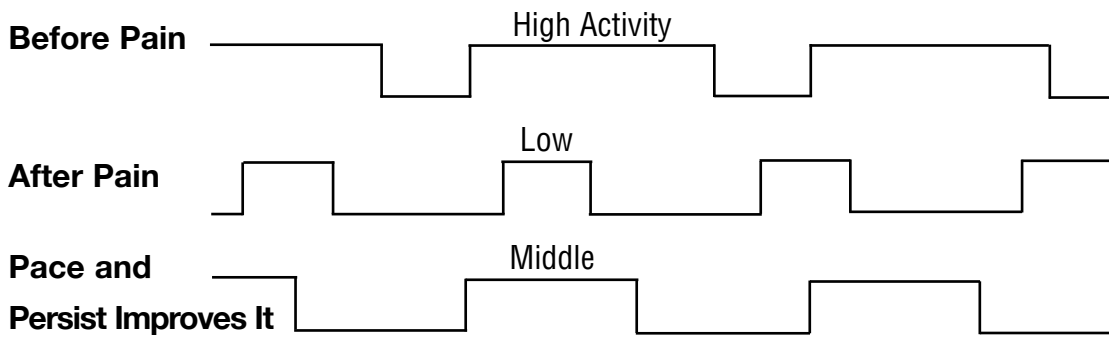
Figure 13-15 helps us to understand that fear of pain can have psychological effects that are worse than the pain itself. When fear of pain sets in, it robs us of our motivation in our everyday life. It dominates us, stopping us from doing even small things. A fear of pain lifestyle takes hold. Vicious circles get ingrained. Our bodies and minds suffer from lack of sleep, lack of activity, depressed moods, or lashing out. When fear of pain embeds in us, we need to begin getting out of bed as soon as we can. **When pain controls our actions out of fear, it is best that we control our fear and be active to reduce the pain.**

Figure 13-15

The expression “pace and persist” refers to keeping an activity going by managing well the time needed to do it, and taking breaks as needed, so that each rest leads to renewed activity toward the desired goal. As much as it possible, we need to pace and persist when we are in pain, or go slow in our activities, but keep going until the end. When we do not overdo it, we may better do it.

Pace and Persist at Activity Helps Lessen Pain and Stress

Functional Activity



Pain/Stress Level

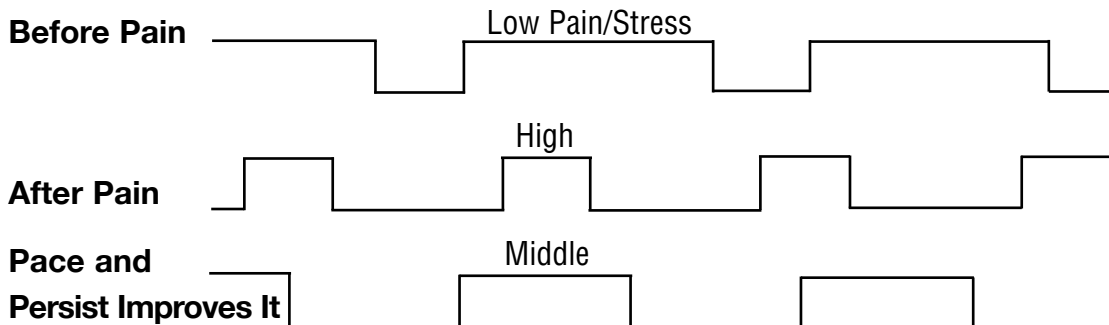


Figure 13-16 emphasizes that to deal with pain, we have to be active as best we can. Activities may take longer to do, but we need to undertake them. If we lament our downturn, it will make it worse, because we may get more deconditioned, or out of shape, by a too great reduction in activity. By continuing to be functional with respect to our schooling, work, childcare, or home care, as the case may be, even if it is at a reduced or modified level, and even if it is not right away after a physical injury, illness, or tissue damage, it helps our pain and our healing. **The more we succeed in trying when we have pain, the less success pain will have.**

*Pain begins to take over
as soon as we stop
undertaking our daily tasks.*

*Pain is a deep emotional
experience. Learning to live
with it is a deeper one.*

Figure 13-16

Pain slows us down, but we need to persist, find the right speed, and learn how to keep going. Pain remains around more if we give it space in our lives.

Watch Your Pace: Work Through Your Task

W ork through	Y OU	P ersistence
A cept	O PEN	A ttention
T ransform	U P	C oncentration
C omplete task	R ESOURCES	E nergy
H ope increases		

Self-Talk to Increase the Walk

- Nothing is gained without effort; nothing done in effort is without gain
- One step more; can't ask for more
- Each step is towards recovery
- It made me out of shape, but not out of determination
- By going at my speed, at least I keep going
- If there was a Recovery Olympics, I'd get the gold medal for trying

*Pain spends our energy—
until we take charge.*

Figure 13-17 illustrates that **experiencing less pain comes from having well-organized effort**. If we do not overdo it or underdo it, but get rest and then keep going, we keep better toned, continue with things, and carry them to the end. When we aim right, rest enough to follow through, and apply ourselves, we finish right, even if we are in pain.

To overcome pain, overrule it.

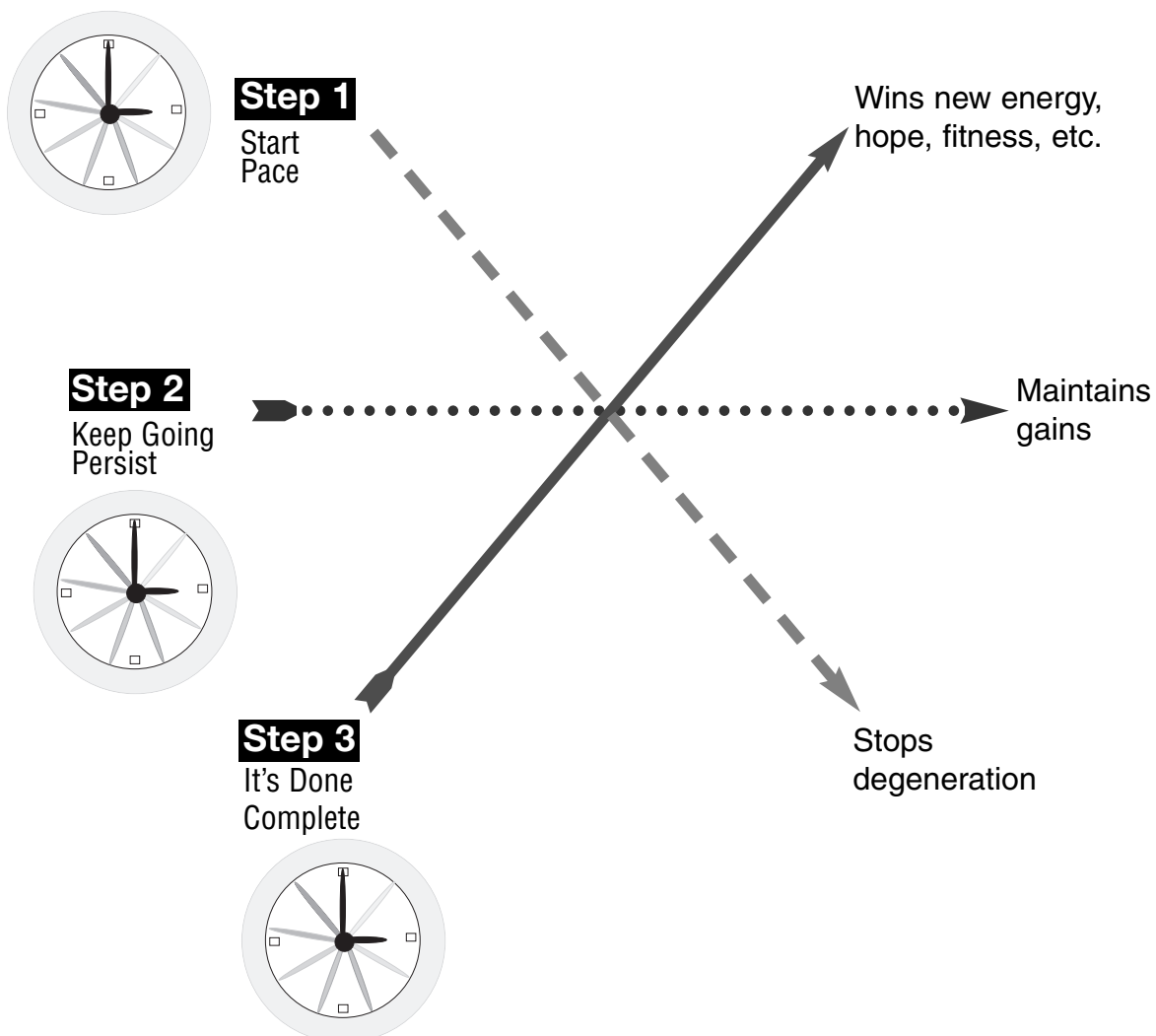
*When pain gets naughty—
treat it naughty.*

*Give pain a pain in the neck—
by massaging the message
that you are in control.*

Figure 13-17

When things start to go downhill, it is time to pick up the pace. Tireless effort throughout moments of effort increases chances of success, as long as we can rest and re-energize for the next challenge.

Stepping Up the Pace



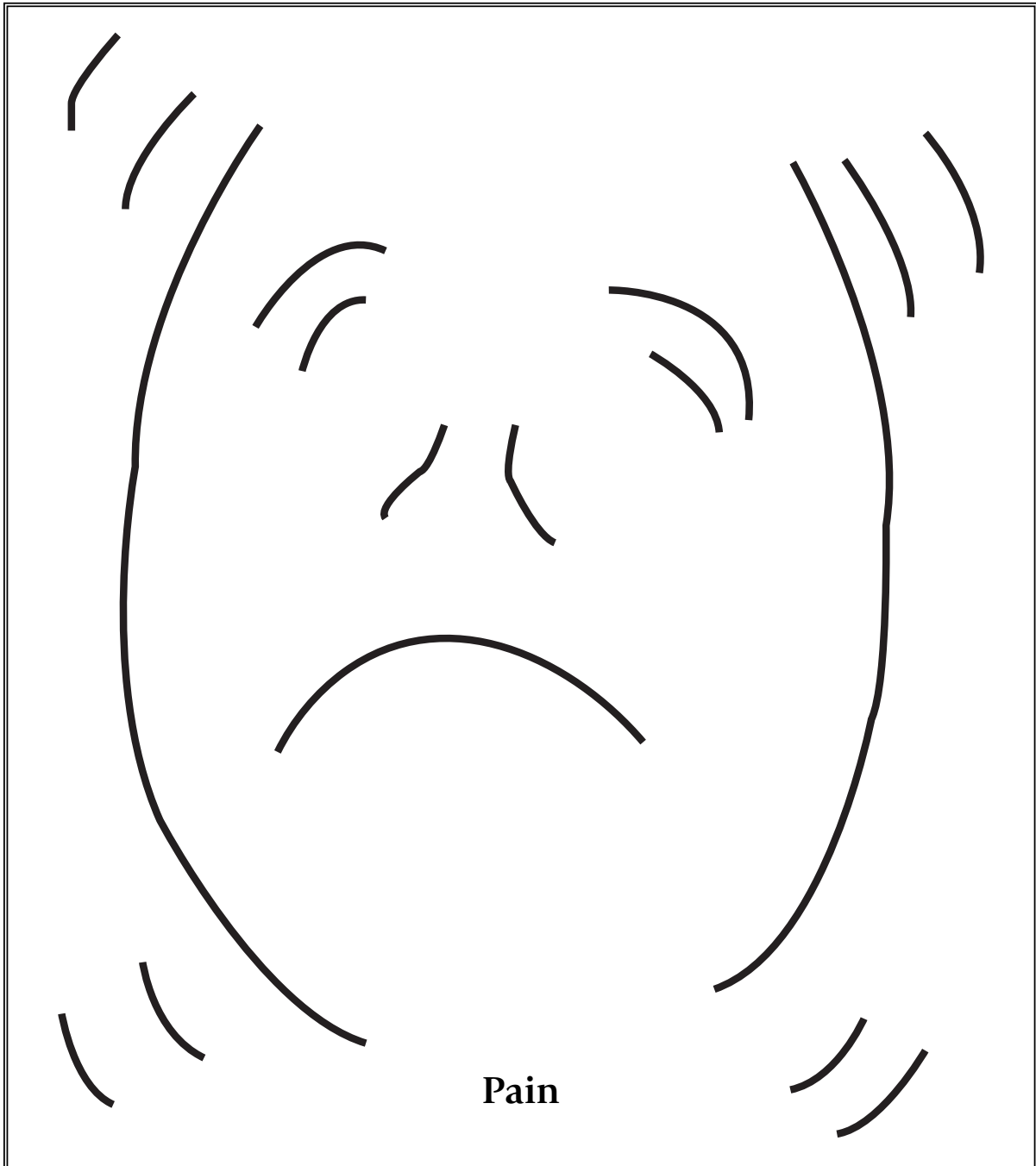
The story of pain and how to deal with it continues in the next chapter. You are halfway there in your reading on pain but, **when it comes to pain, do not take half measures.**

*Life gives options—
including how to deal
best with pain.*

*We should deny neither our pain
nor our capacity to control it.*

*When we believe that
we can control pain,
we relieve better our pain.*

*Change your approach to pain—
because it gets arrogant when we
approach it as if it were the boss.*



Mike was concerned because things were falling apart in his life. He was reaching midlife and felt he was in crisis. He wanted to both excel at work and quit, to both stay with his wife forever and leave her, and to try new exciting things and to withdraw and do nothing. He did not understand what was happening to him. He spoke to his wife, who was concerned for their relationship, but told him he had to decide. He wanted to speak to his boss, who always had been his mentor, but knew that if he did he would lose his respect and a chance at promotion. He spoke to some friends and some described the same feelings, while others had passed through this questioning period with their marriages, jobs, and self-esteem intact. But all admitted to going through some sort of phase.

Mike consults with his son who is studying psychology and asks him for a good book on adult development. He learns about the stages in development and that the so-called midlife crisis is not universal and that it could be a growing experience rather than a negative one. Mike channels his energies into more reading and learning about psychology. He finds that a book much like the present one is quite helpful.

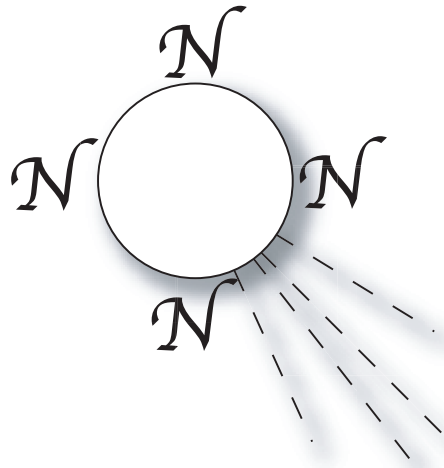


Victories

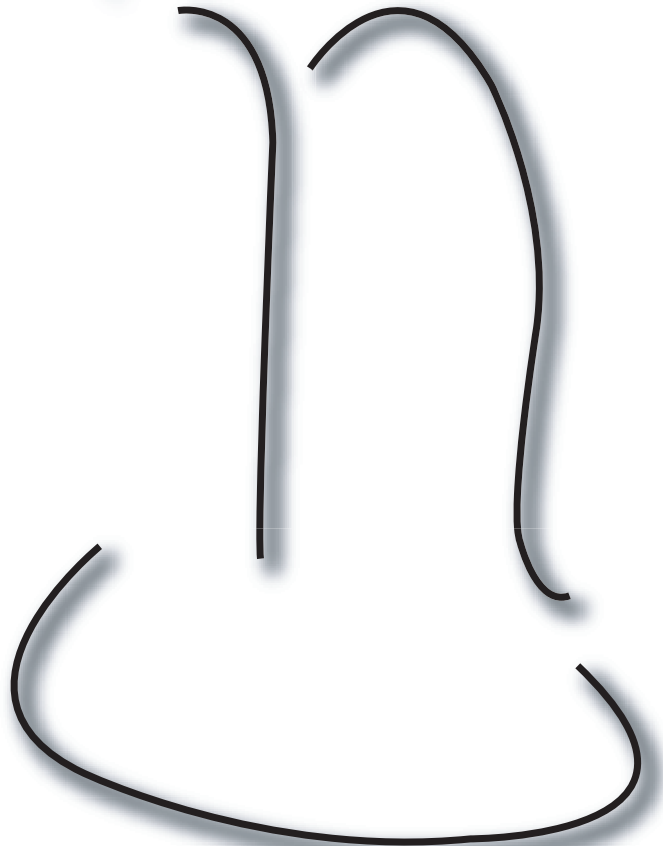
**Victories can be found anywhere.
When we look for them.**

Chapter 14

Abstain from Pain: Part Two



*"N" is for Never
having to say,
"I'm sorry, I didn't
give my best."*





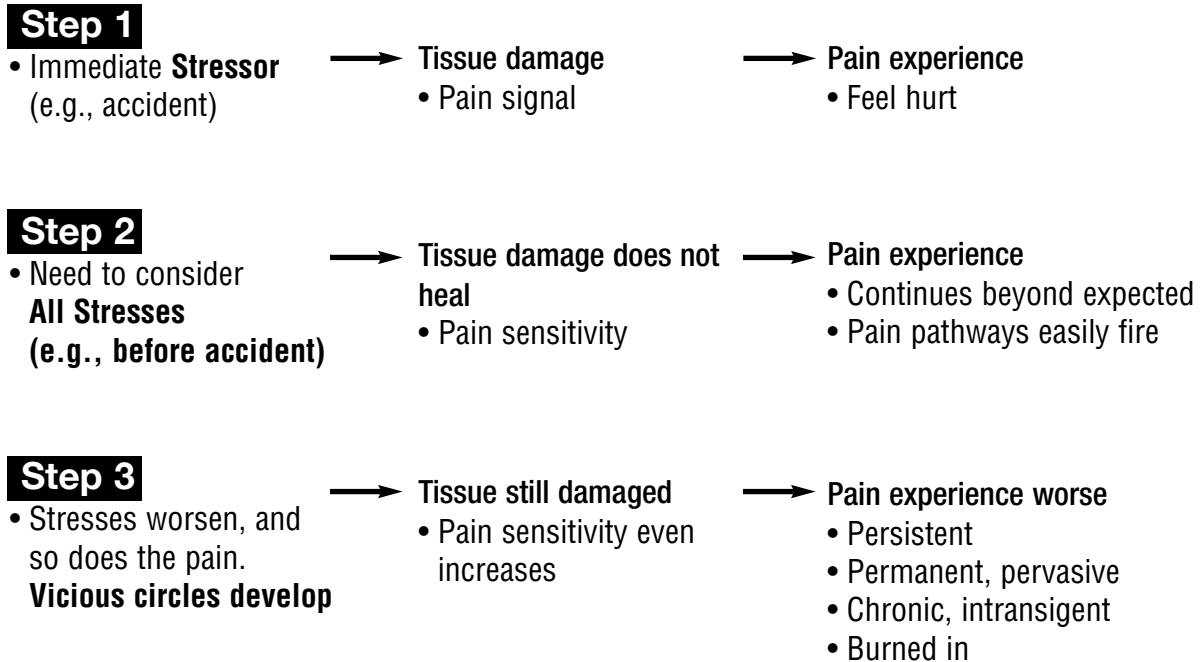
I wrote so much on pain, I had to divide the work into two chapters. You can do the same; when pain wants to dominate, you can separate yourself from it.

In **Figure 14-1**, we see that someone who has chronic pain is not making it up. Stress and pain form a volatile mix, keeping each other going. Stress stops healing; pain causes stress. So vicious circles develop. If healing is delayed too long, the pain becomes burned in and comes to dominate our lives. The pain even worsens. The best cure is prevention. We need to learn how to destress, including when we have pain. **When we destress well, the life expectancy of pain, and not our life satisfaction, will lessen.** Only in this sense is pain in our head; that is, to lessen pain we must use our head.

Figure 14-1

Chronic pain is real. Stressors may keep strong an initial acute pain, even though we may be trying our best, and the stress may even stop healing. Stress may make our pain pathways hypersensitive to it, so that they fire easily, and create neuronal circuits in the brain that are hypersensitive to it. These circuits, too, may fire easily, even without incoming triggers from the damaged tissue or injury. Even if the physical damage seems healed, pain may remain present. Other people may deny someone's experience of pain, but it could be that this idea is only in *their* head.

Chronic Pain is Not in the Head



It's in the Body; It's in the Brain

Figure 14-2 illustrates that pain may have aftereffects to the point that it takes on a life of its own. The original pain produces psychological aftereffects, and these may ricochet out of control in a flurry of emotional consequences (anxiety, worry, depression, etc.). The original pain and the aftereffects may become irreversibly linked and carry forward together. The aftereffects may intensify the pain experience; or, it may reduce the rate of improvement. Thus, although the original pain may diminish, it may live on in the present through its consequences. Reminders of the original pain may provoke aftereffects just as easily as the original physical injury, illness, or tissue damage. Associated emotions and consequences may do the same. For example, pain circuits

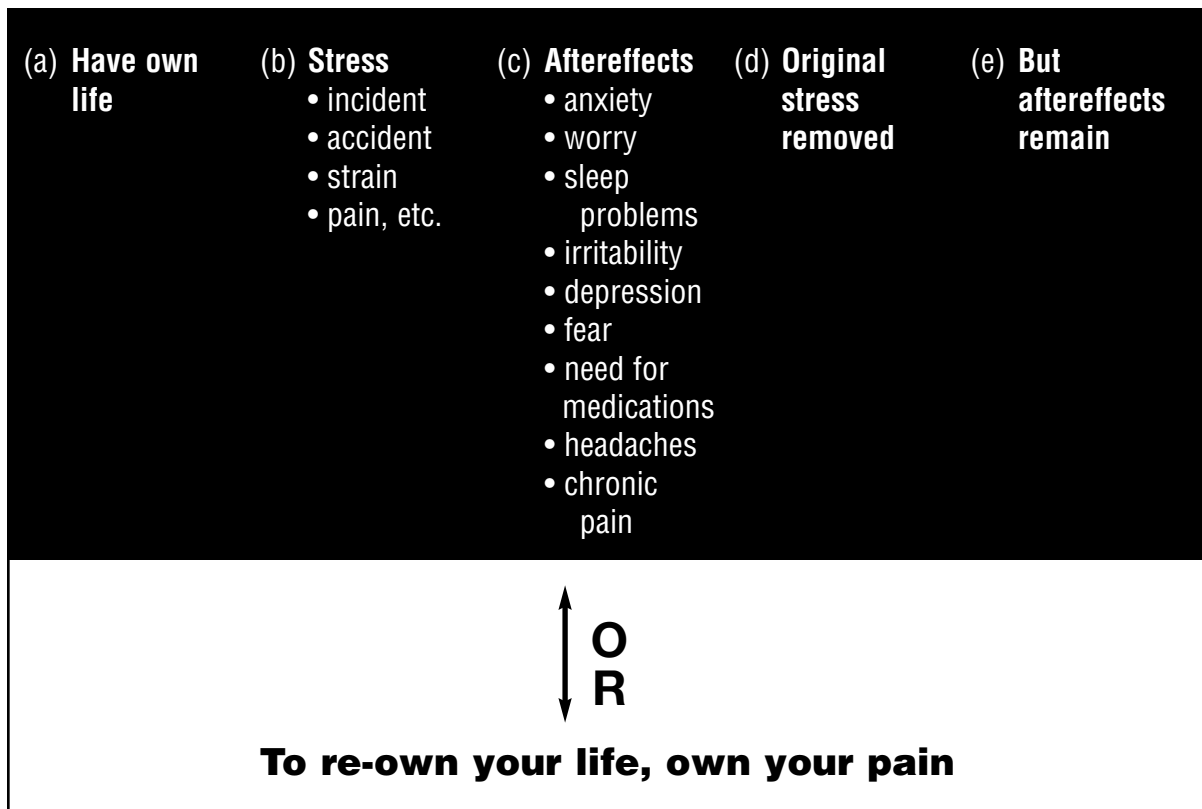
Pain can persist longer than normal, and accepting this is normal.

Pain can be our good friend telling us to be careful in what we do, or it can be our worst enemy.

Figure 14-2

After an injury, pain starts off as physical, acute, and strong. It may improve, but factors such as stress may worsen it. If this should happen, even if the original injury or tissue damage should heal and the exacerbating stress be removed, the pain may persist. Chronic pain results in such circumstances, among others. Chronic pain can be helped, through one's efforts and those of others, such as family and professionals.

From Having Own Life to a Life of Its Own



.....
*We can seek endlessly
the cause of our pain,
or we can seek
to end our pain.*
.....

in the brain may be fired easily not only by ongoing sensations, but also by anxiety and worry. The pain circuits may be fired not only by the physical injury/illness/tissue damage signal itself, but also by psychological factors such as these. Furthermore, emotions, such as worry, and the pain may even become free-floating, or exist beyond the initial cause, and take on lives of their own, to the point that not even medication can control them.

In the phenomenon of phantom limb pain, a person who has had a limb amputated may feel signals from the absent limb, including from the toes or fingers, and may even experience pain in the missing limb. How is this possible? Pain circuits are still in the brain even if the original sources of the pain, in this case, a now absent limb, are no longer present. This illustrates that pain is psychological as much as it is physical. Once pain circuits are set up in the brain, factors such as anxiety, can trigger them, and they will continue to do so well after the initial physical reason for the pain is diminished or gone. There is no one regional pain center in the brain, mainly because the whole brain is the pain center. That is why it is so hard to deal with pain only through the use of medicine. **Once we accept that pain is not a simple transmission from the pain site up the spinal cord to the brain, without any input from the brain, we open the path to better management of the pain.**

.....
*Pain responds to the
games that we play with it.
Monopolize recovery.*
.....

Figure 14-3 shows that we can have some control over pain by not playing its game. Pain may lead us to withdraw from our life activities, even from having a social life or playing games with our friends. **The more we keep our social life intact when we are in pain, the more pain will have no one to play with.**



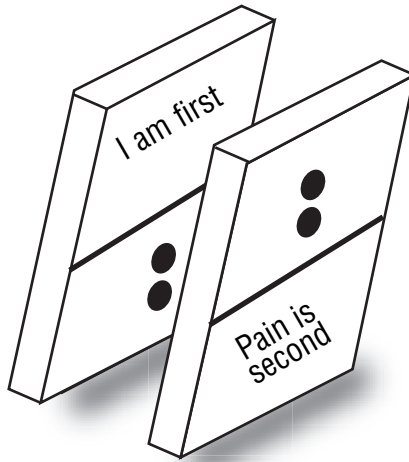
Figure 14-3

Pain hampers us, but need fully block us. We still can be in control, for example, if we have back pain. We cannot always win against pain, but we can always stay first when in pain.

Play With Your Pain

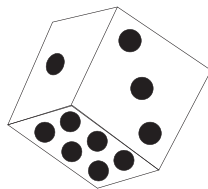
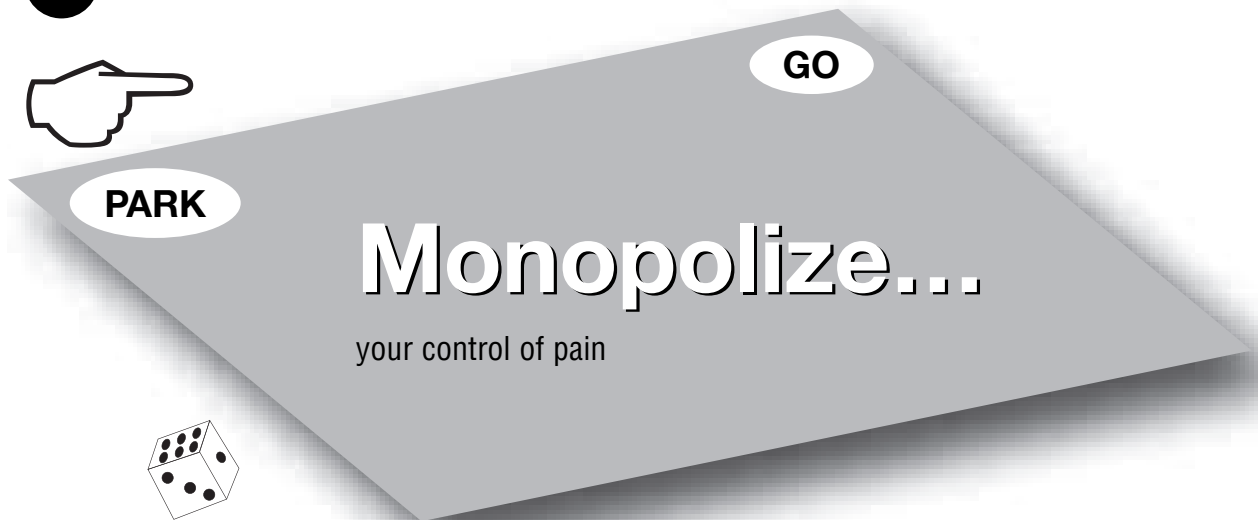
A

Dominos...



Use the domino effect to tumble your pain

B



FREE CARD
Park your pain here
Advance to Go

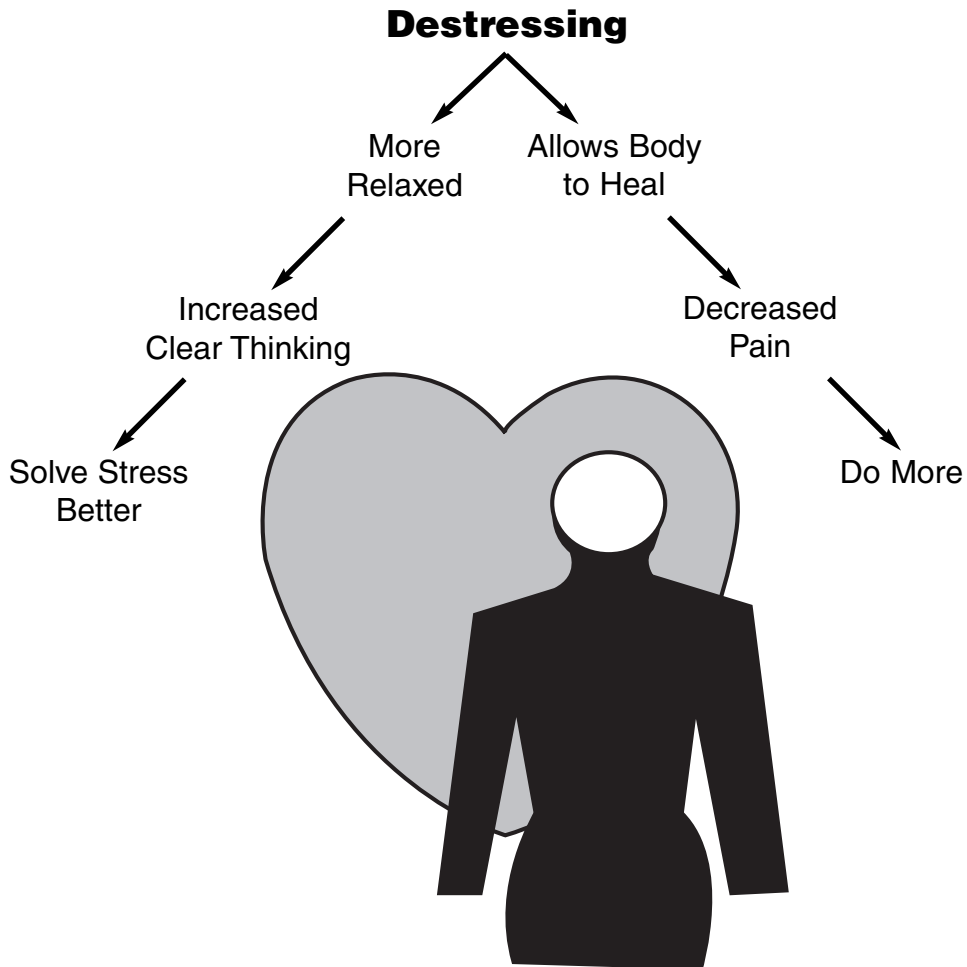
.....
Stress worsens pain.
Destressing lowers stress.
.....

Figure 14-4 reminds us that pain and stress share many of the same physical and psychological mechanisms, so that each can worsen the other. We need to keep pain stress-free; that is, we need to use destressing techniques, so that pain can undergo its natural course of recovery without the complications of stress. **Because pain and stress inflame each other, we should act to reduce them both.**

Figure 14-4

Pain and stress share the same physiological circuits, emotional circuits, nervous system circuits, and brain circuits. Therefore, they share the same psychological circuits, self-help circuits, good control circuits, and intensity level reduction circuits. Pain and stress can act to worsen each other, or we can act to help them improve.

Tell Stress and Pain to Break Up



They're not meant to be together

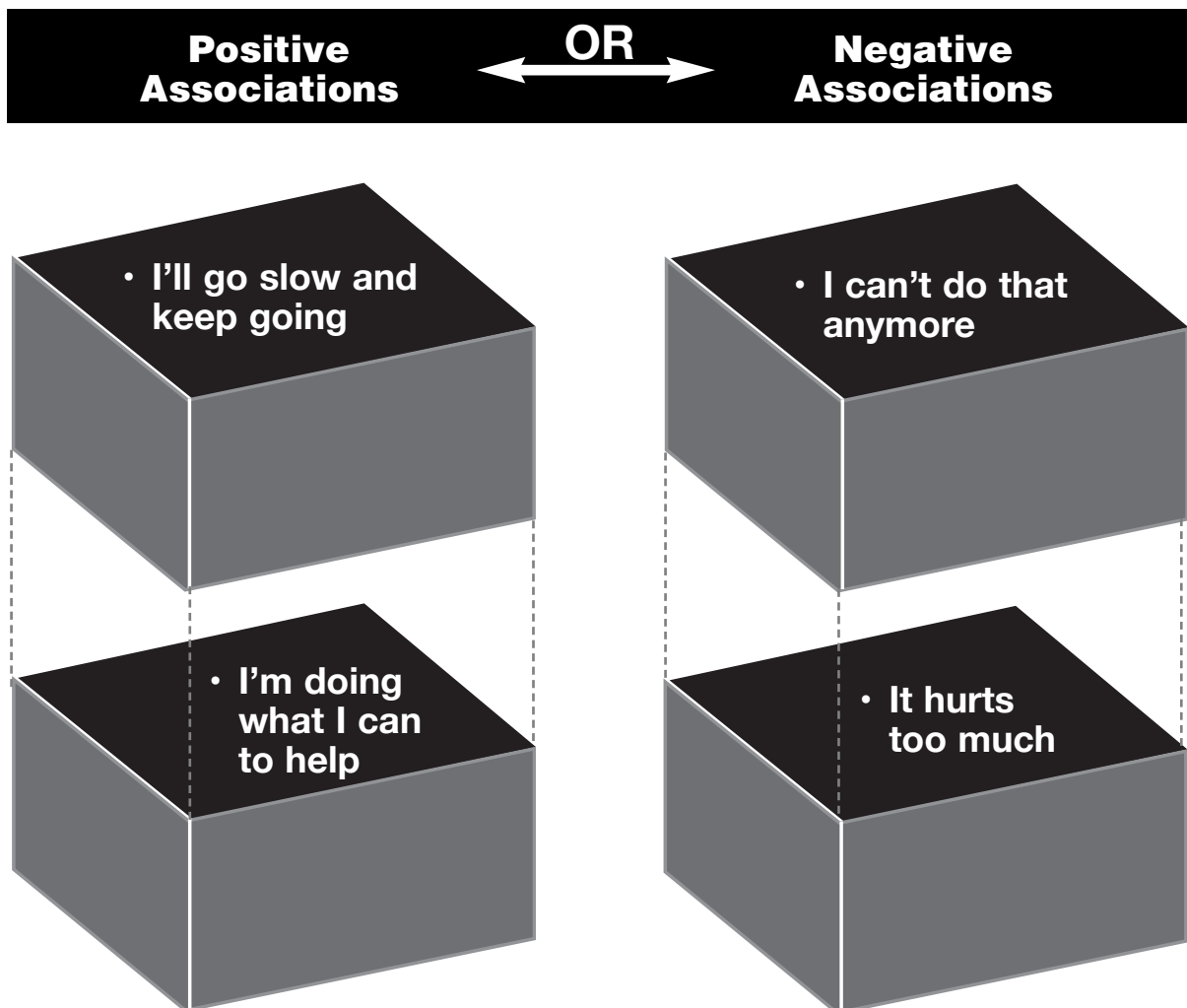
Figure 14-5 indicates that pain is sensitive to associated thoughts, feelings, and actions, so that we should try to make the associations positive. **Positive thoughts, such as being optimistic and realistic, help ease negative thoughts, such as being pessimistic and defeatist; therefore, positive thoughts ease pain.**

Pain is responsive to attitude. Be at your best.

Figure 14-5

Pain taps into so many negative associations when we are in pain, it is hard to stay positive and focused. We can get pessimistic, give up, and so on. But an important part of us wants to be optimistic, keep going, and so on. These associations can become more powerful to offer yourself some hope for your pain, associate with the best that pain has to offer.

Watch Your Associations



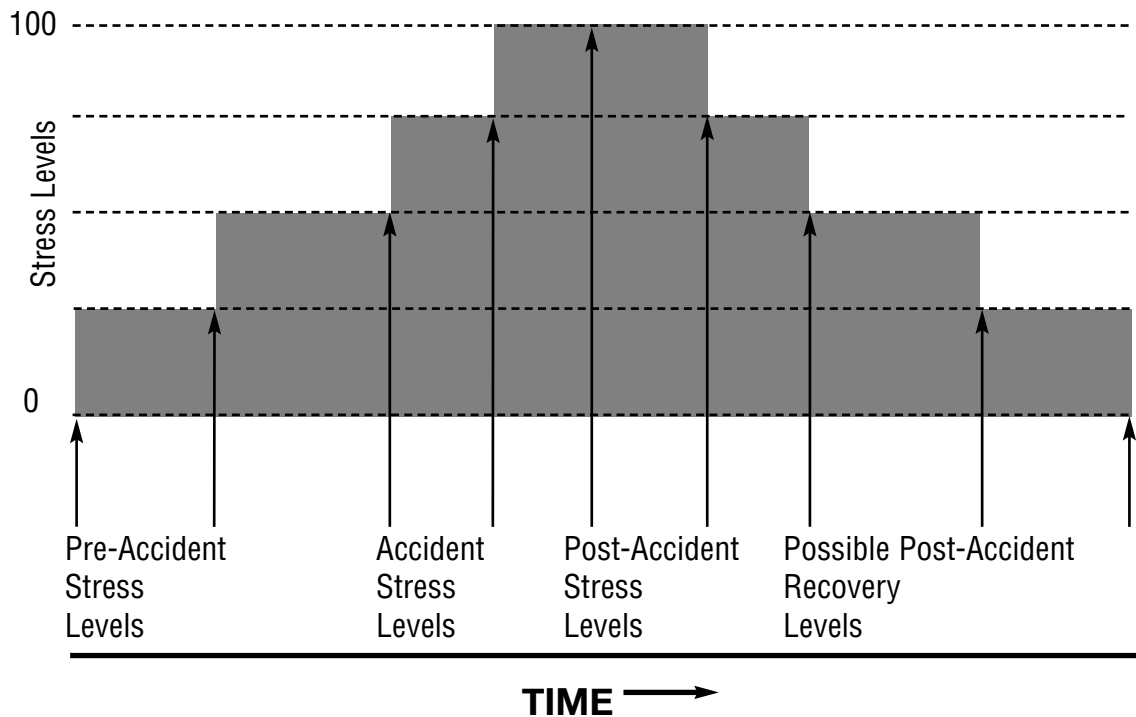
When stress makes you sick—send it to the hospital.

Figure 14-6 explains in another way the relationship between stress and pain in recovering from physical injuries due to accidents or other incidents. Pain heals much faster when stress does not complicate the recovery. By controlling stress, we gain better control of our lives. **Stress and pain are double trouble; so let them be no twin to you.**

Figure 14-6

The degree of recovery from injury and pain depends a lot on the personal attributes that we use in dealing with the stress that accompanies them. Vicious circles of stress can slow down our recovery, or even stop it, and worsen our pain. How far we go against pain often depends on how far we go against stress.

If You Have Pain, Don't Mess With Stress



Pain can get in the way—only when it gets its way.

Pain cannot stop us from growing psychologically—only we can.

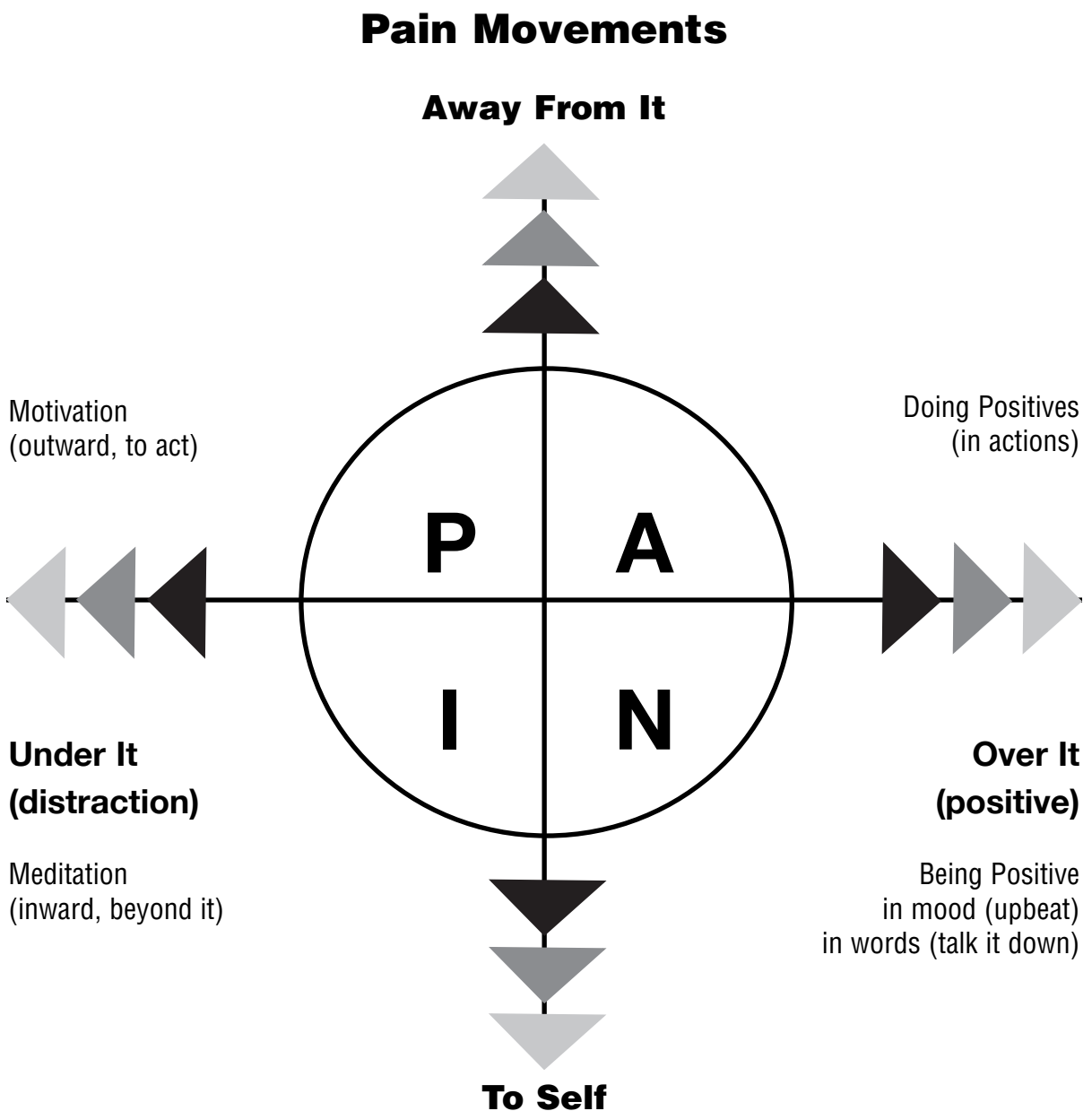
Give pain a low blow—keep cool under its pressure.

Figure 14-7 tells us that pain can retreat when we actively confront it. By being ourselves, and not letting pain be itself, we can learn to live with it, reduce it, and have it interfere less in our lives. When we keep positive, pain is less negative. When we keep active, pain keeps passive. When we keep control, pain cannot be in control.

*Pain travels in our body.
The cures travel
in our mind.*

Figure 14-7

Pain is responsive to our attitude. A good attitude in dealing with pain can lead us to positive actions, positive mood, positive exercises, and a positive outcome. When we are in pain, it is hard for us to remain positive in these senses of the word but, surely, it is harder on us to be negative. Pain gives no choice but to make the right choice.



Stress adds to pain;
so subtract stress.

In **Figure 14-8**, I explore how pain can get worse if we let it. If we do not try to bring down our pain, it will bring us down. Pain is like an unruly child; it needs discipline. By disciplining ourselves to follow the right lifestyle, to do the right exercises, and to destress, as needed, pain diminishes. **When we include the right things in dealing with pain, pain is excluded.**

Figure 14-8

Stress increases pain by leading to stressing out, thinking negatively, giving up, focusing on the pain, avoiding exercises/activities, panic, depression, and anger. Destressing reduces pain because we start relaxation exercises, thinking hopefully, trying our best, distracting ourselves, being active/stretching, seeing the end of the tunnel, and showing determination. Destressing may take energy, but destressing will help us avoid wasting energy in continually dealing with the stress of pain.

The Down Side of Pain

Up Side	Down Side
Add stress, Muscle tension, More pain	Destress, Less muscle tension, Less pain
↑	↓
Some pain/injury	Lets injury heal/less pain
↑	↓
Zero pain	Recovery/zero pain



Figure 14-9 asks us to pace our activities when we are in pain so that we can do them well. To succeed on a task even if we are under pressure, have pain, or have any other interference, we need to have a plan, to work at it at a reasonable pace, and to see it through to the end. We need to know how to monitor ourselves and to adjust constantly, so that we keep on track, do not get fatigued, and work at it step by step, keeping our goal in mind. We need to know the task, give ourselves to it, watch ourselves doing it, and adjust to it, as needed, so that we can keep going until it is done. **When we take small but steady steps when we are in pain, we take small but steady steps against pain.**

*We fear pain.
Let it learn to fear us.*

*Sometimes we become our
pain, but pain is not what
we need become.*

Figure 14-9

Experiencing pain is so unpleasant that we can become dominated by a fear of it, even to the point of fearing things that may help it improve. For example, we may avoid stretching and physical exercises. When we learn the dangers of the fear of pain, we back off less and try more, lessening pain.

Fear of Pain

When it controls us	When we control it
<ul style="list-style-type: none"> • Back away • Half-hearted effort • Give up • Avoid • Freeze • Fear of pain lifestyle • Too stressed to see • Feel overwhelmed • Aim too low • Through with work • Think the worst • Try to hide from stress 	<ul style="list-style-type: none"> • Decide to go on • Full effort • Work through • Accept • Move forward • Free lifestyle • See parts and whole • Feel overcharged • Have reasonable expectation • Working • Think through • See stress as a motivator

*Bump up pain to a higher level.
Let it float above you.*

*A sure sign of less pain is
having a banner time.*

*When pain is a perfect 10,
give it a perfect storm.*

The truth about pain is that we can make it lie low.

Pain has a will of its own— but we can own its will.

In **Figure 14-10**, we see that pain can get worse, but we learn that we have a say in how much and how long pain lasts. The lesson to learn is that we can learn from our pain and, moreover, our pain can learn from us. In the moments that pain increases, if we ask ourselves what we think, feel, and do, we can learn better ways of thinking, feeling, and doing. We need to see the connection with what went on just before the increase in the pain, and whether and how this contributed to worsening the pain. Also, should this apply, we need to see how the increase in the pain had affected what had been going on before. **Major gains in dealing with pain can be made by seemingly minor efforts.**

Figure 14-10

When we finally start to gain control of pain by dealing with it, the results could be dramatic. Instead of stress, depression, headaches, poor sleep, fatigue, and so on, we can see improvements in all these areas. The consequence of this truth is less pain.

The Pain Game

Truth and Consequences

What's Before	Truth	What's After
<ul style="list-style-type: none">• Stress?• Worry?• Thinking?• Emotion?• Depression?• Anger?• Fear?• Headache?• Poor sleep?• Fatigue?• Inaction?• No motivation?	<p>By asking the right questions and getting the right answers, we can:</p> <ul style="list-style-type: none">• Avoid the negative consequences• Deal with any past problems• Deal with the pain• Deal with the future	<ul style="list-style-type: none">• Stress improves• Worry improves• Thinking improves• Emotion improves• Depression improves• Anger improves• Fear improves• Headache improves• Poor sleep improves• Fatigue improves• Inaction improves• No motivation improves

*Teach the 3 WR's to pain—
It's WRong, You're WRight,
WRite if off.*

*Send pain a pen pal letter—
from your pain control chat room.*

*Play the zero sum game—
as relaxation to pain goes up,
it goes down.*

Figure 14-11 offers a global perspective on chronic pain and how, in the end, the patient may have more say than any professional in dealing with the pain. For chronic pain patients, pain is all-consuming and overwhelming. Their life is one of self-limiting, pain-fearing behavior, and the future is put on hold. Doctors, or other professionals or workers in the system, may tell patients that there is no physical reason for the pain, or that the problem is with their mental health and that the pain is all in their head. Co-workers may complain, should chronic pain patients return to work on modified duties. Patients may lose their jobs, making things worse. Patients may face a rehabilitation system that may treat them like numbers, blaming the victims. Should such eventualities arise, chronic pain patients get bitter instead of better. Their pain becomes entrenched. They become confused and distressed, feeling lost.

When we see the future better, our pain heals better.

To get out of their quagmire, chronic pain patients need psychological and physical treatments that work. They have to learn to “own” their pain and to own the solutions to better cope with it. Rehabilitation of chronic pain patients is a constant struggle between having them use old ways of thinking about pain and new ways that can develop to control pain. **Pain may be felt in our backs, but we can learn that it is really in our hands.**

Nancy was a nuisance, complaining always about her pain. She numbered Chapter 14 among her readings. Now she has the number on pain.

Figure 14-11

When we are in pain, everyone has an answer, but we are the only ones with the potentially right answer. We learn very quickly that pain confuses us, and that the answers from others that we hear are confusing to us. When we begin to think clearly about our pain, it begins to clear up.

The Pain Community Provides No Immunity

Pain			Work			Professionals		
Cause	Effect	You	Boss	Coworker	You	Doctor 1	Doctor 2	You
• It's bad	• It's even worse	• I'm confused	• You have to be 100% better to come back	• Come back, we miss you	• I'm confused	• You're OK	• You're not OK	• I'm confused
Effort			You			Outcome		
Self Talk 1	Self Talk 2	You	Old Self-Talk 1	Old Self-Talk 2	New Self-Talk	New Self-Talk 1	New Self-Talk 2	You
• I can't do that	• I can do it	• I'm not confused	• Nothing helps	• Help!	• I have to help myself	• I trusted myself	• I did everything in my power	• I'm getting better

.....
*Pain and effort do not mix.
Bring them together.*
.....

.....
*Pain and depression
feed each other.
So starve them both.*
.....

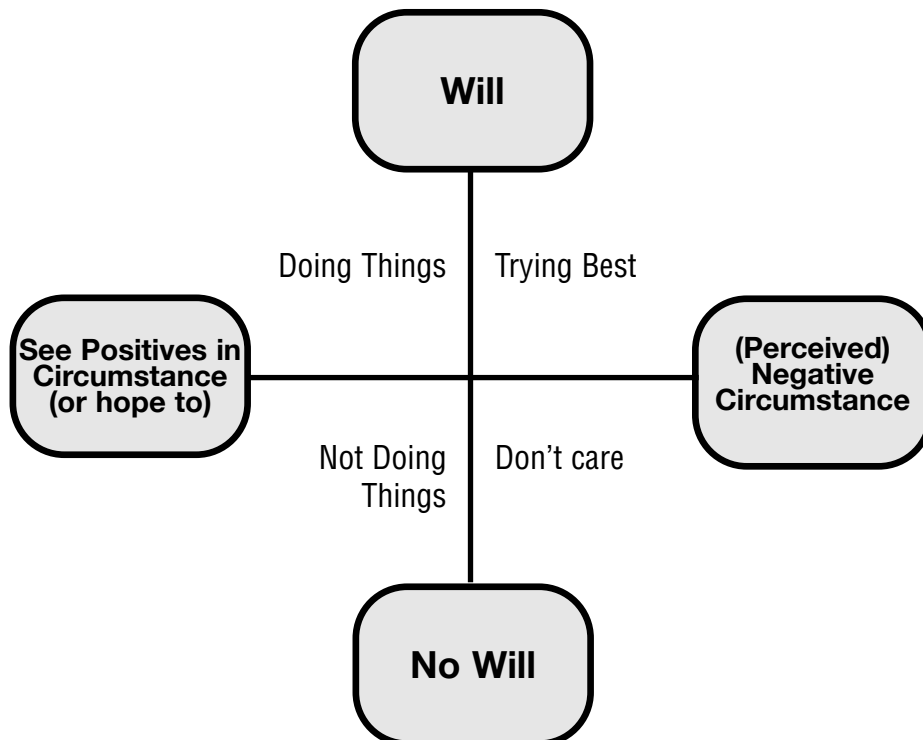
Figure 14-12 illustrates that pain may alter what we can do physically, but it does not have to alter what we can do mentally, or psychologically. When we are physically healthy, we should be striving to do things in balance, in control, and for ourselves or others, rather than doing things with less positive motivations, such as anger, sadness, or fear. When we are in pain, or otherwise unable to do the physical things that we did before, it is important to keep motivated and to perceive the positives as best we can. This will enable us to keep feeling that, despite our pain, we have some control, and even that our sense of control can grow. Finding the spark and making the effort both help when our will and our positive attitude falter. **When pain gets in the way, we can still find our way.**

Figure 14-12a

When we are healthy yet have no will, there is no one to blame but ourselves. When we are ill or in pain, and have no will, still, there is no one to blame but ourselves. As long as we try, develop some control, see some positives, and start doing what we have to do, pain will start to lose its will.

Getting Back Control

Physically Can Do Things



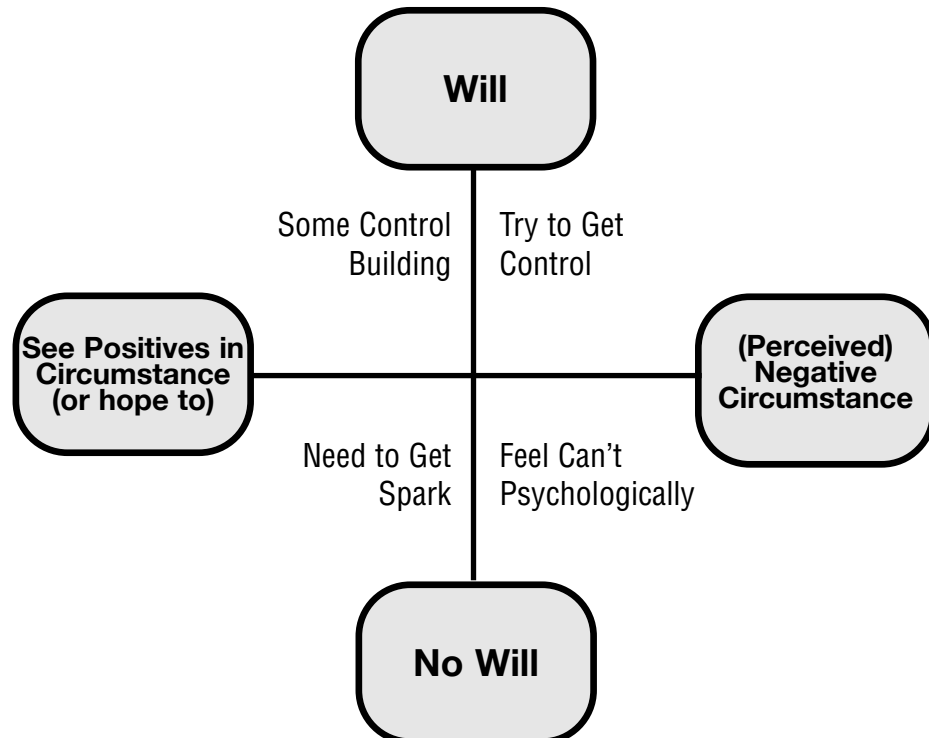
Say NO to pain and YES to life.

<i>Pain cannot stop sometimes. Pain cannot stop us anytime.</i>	<i>Pain has more staying power when we have less.</i>	<i>To deal with pain, take many small steps and a few great thoughts.</i>
<i>The best recipe for pain control includes two parts medication, two parts psychological techniques, and ten parts motivation.</i>	<i>Pain begins in the body and finishes in the mind.</i>	<i>Tissue damage needs psychological repair.</i>
<i>When pain builds, physiotherapy builds the body, psychology builds the mind, and you build pain control.</i>	<i>Helping a pain patient do nothing hurts him in every way.</i>	<i>By pacing through pain, it persists in lessening.</i>
<i>To give pain an out-of-body experience, think what to do.</i>	<i>When we exaggerate our pain, we diminish our life.</i>	<i>Pain control is a sample of self-control.</i>
	<i>When we blame everything on our pain, everything remains painful.</i>	<i>When we stay busy, pain gets exhausted.</i>

Figure 14-12b

Getting Back Control

Physically Cannot Do Things



Pain is aggravated by aggravation and moderated by moderation.

Sometimes we can laugh off our pain, even when the pain is not funny.

Figure 14-13 informs us that most pain is controllable. When pain first hits us, it could be powerful and overwhelming but, after a while, most pain calms down and is less intense. Or, if it is strong, it comes and goes, so that there are moments when control is possible. By having hope, applying ourselves in both our physical and mental exercises, and going with the flow as best we can when the pain gets really bad, pain can become controllable. Gradually, most pain goes away. However, pain will go away faster if we do things to speed it along. If we return to the basics in dealing with pain, we lower its intensity, lower its effect on us, lower its control over us, and lower its profile as we climb back to where we want to go. Physical injuries make pain. Physical injuries do not have to make us sick. When we are in pain, we can adopt a sick role or a more functional role. The choice of how we live our pain is ours, not pain's.

Figure 14-13

Part of pain makes us feel too sick to do anything. When this happens, we should put this attitude to bed. There is always something that we can do, even if it is simply building our will to do something once the pain wears off a bit. When the time arrives that we can do more, we need to be ready to do it.

There's No Cure; Mainly Because You're Not Sick

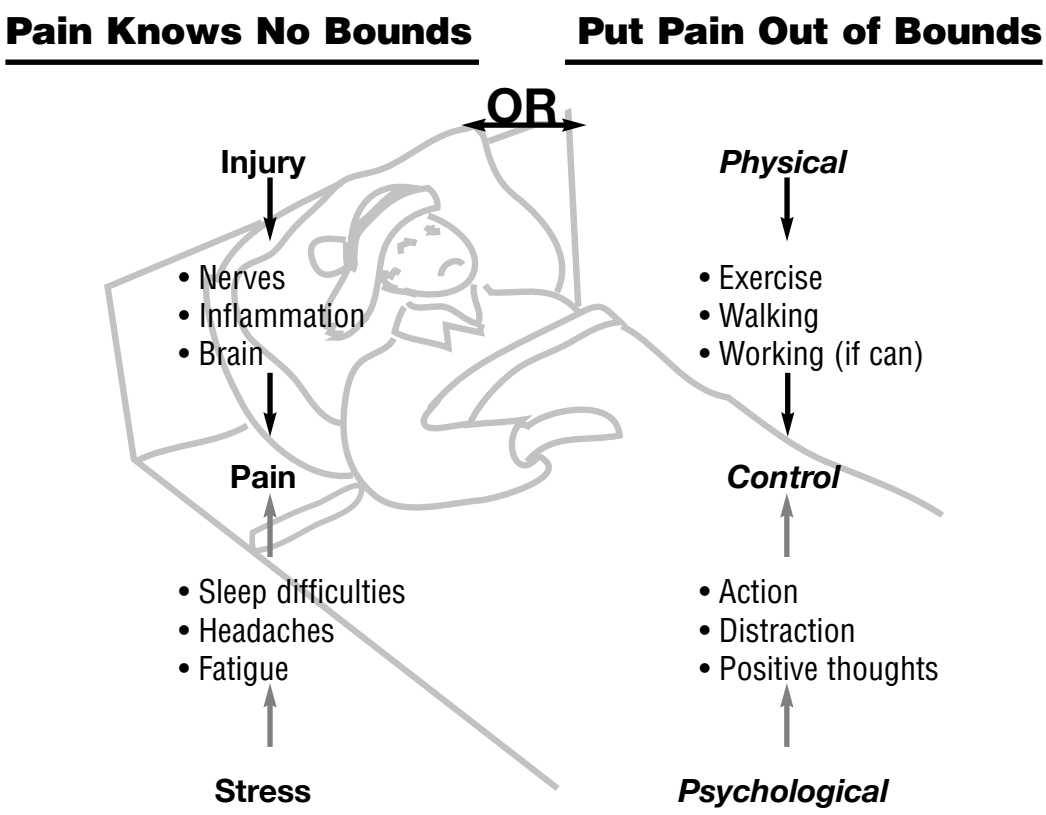


Figure 14-14 and Figure 14-15 underscore that pain is what our bodies and minds make of it and make it. For example, some people can walk on hot coals without feeling pain during or afterwards (although the cinders on top of the coals may not be too hot). At Easter, some people volunteer to be crucified with nails through their wrists, and they recover quickly. In some cultures, individuals swirl, or otherwise get in a trance, and bear well painful experiences, such as being pierced. In war, some people can be shot with a bullet and feel elated, because they know that they survived the war and are going home; so they do not feel pain.

*Pain may start weak,
and finish strong.
We may start weak,
but can finish strong.*

*There really is no mind,
brain, or body.
There is only all three
indivisible.
Use them to divide pain.*

Figure 14-14

Pain is intimately linked to our psychology. The body and mind are not separate. The mind does not float above our body. Pain hurts not only because the body is injured, ill, and so on, but also because the brain is firing pain circuits that have developed through the effects of the tissue damage signals to the brain. In addition, stress worsens pain and fires the pain circuits in the brain. The mind gets overwhelmed; but, because pain, the body, stress, the mind, and the brain form a unified system, we can unify against pain. So, to split up pain, show it a common front.

It's a Fact: Pain and Stress Interact

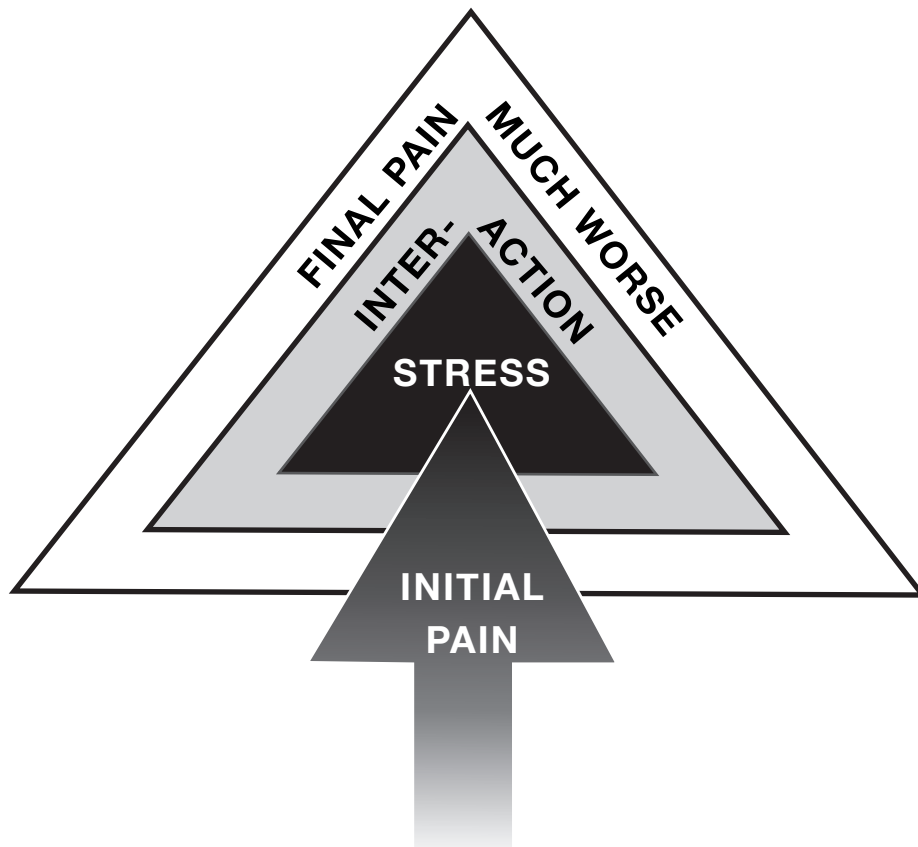
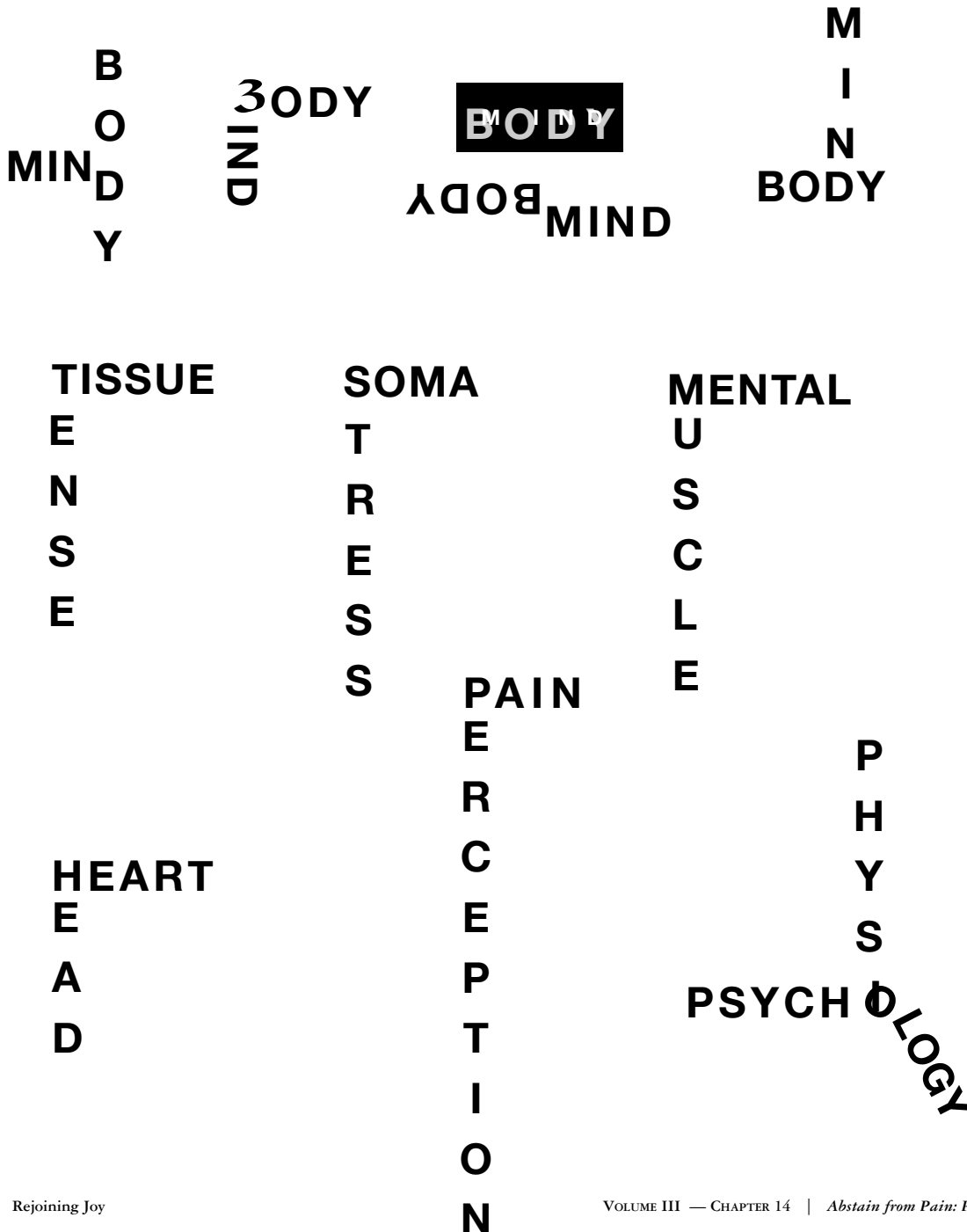


Figure 14-15

There are many ways to show that the mind and body form one system, mediated by the brain. This does not deny that there seems to be free will, or even a soul, and the like. However, these may be simply products of brain activity, emerging from it, as much is happiness and other emotions. Understanding the system allows us to realize that we have personal resources that we can use when we have pain, such as coping better, thinking positively, and willing it lower. Because the mind and body are connected, we can mind our pain.

Mind Your Body Connection



For every example where pain should be felt but is not, there are other examples where it should not be felt at all or not at an intense level, but it is experienced as terrible and excruciating. For example, people who have had a limb amputated may experience sensations, including intense pain, in the missing limbs. This is called “phantom” limb pain.

Another example is that relatively minor physical injuries may produce long-lasting, strong pain, because of an interaction with stress, emotions, and other psychological factors. Stress produces biochemicals (such as cortisol) that do not let function properly other biochemicals that help heal tissue injury. In fact, stress can even increase tissue damage through these negative biochemicals. The pain increases, becomes chronic, intense, and widespread.

Moreover, the pain and stress centers in the brain are, more or less, the same ones. This shows that the body and mind are not really separate, but are intimately interconnected. Therefore, what happens with one affects the other.

The mind has dominion over the body. The degree of pain does not, simply, reflect the degree of tissue damage, because psychological factors and individual differences play a role. For example, two people with the same injuries do not experience the same pain, partly depending on their attitude to the pain. Further illustrating the role of psychological factors in pain, pain may spread to regions that were

.....
*Serious pain? Get serious
with rehabilitation.*
.....

.....
*By taking our time,
pain loses speed.*
.....



.....
*Pain loses ground,
when we stay grounded.*
.....

.....
*When we tell pain
that we are continuing,
it may stop continuing.*
.....

.....
*Pain has many parts
and many causes.
So does its cures.*
.....

not originally injured. Further, for some people, from day to day, pain may change its location, breadth, and intensity. It may come and go inexplicably. Moreover, it may vary in its responsiveness to treatment. Generally, for those in chronic pain, pain defies prediction about when it should get better. It lasts longer than predicted. The consequence is that it drives people to seek endless explanations and endless cures. Finally, because of all this, it may make people give up.

Yet chronic pain sufferers may be told that the pain is all in their head, or without physical cause, because they should be better by now. However, this perspective fails to appreciate that what should happen for the average person in the recovery process from pain does not really happen to any one individual, because there is not one person who is really the average; it is just a statistical expression. Each of us is different, especially when it comes to pain. In cases of chronic pain, in the sufferer, pain centers and circuits stay sensitized and are aggravated easily, out of proportion to and beyond the effects of the original physical injury, illness, or tissue damage. Because, in these people, neurons are firing beyond the normal, the pain is experienced as real and, because the circuits and centers are influenced by stress, emotions, and other psychological factors, they fire more than we might expect.

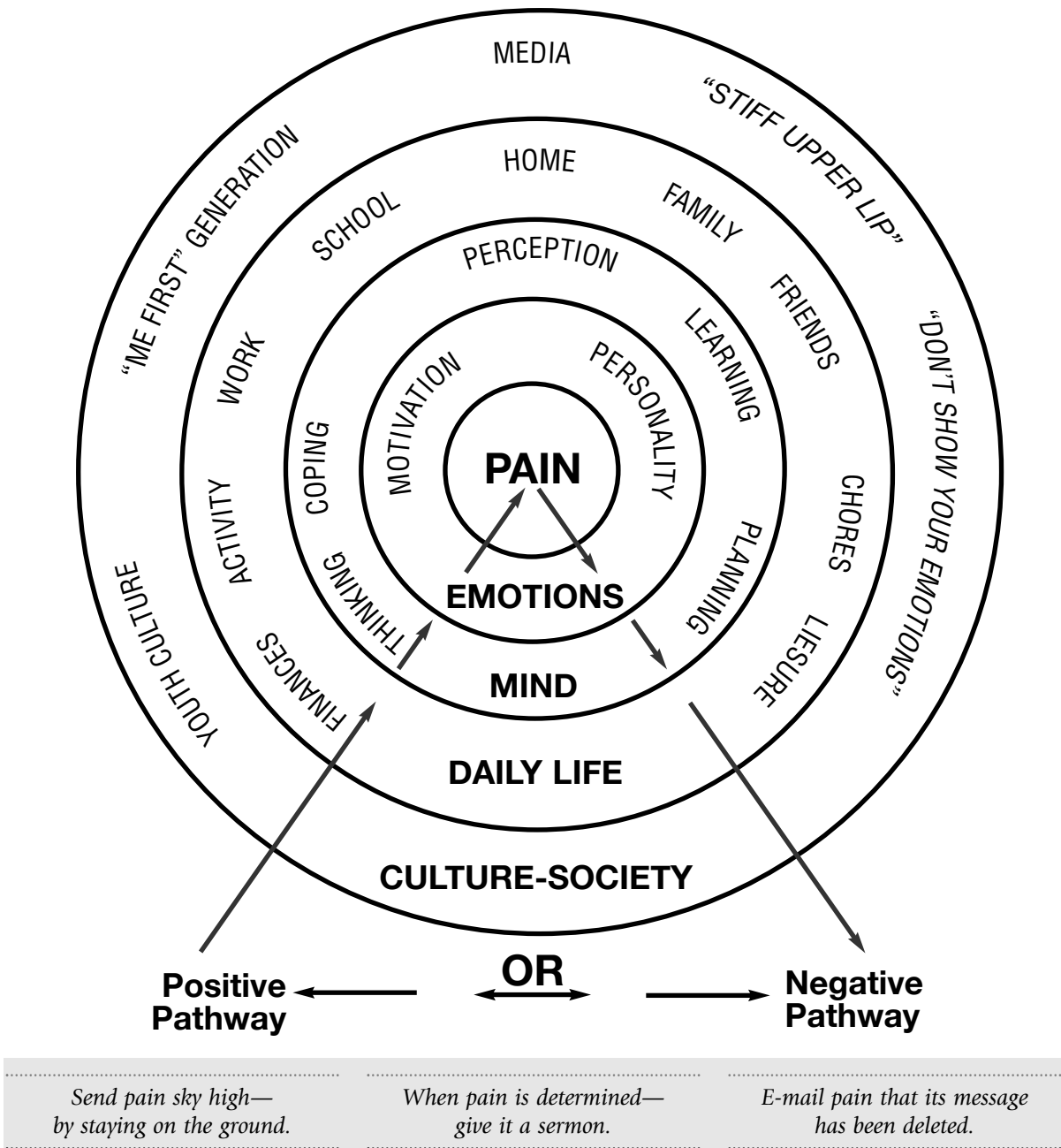
Just as the mind-body connection is the source of elaborate pain experience, so too can it be used as the start of a cure or of some healing. When we come to realize in our mind that we can begin to control our pain, we begin to take the path to the reduction of its intensity. **When we let the mind and body reconnect in the right way, our ills begin to re-correct in the right way.**

Figure 14-16 shows how we should aim for the bull's eye against pain. Pain affects our emotions and mind as much as our body. The cycle of pain starts when we get up in the morning, grows as the day progresses, and ends with us exhausted, and yet unable to get restorative sleep. It is an endless cycle of struggle and degeneration. Its victims know no rest. Moreover, it is compounded by interference in the responsibilities of daily life. Also our culture gives message that only young and healthy people, and things associated with the young and healthy, are worth admiring.

Figure 14-16

Pain is influenced by multiple levels both in our mind and in our environment, and it is influenced by how our mind incorporates messages from the environment. Pain lives in an ecology of mind and in an ecology of influences on the mind. For example, pain is affected by our personality and thinking, and by how our family had taught us how to react to pain. The pain pathways run from the body to the brain to the mind. They also run from the person to the environment, or vice versa. Whichever way pain runs, we should not try to run away from it. By focusing more on the positive, we switch the direction in which we are headed. In the race to beat pain, let the positives be the navigator.

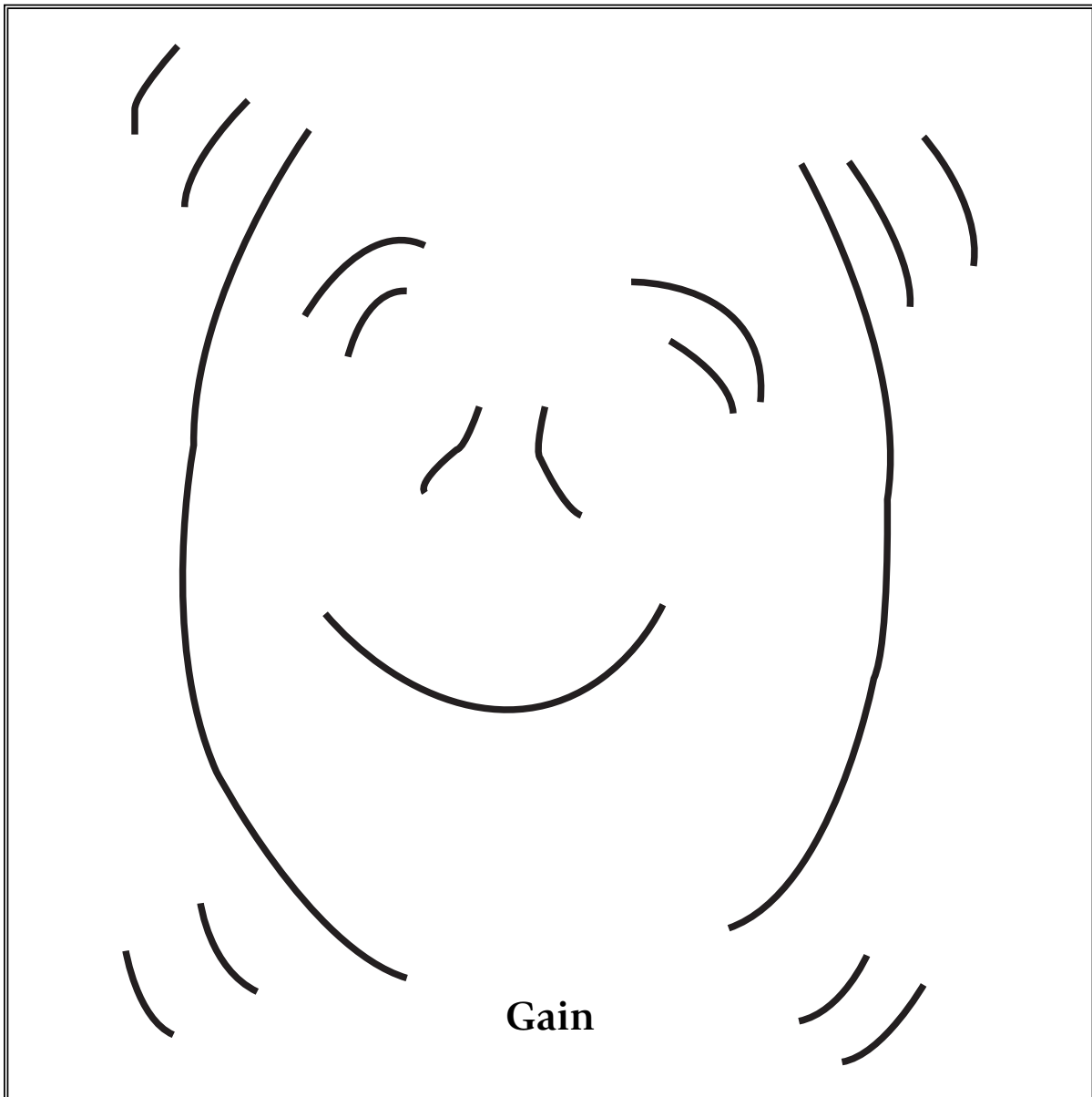
Target Pain Before It Targets You



.....
*Give pain breathing
difficulties by breathing
through it in control.*
.....

.....
*Pain is experienced by the
whole person and controlled
by the whole person.*
.....

When in pain, we need to keep admiring ourselves for our valiant efforts and for our capacity to learn how to deal with it. It is never too late to begin a pain-coping lifestyle. We can learn techniques to deal with pain at the moment as it increases and as it continues in our daily life. At the very first moment when pain begins to increase, we need to feel confident that we can do something about it. As it continues over time, we need to feel confident that we are proceeding as best we can, and that there is a future that we can live. Good knowledge in how to deal with pain gives us good hope and confidence that we deal with it well. **When pain continues, we can decide to continue, too.**



We have seen in this and in the previous chapter that pain is more than, simply, a signal from the body to the brain. We can have some control over pain. There are tried and proven techniques for dealing with pain and, if we apply them in a consistent and optimistic manner, there is no reason why the pain experience that results after a physical injury, or otherwise, needs to be as terrible as we fear. There are ways of overcoming pain and its worst aspects, if we can just come to a belief that it is possible and learn to apply helpful techniques. Pain has written its story for us up to now. **It is time that we stop broadcasting pain's story in our lives in order to write our own script indicating that we can deal with it. In the last chapter that you write on the pain that had been in your life, accelerate your life and step on it.**

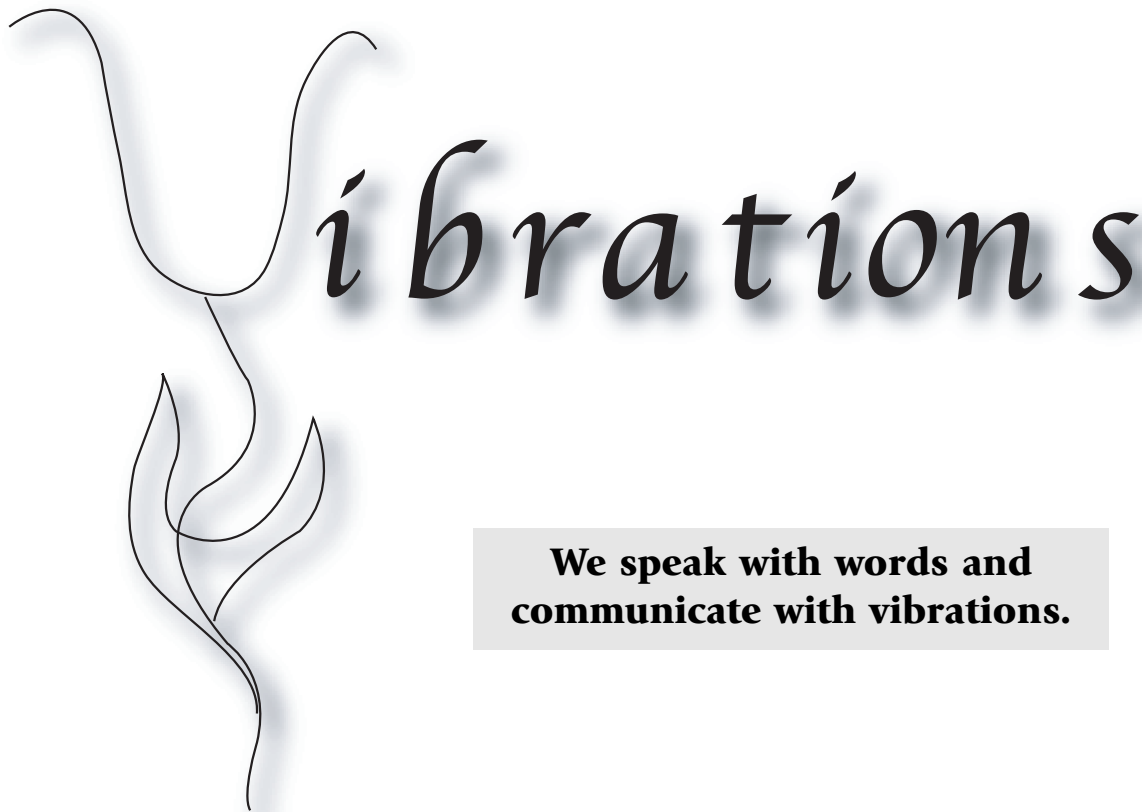
*When we do not
diminish ourselves,
we do diminish pain.*

*Pain has no self-esteem,
until we let it in.*

Hand it to pain—the booby prize.

*Do not take pain lightly—
but control it strongly.*

Shock pain—be yourself.



**We speak with words and
communicate with vibrations.**

Noreen wanted to grow. She felt stuck in her life. Her husband was there for her, her children were settled at school, her job was fine, and she had leisure time for herself, but she felt unfulfilled in some ways and began having anxious feelings. She wanted more time for personal reflection.

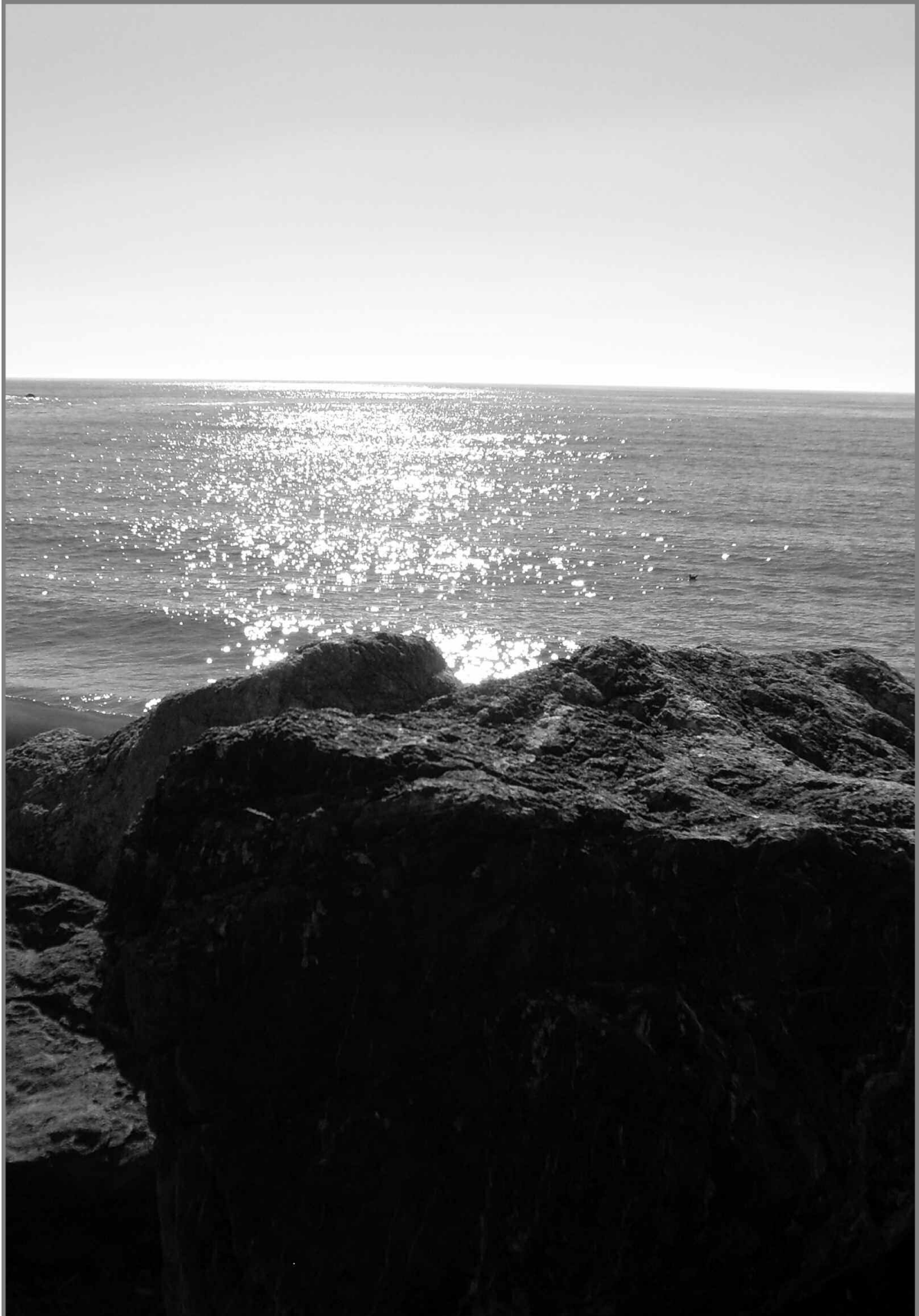
Noreen decides to act for herself, and she picks up a book much like this one.

*Marry up.
Choose freedom as your
partner to pain.*

*Give pain a taste of its own
medicine—by using less medicine
and more psychological techniques.*

*Give pain a warm welcome—
lots of sweat and exercise.*

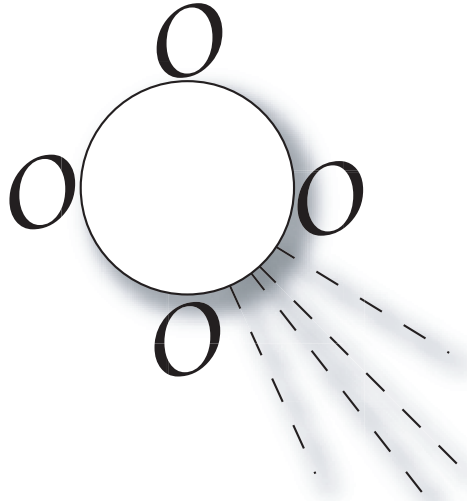




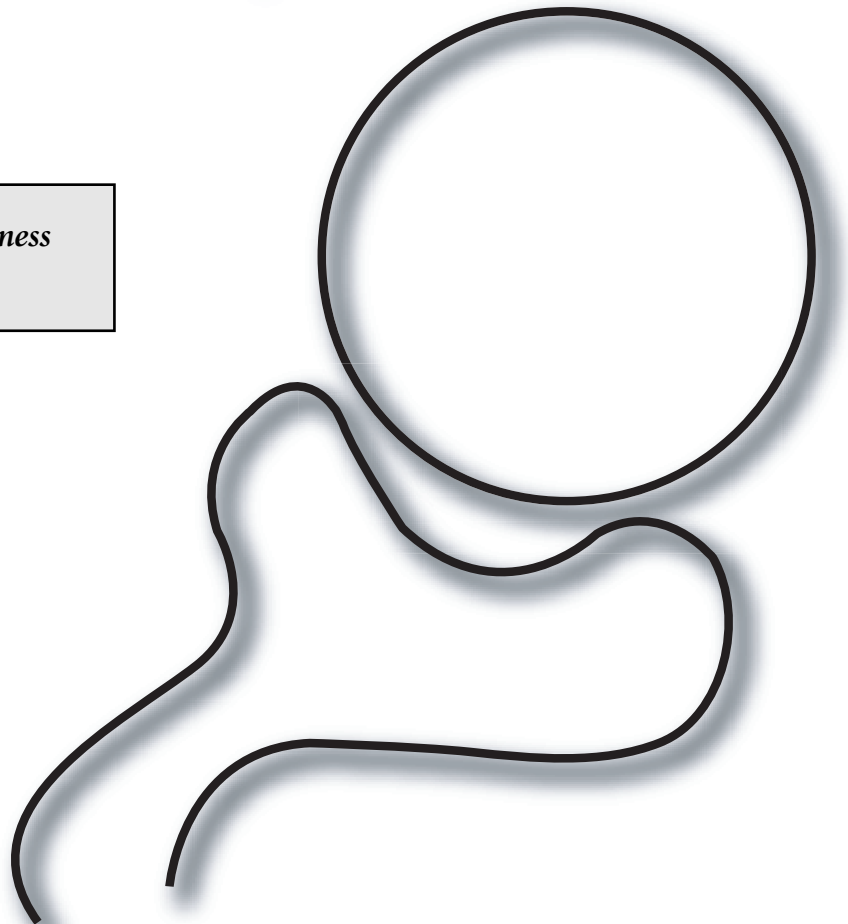


Chapter 15

Unfazed by Fear



*"O" is for Openness
to accept.*





In Chapter 15, I start off describing simpler fears and therapeutic approaches and, then, move on to complex traumas, complex responses, and complex therapies. First, I examine the emotion of fear and refer to the common fear of driving that occurs after a motor vehicle accident. In a typical situation, before their accidents, my clients had been doing very well with driving, being calm, confident, and careful. Then, after their motor vehicle accident, they lose control, become frightened of even the smallest incident on the road, have nightmares, have flashbacks of the accident, and have panic attacks. A broad therapy program is needed to return them to their pre-accident condition. In this approach, I try to have them relax, change thought patterns, behave in a more careful manner on the road, and gain confidence. Note that the techniques described in this chapter are applicable to any fear.

In more complex cases, we find more than fear, in that we find traumatic response, dissociation, complex posttraumatic stress disorder, and so on. In these cases, it may be very difficult to achieve success in therapy at the same level that we find for simpler fears. Moreover, when the psychological conditions are compounded by physical ones, such as pain or traumatic brain injury, clients may experience much difficulty in making progress in therapy. Nevertheless, psychologists have an assortment of techniques that they use with motor vehicle victims and others who are experiencing fear. **Fear is a learned response; therefore, fear can be unlearned.**

*Social fears
need social skills.*

*Fears are learned.
Fear control techniques
are learned, too.*

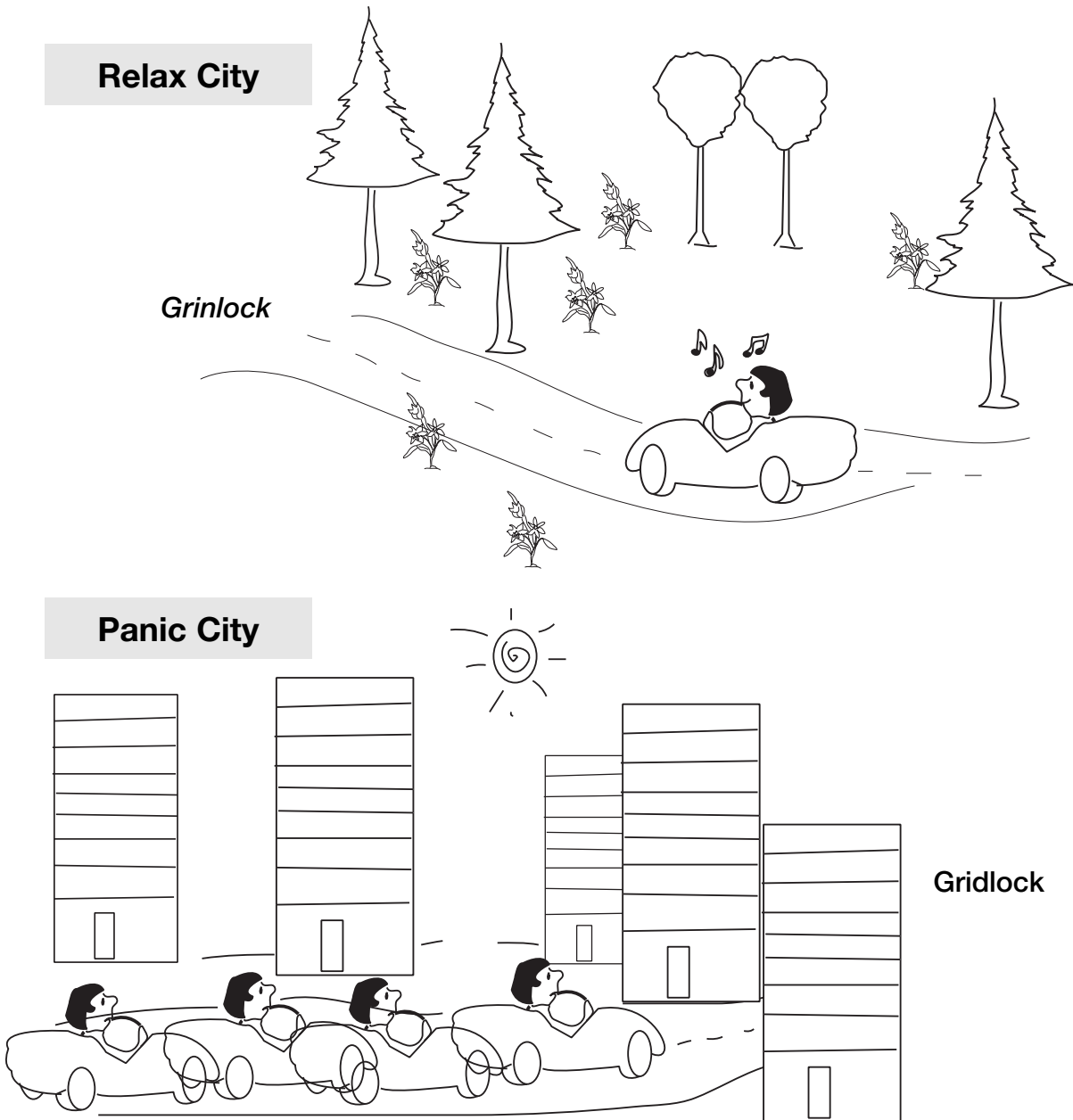
Figure 15-1 advises us that **panic reactions can be controlled**. Any stressful situation can set off a bodily reaction that involves a quickened heart rate, sweating, heavier breathing, muscle tension, and shaking. Difficulties arise when the stress reaction gets out of control or when it happens in non-stressful situations that we mistakenly perceive as stressful. When panic manifests, we can learn to put ourselves in a relaxed mode, for example, by performing breathing exercises and imagining pleasant scenes of nature.

We are all capable of learning how to cut panic short or to short-circuit it. It takes the right relaxation strategies in combination with the right self-talk. However, after we learn the techniques, we cannot expect them to work right away. We need to practice them, so that when they are needed they

Figure 15-1

Driving a motor vehicle can produce much tension, especially if we have experienced motor vehicle accidents. We tense up our muscles, we worry, and we even panic. It helps to use relaxation techniques; for example, we can remember pleasant country drives. Fear may keep us out of our vehicle, but destressing can put us back in.

Relax City



Ophelia feared everything. Phobias filled her fantasies. Chapter 15 fought her fears for her. Now she won't leave home without it.

Fear is temporary when learning is permanent.

When we have a fear of open spaces, the mind can close it in.

are well-honed. It takes practice in controlled conditions to learn how to do this, and we can even induce bodily symptoms similar to the ones in panic as we practice them. One such exercise is to jump on the spot in order to speed up our hearts, breathing, and sweating, and then apply the learned techniques while telling ourselves that these reactions can be controlled. By using the right techniques, such as breathing exercises or imagining pleasant scenes of nature bringing our bodies to a relaxed state, we associate the techniques with reduction of panic-like symptoms. I have presented this figure in a humorous fashion, to help make the point that visualizing is one simple and effective way to deal with fear.

Figure 15-2, **Figure 15-3**, and **Figure 15-4** utilize the visual image of the steering wheel in order to educate how to best contain the fear of driving and, also, to remind of the advantages that driving can bring. Motor vehicle accidents are frightening experiences. The sight of approaching disaster can terrify. The feeling of a car hurtling out of control can mortify. The sounds of crunching metal can haunt us. The shock of aftershock can freeze us. The initiation of pain can traumatize us. The physical injuries can disable us. The psychological injuries can wind deep into our psyches.

Individuals who are psychologically upset by their accidents lose their composure. In the car, these victims tear, sweat profusely, and breathe heavily. They have continual flashbacks and nightmares, and experience horror on recall. They react with fear to the slightest incident on the road. Indeed, perhaps they cannot drive their car, and they try to avoid driving on highways, in traffic, or in bad weather. They get quite frightened at close calls, get jumpy if they hear honking horns or screeching brakes, and tremble at the sight of tractor-trailers. They can experience even worse fear when in vehicles as passengers. They resort to giving orders and tensing up. Outside of the car, they are psychologically numbed by the accident, and it interferes in their daily lives, relations, and emotions. They cannot sleep, they get irritable, and they cannot concentrate. In short, they develop symptoms consistent with the diagnostic categories of specific situational travel phobia or even posttraumatic stress disorder.

In terms of their fear of driving or being in a vehicle, I teach these clients a full range of psychological techniques

that they can use. They can perform breathing exercises, visualizations, and even muscle stretching right in the vehicle, when the traffic conditions permit. In addition, I use systematic desensitization and more advanced procedures, presented later on in the chapter. However, as with any psychological therapy, the clients are the ones who determine the degree of improvement, by their motivation and persistence in using the techniques. Therapists are educators and facilitators, and the techniques that we provide require active learning and diligent practice. **Fear control techniques work best when we work at using them.**

.....
*Even though fears have
helped the species survive—
you can still vote it
off your island.*
.....

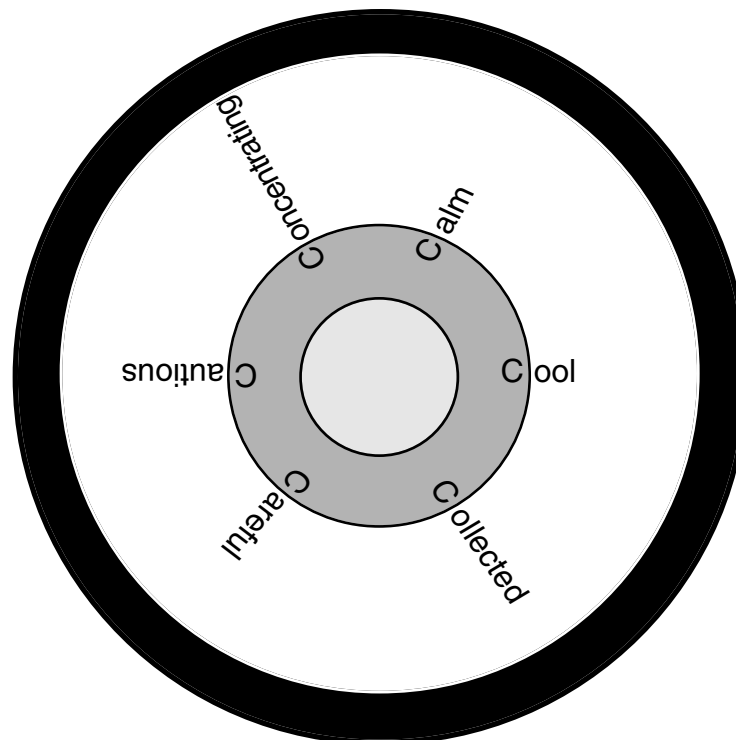
.....
*Breathing techniques
make fear lose its breath.*
.....

Figure 15-2 illustrates the general approach needed to overcome fears generated by an accident. There is a personal dimension (to be calm, conscious), a social dimension (to remain cooperative, caring), a driving dimension (to drive with caution, concentration), and a strategic dimension (to use self-talk, action, and distraction techniques). **Fear cannot resist when we insist.**

Figure 15-2

Safe driving requires a focused mind, and a relaxed, calm attitude. Fear of driving requires that we use these skills to reduce it.

The Driving Wheel: “C”ing Straight

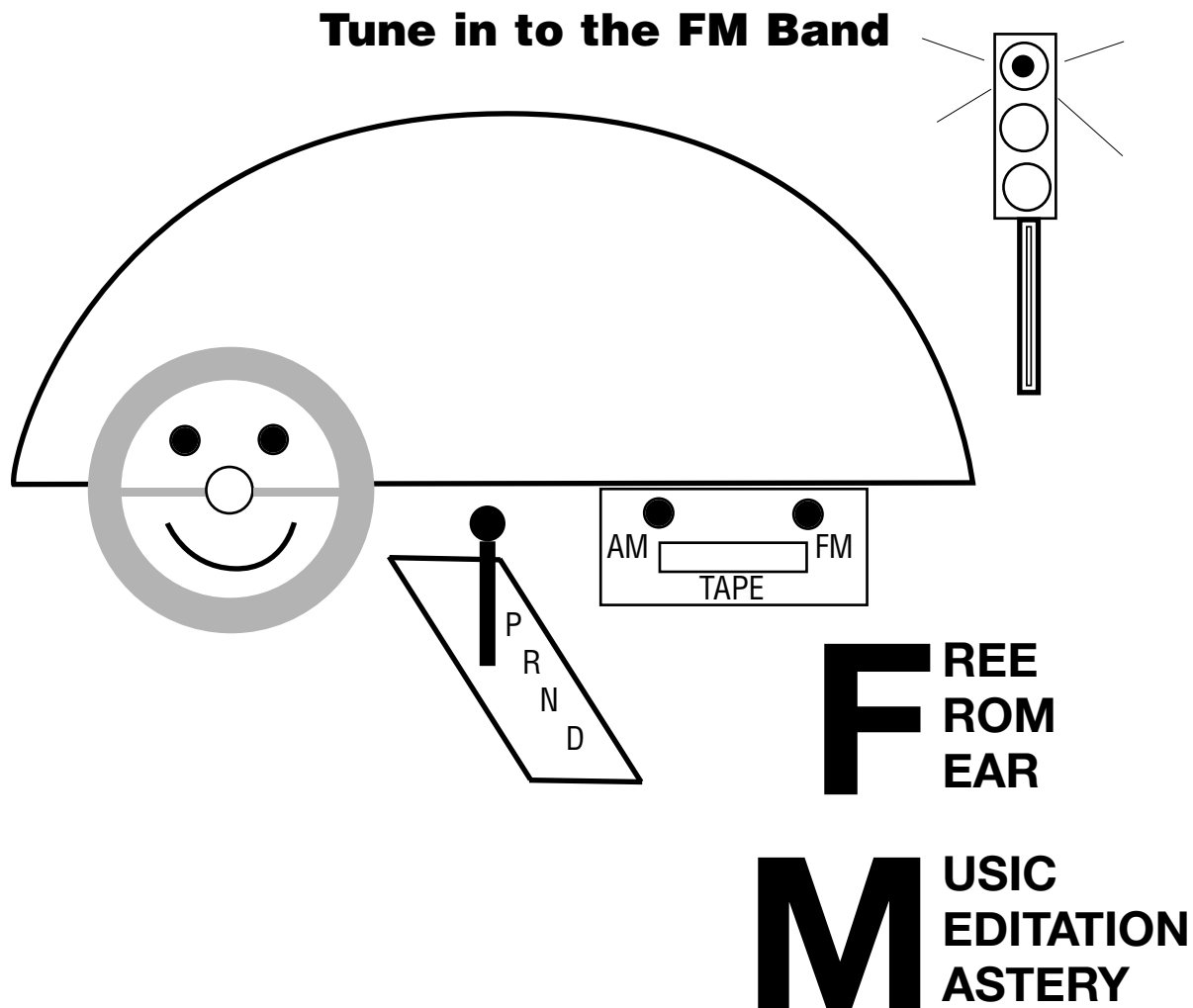


*Fears are illogical creatures
in search of logical humans.*

Figure 15-3 reminds us to think of what can be regained once fear is mastered. The car is considered a vehicle of freedom to young and old alike. When in a car after an accident, we can tell ourselves, "I can do it and I know what to do." Fear asks for nothing more than it becomes nothing and not more.

Figure 15-3

There are things that we can do in the vehicle to help to relax our fears. Music helps, but a good mental attitude and applying it well helps most.



*Panic and calm
are opposites.
Be oppositional.*

Figure 15-4 uses the steering wheel motif to show that we can be calm in the car. We need to feel that we can regain control after the fear of an accident. To help ourselves further, we need to add techniques, such as breathing exercises, visualization, and muscle relaxation, along with positive self-talk. **There are many ways to help transform the fear of driving back into the calm of driving.**

Figure 15-4

When we learn psychological techniques of controlling any fear, they can be used to help control fears while driving. For example, breathing exercises can be used for strong heart rate and for strong breathing; stretching fingers and hands can be used for strong muscle tension; and positive self-talk can be used for strong negative thoughts. Strong negative emotions require strong positive effort. Be a mental athlete.

Steering Fear With This Steering Wheel

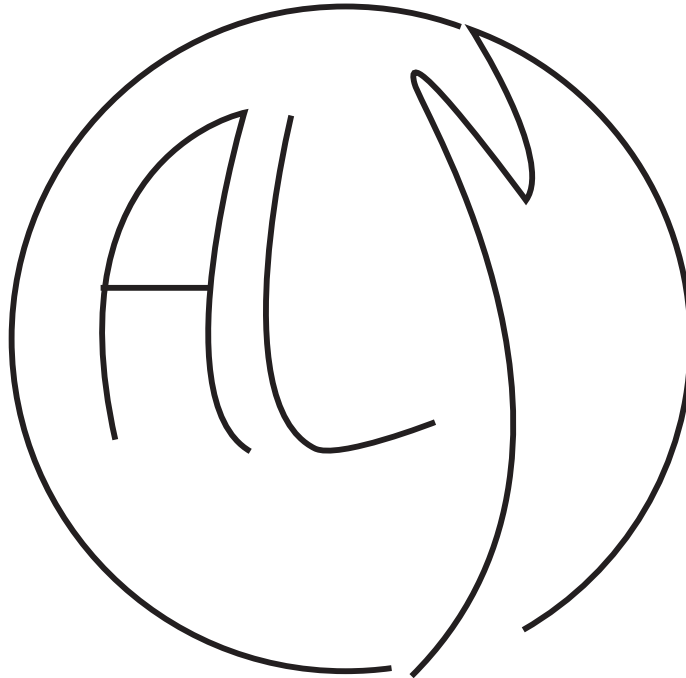


Figure 15-5, Figure 15-6, and Figure 15-7 all attempt to use humour to counterbalance the fear of driving. They all emphasize self-talk. **Fear can be rated from 1 to 10, but so can its control.**

<i>The worst fears—are the best opportunities for learning how to deal with them.</i>	<i>When a fear ties us down, we can undo the knots.</i>	<i>To face fear, tackle it head on.</i>
<i>Fears that come quickly can be controlled immediately.</i>	<i>I never met a fear that was a match for a mind.</i>	<i>Reminders of what to do against fear block it from memory.</i>

Figure 15-5

We need to learn that fear is only a part of us, a learned habit that we can control. We can talk to ourselves about how to control it, but we can talk to fear, too, and tell it of our increasing control.

What Fear Does Not Want to Hear On Special Days of the Year

- On April First, tell Fear that you're going to play a trick on him, and not be afraid.
- On Easter, tell Fear that he's all egg.
- On Labor Day, tell Fear that you're working somewhere else.
- On Christmas, tell Fear to find his own chimney.
- On Thanksgiving, tell Fear to watch it or he'll get stuffed.
- On New Year's Eve, tell Fear that the party's over.
- On your Birthday, tell Fear that you're one year older and more than one year wiser.
- On March break, tell Fear that his vacation can start.
- On the country's birthday, tell Fear that you're now independent.
- On Valentine's Day, tell Fear that you're breaking up.
- On Mother's Day, tell Fear that there are more important things.
- On Father's Day, tell Fear the same.
- On Boxing Day, give Fear a good punch.
- On Hallowe'en, tell Fear that he should be afraid of all the ghosts and goblins, and should run away.
- On Remembrance Day, tell Fear to forget it.
- On the first day of Winter, tell Fear to chill out.
- On the first day of Fall, tell Fear to fall back.
- On the first day of Summer, tell Fear that if it stays, it will get a tanning.
- On the first day of Spring, tell Fear to bud off.
- On Sundays, tell Fear to take a rest.
- On all other days, pretend it's a holiday or a special day, and tell Fear something else.

**Use these sayings as needed;
for example, on Valentine's Day, tell Worry
to get chocolate somewhere else**

Figure 15-6

Here are two traffic lights that symbolize obeying the speed limit or not, and the consequences that happen in each option. A healthy lifestyle about driving does not expose us to stress, fear, and so on. When it comes to driving a motor vehicle, we can be fine or we can be fined.

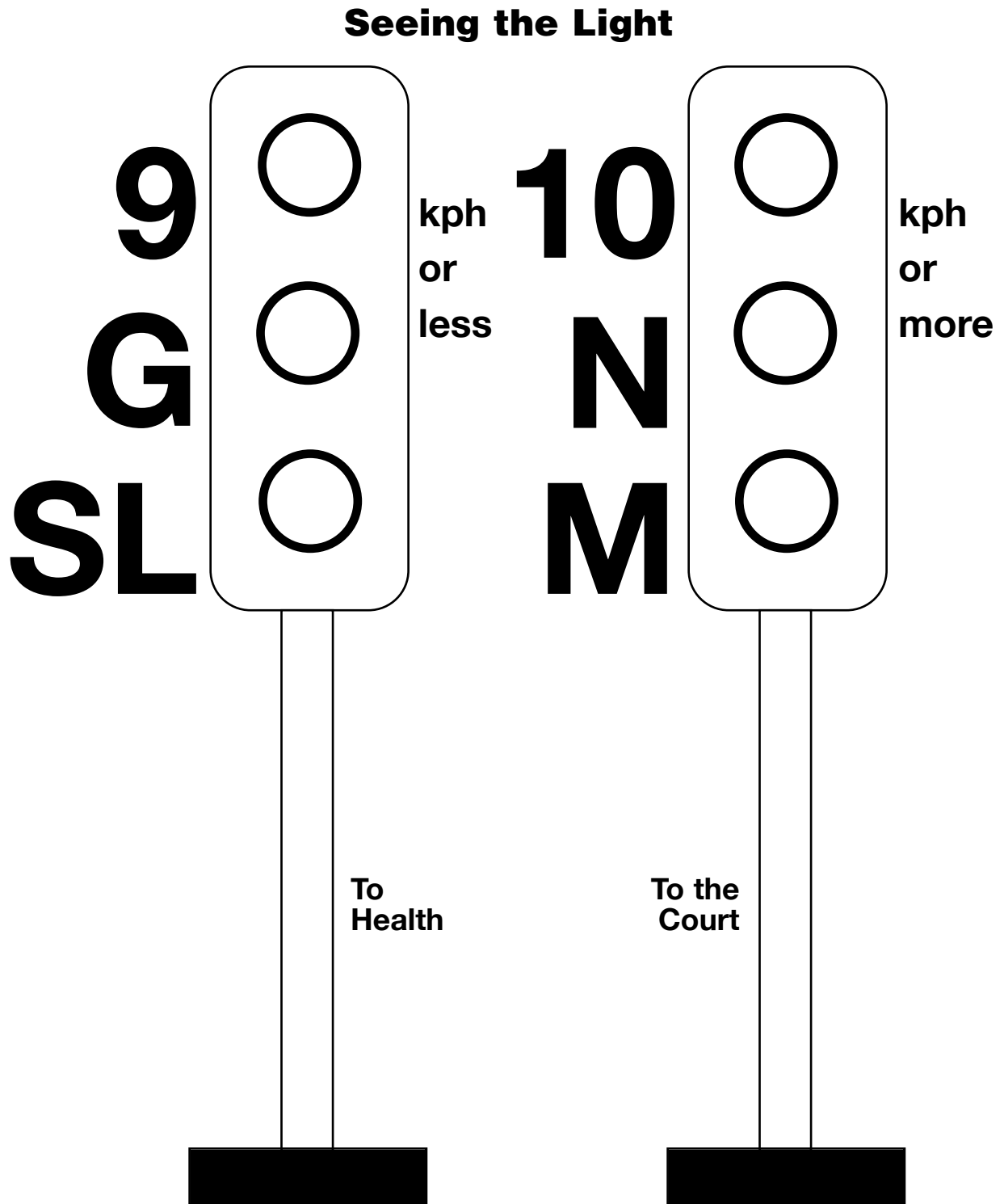


Figure 15-7

These sayings illustrate how to talk to our fearful part, reduce the fear, and use humour, too. To control driving fears, we can use psychological techniques, such as breathing exercises, right in the car as we drive.

It's OK to Chuckle: Just Don't Unbuckle

Driving Self-Talk



- He's dumb, I don't have to be
- If he's dumb, I'm not dumber
- I'm scared, but I can laugh it off
- He's making me cautious, not nauseous
- That was a close call, and I don't use a cell phone
- Tell worry to scurry
- I used to be afraid; now I let Fear fear me
- If Dr. Doolittle spoke to my animals, fear wouldn't be among them
- If the Nutty Professor used my fear formula, he wouldn't flub driving
- When Fear enters my vehicle, I lock it in the trunk
- Road Rage stops old age.
- Anger will get me nowhere that doesn't have bars
- Fear can't breathe deeply when I am

First aid for fear—bring it to the inhospitable.

*Fear is an intermediate step—
to fear reduction and control.*

*To put fear outside yourself—
get inside your mind.*

*Introduce fears to your friends—
breathing exercises, visualizations,
self-talk, and muscle relaxation.*

*The good thing about fear—
is that it resists badly our
efforts to control it.*

*To get fear to be polite with you—
mind its manners.*

*To control fear, send it
off on your merry way.*

*Fear responds to fear control
techniques taught to us—
It's a question of yearning.*

*When fear acts up—
give it a mindful.*

*Fear does not like to sit down
to listen to our stories.*

Figure 15-8

There are helpful techniques that we can use when we are fearful about driving, after the fear starts. *a)* First, we can imagine positive relaxing scenes and, *b)* then, imagine combined relaxing and driving scenes. *c)* Then, we can climb relevant fear hierarchies, which are created, in part, with the person in fear. By using the right techniques, we can reduce the mountain of fear that we may have. By moving up the hierarchy of fear while doing psychological exercises, such as breathing exercises, we are engaging in a procedure called systematic desensitization. We can add more steps after step 5 in the figure, like driving at traffic hour, on the highway, in the rain or snow, at busy intersections, turning left, and so on.

Driving Strategy

A **Surround Negatives with Positives**

e.g., 1. Do breathing exercise before getting into car, and when getting out
2. Do the exercise after each upsetting incident in car

B **Visualization of Beach (Nature Scene)**

Do it at home and in car, to get better used to it

e.g., 1. In living room
2. Near car
3. In back seat

C **Visualization of Driving**

e.g., 1. Visualize beach scene/nature scene
2. Walk to car excited about going for refreshments
3. Get in car, thinking of favorite refreshment
4. Drive on quiet street, still happy (short drive next to beach)
5. Add more complex driving situations as get used to each new step

Figure 15-8 provides a description of the major fear reduction strategies that psychologists use for phobic drivers. In order to get control of their actual driving in a vehicle, I emphasize to my clients that they can use on the spot psychological techniques, before the drive begins, during it, and after it. First, to prepare for the drive, before they enter their vehicle, they can perform relaxing breathing exercises or visualizations. As they leave the home and approach the

.....
*By learning destressing,
we can learn to grip the
wheel on any fear.*
.....

.....
*Make fear angry—better
yet, make it leave.*
.....

.....
*Fear will take a step back—
when we come to the front.*
.....

.....
*Breathing techniques
slow fear's heart beat.*
.....

car, clients can undertake visualizing the beach while engaging in relaxed breathing. Also, they can use these techniques afterwards in order to take off the stress that the drive had induced. In this way, they are surrounding the negative psychological experience of the drive with positives. That is, some of the edge is taken off the fear reaction that might develop in the vehicle, because clients are calming down before they enter it and once they leave it.

Performing such exercises before beginning to drive interferes with any anticipatory fear reactions and provides an opportunity to engage in appropriate self-talk. Performing them afterwards helps clients use positive self-talk in preparation for the next drive. Most important, once in the car, clients can use breathing techniques whenever necessary, such as to contain physical reactions at close calls, at honking, or at the sight of a passing truck. The techniques have positive benefit when used before, during, or after the drive is completed, because it helps both the body and mind reduce the stress levels that had been induced.

The primary procedure outlined in the figure relates to a technique called systematic desensitization. In this fear-reduction technique, clients are exposed to a graduated hierarchy of stimuli or situations related to their fear and, at each level, are asked to simultaneously perform relaxation exercises. The hierarchy is called a fear hierarchy, because the stimuli are arranged from the least fearful to the clients to the most fearful. The hierarchy is elaborated on an individual basis, depending on the nature of the fear being treated. The goal is to associate positive feelings with the



negative ones at each level of the hierarchy, thereby eliminating or greatly reducing the fear at each of the levels as the clients move up the hierarchy. This progression reduces the anxiety at each phase of the hierarchy through a canceling process called reciprocal inhibition, where new learning is taking place that overrides the old maladaptive one.

As each new increasingly fearful level of the hierarchy is worked through and neutralized by its association with a simultaneous relaxation technique, the clients become free of its hold and ready to move on to the next level. At each level of the hierarchy, the therapist verifies the clients' subjective anxieties, or personally felt degrees of distress. This is accomplished by asking how they are doing, according to where they would place themselves on an 11-point subjective distress scale, with 10 units considered the highest point on the scale and 0 the lowest.

If, for any one level of the hierarchy, clients score themselves on the scale in the range indicative of an uncomfortable degree of anxiety (e.g., 5–6, or more, out of 10), the exercise is terminated at this level. Then, the therapist makes sure that the clients return to a relatively relaxed state by engaging in relaxation procedures. The clients continue to work on the level that is troublesome until it becomes less anxious for them. Then, the clients are ready to move up to the next level of the hierarchy.

When this technique is applied to phobic motor vehicle accident victims, the first step of the fear hierarchy may involve imagining a drive on a quiet, empty road, with pleasant natural scenes around or, perhaps, imagining something pleasant before arriving at the car. Instead of dreading the drive normally visualized in their mind, with this relaxing drive that they are imagining, the clients are relaxed. For example, perhaps they are imagining a beautiful drive next to a beach or they are walking to the car, talking about the pleasures to come.

Then, once this step in the fear hierarchy is mastered well, in the next step, some added stressful dimension is included in the scene that clients are asked to imagine. For example, distant traffic may be added as the next step of a fear hierarchy once a client is used to imagining driving on a pleasant, empty road.

For each of the levels of the hierarchy, as the clients imagine the scenes, they are asked to use appropriate self-talk, such

*To deflate fear,
breathe life into it.*

*Fear is one part of us.
Courage is another.*

*Emotional memories
can become memories
of emotion.*

.....
*To get back on the horse—
horse around.*
.....

.....
*Deal with fear openly—
and it will stop popping up
from behind closed doors.*
.....

.....
*When fear poisons
your mind—poison it
with your mind.*
.....

as “I’m OK with the driving, I’m doing it,” reinforcing a sense of control. As the steps continue, the clients learn to control fear in more problematic situations, such as cars approaching slowly from behind, minor close calls, night driving, large trucks, highways, bad weather, and difficult close calls.

Not all clients can visualize a pleasant scene of nature in a relaxed manner. For example, as soon as they try, they will get intruding thoughts of their accident. This illustrates that clients need to be treated as individuals, and not have standardized techniques applied to them without required modification.

Psychologists have been successful in treating client fears. However, we are learning that some clients are more difficult to treat than others, and some fears are harder to treat than others, especially when they are long term, or there are pre-morbid or preceding fears or traumas, or comorbid or accompanying conditions, such as chronic pain. Nevertheless, psychologists keep their hopes that they can treat any client as long as the case is within their limits of competence. **Fear can be a terrible legacy of an accident, but it can be treated and healed.**

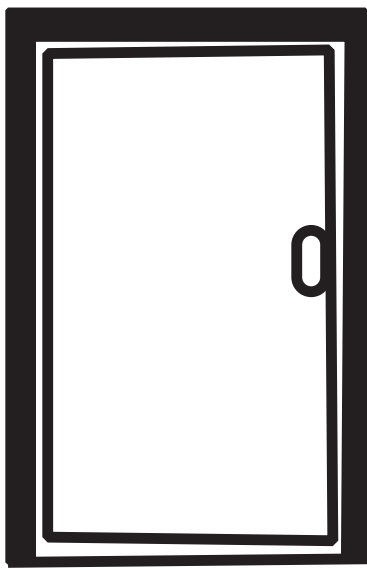
Figure 15-9 illustrates a technique called exposure, which is used when clients experience an incident that is especially traumatic. This exposure technique is used only when the therapist already has helped clients obtain some control of their traumatic memories, even if it by simply listening to their story, and a rapport has been created. In addition, before the technique is used, the clients need to have learned their relaxation techniques well enough to induce a relaxed state at a subjective level of 2 or so out of 10 on a scale of subjective distress.

In exposure, clients are asked to relive the upsetting incident by talking about it, by reviewing a tape recording of their description of it, or by writing it down. Destressing or relaxation exercises are used both before and after the request to relive the traumatic incident. Moreover, the technique can be combined with a systematic approach, where exposure is paced by the clients’ capacities to handle the recall. For example, in my practice, clients may be asked to recall the drive before the accident, as we work up to the accident itself. Moreover, when clients are finally ready to remember the accident itself, at first, it may be just for a small part and for seconds at a time.

Figure 15-9

When fear is deeply ingrained, one technique that is used is called exposure. We may fear the fear so much and try to hide it so much that we really do not deal with it. Exposure is a controlled manner of letting the fear come out and dealing with it. It is never done at a level to harm the person, for it is guided by the person's feedback. It is an imagination technique, and it is accompanied by relaxation exercises, such as breathing techniques. It may involve exposure to the fearful situation in a graded manner and in increasingly longer durations.

Expose Fear for What **it** is



Locking

it in the closet
does not really
stop

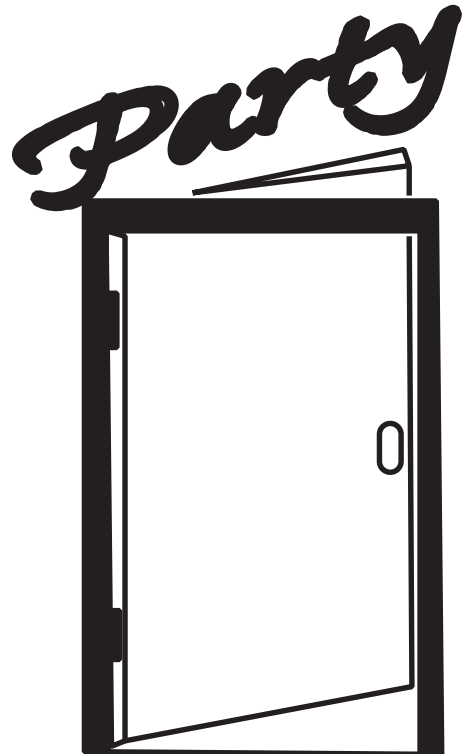
it

Give

it
a coming
out party

It

will make
it blush and leave



.....
*Nightmares?
Daydream the beach.*
.....

Therefore, in exposure, first, clients are prepared by asking them to use learned relaxation techniques. When they are ready, depending on the degree of anxiety that the therapist anticipates, they are asked to proceed to the first trial of recall of the trauma or its precursor moments. The request may be to undertake the recall from a few seconds to up to many minutes, depending on the individual. Then, the clients use the learned relaxation techniques, again, to return them to a more relaxed state.

The principle is that when clients repetitively expose themselves in a safe fashion in a psychologist's office to a trauma, the psychological reaction to it gradually lessens. It may be difficult for clients to do this at the beginning, for it is hard for them to describe an incident that has been so stressful. However, by engaging in the exposure exercises, improvement generally takes place. As I tell my clients, if we hide our stress in the closet, it can pop out at any time, so it is always better to bring it out and deal with it. **Often, controlling fear is a question of controlling the self.**

.....
*Instead of allowing fear
to be self-destructive,
allow it to self-destruct.*
.....

Because exposure therapy can elevate anxiety too much, psychotherapists need to use it carefully. As mentioned, the clients should pace themselves when they develop too much anxiety at the idea of participating in exposure therapy. Moreover, once clients complete a trial, they should use a relaxation technique for as long as it takes to bring them back down to a more relaxed level.

In complex cases, where clients have been victims of a great trauma or repeated trauma, and even just thinking that they may have to do the exposure exercise elicits intense anxiety, the therapist may have to delay participation in exposure therapy until the clients are ready. Perhaps for some of these clients, exposure therapy is not appropriate for a long while. In such cases, eventually, I may begin exposure by requesting a brief flashback between extended relaxed breathing exercises. This illustrates that exposure can help not only with traumatic events stored in memory, but also with clients' ongoing flashbacks and accompanying distress, because the clients are learning techniques to use that can be applied right away after they occur.

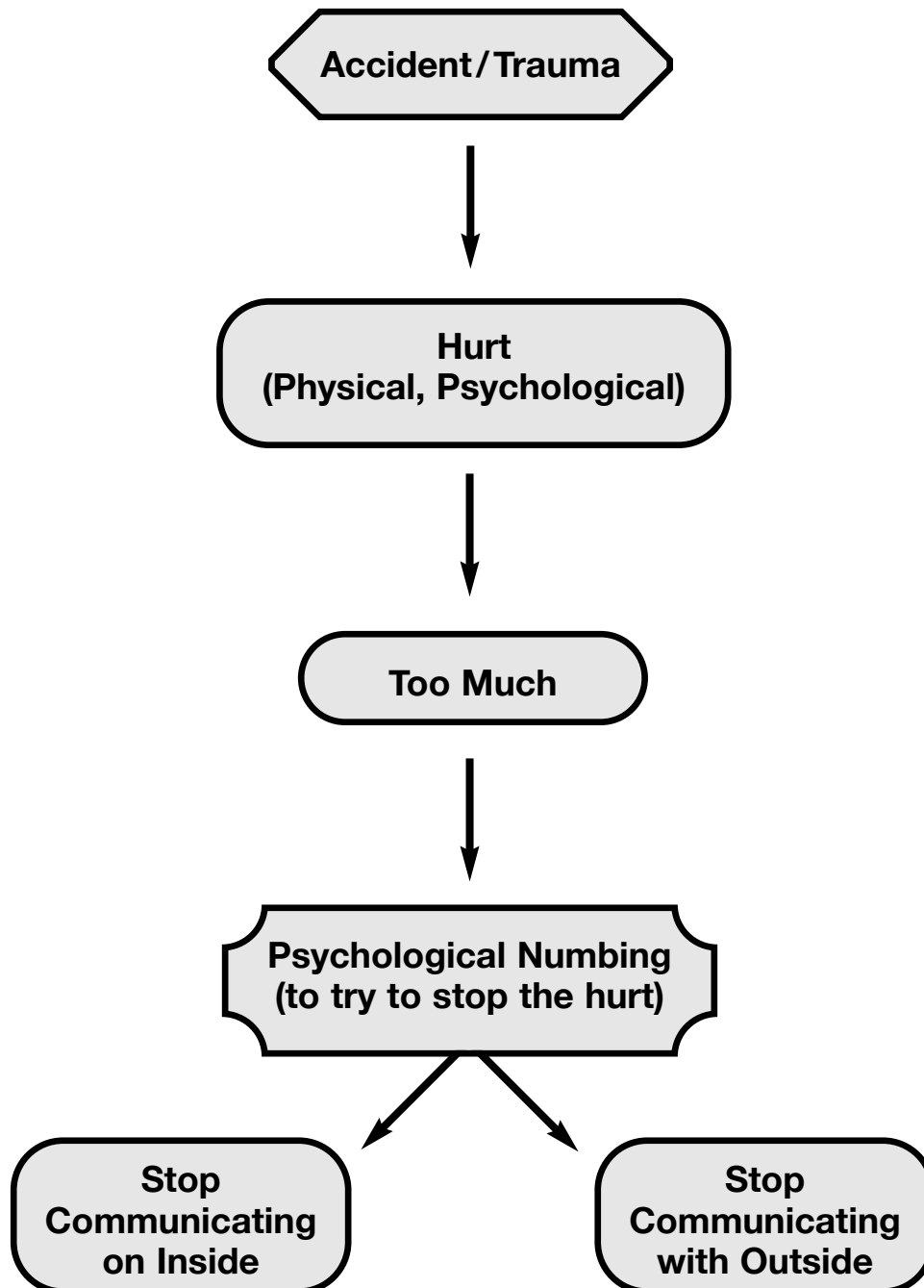
.....
*Finding ways to express
fear sends it away
by express courier.*
.....

Figure 15-10 addresses how trauma or hurt may make us psychologically numb and withdrawn. When we go to the dentist, to protect us from being overwhelmed, we get an injection of an anesthetic or freezing agent. When we are

Figure 15-10

After a traumatic experience, we may be so overwhelmed that we try to block out memories of the trauma, blank out, dissociate, and go numb psychologically. This may help us by stopping communication on the inside with our hurt selves, but it is a short-sighted strategy because it also stops communication on the outside with others around us, whom we, therefore, end up hurting. There are ways that we can get help when we block our hurt, involving exploring and releasing the traumatic memory in a controlled fashion.

Stopping Communication Misses the Message



.....
*Be intolerant to what fear
does to you—and tolerate
what you can do without it.*
.....

.....
*Do not face fear—give
it a kick from behind.*
.....

.....
*To have fear back down—
get your back up.*
.....

traumatized, we may freeze psychologically to protect us from being overwhelmed. That is, we may dissociate or engage in a similar reaction to protect our sense of self from being overwhelmed. Memory of the event may be so overwhelming that we try to block it, do anything to forget it, and so on. If we have had prior traumas, a reaction of feeling overwhelmed and becoming numb psychologically to a new trauma may be evoked more readily.

But a corollary of this self-protective response is that we may not only block out the memory, we may also block out communication with ourselves and with others. We then withdraw. The world is no longer seen as a safe place. The world no longer seems just. We clue out. We believe that stopping to communicate with ourselves and with others provides relief from the burden of our shattered perceptions of the world. However, this may only lead to a long term worsening of the negative psychological effects of the trauma.

Instead of numbing ourselves after trauma, withdrawing from others, and stopping to communicate with ourselves and with others, we need to recreate our will to communicate when that communication is lost. There are many advantages for recovery when communication with the self and with the other is maintained after trauma. **By keeping open the channels of communication after trauma, the soothing words of others help us and also our internal dialogue helps us.** By communicating, the turbulence from the traumatic event will be shorter-lived. The communicative part of us knows this, so we need to let it speak.

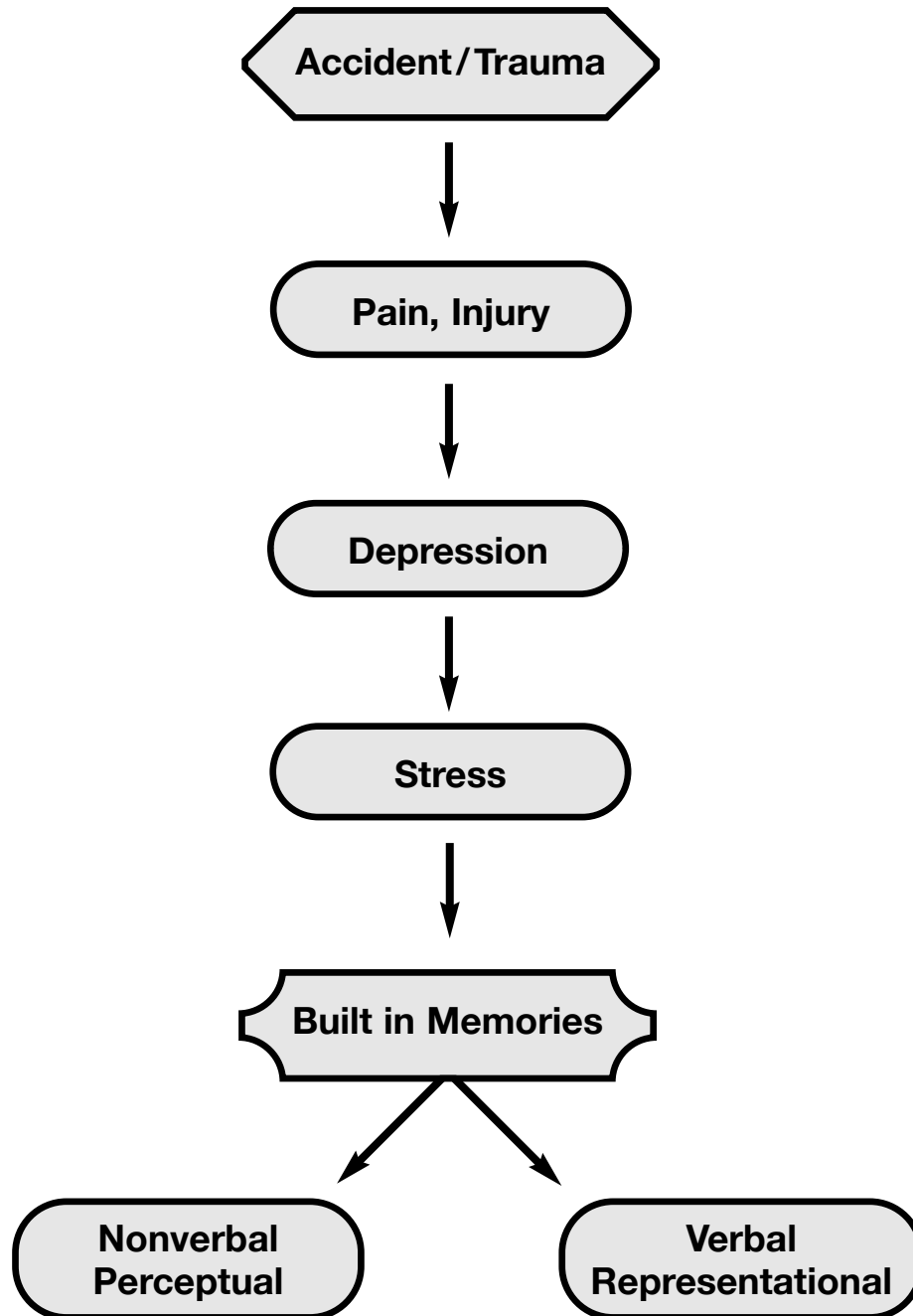
Figure 15-11 addresses how memories of trauma can get locked in our long-term memory without adequate means of freeing it. As much as one of the reactions to trauma is an attempt to block the memories, another one is that we cannot stop thinking about it. When we just go over the trauma in our mind without it bothering us much, we are ruminating. However, too much rumination itself can be bothersome, because it interferes, takes over, and so on.

If we keep remembering a traumatic experience, and it is bothersome as it happens, we are doing more than ruminating, in that we are having intrusive memories of trauma that hurt us to recall. Flashbacks are visual memories of accidents that are bothersome or hurtful to recall. They are unpleasant memories that we have lived that get to the point that, in recalling a trauma, we think that we are actually there

Figure 15-11

Memories of trauma are stored in nonverbal modalities, such as sights, sounds, touch, and smell. They may be locked in until they are translated into, expressed, and dealt with in the verbal modality. Talking or writing might help with what we would rather leave unsaid, or out of mind.

Therapy Frees Talk of What Can Not be Said



.....
*Get addicted to
having fear leave.*
.....

.....
Shake, rattle, and roll fear.
.....

.....
*We can become sensitized
to any little hurt,
or we can become
sensitive to the other.*
.....

again, reliving it. This may be the worst type of traumatic memory.

Trauma touches all our senses. It is not only a visual experience, but also an auditory one. Often, other senses are involved, for example, those of smell, touch, and taste. Think of the multiple senses affected by a devastating motor vehicle accident or the major impact of a personal assault, sexual assault, and so forth. These sensory memories are non-verbal; we do not give ourselves a running verbal narrative as trauma unfolds.

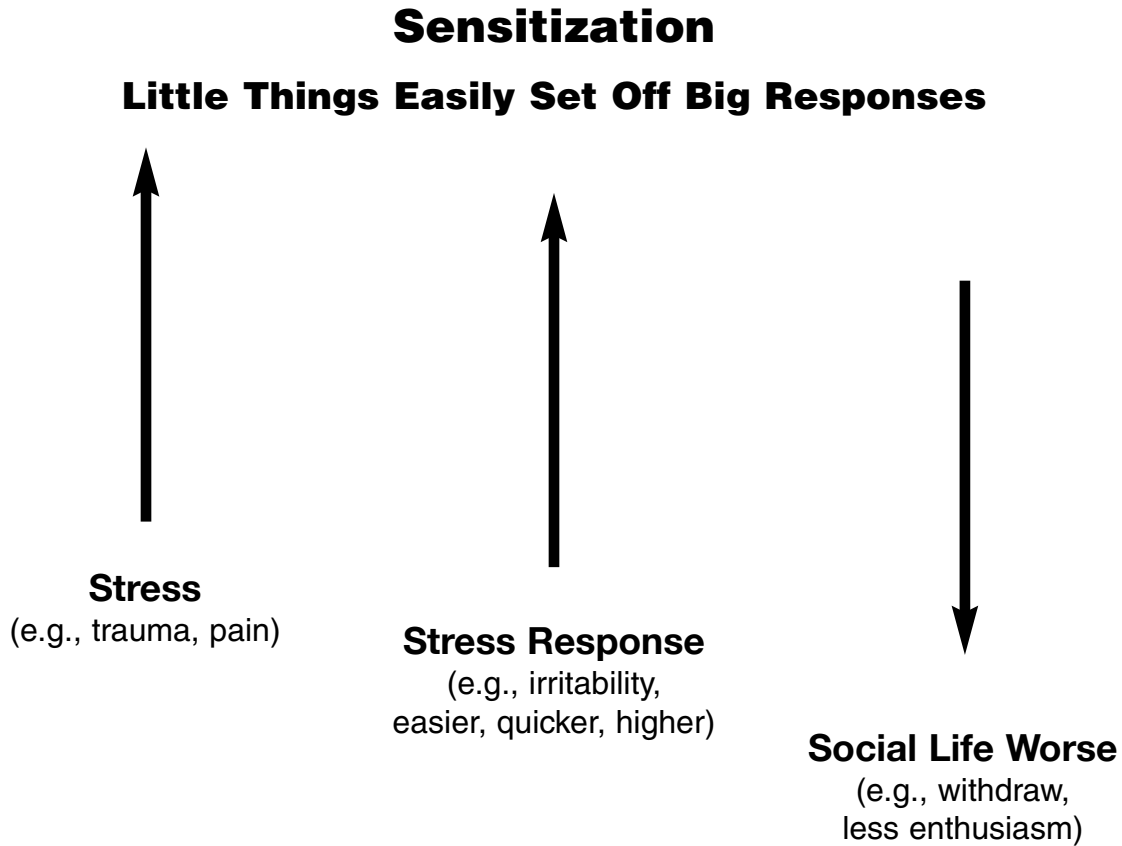
When psychotherapy is needed for a victim of trauma, it may be most helpful to translate the nonverbal memories into verbal ones. By talking out the nonverbal memories, the trauma survivor can deal better with them. By creating verbal memories as she or he talks about the trauma and its effects, the survivor adds a new dimension to the memories. By rendering the memories verbal as much as nonverbal, talk therapy can act to help the memories lose their traumatic edge. The danger in turning nonverbal traumatic memories into more accessible verbal ones is that we add to the trauma, by doubling the memories, so to speak. A good psychotherapist will be aware of these issues and deal with them. **Fears are for freeing.**

Figure 15-12 indicates the heightened sensitivity that we develop once we are exposed to a trauma, especially when it is complex. For example, when there is associated pain, our normal defenses and coping skills are weakened, and anything can set off a negative response out of proportion to the initiating stress. Once we are made more vulnerable, little things that we may not have noticed previously take on large roles, because the thresholds for considering them as frustrating are quite lowered. Also, once our stress responses are triggered, we respond with great nervousness, irritability, upset, anxiety, and so on, well beyond what is called for and well beyond the way that we had acted to the same little things before the trauma/injury. Many stimuli or situations in our daily lives become easily frustrating to us, and the responses that are initiated become easily elevated to the maximum in intensity, confusing and perhaps angering those around us.

The other half of the coin is that our social life takes a nosedive, as we increasingly withdraw, irritate others, and

Figure 15-12

Trauma, stress, pain, fear, and injury can lead to sensitization, where little things get blown out of proportion, including having a quicker emotional response and an easier activation of feelings of pain. Effects include a reduction in social life, and less enthusiasm when having to socialize. When we overreact, we need to underscore that there are solutions.



lose the will to socialize. Before, we may have used any excuse to go out and have fun. Now, we avoid social situations unless we have to go and, once there, we go through the motions rather than really enjoying ourselves like before.

The figure indicates that when we experience trauma, injury, or other stresses, instead of responding positively to any social situation, we may seek to avoid them and, moreover, we do not respond with enthusiasm. Similarly, when we experience trauma, injury, or other stresses, our negative responses are more easily set us off and, moreover, our responses are sky-high, in contrast to the situation before.

This process of having our thresholds altered by trauma, injury, or other stresses is called sensitization. It refers to both physiological and psychological processes. For example, when we develop pain, our peripheral (e.g., skin) sensors

.....
*Give fear presents—
presence of mind and
the gift of garble.*
.....

.....
*We can get on our
way when fear is put
out of the way.*
.....

are fired more readily and we may experience more pain relative to the degree of tissue injury. Similarly, there are central sensitization processes at work; for example, pain pathways are fired more readily when pain persists.

Psychologically, sensitization refers to the broadening of the stimulus or situational base that can elicit stress reactions and to the increased ease in elicitation, increased intensity, and increased duration of those stress reactions. This refers not only to increased susceptibility to negative emotions and related phenomena, such as irritation, fear, and pain, but also to negative cognitive associations that may accompany them, such as catastrophizing or thinking the worst. Sensitization can lead to always being on the edge of negative perceptions and consequent negative reactions. However, it can also make us more sensitive to ourselves and to others. We need to learn to let this part of sensitization predominate.

Psychotherapy gives us the techniques to deal with trauma, injury, fear, pain, and so on. Part of what therapy activates is our ability to reduce these sensitization effects. For example, we no longer jump at the slightest irritation of an injured area of our body. Also, we learn to control our startling to fearful reminders of our trauma. It is important to learn how to control the sensitization to fear and pain after trauma and injury. **The sensitivity that trauma brings requires a sensitive learning of its control.**

Figure 15-13 illustrates that, by learning coping, we can bootstrap our recovery to points beyond where we may have been before trauma or injury. Psychotherapy for the effects of trauma, such as for fears, and for the effects of injury, such as for pain, can mold us into better copers for not only memories of the trauma/injury that had taken place, but also for any future ones that might arise. There will always be stresses in life, and learning any coping skills increases our ability to apply them to any situation in the future. Each time coping skills are used, they create inner strengths that make them easier to apply. It is in this sense that stress strengthens. **Coping skills empower the person, not the stress.**

.....
To move up, talk down fear.
.....

.....
*Be good to yourself—
be bad to your fear.*
.....

.....
*Stress leads us to
withdraw socially;
sociality leads stress
to withdraw.*
.....

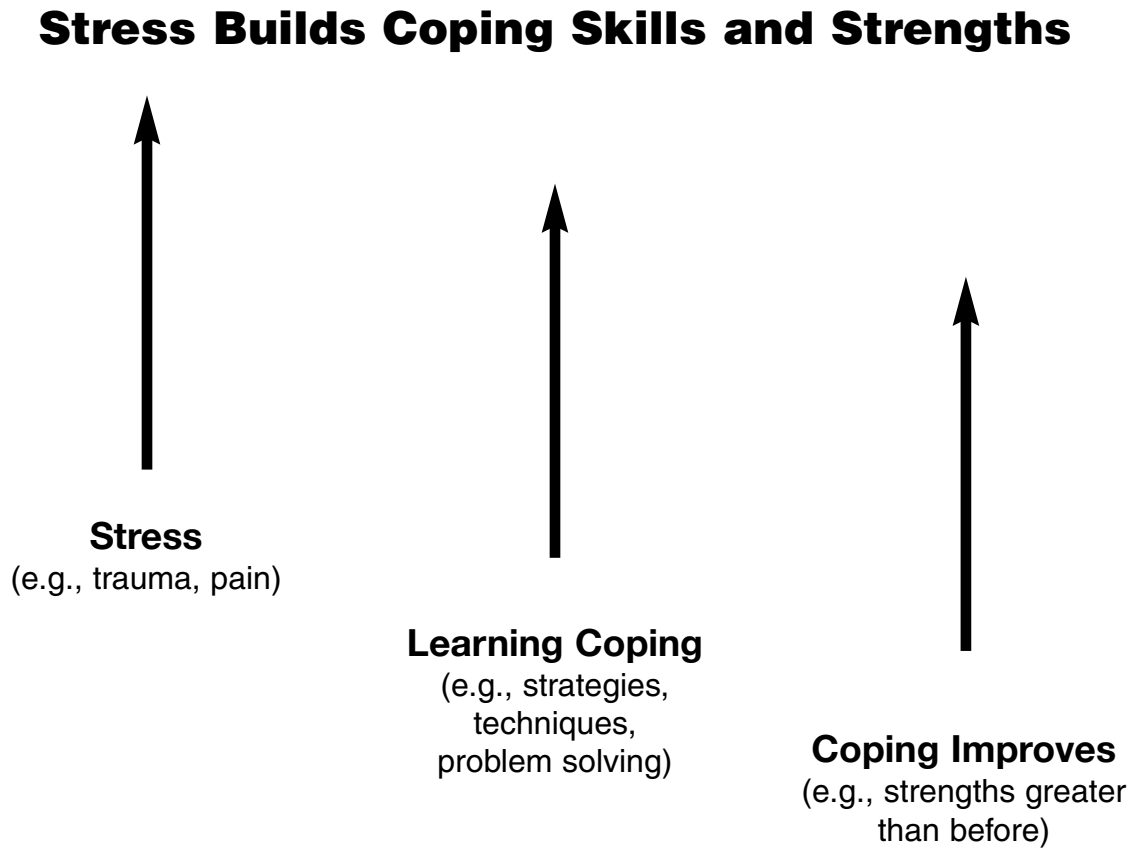
.....
*When we imagine the beach,
we can't imagine the worst.*
.....

.....
*Send fear to the casino—and have
your bouncer meet it at the door.*
.....

.....
*Instead of making us tense,
we should learn how to
put trauma in the past tense.*
.....

Figure 15-13

Trauma, stress, pain, fear, and injury, at first, reduce our coping capacities and strengths; but once we learn new coping skills, our strengths can be even greater than before. Growth is always an option, even in the worst circumstances.



.....
*Stress accumulates when
destressing does not.*
.....

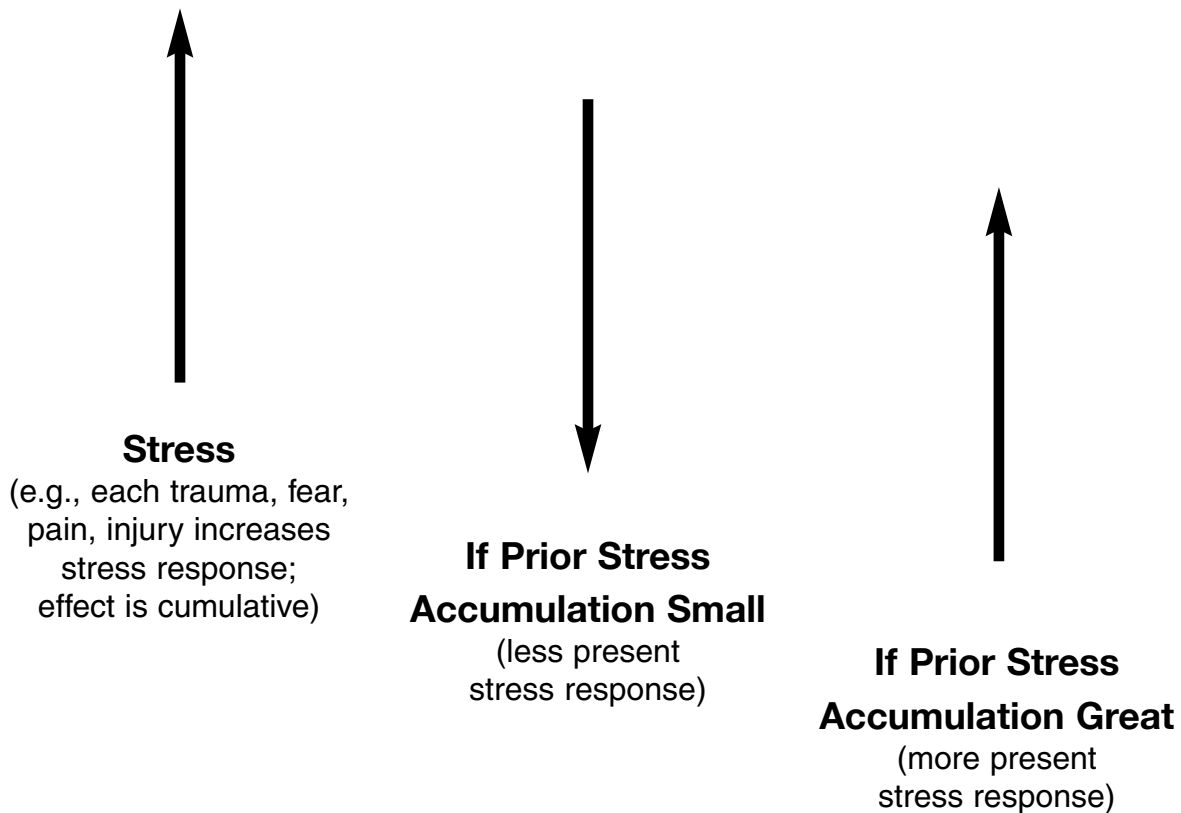
.....
*Fear is a terrible thing
not to waste.*
.....

Figure 15-14. In this figure, sensitization is shown as a cumulative process, where each stress, trauma, fear, pain, or injury adds in its effect on us. With each successive incident, it becomes easier to have more problematic stress reactions each time that we become stressed. The stress response becomes activated by more situations, and more strongly and longer each time. However, by learning to use destressing techniques as soon as possible each time they are needed, we put ourselves in a position to contain the aggravating effects of successive stresses, so that even accumulating stress can be controlled. **Stress can fail when we apply successful strategies to it.**

Figure 15-14

Each incident of trauma, stress, pain, fear, and injury sensitizes stress reactions, making them broader (to more situations), deeper (more intense), and longer (in duration). Each incident of learning how to destress reduces stress reactions. Make stress your scapegoat; keep escaping from it.

Each Stress Adds to Stress Response



.....
*When a fear arises,
give courage prizes.*
.....

.....
*Fear makes us white—
until we see red.*
.....

.....
*Fear is a wild thing in
need of a good tamer.*
.....

Chapter 15 has dealt with a most difficult emotion—fear. The specific example used concerns driving phobia after a motor vehicle accident. Fear can grow to become deeply entrenched after such an event, but there are effective means of dealing with it. With modification, these techniques can be used for other fears, such as spider phobia, social phobia, and claustrophobia. In addition, they can be used, when modified, to promote better control of almost any anxiety, for example, fear of failure or generalized worrying. **Fear rescinds its control over us when we assert our control over it.**

Psychotherapy can help us deal with trauma when it becomes impairing to us. Many people recover from traumatic experiences and learn positives from them without the need for psychotherapy. Many people have powerful psychological coping mechanisms and resilience that help them get through the worst disasters. It may even be psychologically harmful to start psychotherapy right away after trauma when, in effect, we already have the personal and social resources to cope effectively with it. In mass trauma, often, one finds that trauma workers are called in to provide immediate help. The technique is called immediate critical incident debriefing; for example, it may be used for disaster workers and for mass trauma survivors. Although well-intentioned, this technique may be harmful if not done carefully and if it goes beyond victims' temporary reactions that are normal and not pathological. For example, many people who were part of the World Trade Center terrorist disaster in New York, on September 11, 2001, have not gone on to develop long-lasting posttraumatic stress disorder and, therefore, psychotherapy was never necessary for them despite their initial shock. However, there is no shame in requiring psychotherapy after trauma and, moreover, the techniques most often work well.

*Rehabilitate fear—
Give it the treatment.*

*Fear winds us, until we
decide to do the breathing.*





Hand it to Courage over Fear

Owen was successful in his work and happy at home, but reached the stage in his life where he wanted to explore areas that he had neglected, such as his artistic side. He had worked hard to establish himself and, during the day, there was never time for real relaxing of his mind. Although he did take his share of vacations, these were always with the family and he never could truly have time to reflect, as they ran from one tourist attraction to another. He decided to alter his lifestyle, work less, read more, and take an art course. He found it difficult to let go of his old lifestyle and became frustrated at the lack of progress.

Owen's art teacher tells him to try meditation or any other form of relaxation where his emotions and thinking could join together instead of fighting with each other. As part of this process, the art teacher recommends to him a book similar to this one.

*Tell fear to write your
make-up exam. Then fail it.*

*The right self-talk leads
fear to talk to itself.*

*The passageway out of fear
is a mind field.*



Validations

**When we validate what the other says,
we reverberate with understanding.**



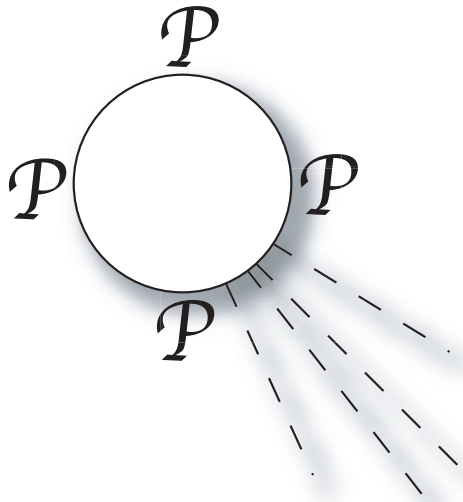
Emotions

Part 2

The second part of this book deals with more outward emotions, both externalizing, or negative, and positive.

Chapter 16

Snap Off Snappiness



*"P" is for persistence
in face of resistance.*





In Chapter 16, I deal with an important negative emotion that arises from stress, the emotion of anger, irritability, or snappiness. Anger is a feeling of turning outward and lashing out at a frustrating stimulus or situation. Moreover, it has a potential for escalation, and it even may lead to violence. Thus, we need to learn that the message of anger is not to stay angry, but to tackle the source of the anger in a constructive manner that eliminates the potential for any harm. There are effective ways of controlling anger, including channeling it as it first appears into determination in order to solve the problem that had provoked the anger. Finally, when anger is expressed, it may help suppress a problem for a while and it may make us feel good for a moment. However, these advantages are quite minimal and temporary, and their presence stops progress toward better solutions to the problem, ones that help promote both personal development and positive relations with others. **Anger is like a dust storm, scattering everything about and still leaving things unsettled.**

*Anger is a bad habit waiting
for a good replacement.*

Figure 16-1 explains the way that the anger response develops, along with options for dealing with it. The emotions that we have considered previously in this book are worry, sadness, fear, and reaction to pain. All these negative emotions are inward-turning reactions, or a part of the feelings that we have inside us. Anger is different, for it can result in outward and even violent behavior. Ultimately, the same kinds of strategies that we have used for dealing with other emotions are involved in anger management.

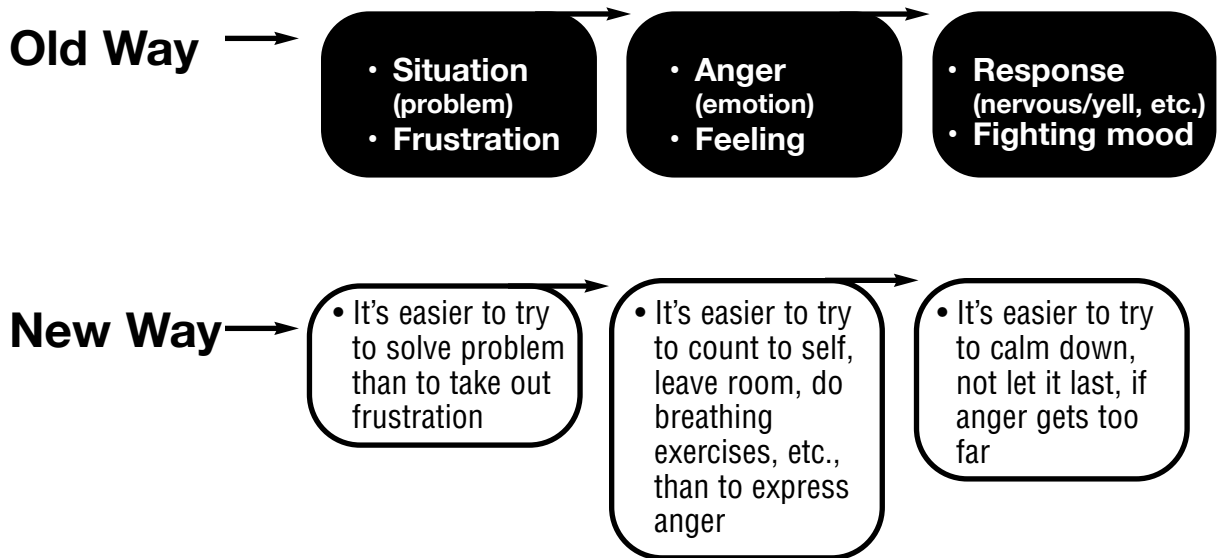
First, we need to understand the situation in which anger is developing. Perhaps the situation is not as frustrating as it seems. Second, we need to control the initial anger impulse, using techniques such as relaxing, reducing its intensity, circumventing it, and cutting it off. Even if anger develops, it need not be overwhelming and lead to violent actions. We always have a choice when anger manifests. We can see things differently, feel things differently, and behave differently. We can talk to ourselves differently and talk to others differently. If our behavior in the past had involved easily getting irritated, and reacting in a frustrated manner to a frustrating stimulus, the issue is how can we frustrate that anger response, and how can we learn a new habit to replace the old one.

*Anger responds to
the tried and true.
Try anger control and
be true to yourself.*

Figure 16-1

Anger is controllable. When we feel frustrated, by taking simple steps, we can prevent escalation to anger. If it is a personal dispute, we can even take a big step, and walk out of the frustrating situation and return when everyone is calmer and ready to discuss the matter. New ways of dealing with frustration and anger are contagious. Spread the bug.

Saying Good-bye To Anger



If we become determined to change angry behavior, we must keep in mind that, aside from its negatives, anger has a message that is constructive. That is, anger is an emotion that communicates determination. Moreover, anger is a reflection of our vital energy and motivation. In this regard, aside from its negative aspect, anger has a positive message and we do not have to obey its destructive impulse. **There are options that we have even when the expression of anger comes easily and it is hard to undue its effects.** I am not suggesting that we should eliminate anger at all costs from our behavior, but only that we should channel it appropriately. By renewing our approach to anger and redirecting it to appropriate motivation, not only are the old ways controlled, but also we renew our determination to handle constructively the source of the anger.

.....
*Frustration is always
at anger's doorstep.
Make it your doormat.*
.....

.....
*Anger can turn
around quickly—if we
turn our back to it.*
.....

.....
*Anger control can happen
before, during, or after.
So why not try it before?*
.....

.....
*Easily upset?
Sit down easily.*
.....

Figure 16-2 shows that perhaps a frustrating situation that makes us angry is not as frustrating as it appears. Or, perhaps the situation is changeable, despite being quite frustrating. Perhaps even if we express an anger response, we still can cut it short, apologize, and so on. The hallmark of intelligence is that we can retrace our steps. Think about when we misplace an item that we wish to retrieve; we trace back our steps in order to try to remember where we had left it. It is the same with anger; if we lose our way in an inappropriate response, we still can retrace our steps, go back, apologize, start over, and cut it short. To control anger, we need to interpret our anger response as determination and our sense of frustration as an invitation to find a solution. In this process, we should not forget that solutions are often social, involving friends, family, and community. No matter what is our initial response that accompanies anger, we can always **perceive anger as an invitation to start anew**.

Figure 16-2

Anger may result from a frustrating situation, and be expressed in words and actions, but its control lies especially in the silent, imperceptible thought in the brain. By perceiving the situation differently, by applying anger control techniques, and by minimizing anger expression, we have room for better ways of dealing with frustration. By counting when anger rises, we can stop counting on it.

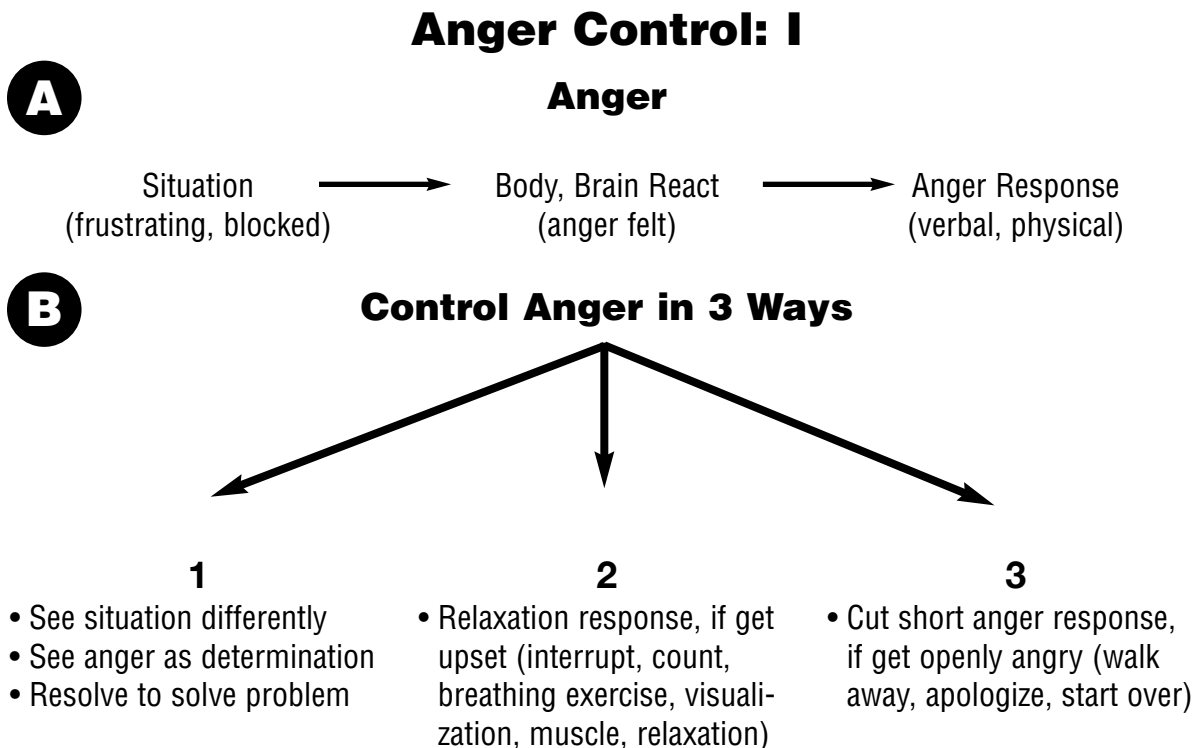


Figure 16-3 elaborates the idea that it helps to perform self-calming, relaxation, and stress management strategies as soon as one perceives that there is an upsetting situation. In our daily lives, it is normal to experience a share of frustrations. Some can be quite strong. They may colour our mood with surliness. However, strong frustration does not mean that there has to be strong anger. The expression, “Only the strong survive,” does not refer to only those with most muscles, or physical strength, or that those who use psychological intimidation survive better. Rather, it refers to those with strength of character and intelligence, because they do better when under stress. Also, we have enough resources to be stronger than our anger. For example, anger control may involve acceptance of the situation if it is, indeed, frustrating, difficult, and impossible or very hard to change. By accepting, it is not as if we have lost a battle because, often, it is best to wait out a frustrating situation in order to better

.....
*Anger is not the end—
 as long as we are
 working to end it.*

.....
*Always angry?
 Never happy.*

Figure 16-3

Anger inhibits clear thinking. Problems seem bigger than they are. Solutions seem impossible, except for anger-generated short term ones. However, anger control leads to reduction of the stress, frustration, and problems. It allows seeking solutions that may not only better solve problems, but also promote positive personal growth and positive social cohesion.

Anger Control: II

If Situation Upsetting

Alternative view
New perception
Get calm
Educate self
Refocus determination

If Feel Angry

Accept
No to action
Go away
Exercises
Relax emotion

If Act Angry

Apologize
New beginning
Give explanation
Elaborate
Renew goal

If Can't Stop

Ask why
Notice solutions
Generate options
Elect to choose
Realize dangers

If Get Control

Advantages evident
Not stressed
Gain clarity of mind
Effective execution of plan
Rewards likely

What Is Won

Acting normal
Negotiating situation
Growth
Excellent outcome
Respect of self and others

.....
They have a love-hate relationship. They love to hate and hate to love.
.....

.....
Uncontrolled anger solves problems in our social life—by making no one available.
.....

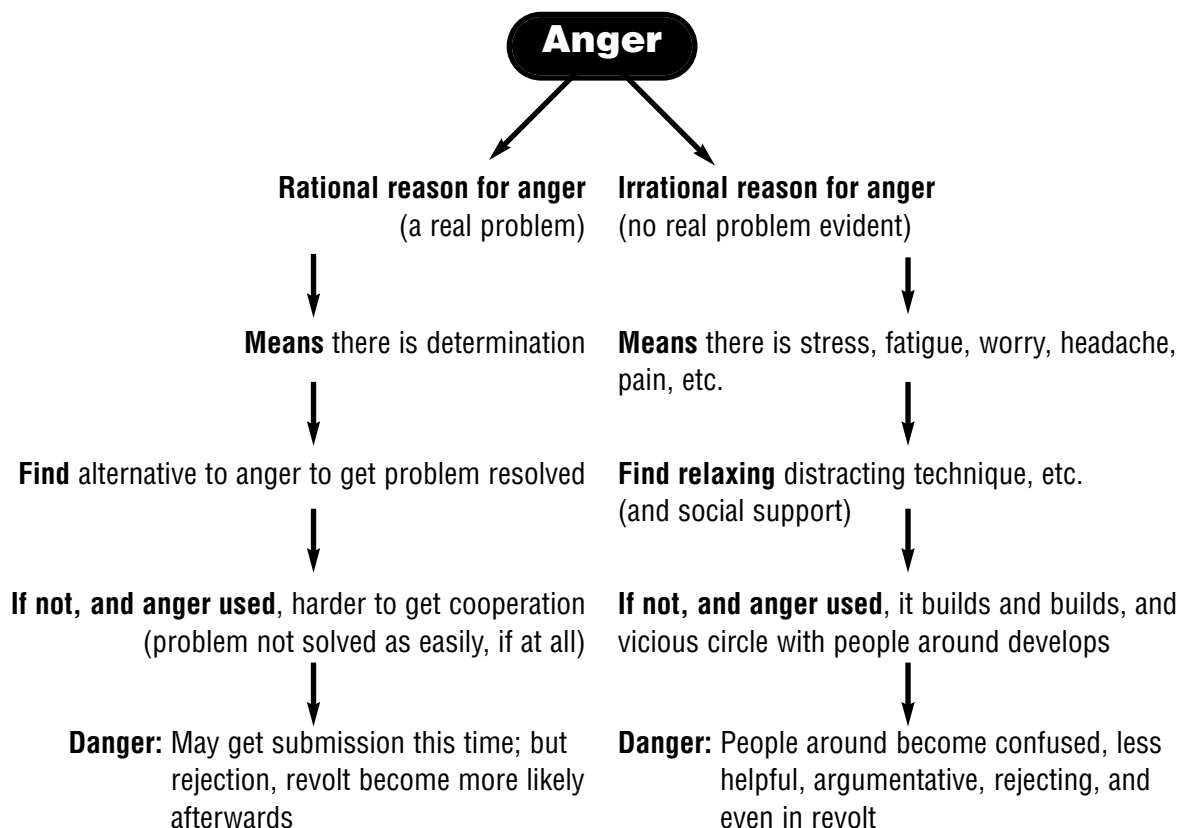
deal with it later. This way, we do not descend deeper into a vicious circle of stress and its negative consequences, and we gain self-respect and the respect of others. If we find it difficult to engage in acceptance without having an accompanying bodily response indicative of anger, we can use techniques such as self-talk and breathing exercises. **We have a choice when it comes to anger—the rewards of its control or the repeated wars of its expression.**

Figure 16-4 illustrates the social dangers of anger. First, we may think that it is okay to get angry because we believe that it is merited for a very rational reason. However, even if anger seems merited from our perspective, it rarely does from the viewpoint of the target. Anger encourages submission rather than cooperation. When the expression of anger

Figure 16-4

Whether it is for real problems or not, anger may bring some short term peace, but it would be a mixed feeling. Others will be feeling frustration, rejection, and revolt, which, eventually, is bound to lead to more arguments. The advantages of having options to anger are numerous. For example, if we have a romantic partner, when we control anger before it gets out of hand, we keep holding hands.

Anger Options



seems irrational to people around us, even though it seems justified to ourselves, it seeds confusion in them or they withdraw. They may even engage in revolt. Anger has no friends. We need to understand our anger as a sign of determination and then redirect it, instead of directing it against people. Anger may overly simplify our social life by reducing our social contacts exclusively to our self. To avoid this outcome, we should understand that anger requires time out, relaxing, and distraction. The problem at the source of anger can be tackled without anger continuing, producing better solutions to the problem, and allowing us not to upset others by the anger's continued expression. **It is possible to throw anger for a loop by looping around it.**

Without our heart,
we lose our mind.

With Figure 16-5, I indicated to one client, after she said that she was too snappy, that she can always learn to snap off her snappiness. By using this type of language, I am using the strategy of externalizing the bad habit to make the person see it as something outside of herself and, thus, potentially controllable. When we are angry, we need to examine whether we are interested in the long term or short

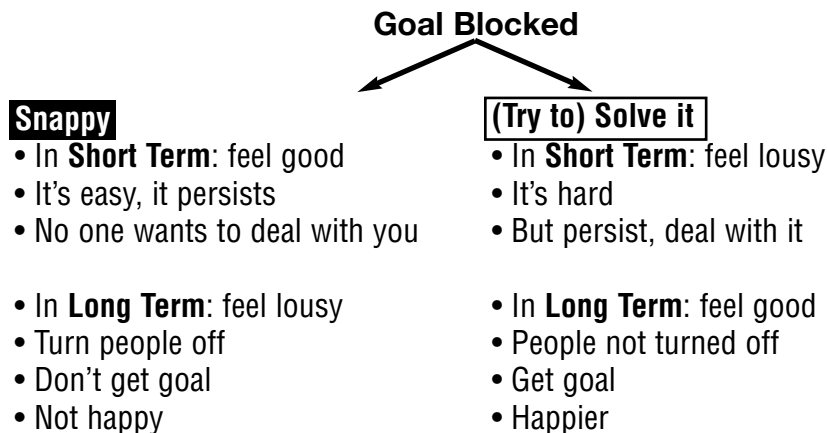
Anger may feel good in
the short term—if we're
the only one around.

Figure 16-5

We may feel good for the moment when we let our anger be expressed in any way that we want, no matter how the other feels about it. But, in that moment of excessive anger, we hurt the other right away; and it only backfires in how we will feel in the long term. The goal that we had wanted to achieve by expressing openly our anger does not get attained, or the problem to which it was directed does not get resolved, and we get used to being negative and feeling negative. Which is better, anger let out or anger left out?

Snap Off Snappiness

Q: Does snappiness bring happiness?



A: It depends on the terms

When anger is first,
we are last.

Lots of anger deserves lots
of ways of controlling it.

term solution. Anger can help achieve the short term desired outcome. However, it can never bring happiness in the long term. We have a choice of turning off our anger or turning off people, and of making anger happy or making ourselves and others happy. **By seeing anger as a bad habit outside of our core, we can more readily turn to good habits within our core.**

Figure 16-6 describes a hierarchy in our response to frustration. It makes sense that the less intense the problems underlying our frustration, the more appropriate and easier it is to respond without anger. For example, if one's husband is expressing a minor degree of irritability, one might simply try to change his mood because he would be open to this strategy. However, if one's husband happens to be extremely nervous, it would perhaps be more appropriate to withdraw from the situation, rather than trying to fight it. Perhaps we can say to ourselves, "It's easier to hear him out, and not listen to the anger." Or we may tell him, "You're not yourself today," having him reflect on his mood. In this way, anger in one partner need not escalate into a major disagreement. **Anger feeds on itself, so keep it off the table.**

Figure 16-6

Even though we may feel quite frustrated and feel anger on the inside, no matter how deep the frustration, we can express a controlled response to the outside. The more that we feel frustration and anger, we should realize that the real message is that the more we are determined. Once we control the possibility of an outward expression of anger, we can transform the anger toward determination and find positive ways of reaching our goal.

Tit For Tat

Degree of Anger	Measured Response
1 Low	Determine problem with the other person. Try to resolve it.
2 Medium Low	Keep trying to solve problem. Try to change the mood of the other person.
3 Medium	Remind person to stick to the issue. Keep trying to resolve problem.
4 Medium High	Remind person that it's easier to resolve problem, when Anger is not in way. Ask person to ask Anger to leave so that problem can be tackled. Tell person that if Anger cannot be reduced, problem cannot be tackled.
5 High	Temporarily withdraw. Tell person that you are available to try to solve problem as soon as cooperation returns.

In **Figure 16-7**, I examine the self-talk needed to get through a frustrating situation. One of my client's self-esteem was low and she began engaging in angry behavior, such as throwing things and fighting with her partner. She said that she did not care that she was getting so angry.

The only part of us that feels good after we release our anger is the part of us that is angry. There are other parts of us. We have multiple faces and many sides to our personality. We are much more than our anger. When we get angry, other parts of us are going to be upset by how we upset other people. Parts of us are going to want to change and move forward. Communication moves from the inside not only to others on the outside, but also to parts of our interior selves. **When we let the more peaceful parts of ourselves speak, there is less space for anger to have its word.**

*Anger won't listen—
unless we tell it to.*

*When couples let anger
simmer—they stay that way.*

Figure 16-7

Ultimately, the only person we can blame for our anger is our self. But, at the same time, when we control anger, we are the ones who should feel good about it. Words do not only communicate to others, but also they communicate to our self. By telling our self that we can control anger, we increase the probability that we can. By talking down anger, we end up in positive talk with others around us. Anger control is self-serving.

Anger Talk

Stress



Neutral Talk

Self-Talk

"I don't know
what to do"
(you feel tense)

Other-Talk

"Leave me alone"
(other feels
tense, too)

Negative Talk

Self-Talk

"I don't care"
(you feel angry)

Other-Talk

"Swear," etc.
(other feels
angry, too)

Positive Talk

Self-Talk

"I'm more than
that stress"
(you feel OK)

Other-Talk

"I'm still here for
you" (other feels
OK, too)

.....
*Anger can't speak—when
we don't give it a voice.*
.....

.....
*Anger becomes
gargantuan—when we
super size it instead
of grounding it.*
.....

Figure 16-8 emphasizes that anger control starts with a lot of questions. We need to be self-analytical and self-critical, especially when there is a frustrating situation. When our eyes are open, we see different scenes. When our minds are open, we create different scenes. When we limit ourselves to a partial view and select the interpretation of the frustrating situation that is most conducive to inflexible, old ways of thinking, anger is facilitated. If we remove the blinders to see the whole horizon and remove the colour filter to see not only red, anger is less likely to develop and other options will come to mind. We will realize the deep reasons for the anger and understand that we can act to control it. **When we question anger, it cannot give a good answer.**

Figure 16-8

We need to better detect what is behind the situations that makes us angry. What are the stresses, cues, and so on? What are the reasons on the surface and, more important, what are the deep underlying reasons? How much is our anger a learned expression of feelings, and how can it be unlearned? Anger can be a good student, when we teach it control.

Questioning Anger Gives It An Answer

Questions

1. When does it happen?
2. Where is it happening?
3. Why am I angry?
4. How can I control my feeling?
5. What can I do to cut it off?
6. Which options do I have?
7. Who can help me besides myself?

Answers

1. Anger is less and last when I ask more questions first.
2. Anger tells me, "I'm determined"; so I determine to tell Anger thanks and so long.
3. Anger does not mix well with people, especially the ones it hurts.
4. To get the best feeling, Anger is a feeling best left controlled.
5. When you get angry with Anger for going too far, you will begin to get further.
6. When we see the whole picture, Anger is never in the scene.
7. Parts of us get angry wrongly, so part ways with them.

Figure 16-9 illustrates that anger control can occur either by finding resources inside or finding answers outside. The figure shows that, too often, we communicate on the surface, even though deeper communication is called for. In using surface rather than deep communication, we can stay trapped in a vicious circle, trying to avoid the point and clashing about secondary problems, because primary ones are not treated, and so on. But deep communication is always an option even after surface communication has been expressed. For example, when one person in a conversation expresses irritation, a good solution would be for the other person to look inside to find interior strength and calm and then attempt to bring out the same attitude in the irritated person. Another strategy would be for the person to look closely at the problem after making efforts to have it become clear to the other. Sometimes, a problem can be handled directly with appropriate problem-solving strategies but, when it cannot, indirect strategies may be more appropriate. An effective strategy for anger management would be to let our nonanger do the talking. **The only good word that anger can provide is: "I'm gone."**

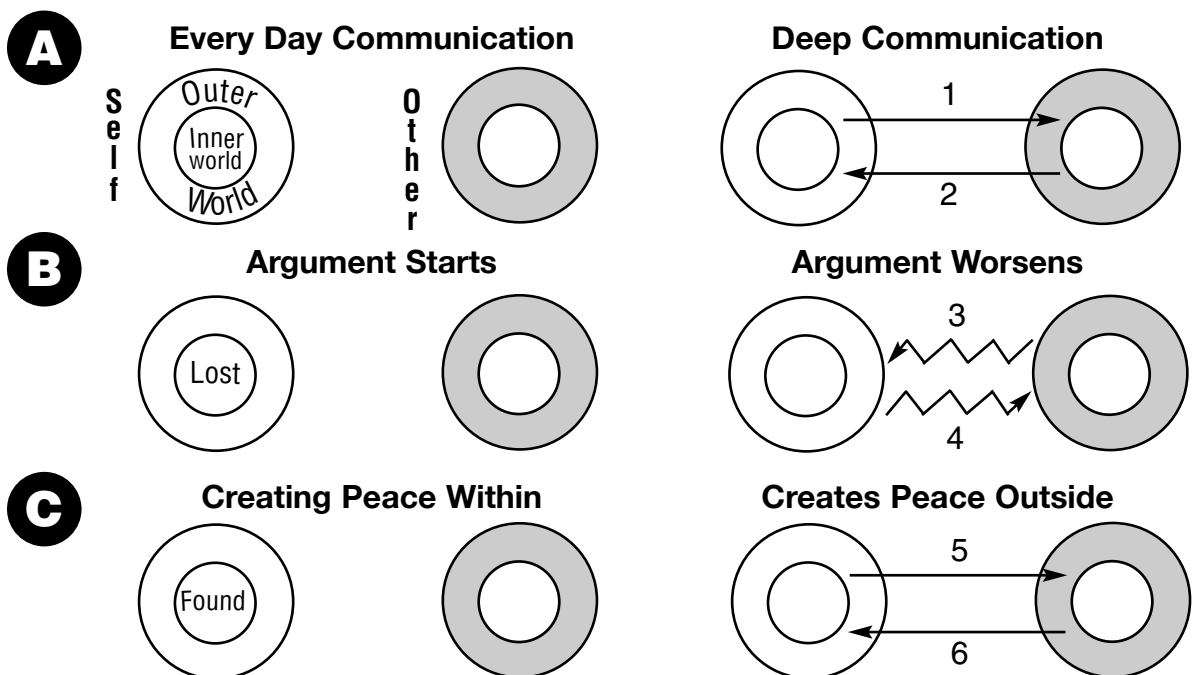
.....
*Lucky there is anger control.
 Controlling anger is no luck.*

.....
*Couples who never stop
 going out on dates
 never stop dating.*

Figure 16-9

By learning our deeper selves, connecting with our best interior qualities, and putting our potential good habits to the forefront on the outside, we encourage communication, lessen feelings of anger, and increase well-being on the inside.

Never Go Without Within



To get a grip of anger,
grab it by its beginnings.

Empower yourself—
Weaken anger.

Figure 16-10 illustrates that, just as there is an ideal body weight, there is an ideal emotional weight. Ideal body weight is never one number—it is a range or zone. It is the same for the right emotional weight. When stress weighs us down, the scale does not have to hit the fight zone nor do we have to fall into the give up or flight zone. We need to find a balance, or a middle ground, to which we can return after getting into a bad mood. When we scale down, calm down, and accept, we can better analyze stress and act to reduce or stop it or, at least, deal with it better. **The best anger control is to resolve not to use it and then to use more positive approaches.**

Figure 16-10

When we either always argue, dispute, confront, and fight, or always flee, withdraw, give up, and resign ourselves, then we exclude all of communication, working toward agreement, mutual acceptance, and getting along. The more we learn this lesson and act on it in the present, the more what went on before in the past will not fill our future. Make anger tamer and give it time out, by controlling it.

Acceptance Scale

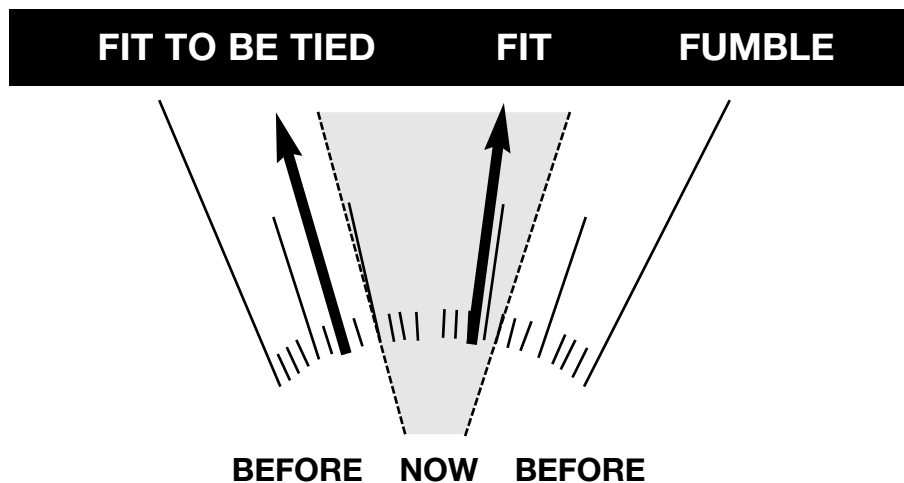


Figure 16-11 indicates that after a physical injury or a major physical stress, anger control is affected in a negative manner. Irritability may increase quite noticeably for no apparent reason, small things may be blown out of propor-

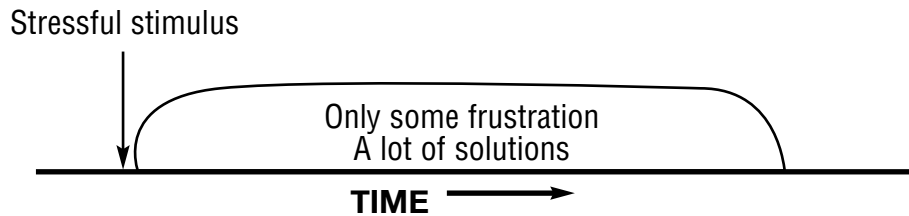
.....
*Arguments on the road
 make us the center
 of detention.*

Figure 16-11

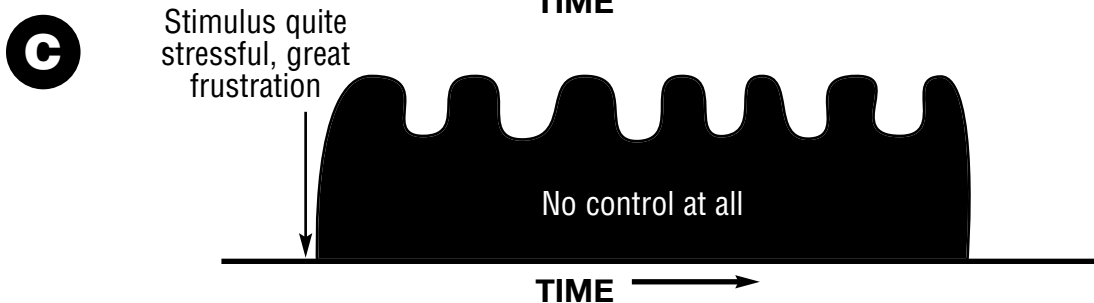
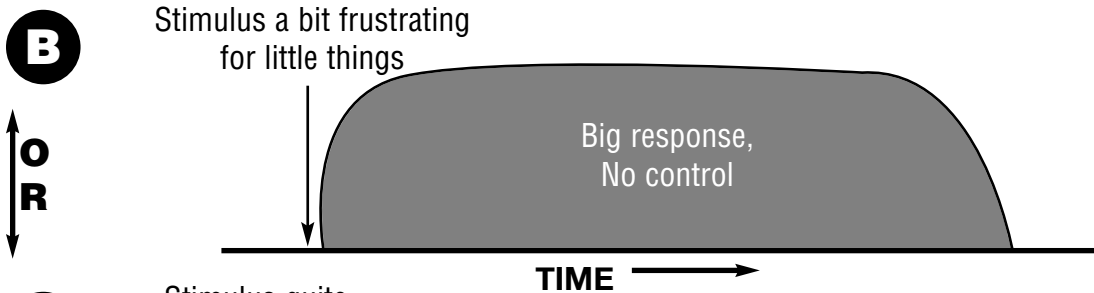
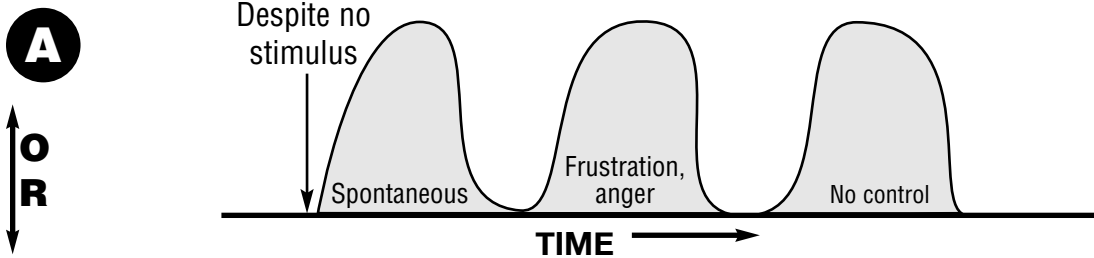
Stress increases our potential for anger. *a)* Anger can manifest when there is no real stress but we think that there is a stress. This type of experience definitely needs effort to work on. *b)* Anger can happen when we lose control for any little stress, because we see it as major. Again, we need a committed effort to learn how to control this reaction. *c)* Finally, there are genuine stresses that are major, and we lose control. Even here, we must realize that when we lose control, we might lose everything. Anger is a lose-lose situation; we lose twice as much as we could ever imagine might happen.

Emotions: Before and After Stress

Normal Emotions



In Major Stress



Good communication
can turn an argument
into an agreement.

When anger is a goner,
we stop being a loner.

tion, or major stresses may lead to total loss of control. This can be quite perplexing, anxiety-provoking, and frustrating for friends and family members. They may not understand that it is not the fault of the individual. Anger control techniques need to be learned and used by the individual. Moreover, the others around the individual need to have understanding and help remind or coach the individual on anger control. **Anger control should be among our best friends, if we want to keep our friends.**

Figure 16-12 tells us that we have a choice when anger seems to give no choice. Anger directs us to only one path, but anger control can be directed toward anger along multiple paths. Moreover, anger may fester after anger control is used, but there are techniques that we can use that can gradually improve mood. **If we start to tell ourselves the right story about anger and its control, it curls up with you to read the book.**

Figure 16-12

Lashing out can give us whiplash. We get snappy, snap our neck, and expect people to snap to it. But, if we buy into this attitude, we won't be given the goods, like a good response from the other and a good outcome. If we put our wild dog on a leash, we will end up with the other as a soft kitten.

Lashing Out? Leash it or Lease it

OR



Leash it	Lease it	Use less	Useless
Give it up	Give it life	Redress	Regress
Keep going	Keep it going	Team up	Steam up
Replace it	Replace yourself	At ease	At end
Gain control	Gain losses	Calm	Harm
Level headed	Headed for trouble	Cool	Hot
Forget it	Forget everything	Collected	Deflected
Loosen up	Jack it up	Friendly	Lonely
Cool down	Melt ice	Liked	Licked
Move on	Have anger move in	Trust	Lost
Feel happier	Feel snappier	Secure	Insecure
Get over it	Get under it	Feel great	Feel terrible
Deal with it	Reel with it	Serene	Mean
Sense of humour	No sense		

Figure 16-13 suggests that just as we can apply ourselves in sports, we can apply ourselves in anger control. In controlling anger, we can think better, plan better, and be more confident in ourselves and in our capacity to solve problems. After all, that is what our emotions are supposed to do—help us because of their passion. If we guide stress and emotions to where we want them to go, and use the energy that they give in a constructive way, we become the MVP: Most Valuable Person.

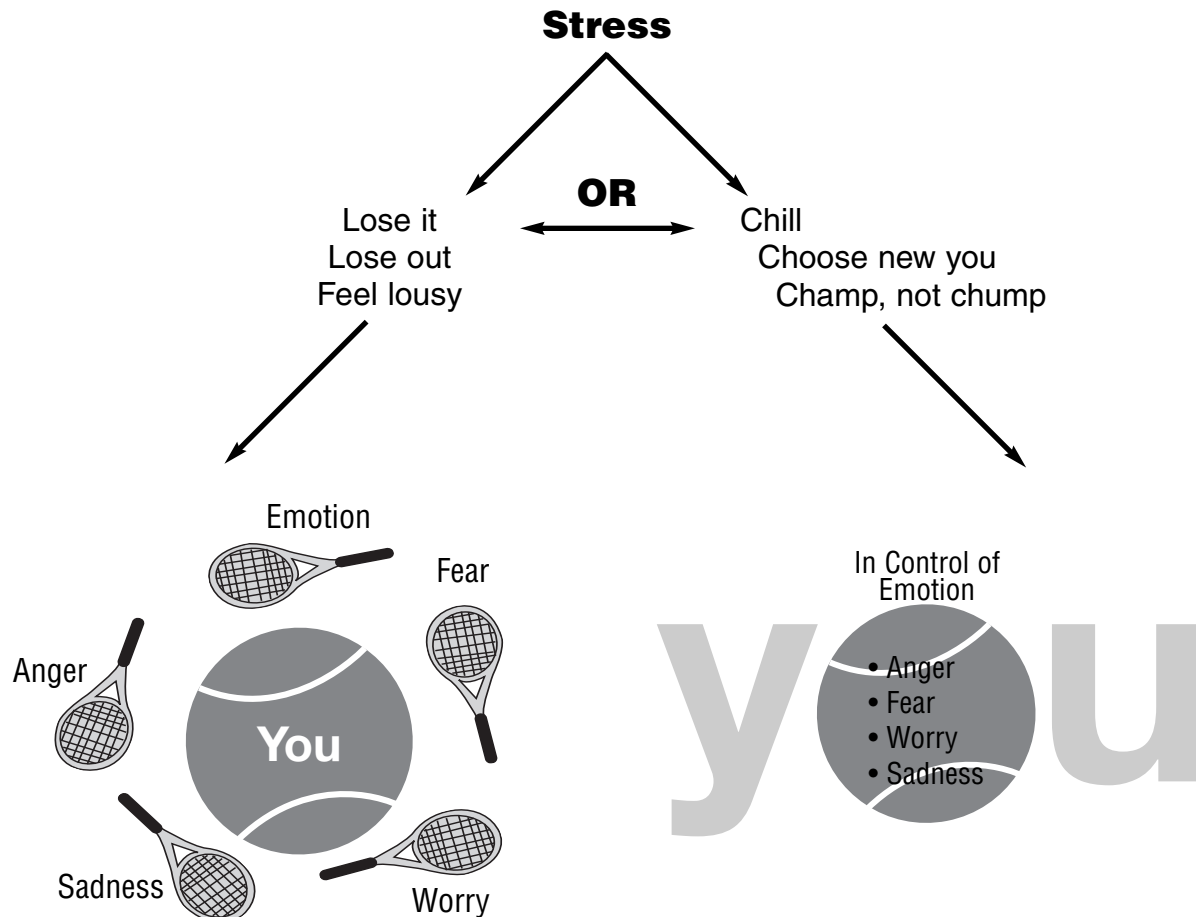
When anger is on the playing field, give it a penalty.

Respect anger—tell it face-to-face where to go.

Figure 16-13

Sports make a good metaphor for anger control. The winners usually are focused, skilled, and energetic, not angry. For athletes, stress comes with the territory. But, by training, following the game plan, and being good team-mates, athletes do well. To climb proud on the podium in anger control, we need to climb down from the stance of aggressive confrontation. Anger control is a win-win situation.

The Ball is in Your Court



By putting anger in its place, we save a place for our partner.

Children imitate everything—including anger.

Anger does not stop the problem, but it stops people from solving it.

.....
*Anger has a short fuse—
until we give it a long talk.*
.....

.....
*When he lets anger go on,
he is asked to go out.*
.....

Figure 16-14 shows the connection between will power and anger. We may believe mistakenly that by expressing anger we are showing our will. But people express their will in more lofty ways. They show determination to study, to succeed, to work well, to help people, to be good parents, and so on. In fact, with respect to anger, will is shown best not by expressing it but, rather, by not expressing it and by channeling it toward our more noble goals and ambitions. **Anger makes us strongest when we do not express it but use it to our advantage through its determination and energy.**

Figure 16-14

Anger is not good for our self-esteem, because it comes from lower or negative parts of our self. Should it continue when there is frustration and stress, we have higher or positive parts of our self that we can use. It takes will to use them, but they help us to get to higher or better places easier, especially in terms of anger control. Anger may seem to be an expression of our will, but it is really a reflection of a lack of will to find a better way.

Where There's an ill, There's a Way

Will Power

- Giving anger the boot
- ill feeling towards anger
- Anger subsides
- Feel it from top of brain
- Express things correctly
- Use will to control anger
- Pit control in self against angry self
- Pick up in self esteem results

ill Power

- Getting kicked by anger
- ill feeling towards the other
- Anger builds
- Feel it from pit of stomach
- Express it from pit of mouth
- Use pit of brain to control it
- Pit self against other
- Pick up self off floor

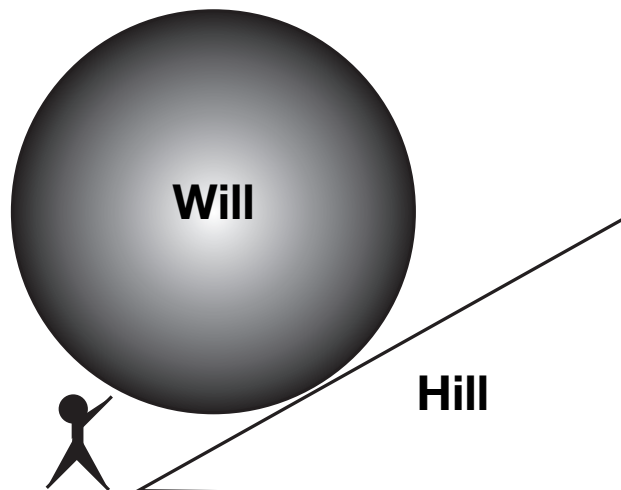


Figure 16-15 is about bad drivers. There are a lot of bad drivers on the road and they make us angry. We may be afraid by what other drivers do on the road and our heart may beat faster than a drum. Then, anger sets in and we may mutter to ourselves, but this does not mean that we should carry it further. A first small step in anger may lead to a bigger one. On the other side of the coin, sometimes we let our emotions get us so angry on the road due to an incident that we end up exhibiting aggression. In road rage, we put ourselves at risk for a prison sentence because we had “lost it.” Rather, we should use whatever techniques that we know to help us calm down, such as the techniques of deep breathing and talking down our anger. **It is always better to lose anger than to lose our freedom from its extreme use.**

Road rage is not street smart.

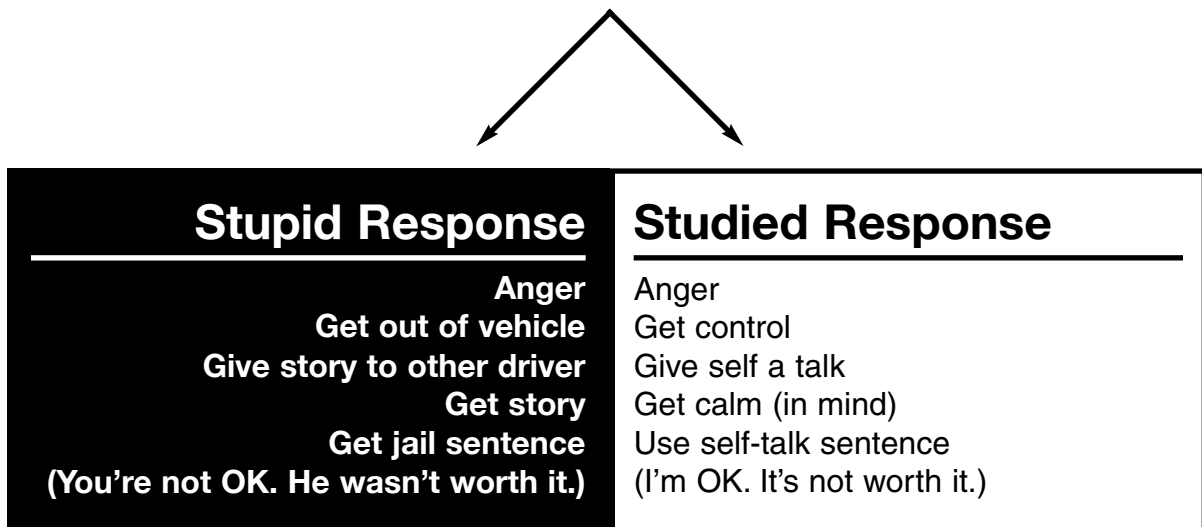
Peter picked on everyone. One day, Pat poked him. Peter read Chapter 16 with a bruise. He managed the reading and then his anger.

Figure 16-15

Road rage is one way of dealing with stupid drivers. But the judge will tell you later in court that there are better ways. Anger control techniques can work when we get frustrated on the road. Even when anger seems justified, as when our life has been threatened by someone’s stupidity on the road, there are better ways of staying on life’s road.

Road Rage or Act Your Age

Incident on Road



Use Deep Breathing Instead of Seething

We show others only one side of ourselves—until we stop the show.

Anger control is a question of principle—Do not show it.

When we give someone a piece of our mind, we leave it there.

.....
*Anger cures heart disease—
by stopping the heart.*
.....

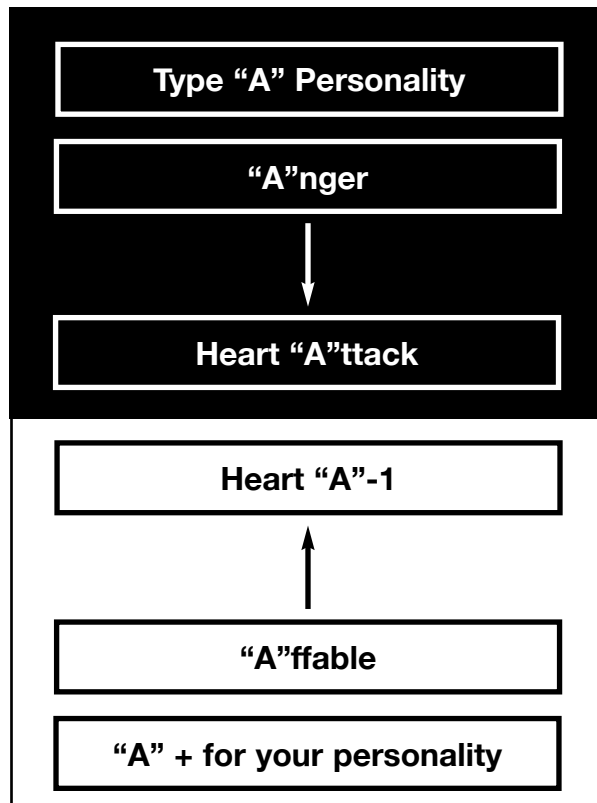
.....
*A chip on the shoulder
sinks into the heart.*
.....

Figure 16-16 deals with cardiac disease-prone personality, often called Type “A” personality. Individuals with this personality type seem driven by time constraints, and seem always in a hurry. Much more important, however, is the underlying anger or hostility that they experience, for example, when self-imposed time pressures get to them. When we lack the will to control anger, and carry a chip on our shoulder, there are negative effects on our health. In fact, when we are always angry, our lives may become short-lived, because cardiac disease, heart attacks, and the like may result. “A” stands for “Anger,” but we need to learn that “A” can also stand for “Affable,” “Affectionate,” “Adjustable,” “Adaptable,” and so on. We are the ones who can control our hostility, canalize it, and even turn it into a strength rather than a weakness. Heart health begins with an “A+” personality. **When we attack another person, our heart attacks us back.**

Figure 16-16

Some personality types are prone to somatic reactions, such as when hostility contributes to chronic heart disease. Other personality types are healthier for us. Hostility lingers not only in our mind but also in our body. Have it hosted elsewhere.

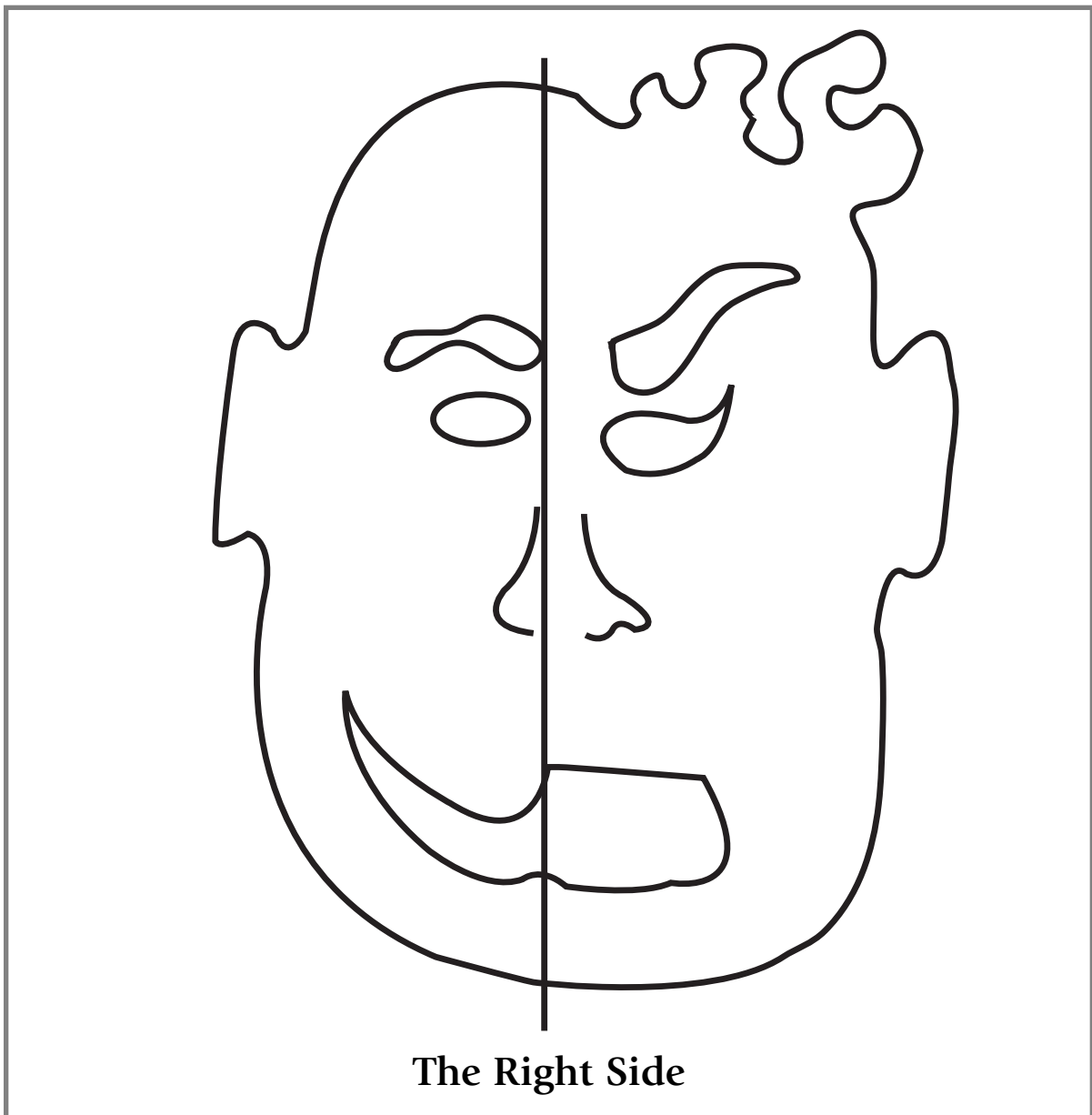
Let “A” Stand for “Affable”



In this chapter, we have explored ways of dealing with anger, options that we have when we are angry, and means of response that we can use when we are angry. **Anger is a reminder that we are determined, but being determined means that we control our anger.**

*Irritate anger—
by being nice.*

<i>Grow up—Make anger regress.</i>	<i>Be a good shopper—buy out anger.</i>	<i>Train anger to fetch control.</i>
<i>Give anger an expiry date instead of an extended warranty.</i>	<i>Anger blows off steam—until we stop “smoking.”</i>	<i>By seeing the whole, anger has no part.</i>



Patricia had always wanted to return to full-time work once her children were old enough. She had been successful before in her full-time job, but the field had changed so much she would need advanced retraining before she could get it again. Her part-time job was a dead-end. She had a natural feel for psychology and a love of children, so she decided to pursue this option.

To prepare for further studies in psychology as a mature student, Patricia begins to survey the self-help books on the bookstore shelves. She comes across one like the present book.

*When we write our own play,
anger has a minor role.*

*Anger is full of itself—
until we empty its air.*

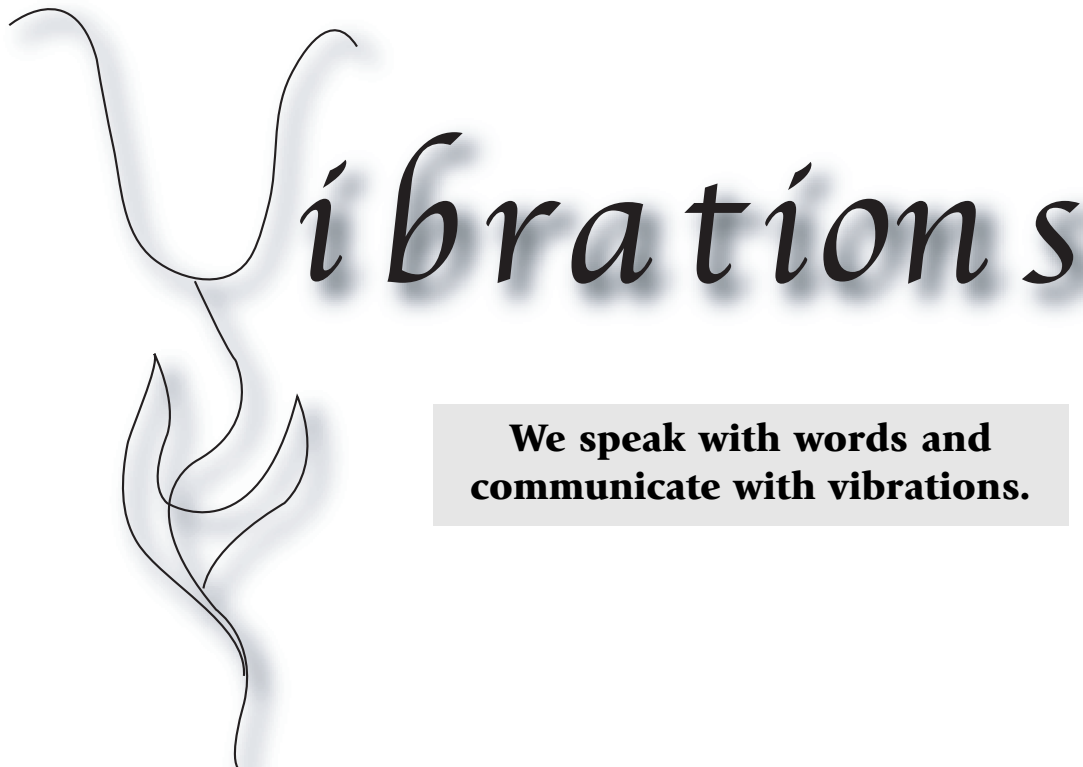
*Be gracious with anger.
Tell it ever so nicely that
you have gained control over it.*

*Anger feeds itself—until
we snack somewhere else.*

*Help share the greatest mystery
in your universe—how you got
self-control of uncontrolled anger.*

*When it comes to anger control,
a word in the head is
worth two from the bush.*

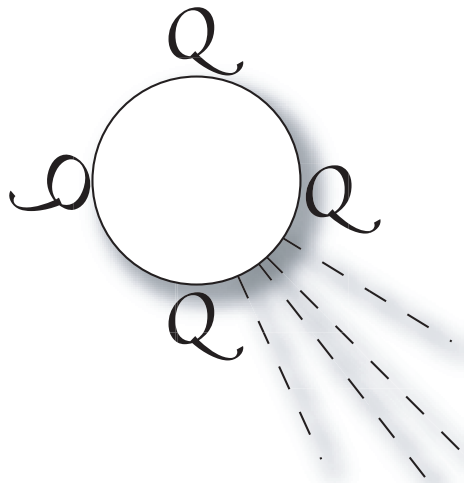
Anger helps no one—except itself.



**We speak with words and
communicate with vibrations.**

Chapter 17

Drinking and Other Addictions



*"Q" is for being inquisitive
about healthy ways to
quench thirst.*





*Add to your addictions
things like replacing them
by good habits.*

Quincy quarreled
with quarts of
lager, until he was
quarantined in a jail
cell. Chapter 17 cured
his unquenchable
thirst. Quincy is
addicted to it.

*Drinking and driving is a
bad habit that does not
alter our life; it destroys it.*

Chapter 17 deals with various forms of addictions or addiction-related problems. Most of the chapter deals with alcoholism. Alcoholism is a serious problem in our society, and it is often stress-related. Therefore, many of the techniques about stress management and destressing apply to this problem, as well. Should alcoholism be a major problem for any reader, I strongly recommend professional consultation.

Alcoholism can be viewed as a biological problem, an environmental problem, or as the result of an interaction between these two influences. The biological model suggests that alcoholism results from a biological vulnerability, such as a genetic defect. The environmental model looks at the contributions of context, family, and culture, in particular (e.g., stressful environment, excessive drinking in the family, media emphasis on drinking).

An interactive perspective looks at the interaction of both types of influence. In this view, alcoholism is neither a biological problem, such as a disease, nor a straightforward reflection of influences in the environment. Both causes are involved to varying degrees in each individual who is alcoholic. Moreover, these influences do not simply add together (e.g., 3 parts genes, 3 parts environment = 6 degrees of influence). Rather, they multiply in their effects, making the original contributions of biology or the environment impossible to separate.

For the person suffering from alcoholism, it matters not whether biology, environment, or their interaction is the major source of the problem. The condition exists and has to be dealt with for what it is. Moreover, the best way to deal with it should not emphasize biology (medicine) or environment (psychotherapy) alone, or even both together. That is, to understand alcoholism, we need to see the whole person. Therefore, in treating alcoholism, we treat the whole person who expresses the condition, and take account of the person's individual differences. In treatment, we always should consider the person first. That is, in alcoholism, the condition is second to the person, and the person carries the keys to the solution to the problem, even if they are hidden. Through her or his strengths, good habits, will, hope, and so on, a person with an alcoholic condition can put it aside. When we see the whole person in treatment, it makes treating the condition easier.

Also, rather than conceiving alcoholism as an unalterable condition, it is best to consider it as a habit. Of course, it is an unpleasant, bad habit but, by considering it as a habit, we acknowledge that it is changeable. By considering it as a bad habit that individuals may or may not have, we are acknowledging that the person with alcoholism is a unique individual who can act for herself or himself to change it. **In behavior causation and change, there is not just biology and environment but also ourselves.** Our personhood can stand as a reservoir of resilience to every stress, with many good habits included and many others waiting to develop.

Because alcoholism is best considered a biopsychological condition in which we can play a major role in its control, we need to look at the personal factors that we can use to control it. Of course, this starts with will and motivation. But it continues with coping and trying our best. In the end, it is about choosing correctly or using our free will to just say NO. However, not everyone believes that they have a free will. Part of the difficulty, then, is to help you believe that you have free will and can choose to use it to help with alcoholism.

The first 10 figures in this chapter on alcoholism are aimed at developing your belief in free will. Believing you can control alcoholism is a good start. Putting that belief into action is a good end.

These first figures have a common theme. Denial is a common means of avoiding advice about excessive alcohol drinking. Denial works well as a defensive mechanism. Unfortunately, in many cases of alcoholism, it works too well. Drinking control begins by acknowledging that drinking needs control. **We have free will and should use it freely. Drinking is a choice. Controlling it is a better one.** Drinking may be a way of avoiding feelings of crying due to the stress in our lives, and so on. Drinking masks and medicates, so we need to ask questions, educate ourselves, and see better options. It is easy to start drinking, smoking, and engaging in other bad habits. Moderation is the key when we indulge, but it would be even better not to put any such substances in our body. Moreover, their effects interact with each other, in that they combine.

*Fry your mind—Put heat
on your drug habit.*

*Play tricks on alcohol
before it plays tricks on you.*

*Drinking is no laughing
matter. It may make us
laugh on the moment,
but ends up making us cry.*

*Healthy habits lead to
healthy laughter.*

*The more we control
bad temptations, the more
we are free for good ones.*

*Bad habits present us dilemmas—
we can elevate them
or eliminate them.*

*Illegal drugs are not that serious.
After all, you can get them in
prison, too.*

.....
*Two bad habits together make
 it three times as difficult.*

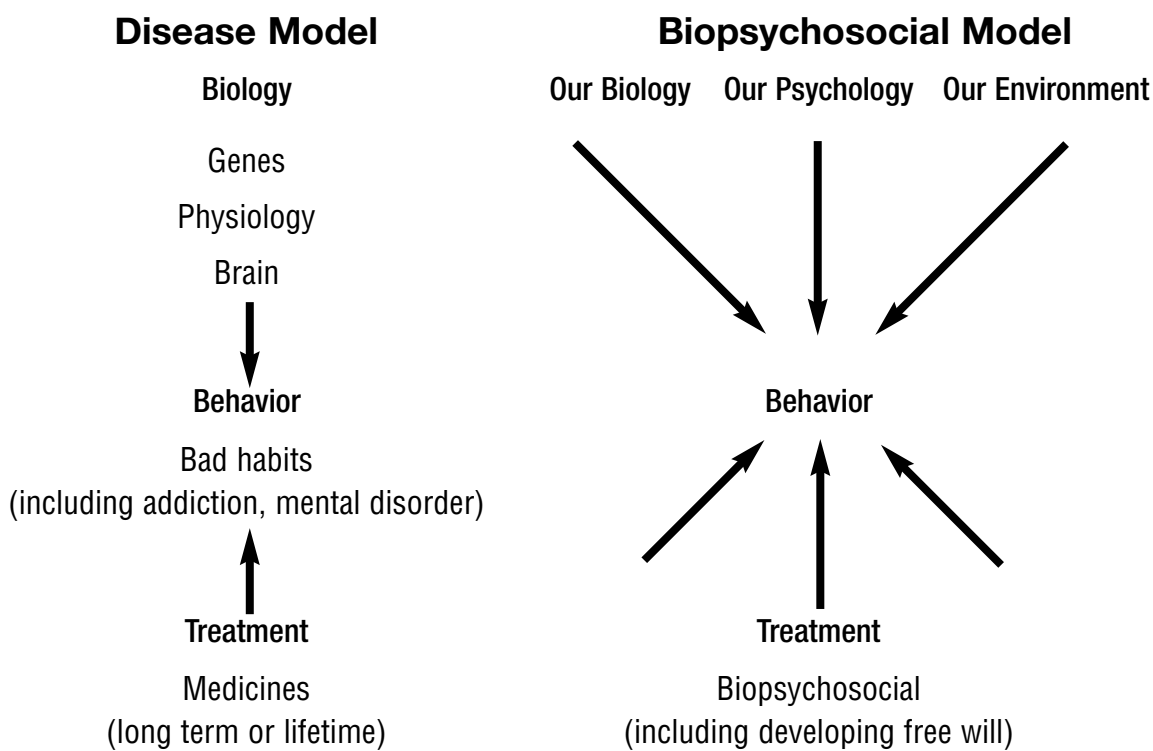
.....
*When it comes to substances
 such as alcohol, the best
 combination is when we
 decide to abandon them all.*

Figure 17-1 shows that alcoholism is not an incurable disease but a curable condition. It is not a medical disorder but a biopsychosocial one that we can control. It is not treated best by medicines but by approaches that use psychology, aside from tackling biological and environmental components. Part of the psychology needed in dealing with alcoholism is learning to develop and use a belief in free will. **Believing in free will is believable, livable, and able.**

Figure 17-1

Alcoholism is not a disease but a biopsychosocial condition that you can control, biologically, psychologically, and socially.

Free Will and Alcoholism: Give the Drink No Choice



<i>Bad habits can win only when we play by their rules.</i>	<i>When you drink and smoke, lung cancer doesn't hurt.</i>	<i>To take a shot at life, aim between the lies.</i>
<i>Support women's liberation. Encourage them to stop drinking and driving.</i>	<i>Don't make bad habits hobbies.</i>	<i>When bad habits want to play, do not hobnob with them.</i>

Figure 17-2 indicates that the life choices that we make should include believing in free will and acting on belief. We can learn to think differently about the past, freeing unhealthy beliefs about it, by using free will belief to find new ways of thinking. We can reframe how we feel about our capacity to control bad habits in the present by using our belief in free will. Finally, the future will be freer when we think of it from the anchor of believing that we have free will. Each of the past, present, and future can change for us when we believe differently, feel differently, and act differently.

*Bad habits are like weeds;
they grow quickly unless
we cultivate our garden.*

*Bad habits do not just
add together;
they multiply in
their negative effects.*

Figure 17-2

Facilitating Free Will in Making Life Choices Through Psychotherapy from a Functional Perspective^a

1. Freeing the past: We are seeking in your when some coping, growth, stress reduction, etc., had taken place in the past; what are lessons that can be learned from the past in this regard
2. Freeing the present: How can you have a better capacity to create effective plans to deal with issues, and better ways of implementing/ monitoring them
3. Freeing the future: How can you have a better capacity to create effective plans to deal with issues, and better ways of implementing/ monitoring themselves. You can create models of yourself that include not only things like self-confidence and sensitivity to others, but also sensing if one has free will and can feel free in even the most difficult of times [and that you can manage constraints that impinge on that growing feeling.]

^a Based on functional analytic clinical case diagrams (FACCDs; Haynes, S. N., O'Brien, W. H., & Kaholokula, J. K. (2011). *Behavioral assessment and case formulation*. Hoboken, NJ: Wiley. Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.1, Page 517, right side only]

<i>Drinking can be an illuminating experience—police headlights, interrogation spotlights, and so on.</i>	<i>Bad habits clear-cut your mind. Good habits sustain it.</i>	<i>A sign in an office of an e-poker headquarters: A sucker is born every nanosecond.</i>
<i>Drinking can be a sobering experience—when you've done with it.</i>	<i>When you gamble, rather than hitting the jackpot, you are more likely to hit rock bottom.</i>	<i>Gambling doesn't cost money—once you are broke.</i>

*Alcohol is an equal
opportunity destroyer.*

*When a bad habit rears its head,
put yourself in front.*

*Send bad habits on a vacation—
then a deep dive into the ocean.*

*To hinder habits that
are bad, hamper their hold.*

*Drinking has no
redeeming qualities beyond its
short-lived high, unless you like
being low to the ground.*

*The more we coddle bad habits,
the less we are cuddly.*

*Drinking and driving together
makes us end on the wrong side
of the tracks and the wrong side
of the ground. Drinking and
driving together is a ground-
breaking habit.*

*Drinking brings odium.
Drinking control bring the podium.*



*When you drink too
much, let your friend
drive
(you to the doctor).*

*Drinking does not alter
our brain chemistry;
it destroys it.*

Figure 17-3. The belief in free will should not be something we use occasionally. It should be part of our everyday life. When we keep thinking that we are free, it helps us to act free. This figure shows how we can use free will toward changing behavior. Of course, this would include behavior related to alcoholism. Free will belief promotes positives, interest in the self, consciousness, morality, and internal as opposed to external influences our behavior. **Believing in free will means believing in ourselves.**

Free Will in Everyday Life

1. Free will and adaptation: Think of several ways in your daily life that you show you have a sense of free will. Then, think of several ways your sense of free will can be improved, e.g., in helping you reach desired goals and outcomes. How can you help yourself increase your sense of free will in your everyday life? Think of several ways.
2. Positive outcomes and goal attainment: Here are some specific examples to consider.
3. Self-interest and time frame: For example, having a sense of free will allows us to resist temptations and delay seeking immediate gratification for better results that we could get in waiting. Would developing this skill help you in obtaining positive outcomes and attainment of desired goals? How can you develop the skill? List several ways.
4. Consciousness and freedom: For example, viewing our behavior as a product of conscious thought means that we can improve our awareness of it, which would help in our reasoning, problem analysis, and decision making, so that our choices appear freely chosen rather than not free. How can you increase conscious awareness of your automatic thought so that your sense of having free will increases? List some exercises that you might do in this regard.
5. Morality and collective benefits: Having a sense of free will means behaving toward others with a sense of having chosen freely, and this includes behaving morally, as well as following a set of group standards and prohibitions that might seem to work against our self-interest at first. However, fitting into the group brings benefits to the person, and this might be lacking. How can you improve your sense of free will in terms of the choices that you are making socially, morally, and collectively? List your ideas.
6. External influences: For example, you might have to deal with it directly, such as presenting counter arguments, negotiating, etc., or doing what you require and knowing how to deal with the consequences. Or, you might have to deal with it indirectly, such as manipulating toward your desired ends, getting allies to argue for you and support you. This all requires much skill, but you might have done some of this in the past. What did you do this way? How can you do more? List the ways.

Note: This figure and the next four ones are based on the work of Baumeister and colleagues. This one is adapted from Stillman, T. F., Baumeister, R. F., & Mele, A. R. (2011). Free will in everyday life: Autobiographical accounts of free and unfree actions. *Philosophical Psychology*, 24, 381-394.

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.3, Page 519, right side only]

.....
*Bad habits are good
for nothing.*
.....

.....
*Keep your bad habits on a
roll, that is, as you roll
them out of your life.*
.....

Figure 17-4. Believing in free will helps us to regulate our behavior and be an executive of our body and mind. Good self-regulation helps keep alcoholism out of kilter. Good executive skills involve things like good planning and follow through. Also, it means delaying or inhibiting the desire for immediate rewards or pleasure. **Alcoholism gives us short term positive feelings but long term negative ones. It shortchanges you, and sells yourself short in the control that you can bring to bear on it.**

Figure 17-4

Self-Regulation and the Executive Function of the Self

1. Delay of gratification: Delay of gratification is important to everyday life. List several benefits in waiting for better choices later on rather than seeking immediate gratification. How can you improve this skill?
2. Feedback loop: We need to monitor our plans, strategies for reaching them, motivation to follow them, etc. How can you improve these skills?
3. Trait self-control: We need to monitor our plans, strategies for reaching them, motivation to follow them, etc. How can you improve these skills?
4. Strengths model of self-regulation: Self-regulation requires good habits related to sleep, nutrition, exercise, etc. How can you plan effectively to reach your goals and work toward not depleting your energy by using ineffective actions toward your goals, following improper lifestyle habits, etc.?
5. Beyond self-regulation: People can improve their sense of having free will and also their current sense of having choices and their initiative by completing brief exercises. These include ... How can you apply these exercises to yourself? Can you think of others?

Adapted from Baumeister, R. F., & Vohs, K. D. (2011). Self-regulation and the executive function of the self. In M. R. Leary & J. P. Tangney (Eds.), *Handbook of self and identity* (2nd ed., pp. 180-197). New York: Guilford Press.

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.4, Page 520, right side only]

<i>To head off bad habits, use your head.</i>	<i>Tell your brain to get another body</i>
<i>Do not fight with bad habits—drop them.</i>	<i>Tell people that slurring is the new in thing</i>
<i>To conquer bad habits, make friends with good ones.</i>	<i>Buy stocks in beer companies, while you still have some money</i>
<i>Drinking leads us to extreme behavior. Start using extreme control.</i>	<i>Walk the line, as long as it isn't a trapeze</i>
<i>Go to the beer store, when it's closed</i>	<i>Find new friends who don't like beer. Then find new ones who don't like scotch. Then ...</i>
<i>Fill your bathtub with beer, it beats foam</i>	<i>Practice lying with everyone. It may help you with the police</i>
<i>Be the designated drinker. Get so sick while your friends watch. The following week, watch them do same</i>	<i>Be a good citizen. Do jury duty. You might get some needed inside information</i>
<i>Add up the amount spent on beer each week. Go to department store and see what you could have bought instead</i>	<i>Be ahead of your time. Go to the tailor and get fitted for prison garb</i>
<i>Tell your child that drinking is more important than buying her clothes when she complains</i>	<i>Attend grief classes. You'll learn how to fill out sympathy cards for your victims</i>
<i>Tell your partner whatever works. Feel good—until the guilt hits</i>	<i>Don't drink and drive. Let your friends have the accident instead</i>
<i>Tell your boss you won't do it again. Try not to laugh when he says that you're right</i>	<i>Drinking takes over our life, what's left of it.</i>
<i>Tell your doctor that there is always a liver transplant</i>	<i>Drinking is an adverse habit having adverse effects, until we decide to treat it with aversion.</i>

.....
*Drinking control begins
with brain patrol.*
.....

Figure 17-5. Believing in free will helps being conscious and helps gain control of the causes of our behavior. In terms of alcoholism, this means we stay conscious when we control it. Perhaps we drink because we don't want to be conscious of our problems all the time. **A better way of dealing with our problems is to deal directly with them instead of avoiding them. Believing in free will can help us do that, and directly.**

Figure 17-5

Conscious Causation and Free Will

1. Mentally rehearsing important activities improves performance and reaching the goals associated with them. Give example
2. Having specific behaviorally focused plans helps arrive at goals. Give example
3. Writing about or talking about past events that need reworking, such as traumas, improves the ability to move forward. Give example
4. Increasing the conscious motivation to be logical, to explain oneself, etc., improves performance. Give example
5. Having conscious goals to be creative enhances creativity. Give example
6. Taking the perspective of the other, or seeing their world, vie, theory, mind, etc., helps. Give example
7. Thinking positively about the self, its core, etc., changes behavior positively. Give example
8. Believing that one is part of a high-performing group, e.g., being good in math, helps performance. Give example
9. Being good in group communication enhances the person's and the group's functioning. Give example
10. It is easier to override automatic responses and be conscious about choice when our ego or self resources are not overtaxed. Give example.

Adapted from Baumeister, R. F., Masicampo, E. J., Vohs, K. D. (2011). Do conscious thoughts cause behavior? *Annual Review of Psychology*, 62, 331-361.

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.5, Page 522, right side only]

Figure 17-6. Alcoholism reflects problems in emotions, both in terms of the causes and the consequences. However, we are not just about emotions because they go with thinking. We can pay attention to different cues that lead us to drinking, for example, by using our sense that we can decide freely what to do instead of believing that we cannot do this. **Reasoning the right way can keep negative emotions (and alcoholism) out of our right way.** Therefore, freely believe in free will both to start and to stay on that right way.

.....
*When you are drinking, you
lay low—like on the floor*
.....

.....
*When you are taking
Drinking 101, the course
mark is always failure*
.....

Figure 17-6

Free Will and Mechanisms in Motivation, Attention, and Reasoning

1. I still can control myself, if I focus and try harder. Even if my motivation lags, I can boost it. The rewards in the end will be worth it. I have the resources to shift back to being motivated.
2. I might feel that I should act impulsively, but I can get back on target and control that.
3. I can focus on things (cues) that get me motivated again instead of on things that get in the way, like shifting to actions that bring short term rewards instead of long term ones that are much better.
4. Instead of paying attention to what is important to beneficial long term goals, attention shifts to paying attention to cues related to immediate rewards that are not as beneficial. However, I can shift back to ignoring these cues and rewards and focusing on cues related to the long term goals. It is not just about the short term pleasures but also about a different kind of pleasure related to having a job well done, and the like.
5. When I get tired or low, I might think less carefully and reason by intuition only instead of using good problem solving skills and seeing the big picture. But because I know that can be happen, I can work hard to control it. Better to see all the choices and choose the best one, e.g., which one is best of the long term.

Adapted from Inzlicht, M., & Schmeichel, B. J. (2012). What is ego depletion? Toward a mechanistic revision of the resource model of self-control. *Perspectives on Psychological Science*, 7, 450-463.

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.6, Page 523, right side only]

.....
*Drinking improves our
self-image, because when
we drink too much we
can't stand long in
front of the mirror.
If we can get to the mirror*
.....

Figure 17-7. Life is about meaning. The meaning we give to life should be ours to decide. Believing in free will gives us the choice to give the meanings to life that we want to have. The meanings for alcoholism are not the best ones that we can find for ourselves and our life. **If you mean to gain control over alcoholism, take back your life from it by accentuating the meanings you want for it and not what alcoholism gives it.**

Figure 17-7

Facilitating Free Will in Psychotherapy by Promoting Better Meaning Making

1. Whenever you think that free will does not exist for you, how can you bring it back as a part of you?
2. Sometimes we have a sense that we have less free will than more of it. How can you increase that you have more free will?
3. Because things and events in the future are only probable, how can you guide them to where you want them to go?
4. We do not always think the same way every time; how can we take advantage of that and choose better alternatives?
5. Sometimes we are too tired, stressed, and so on, to function at our highest levels. What could we do to make this better so that we can feel we have more free will?
6. How can we improve the meaning that we give to things so we choose better in what we think, feel, and do? Sometimes we let other people tell us what a situation means; how can we decide this for ourselves, especially if the other person is off-base?
7. How can we improve our explanation and communication better about our choices? This would help improve our sense of free will.
8. How can we guide our behavior better from the inside? This will help improve our sense of free will too.
9. How can we guide our behavior better using things from the outside?
10. How can we be in control better of our thinking, feeling, and doing, and improve our sense of free will?

Adopted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.7, Page 524]

Figure 17-8. This figure shows that there are different types of thinking levels, and that thinking intuitively, quickly, automatically, and so on, can be improved. The more we use logical and abstract thinking instead of illogical and concrete thinking, the more we can develop a belief in free will. And the more we develop a belief in free will, the more we can control alcoholism. **The logic of the argument is clear — using logic is a good means of deciding freely to control alcoholism.**

Figure 17-8

.....
Cigarette smoking is a good habit—from the point of view of tobacco company investors.
.....

.....
Second hand smoke is third rate.
.....

.....
Smoking is healthier than drinking, it cannot kill in one shot.
.....

Free Will and Promoting Logic

1. How have you used automatic thought, intuition, or fast responding without thinking through first, and it helped? When did it not? How could you have handled it differently?
2. How have you used the first thing that comes to mind to deal with something in a way that helped? When did it not? How could you have handled it differently?
3. How have you used patience to control the impulse to act quickly and to allow you to think through different options? When did you not? How could you use it more?
4. How have you used the idea of returning to a starting point to try something else? Think of a social situation, a work or school one, or a family situation. How could you do this more?
5. Think of times when you have fixed on one aspect of a problem and missed the big picture. How could you learn to focus on more than one aspect or dimension of a problem, or even more? Will it help seeing the big picture and solving problem easier?
6. How can you encourage an attitude of stepping back to reflect? Think of times when doing this might have helped.
7. How can you increase you understanding of the points of view or perspective of others? When we understand their mind, motivations, and even ways they can help us, things could go better. How can you learn from others yet still keep your point of view in mind while you expand it, leading to the best of all possible worlds, and the best solutions to problems!
8. Think of times when you were either not free to think, or could not think freely and problems only got worse rather than better. How could you have handled it differently? How could you do this more?

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.8, Page 525, right side only]

.....
*Drinking less leads
to living more.*
.....

.....
*Get to be a great gambler—
before you go broke.*
.....

Figure 17-9. We cannot change if we do not know how or if we do not want to change. Helping us move to changing can move us to get alcoholism under control by helping us to believe more in free will and our power to control it. Change begins when the desire to change begins and the knowledge how to change begins. **Alcoholism stops us from changing for the better and it must have started when you could not change for the better. It is time to throw alcoholism a change-up pitch, to use a baseball metaphor, and strike it out.**

Figure 17-9

The Change Process and Creating a Better Sense of Having Free Will

1. Just thinking about the answers to these questions in the table, you are getting there. The secret is to keep the positive changes in place so that your core thoughts, emotions, and behaviors change toward the positive on more permanent basis. How can you help that happen?
2. Change is never easy. Your old and new ideas will conflict and you and others will struggle toward better outcomes, solutions, and situations. How can you manage all that disruption for the better?
3. Growth happens by exchanging ideas, talking, reflecting on the exchanges and ideas, etc. How can you keep it going so that change for the better continues or is maintained despite ups and downs over time?
4. Change does not mean altering everything you were to develop a totally new you. It means keeping the best of the past as you change for the better. How can you ensure that happens as you change?
5. Can you think of new situations and places to which your new ideas can be applied socially, with family, friends, etc., in other situations, e.g., work, school, and most importantly, how you think of life, yourself, and others?
6. How can you be the source of change, initiating them or the pathways leading to them, rather than being passive all the time and letting change happen around you without your say? How can you adjust constantly to new situations so that the situations reflect you and your ideas as much as anything else, depending on the circumstances?

7. This therapeutic exercise is aimed at increasing logical thought in solving problems, but automatic, intuitive thought works with it. So by improving use of logical thought we are not letting go automatic, intuitive thought. Rather, we are making available both forms of thought so they can work together. Think of some situations in your life where this would be true (e.g., for social problems, a work or school one, a family problem).

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.9, Page 526, right side only]International Publishing [Table 20.8, Page 525, right side only]

<i>Make bad habits past habits.</i>	<i>Adopt a scorched-earth policy. Burn poppy derivatives.</i>	<i>To hobble bad habits, hip hop to your inner harmony.</i>
-------------------------------------	---	---



Figure 17-10. This figure reviews how believing in free will can control addictions, in general. First, by believing that addictions, including alcoholism, are biopsychosocial in nature, we take away some of the belief that alcoholism cannot change and that we cannot change it. Second, keeping control of any addiction or serious bad habit should require a lifetime of effort. However, keeping our belief in free will, and that we always decide what to do in our lives can help in this task. **Alcoholism requires lifetime control and succeeding in its control will give us lifetime freedom.**

Drinking is worse than smoking, because smoking kills slowly.

Truth in advertising: There is less alcohol in light beer so that we can make you buy more bottles.

Figure 17-10

Freeing the Will to Believe in Free Will in Addictions

1. Belief that addiction can be controlled begins with the belief that it is a condition for which such control is possible; it is not only medical and biological but also psychological and social
2. By believing that learning can help toward the control of addiction, the person is taking another important step
3. Behaviors underlying addictions might first function to serve goal, such as keeping friends, feeling better about yourself. But then the addiction starts and gets out of hand and becomes the goal. Seeing this “gateway” pattern helps
4. Addictions become so powerful that simple triggers that could not lead to its behavior at first become good triggers. But the triggers have nothing special about them and can be controlled
5. There are other ways to obtain the consequences that addictive behaviors had brought at first, such as social acceptance. What are some of these?
6. You are free to think of better ways to avoid the consequences that addictions first helped to get. How can you bring out these other ways, i.e., learn of them and choose them?
7. You will be pulled to the addictions despite your new efforts at being free from them. How can you increase your resistance?
8. How can you inhibit the addictions, e.g., by freely choosing your new ways? How can you give yourself better effort, energy, resources, social connections, new activities, etc., to do so?
9. You are on your way. Your new belief in free will is helping you. But this effort needs to be continual. How can you encourage that?
10. In the end, your new way of living that you are freely choosing, now that you believe in free will, is an immense help. It is bringing you a more satisfying life that reflects self-control. You are harming less yourself and others. Indeed, you are helping more yourself and others. How can you keep doing that?
11. How could your belief in free will become a stronger belief, a belief that applies to many parts of your life, and a belief that even makes better your values, morals, and ways of living?

Adapted from Köpetz, C. E., Lejuez, C. W., Wiers, R. W., & Kruglanski, A. W. (2013). Motivation and self-regulation in addiction: A call for convergence. *Perspectives on Psychological Science*, 8, 3-24.

Adapted from Young, G. (2016). *Unifying causality and psychology: Being, brain, and behavior*. Switzerland: Springer International Publishing; with kind permission from Springer International Publishing [Table 20.10, Page 527, right side only]

Figure 17-11, Figure 17-12, and Figure 17-13 examine the issue of weight control. Addictions are not necessarily involved in this problem, but the approach to helping those with this concern is essentially the same as described in this chapter. Poor weight control is a product of biological and environmental influences but, nevertheless, can be corrected by starting with the person. **When we begin to build the self, we begin to take control of the body.**

If we overeat to avoid life's difficulties or engage in any other bad habit, life does not become easier but becomes harder. The problem remains and another has been created. In contrast, when we work through problems, we avoid the negatives and create a positive—we can take a well-deserved rest with a clear conscience. When our conscience is clear, it does not need displaced comfort-giving activities, such as overeating. **When life becomes lifelong learning and growing, the only thing in which we wish to overindulge is life itself.**

.....
Ultimately, the best weight control is wait control.
.....

.....
Once you feel better by having a healthy weight, you will gain pounds of self-esteem.
.....

Figure 17-11

Bad food habits can be controlled, by better weighing the options.

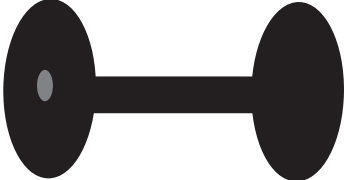
Waist Control

- Eat **once** each meal
- Cut out the **seconds**
- **Double** the walk
- **Triple** the motivation
- **Quadruple** the exercise
- **Quintuple** resistance
- **Sextuple** the debate whether you should
- Leaven **seven**-course meals
- **Eight** times ate less
- Refuse food after **nine**
- **Ten** times **no**

Figure 17-12

The person to whom we must answer for our bad habits is our self.

Tell Weight To Wait

Self Control <ul style="list-style-type: none">• ON Target• STOP Weight• Work Out• Nutrition• Talk To Self• Get on• Healthy Lifestyle	Elf Control <ul style="list-style-type: none">• NO Target• TOPS in Weight• Control Out• Attrition• Ignore Self• Give In• It's a Lifestyle
 <p>Wait with weights</p>	

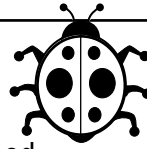
Exercise good habits

Media Made Me Do it—Me Made Me Stop.		
<i>Bad habits need good resolve.</i>	<i>Gambling stops gambling.</i>	<i>When food is the enemy, enlist an army of support.</i>
<i>Stress leads to over-indulging. Control leads to you.</i>	<i>Truth in advertising—Addictions cost all of society money, except our company that profits from it.</i>	<i>Bad habits can better us or get the best of us.</i>
<i>Drinking leads to impaired reviving.</i>	<i>To keep your balance, use neither the left or right hands at slot machines.</i>	<i>Tell bad habits whatever works—to get them unemployed.</i>

Figure 17-13

The person to whom we can ask for better habits is our self.

Fridge Magnets To Freeze Food Dragnets



- Handle with care
- An ounce of prevention is safer than an ounce of food
- Smack snacks in their tracks
- Singe the binge
- I'm the boss of weight loss
- The best gain is in my brain
- Think straight, lose weight
- I don't need a diet; I need myself
- Part of me knows, I hope it grows
- Health is wealth
- Open the door, the front door, that is
- Open the door, to saying, "No"
- Chocolate, hock it
- Chop chips
- Choke coke
- Put ice cream on ice
- Vault salt
- Cane sugar
- Butt out butter
- Break cake
- Delete sweet
- Crumble cookies
- Miss it, biscuit
- Don't donut

When bad habits knock at your door, tell them knock-knock jokes.

Eating without exercising judgment builds us up in the wrong places.

When bad habits are last on the list, the top part grows.

Start a compulsion that should not stop. Eat only healthy foods!

When good habits fill living, bad habits are left to fill dead time.

Bad habits need your good hobbits.

By practicing good eating habits, we do not become eaten by worry.

Figure 17-14 gives some practical pointers on how to gain control of poor eating habits. Overeating is under-planning. It is a displacement, a way of extending satisfaction of a basic need because psychological satisfaction seems absent or too difficult to get. It is letting basic impulses dominate because stress seems dominant. It is a bad habit, acquired

Figure 17-14

There are simple behavioral and cognitive techniques that we can use for any kind of self-control. The self grows uncontrollably by using them.

Food Interrupt Training: F.I.T.

<p>1 Before Eating</p> <ul style="list-style-type: none">• Find a control cue in kitchen (e.g., blue colour means “I have control”)• Use breathing technique (e.g., 3 seconds in, hold, out)• Use self-talk (e.g., “I’m OK”; “My health is important”; “I can deal with stress in this other way that I like”)• Let Happy Self talk for you (“There is a part of me that is happy”; “I’m happy a lot”; and “I like myself like that”)	<p>2 During</p> <ul style="list-style-type: none">• Lay out food on plate to see full meal; no nibbling before• As meal ends, use a stop cue (e.g., colour)• Enjoy taste of the food (e.g., even salad without dressing tastes good)• Think ahead to the plan that has been made for after the meal
<p>3 After</p> <ul style="list-style-type: none">• Perform interrupt act (e.g., get up, leave)• Use a resistance cue (e.g., another colour)• Perform favourite activity (e.g., listening to music)• Meditate (deep breathing, focus thoughts)• Congratulate self (even if don’t have perfect control)	<p>4 Between</p> <ul style="list-style-type: none">• Plan day; don’t allow “veg” time after meals• Plan meals (healthy, healthy, more healthy)• Healthy snacks• See past problems as learning steps• See future as growing steps

because of poor learning about good habits. Getting control of bad habits takes basic math; 1 good feeling – 2 lousy effects (body, mind) = 0 gain, only loss.

The figure indicates that before eating, we need to use situational cues to counter the eating cues of the kitchen. For example, we must choose a peaceful colour as a cue and associate it with keeping control. We can use breathing techniques to distract us from hunger pains and to simultaneously lower anxiety. We can use self-talk to reinforce the right messages. We can let the contented part of ourselves speak for us. **Food can never solve our problems, only we can.**

Body image is only image. Advertisers, parents, and friends create false images of beauty, which change from one decade to the next and from one culture to the next. Beauty is in the eye of the beholder; beauty is skin deep; and these differing trends in beauty over the decades and across cultures prove the point of these sayings. Although we are all aware of these truisms about beauty, unfortunately, the culture of youth, models, and Hollywood permeates and predominates in Western society. However, attractiveness depends on a lot of magnets, other than the allure of physical beauty. For example, we are all attracted to intelligent, resourceful, individuals with “personality,” savoir-faire, and so on. **Inner beauty has no weight.**

In weight control, aside from thinking right, we need to eat right. We must follow our meal plans, prepare the meals patiently, enjoy the meals for what they are, and give thanks for the healthy abundance that life has provided. If we are eating with people, we need to share food, ideas, and ourselves. As the meal ends, follow the meal-end plan in the figure. For example, get up, clear the dishes, leave the room, turn on music and meditate, use resistance cues, and congratulate yourself, even if self-control had not been perfect. There will always be some sliding backward, but this is normal.

The time between meals is the time to reflect on the larger picture. Plan the day, plan the next meals, and plan what to do with free time. A healthy snack helps to keep us on track. **Food is never a problem, until we make it one.**

Given the prevalence of eating-disordered behavior, the young person needs to understand that living a full life from the perspective of high moral ground, with a helpful attitude to other people, affords the best way of growing psychologically. When we promote self-growth that is oriented to giving to others as much as to the self, we discourage taking excess

.....
*Make light of bad habits.
Illuminate their source and
brighten better ways.*
.....

.....
*To reduce bad habits,
belittle them.*
.....

.....
*Bad habits are dead-ends and
good habits are living wills.*
.....

When you favour good habits, bad habits feel excluded. Good.

When bad habits go on the offensive, take offense.

from life for ourselves, including that of over-eating. Young people who do not eat enough can profit from the same message—when we orient to become the best that we can be in a holistic sense, we will want to nourish ourselves in the best ways possible. Our eating behavior should be a reflection of our ideals, goals, aspirations, morality, and values—balanced and wholesome. **Our preferred role in life should be to meet the potential that we have in ourselves.**

Figure 17-15 can be used to get data on our addictions and other bad habits. It asks us to write down when we have resisted temptation or when we have felt bad that we did not resist it, compared to when we felt good that we did. It provides for some self-talk statements that we can use to help us better control bad habits, leading toward their elimination. The examples given are some basic ones prevalent in our society, but the chart can be modified to fit anyone’s needs. **Addictions happen when we let them in. Addictions leave when we decide to ask them out.** Whenever possible, we should find social support and even

Figure 17-15

Ultimately, bad habits are best controlled by a self willing to control them with the know-how how to say No.

One Less Stress Chart

A

Date _____	Person _____	[outcome: Victim__	Viking__]
Wanted to Take	I Did Take	I Didn't Take	The Difference
Street Drugs	(no bliss)	(natural high)	(I can do it)
Alcohol	(no brain)	(brain)	(I want to do it)
Cigarette	(cough, wheeze)	(clear)	(I have to do it)
Coffee	(must have)	(moderation)	(I will do it)

B

Self-Talk To Encourage Not Taking

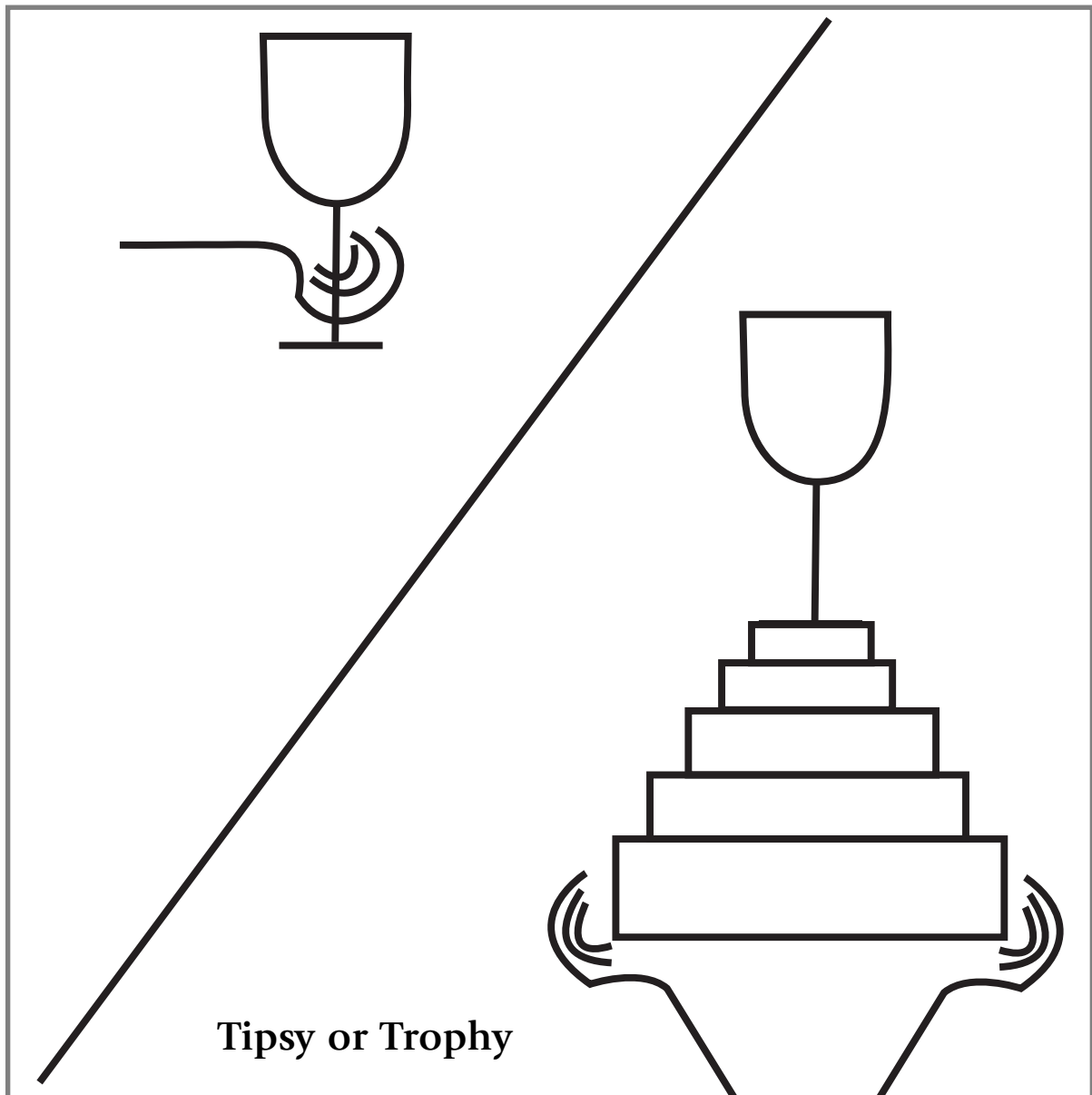
- I wasn't born this way. I'm not going to die this way
- Just say "know"
- When I put chemicals aside, I put myself in the center
- Mental stimulations are the best high

professional help to get us going toward controlling addictions. In the end, we are responsible, at least in part, for their onset and should be responsible, at least in part, for their control. Addictions may be a disease according to some models of how they develop, but even if they are, our will is the best antidote or antibody to take control of them.

Healthy foods in the fridge mean healthy foods in the body.

Make bad habits have-nots.

Chapter 17 has examined several forms of addictive behavior. It is hard to resist all the temptations around us, but it is harder to stop the temptations once they get hold of us. **The only addiction worth having is to live a healthy lifestyle.**



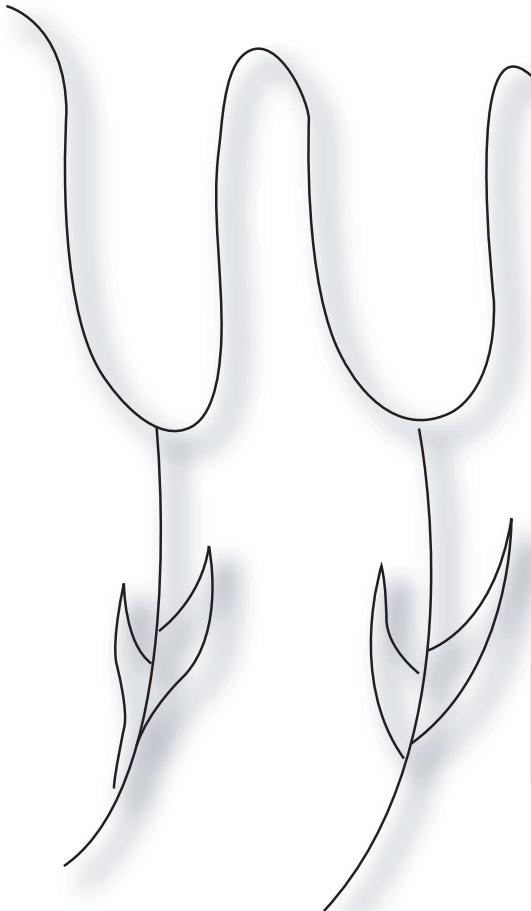
Quint never liked psychology. He did well at university in his science courses, in business, and in his chosen field, but he always clued out in his psychology course. Increasingly, he felt left out at work when co-workers discussed topics such as psychology, good books they read, music they liked such as jazz, or their varied leisure activities such as cooking, rock climbing, and so on.

Quint decides he should open his mind to different experiences. He has always had this outlook on life to some degree, but it had been put aside by his duties. He is happy to get back to this way of thinking, but feels quite anxious about how to go about it. Through the advice of a co-worker, he seeks out a book like the present one.

Swear off drinking—after your partner swears at you.

To defeat self-defeating habits, meet them no-way.

Gambling stops you from worrying about what to do with the money in your savings account.

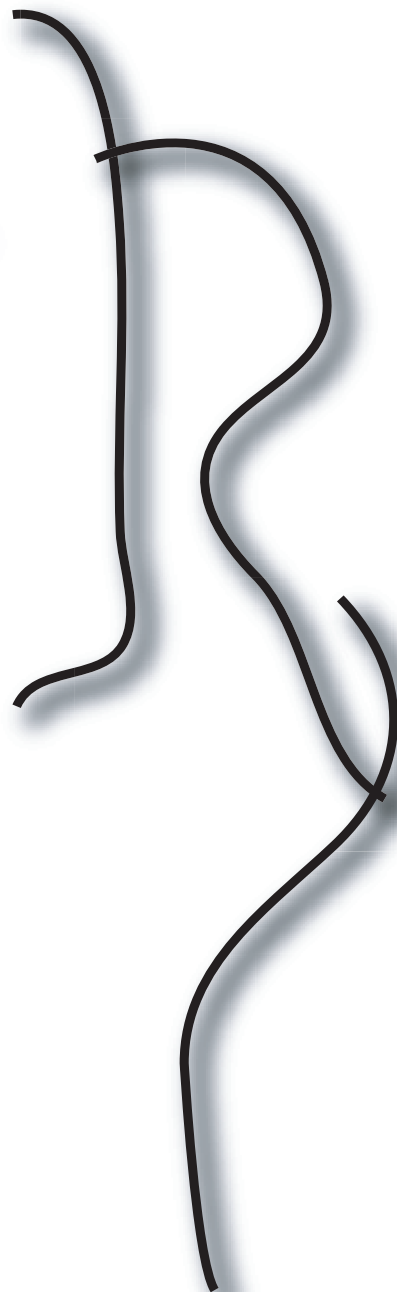
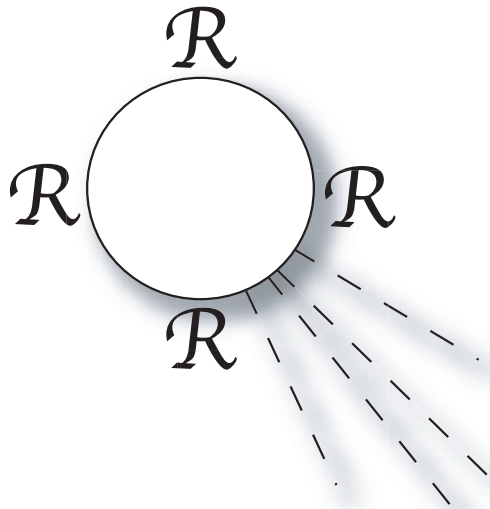


h a t

**What the body knows,
the mind tries to discover.**

Chapter 18

Love



*"R" is for Responsibility—
for everything that we
do, think, and feel.*



.....
*Love is a worthy cause.
Give your all to it.*
.....

In the next chapters, I turn away from negative emotions. I start with a chapter on the topic of love. Love is the greatest emotion of them all. It can happen in a second, or it can grow gradually as a friendship blossoms. It can last a lifetime, or it can end quickly. It can be passionately close, or involve only companionship. It can involve underlying warm feelings, sharing, and security. However, it can also involve distance, insecurity, and feelings of anger or sadness. **No matter what its state at the current moment, love can change, improve, and grow.**

In **Figure 18-1**, we see that love is associated not only with the heart, but also the head. Love is not just physical attraction and a beating heart. It is also sensitive communication and the art of talk. **The more that both members of a couple put head and heart together, the more likely that they will create love and intimacy.**

Figure 18-1

When we love with our mind and heart together, we stay together.

The Art Of Love



Paint your heart and head together

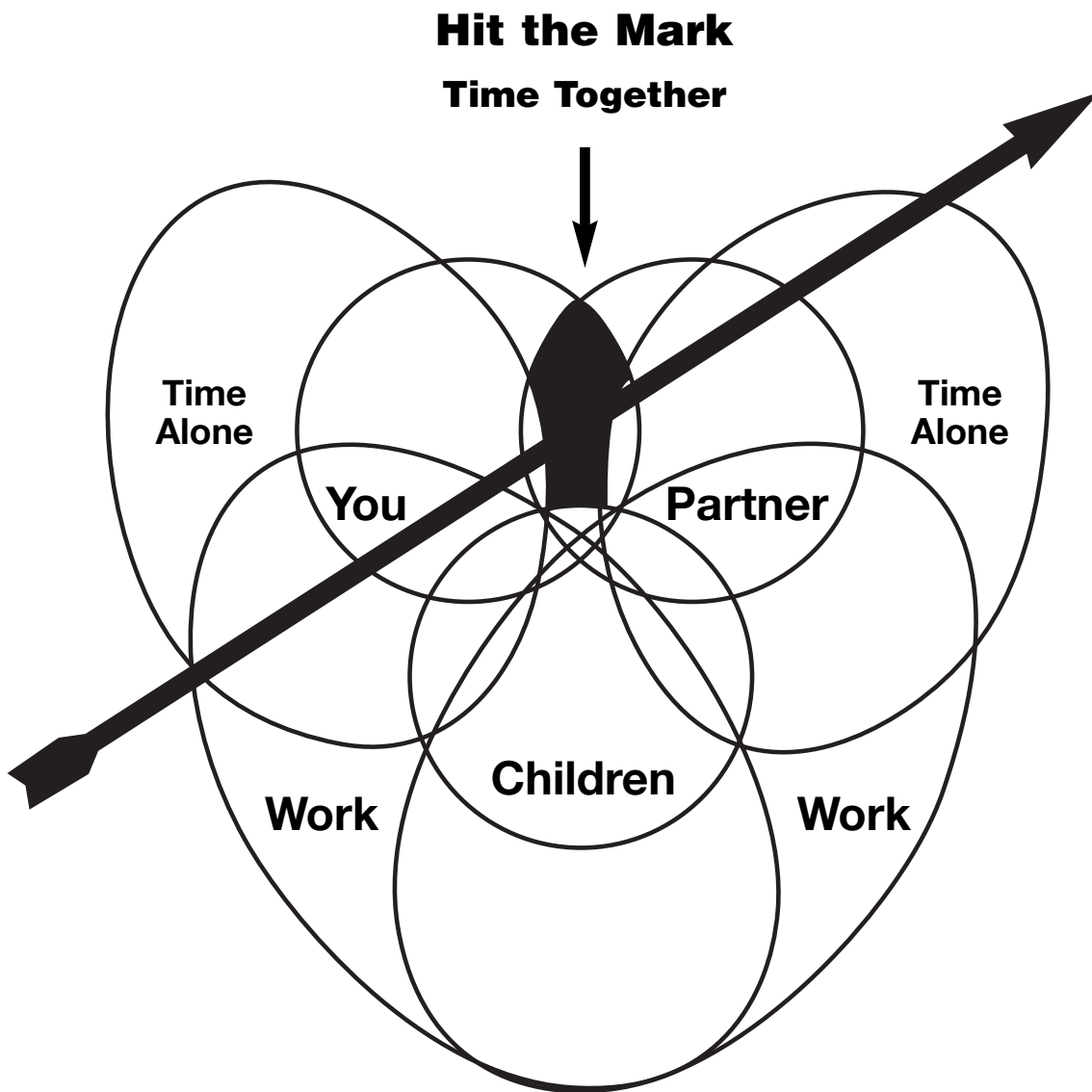
Figure 18-2 shows that the best way to win our partners' hearts is to share time with them, despite the busy lifestyles that we may lead. Romantic partners should set some time aside for dating, and the like. Perhaps this concept sounds strange, but couples have to go back to their roots and back to the good times of their courting period. Love should involve continual courtship and enjoyment from that courtship.

*When love rules,
neither partner
is a monarch.*

*The best prenuptial
agreement:
Cherish her honor.*

Figure 18-2

By freeing time together, we feel free to love.



*Reach for the top. Then, caress
her hair and soothe her mind.*

*Honeymoons last—when we
remain shining examples.*

*The lure of love
needs the allure of effort.*

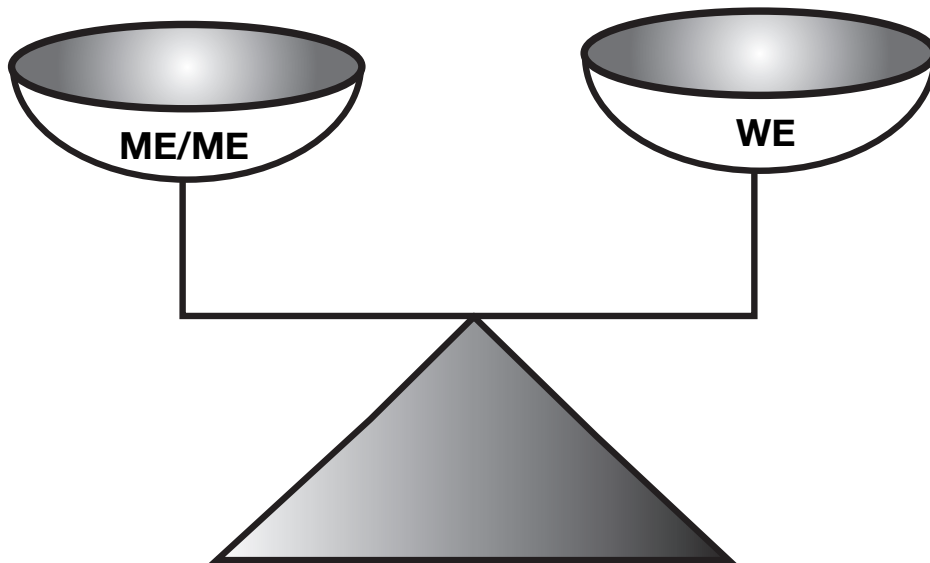
*Couples who function as one
become better individuals.*

Figure 18-3 indicates that there is strength in a couple that goes beyond the two individuals. When couples deal with each other face-to-face, they end up lips-to-lips.

Figure 18-3

A couple that stays one, does not separate in two.

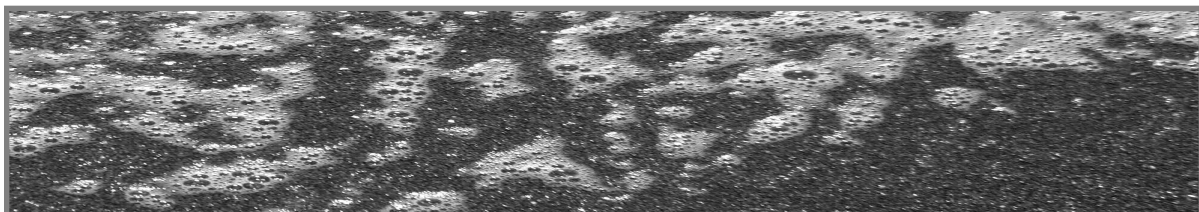
The Scales Of Just Us



Sometimes We is lighter than Me/Me,
especially when We laugh.

Sometimes We is heavier than Me/Me,
especially when We present a united front.

Usually We is neither heavier nor lighter than Me/Me.
We is in balance, just right.



In **Figure 18-4**, we examine steps in the growth of love. **One would think that love is an all-or-nothing matter, but it develops through stages.** In a stage model, we go from one step to the next. However, in practice, in relationships at the adult level, we simultaneously live many of these stages. For example, at the beginning of a relationship, even though we may be involved in only the early stages, we are also planning, looking forward to, and hoping for the later ones.

a) In terms of the stages themselves, first there is a physical stage that often takes place, one of attraction. *b)* In the second stage, the physical becomes emotional, as deep attachment forms. *c)* Next, the couple reaches a point where commitment is important, where each partner wants a long term relationship. *d)* Having developed security and commitment in the relationship, the couple can move into the fourth stage, where each partner feels personally comfortable, allowing growth in personal psychology, motivation, and so on. Each partner becomes more aware of the self, of others, and of the world around her or him. *e)* Finally, in the fifth stage, a mutual sense of growth is perceived as developing through the relationship with the other. This is akin to a more spiritual stage.

*Love progresses in stages.
Climb the steps together.*

Ralph dreamed of resolving his love life. He read Chapter 18 and rewrote his amorous adventures. Ralph resonates with Chapter 18. You can too.

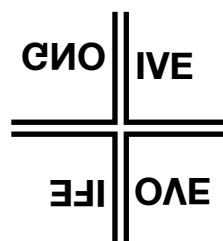
Figure 18-4

Love starts with attraction, which converts to attachment. The critical level is the next one, of creating commitment. Then, personal and mutual growth are facilitated. The stages of love are stepping stones for a long life together.

The Stages of Love

Stages

1. Physical	Attraction
2. Emotional	Attachment
3. Cognitive	Commitment
4. Consciousness	Individual Growth
5. Spiritual	Emergence/Mutual Growth



.....
*There are so many
dimensions to love
when there are
no hidden ones.*
.....

.....
*Love is a medium.
Children are the message.*
.....

.....
*When love includes
friendship,
it excludes boredom.*
.....

The steps in growth of love in a couple are explored in more depth in **Figure 18-5**. The wants and needs of the individual and of the other are examined for each step. In the diagram, I call the steps “dimensions” and the wants and needs “sub-dimensions.” For example, in the first stage of attraction, there are the sub-dimensions of feeling desire for another, wanting to be desired, making one’s self desirable, making another desire, and guiding another to feel these same four aspects. In fostering all of these five sub-dimensions, or trying our best to do so, love becomes more complete. **To make love work, we need to work at love.**

Even if we understand better the pathway of steps in the growth of love, it still remains a hard passage. Each of the five stages of love has its dangers. In the following, I review the dangers of each stage, presenting them as an opposition where we have to find balance but, of course, with the positive side predominating.

The first stage of attraction is the easy one in love, or so we would think. When we begin a relationship, there is almost always some sort of physical and psychological attraction. We imagine our love interest as ideal and our future with this partner in the most positive light. We idealize everything about her or him, from the physical to the emotional to the situational (job, income, future parenting, future home, etc.).

The danger of the first stage is that, at one extreme, we over-idealize the person with whom we are infatuated. We exaggerate the positives and minimize, or even hide from ourselves, any hint of a negative. The best approach is to avoid being too over-idealistic about the person and to remain quite realistic. We should not let love blind us, only guide us. There is another danger in this first stage, this one at the other extreme, of overly devaluing the other person. Perhaps, it materializes when we have been too overly positive and, therefore, cannot maintain the illusion about the other person. Then, we rebound the other way and see too much the negatives in the other person. Should we push this to the extreme, we become overly critical, super-negative, and rejecting.

The psychological process that may take hold in such a dynamic is all or nothing; we go from one extreme to the other. Either the person to whom we are attracted is considered everything and means everything to us, or else she or he

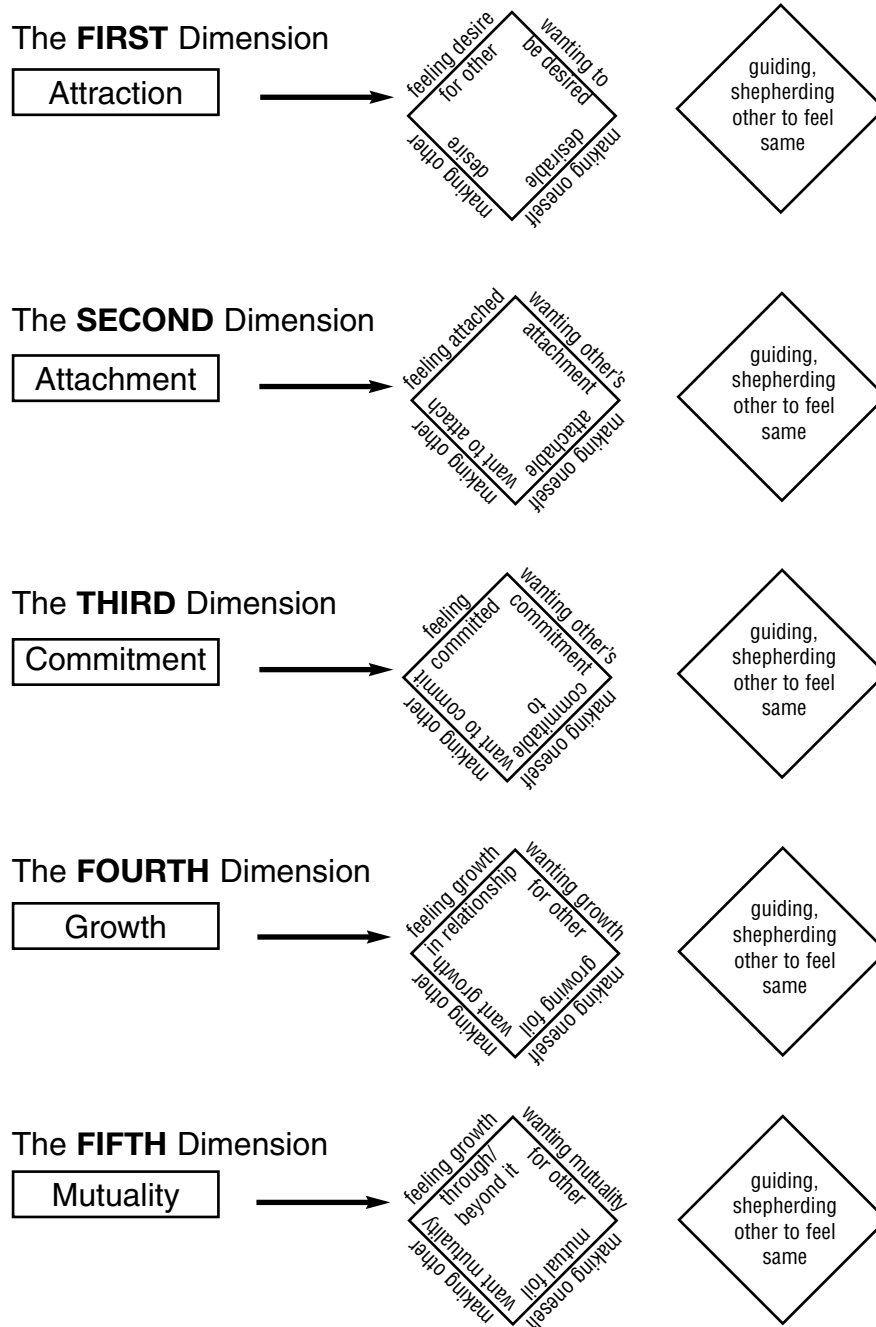
Figure 18-5

Love involves the other as much as the self. By wanting and acting for the other's happiness and growth, our own is increased.

Love Dimensions

Dimensions

SubDimensions



.....
*One good turn
deserves a lover.*
.....

.....
*Conceive of love
as conception.*
.....

is considered nothing and means nothing to us. We choose an ideal image that we want to see in the person, and when we cannot keep it in focus because the person does not turn out to be exactly what we had hoped for, we get quite disappointed. Perhaps, we continually go back and forth between these extremes, evaluating the other either too idealistically or too critically. Or, our partner may do the same, varying at the extremes in her or his opinion of us.

From the beginning of the attraction stage in the development of love, when there are problems of the nature being described (in terms of being overly positive or overly negative), the relationship lies on rocky grounds. It is as if, at any one time, one or the other partner is engaging in a relationship where one feels content then gravitates to discontent. The partners never find mutual contentment, but go back and forth, as if predator is hunting prey and, then, the roles change. Consequently, the relationship is replete with approach/avoidance patterns of various stripes. The solution lies in making an effort to balance negative evaluations of our partner with positive ones and, of course, by finding a partner where we can realistically say that she or he deserves more positive than negative evaluations. **We need to see the negatives in our partner, but these should be considered as starting points to dialogue rather than as turning points to dispute.**



In the next step in the development of love, that of attachment, our love grows stronger. The emotional side grows deeper and a sense of security is felt.

As with the prior stage, there are dangers. In this stage, the opposition concerns security-fostering and insecurity-fostering behavior, and the danger is that an appropriate balance is lacking. As our relationship grows into this emotional phase, we show concern for our partners, want to be happy with them, and want them to be happy with us. We want to pamper them, protect them, play with them, please them, and spend all of our time with them. And we expect them to feel the same way about us. We express our deepest feelings to them and expect them to reciprocate.

However, couples always go through ups and downs and doubts. Nevertheless, this is not necessarily a negative for the couple. Relationships are cemented through knowing some insecurity, or through the anxiety of wanting to avoid rupture and loss in the relationship. Therefore, many relationships weather such storms. The balance on the security scale tips to the positive, and the future of the relationship appears more positive. Should this not develop, the danger is that the partners alternate between wanting security and feeling insecure with the other. **For members of a couple to feel continual security, they need to encourage continual trust.**

In the third stage in the growth of love, called commitment, the challenge facing the couple is the desire to form a long-term relationship. Each partner struggles with wanting to cooperate with the other and sharing with them, or with the opposite behavior of reverting to self-interested goals that exclude the other. In relationships, we want to live for the other but, at the same time, we do not want to forget the self. Commitment is easier when this balance is achieved, when each partner learns to give unselfishly to the other and to take non-selfishly from the other, as well. However, when the relationship slips into a give or take mode, for example, where one partner mostly gives and the other one mostly takes, the reciprocal give and take that takes place in sharing is lost and, most likely, any long-term commitment will be lost, as well. **When couples share, commitment grows.**

In the last stages of love, after the couple has worked through the first three difficult ones, personal growth is facilitated. The power of love takes hold not only in our

*Love and affection
go cheek to cheek.*

Hot arguments cool passion.

*Love is not an end
but a beginning.*

hearts and heads, but also it spreads to all aspects of our lives. For example, the fourth stage facilitates an interior growth of the individual. **We grow to be ourselves because of the presence of the other.**

The danger is that this growth is not turned outward to the world (perhaps there are unresolved issues that are opened, or perhaps the person's current context does not allow it), and the person turns too inward. Again, a balance is needed. Growth needs fine tuning on the inside as well as fine social skills on the outside.

In the last stage of love, as each partner grows, they find they are growing beyond what they could have been without the love of the other. New, emerging parts of each self may develop. The growth in the fifth stage surpasses that of the fourth stage because, in the fourth one, growth takes place only as far as the individual's pattern will allow and, in the fifth stage, the mutuality that develops spurs development into emerging heights beyond what is found in the prior stage. **We grow to be more than ourselves through the other.**

The danger is that this growth is not managed well, or is not coordinated with the other and, therefore, seems threatening, causing the partner to apply brakes to it. As usual, both partners need to set up a constructive balance in these tendencies, in this case, to develop emergent attributes and to respect the need to coordinate them with those of the other, so that the couple develops a controlled positive growth toward both personal betterment and betterment of the partnership.

These are the challenges of love, to navigate its stages by balancing its extremes. When we let each stage happen and are aware of the dangers and share in their equilibration, love becomes a happening. Each time love faces a crisis, and the partners involved work together to resolve the issues, it becomes that much stronger, deeper, higher, and longer.

Figure 18-6, Figure 18-7, and Figure 18-8 repeat the basic themes that love is a communion that needs mutual work. Love feeds our being, but not if it is a one-way effort. **Partners in love know that sole action is not soul action.**

.....
*Cheaters get caught—
by their conscience.*
.....

.....
*Being faithful brings
bedded bliss.*
.....

.....
*Love binds couples like
stars bind sky.*
.....

.....
*"Love" is the most powerful word,
but it is all nonverbal.*
.....

.....
*Charity begins at home.
Give love to your partner.*
.....

Figure 18-6

When romance goes awry, it is usually because we do. When love becomes a one-way street, expect to find a dead-end.

Love: Sole Proprietor or Soul Proprietor

S	O	U	L
E	T	S	O
L	H		V
F	E		E
	R		

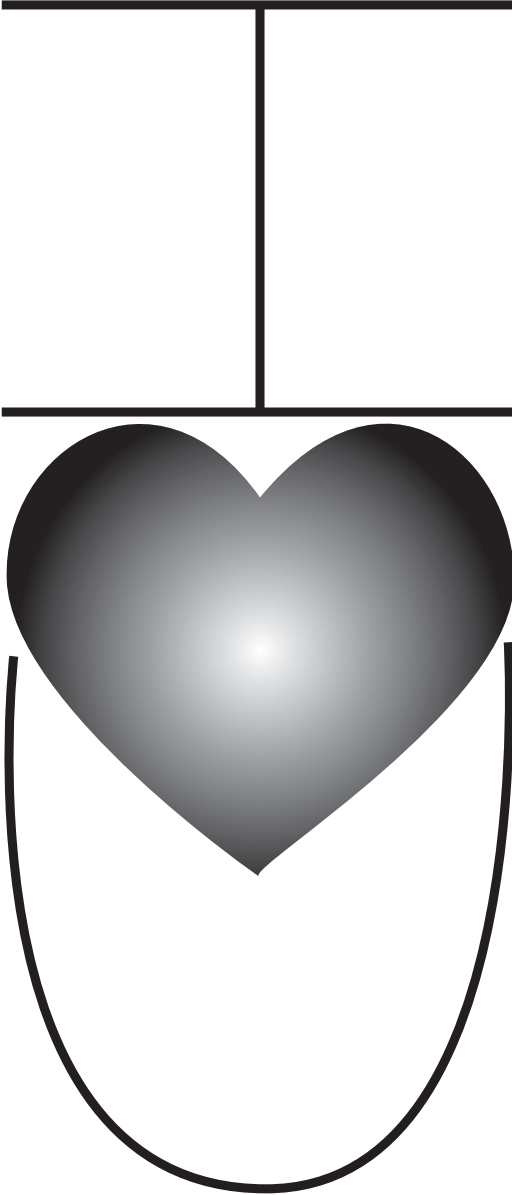
S	O	L	E
E	W	O	G
L	N	V	O
F		E	C
I	N	L	E
S	E	E	N
H	E	S	T
	D	S	R
	S		I
			C



Figure 18-7

When we remind our partner of our love, the favour is returned. Love is one math where two negatives do not make a positive.

Tell It Like It Is



<i>Diamonds are forever— when the fingers keep touching.</i>	<i>Arguments should mean that you are mending.</i>	<i>Insist on your rights— and point out his wrongs.</i>
--	--	---

Figure 18-8

Intimacy needs to be nurtured and not taken for granted. By building positives at home, we build foundations.

Home Improvement

E is for Electric

- Your romantic life is not good
- You want better communication, sharing, romance with partner
- You decide to follow strategy of communicating, sharing, giving
- You realize that success will happen

I is for Intimacy

- You decide to talk more to partner
- You really listen, let conversations flow, not just give your opinion
- You arrive home from work, adopting a peaceful, pleasant attitude
- There is a lot of time left

A is for Appetite, Appeal, Attraction

- You follow your plan
- You reinforce, compliment your partner when her/ his attitude is positive like yours
- Mutual attraction begins
- You turn on the music and light the candles, listening to romantic sounds

O is for Oh

- The evening progresses fine
- You relax together, rub feet together
- You remove each other's barriers

Y is for Why Not

- Your partner calls you to follow her/ him.
- You and your partner synchronize

U is for Unbelievable

- Before you thought that your relationship was not going well
- You didn't know what to do, how to turn things around
- You decided to follow some simple rules—partner deserves attention, you listen, make her/him feel important, feel loved, share, etc.
- You even help out every time you can with chores, children, etc., so that each of you has energy left at the end of the day for other things
- Life is no longer boring

Men and women are different—until they share the same values and goals.

Figure 18-9 asks us to put it together. If we want to connect in love, we have to connect ourselves. Sure, women are from Venus and men are from Mars, but they have to meet on Earth. Each sex should learn from the other, but as co-learners rather than as student and teacher.

Figure 18-9

When we become attuned to both our masculine and feminine sides, we increase the fine-tuning needed for a great partnership.

Love Links

Between Partners

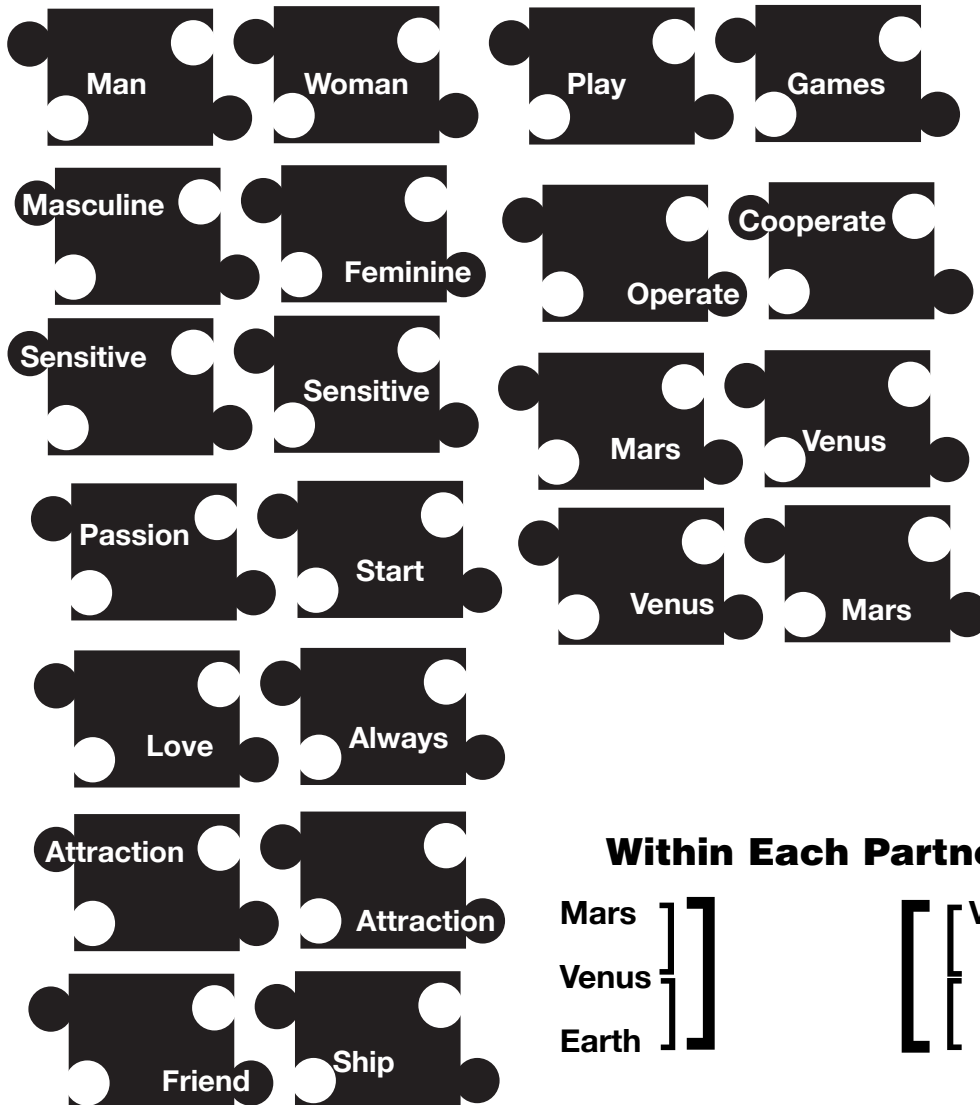


Figure 18-10 indicates that love starts with being open and honest. This promotes active awareness and caring. Communication opens options. Love has the last word when we share the word.

Figure 18-10

Communication is the game—love is the prize.

*Love is a bilateral festivity
when there is multiple activity.*

*Let him know how you feel.
Let him know how you think.
Let him know how you behave.
Let him know what hurts.
Let him know what helps.
Let him know you need to know.*

Winning at Love



Action Result

Soul	Self
Self	Other
Other	All
All	Agree
Agree	If Disagree
If Disagree	Talk
Talk	Walk
Walk	Growth

.....
*Love is the spark
for so many flames.*
.....

.....
*Love runs deep—
when we do not
let it run dry.*
.....

.....
*To have a meeting of minds,
have a meeting of hearts.*
.....

Figure 18-11. The beauty of love is that it makes everything feel beautiful. We are invigorated, enraptured, and feel that no mountain is too high to climb. When we fall in love or stay in love, we come to love life as much as our partner. Each time we can express our joy, we do. Each festivity becomes a major reason to celebrate. We live life full of enthusiasm, ready for the next challenge.

However, often the next challenge comes right from the relationship. Inevitably, the passion recedes, the first argument arrives, and a crisis happens. The beauty of love is that we want to make it last. We try to solve the problem with a gift, a kind word, a hug, and so on. However, usually the argument is about a deeper level in communication that needs to be addressed in a serious fashion. Problem solving in couples is more than finding the right word. It is about finding the right life statement and about finding our sensitive selves. The other deserves our best when we want to get the best from him or her. Partnership is about keeping the ship afloat, righting the ship whenever it flounders, keeping the ship in tip-top shape, and aiming it in the right direction. **In working together toward mutual goals, from how to be each second to how to be over a lifetime, love becomes a work of art and a continual work in progress.**

Figure 18-11

Love poems are life poems.

St. Valentine's Song

As being feeds soul, togetherness feeds living
As winds fill sky, vision fills mind
As waters quench thirst, rapture quenches spirit
As rivers feed ocean, love feeds heart
When thunder bristles, rhythms spark
When lightning gathers, melodies clash
When symphonies play, music dreams
Tumults of glee descend from peaks
We caress the cadence of the moment

Figure 18-12. Love is the height of all passions. It brings us highs and, inevitably, lows, as well. It makes us miserable when it does not go well. We will do anything to get out of that feeling. The best way of avoiding the lows of love is when partners avoid taking each other for granted and, instead, continually ask what the other needs. A happy partner makes a happy self. Happiness is not just about asking the other to fulfill our needs. It is also about asking the other what he or she needs. Moreover, love goes way beyond need and satisfaction; it also touches spirit and soul. To use a metaphor, winds are reminders of each love that has been on the planet. That is why they dally in sunlight and get furious in storms. Love is hard to keep going. It needs the winds of change to keep it forever moving and vibrant. It needs the sun to give it energy. It needs the stars to give it vision. **So when we fall in love, we should look for motivation and, then, act on it to keep love on the horizon.**

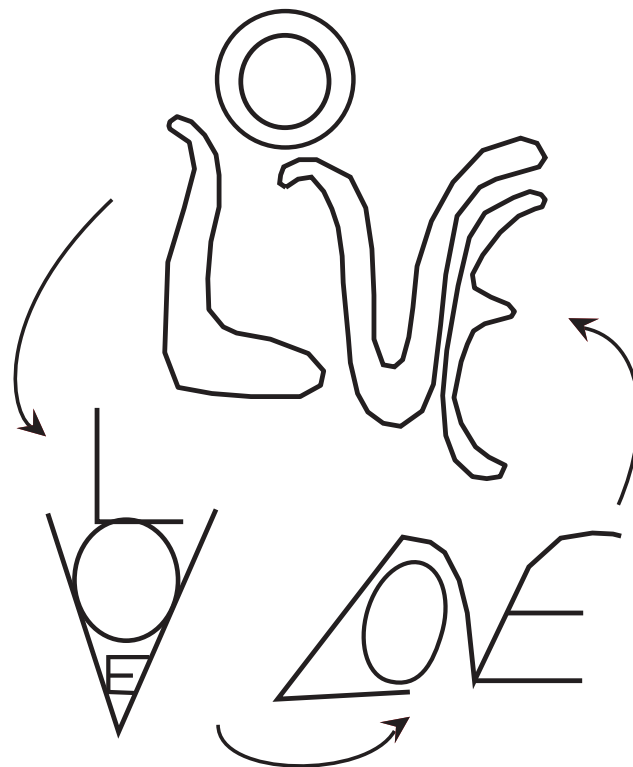
*Love is like the alphabet
—it can be put together
in a lot of ways.*

*Use spell check when
writing a love letter—to
add in all the highlights.*

Figure 18.12

No matter how we spell it, love makes the world go round. It also makes the world go crazy and bananas.

Love Makes the World Go 'Round



When love has stops
and starts, start talking.

"You were meant for me"
means—"I mean to
make you happy."

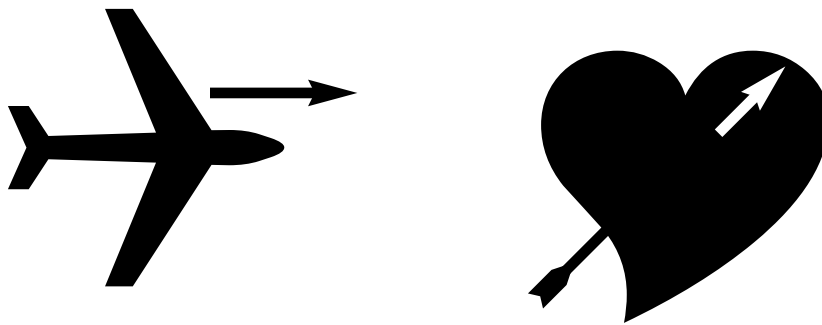
Figure 18-13 indicates that long distance relationships may be exciting, but they may not last if the couple does not prepare for the next phase. Everyone would like that each meeting in a love relationship is emotionally-charged and uplifting. The long-distance relationship may foster feelings such as this longer than the regular one, where both are in town. However, love is not just about the initial emotional passion. It is also about the long term commitment and growth that it brings. Unless the partners in a couple can learn to live together in the daily hassles of inhabiting a common home, they may be forced to come down from their perch.

Most of us do not start our relationships as long distance ones. We meet our future partners in town and, hopefully, transform longing to loving by sensitivity and hard work, moving on to children and future. Both types of relationship can learn from the other. The more that we can introduce some excitement, passion, outings, and so on, that invigorate the relationship, the more our partners will be pleased and remember our efforts. The more high-flyers plan for a more grounded relationship, the more their relationship will be earthy rather than fanciful and shaky in the long term. Rightfully, in the end, love is about the dreams, but also it has to live in reality.

Figure 18-13

When cupid needs a long distance plane flight to bring his arrows of love, the couple may always want to live in the clouds.

Long Distance Flights of Fancy



Advantages

- Anticipation excites
- Every meeting is like new
- Cram everything in a short time
- Absence makes the heart grow fonder

Disadvantages

- Do not deal together daily hassles
- Always expect high-end lifestyle
- Relationship may founder when finally live together
- Familiarity breeds contempt

Solutions

- Be aware of disadvantages
- Work toward day when live together
- Do not over idealize; rather, over prepare
- Become passionate for the person, not the idea of romance

Figure 18-14. The best way to keep a relationship going is to keep the week filled with shared activities. Partners who keep their love strong know that passion is a small part of their time together, and that activities undertaken in friendship cement the relationship. Also, friendship is more than planning good times. It is also about sharing support and advice in bad times. Partners in a couple need to work their legs, arms, and shoulders at the health club and offer the warmth of a shoulder when one or the other needs supportive connection. **Intimacy is as much conversational and affective as tactual and sensual.**

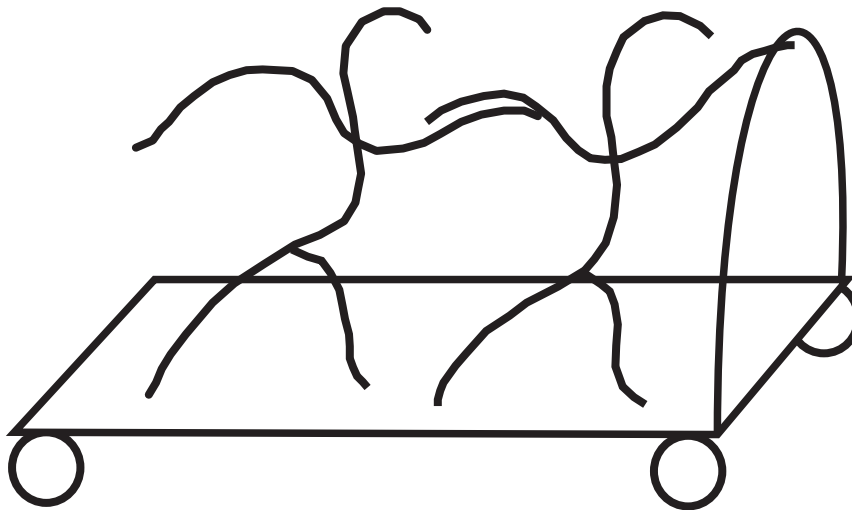
Partners who are friends more than talk the night away.

In couples, a warm shoulder warms the bed.

Figure 18-14

Exercising together builds the strength of a couple.

Love on the Run



Cupid never leaves us limpid.

Love evolved in the universe so that we can help the universe evolve.

To communicate your love, look in the eyes and do not say another word.

When we take our partners for granted, they take leave.

Misdirect disrespect.

Love is the source of all eagle.

.....
*Love is part passion,
part caring, part sharing,
and part dedication.
Do not let it part ways.*
.....

.....
*Put spark back in your
love life—Dance.*
.....

Figure 18-15. Love used to be red, as in red roses, Valentine’s day, red silk, and red lipstick. When it comes to love, loving people are much more aware of the colour green, as in preserving green spaces, recycling, saving the environment, and enjoying nature. They have a world view that places love of the planet, and its plants and animals, as part of their identity and life task. Partner love and family love are seen in the wider context of one’s place in the cosmos. In today’s climate, partners in love are activists not only for themselves, but also for others. Individuals seeking the ideal partner may want to check their own ideals and values. Instead of just wanting to plant a kiss on a new date, the young person today may want to plant a young tree in a city park to impress the other and to lay the foundations for self-growth. **Love cannot be isolated to a soul mate, because the soul of who we are resides in the wider universe around us.**

Figure 18-15

Roses are red.
Violets are blue.
And they still can be —
If we save the planet.

Love is Green



Figure 18-16. The figure is given on the next two pages. The text portion in this figure consists of a saying for each of the 60 key words in the figure, so I have not written anything extra about the figure. **Sayings give us guidance. Life gives us sayings.**

Figure 18-16

The most important principle in love is to live life as love.

Fifteen Principles in Love

1. Honesty / Openness / Transparency / Respect

The only thing that should come between partners is **honesty**.

Opening our heart means opening our mind.

Love should be like a clear window; letting in each other's light.

When **respect** is earned, we need to be open enough to give it.

2. Trust / Faithfulness / Loyalty / Commitment

Trust is built from sincerity and cemented by action.

Faithfulness is lovefulness.

Standing by someone gives them energy to carry us with them.

Commitment to love should be a lock-up.

3. Sharing / Communication / Giving / Support

Sharing is a looking in the eye to see the person behind the look.

Communication is to love as nourishment is to body.

To give in to love, we need to see **giving** to others.

Providing **support** provides the right message.

4. Kindness / Nurturing / Affection / Sensitivity

Get the ultimate thrill – be **kind**.

Nurturance is passed down from one generation to the next.

When love locks, we need to use the key of **affection**.

Being there comes from in here.

5. Happiness / Confidence / Maturity / Empowerment

To make a partner **happy**, do not give her everything – give her yourself.

Self-**confidence** comes from other praise.

Maturity is casting our vision on the horizon when others are casting doubt or stones.

The partner who **empowers** the other shares in the wealth.

6. Intimacy / Passion / Attraction / Sex

In a couple, **intimacy** is about affection and support. Go about it.

Passion is half desire, half being desired. Let it add up.

Attraction is more personality than perfume.

Sex is a two-way meet.

7. Friendship / Leisure / Relaxation / Enjoying

Love may be more than **friendship**, but it is less without it.

Partners who enjoy activities together stay together.

Partners need to find down time together if they want to find bed time together.

Enjoying what comes naturally makes for joyful compatibility.

8. Planning / Follow through / Reliability / Accountability

Couples who **plan** have no time for nothing.

By **following through**, we lead the way.

Doing what the other expects is the least the other can expect.

Being **accountable** leads to marital savings.

9. Dispute Resolution / Self Control / Problem Solving / Compromise

Arguments are resolvable as long as we have **resolve**.

Self control lies in the self, not the other.

Couples who love **problem solving** stay in love.

Love bargaining: Negotiate compromises rather than **compromising** negotiations.

10. Acceptance / Forgiveness / Unconditional Love / Making Up

It is easy to **accept** completely someone who accepts the need to change for the better because of their incompleteness.

When we are in love, **forgiving** is a foregone given.

When partners start to be a couple, love becomes **unconditional** when it has been earned.

Making up livens up.

11. Responsibilities / Provider Roles / Work-Study / Security

Partners who share **responsibilities** share life.

Partners who share 50–50 get 100% satisfaction.

Letting the other **study** educates the couple.

When we make the other feel good and **secure**, it secures the other for good.

12. Chores / Cleaning / Shopping / Kitchen

When you help with the **chores**, your partner comes clean.

Why do men who **clean** their cars for hours find it tough to do 10 minutes of dishes?

Plan your budget—**shop** 'til it drops.

He who prepares the food, prepares the bed.

13. Values / Meaning / Spirituality / Growth

Partners who seek the best **values** find the best partners.

When we seek **meaning** in everything we do, we will find a partner who means everything to us.

Partners who share **spiritual** values build a temple more than a home.

When partners help each other **grow**, they grow more than they can imagine.

14. Family / Friends / Social Life / Community

Family is more important to a couple when their couple is the most important thing to them.

A **friend** can be a good back-up when a partner has the back up.

Double dating quadruples the fun.

Giving time freely to the **community** couples you with like-minded wholes.

15. Harmony / Generativity / Children / Environment

The greatest love in a couple is love that is greater in **harmony** than the couple.

Being in love with one person facilitates being in love with all people and their environment.

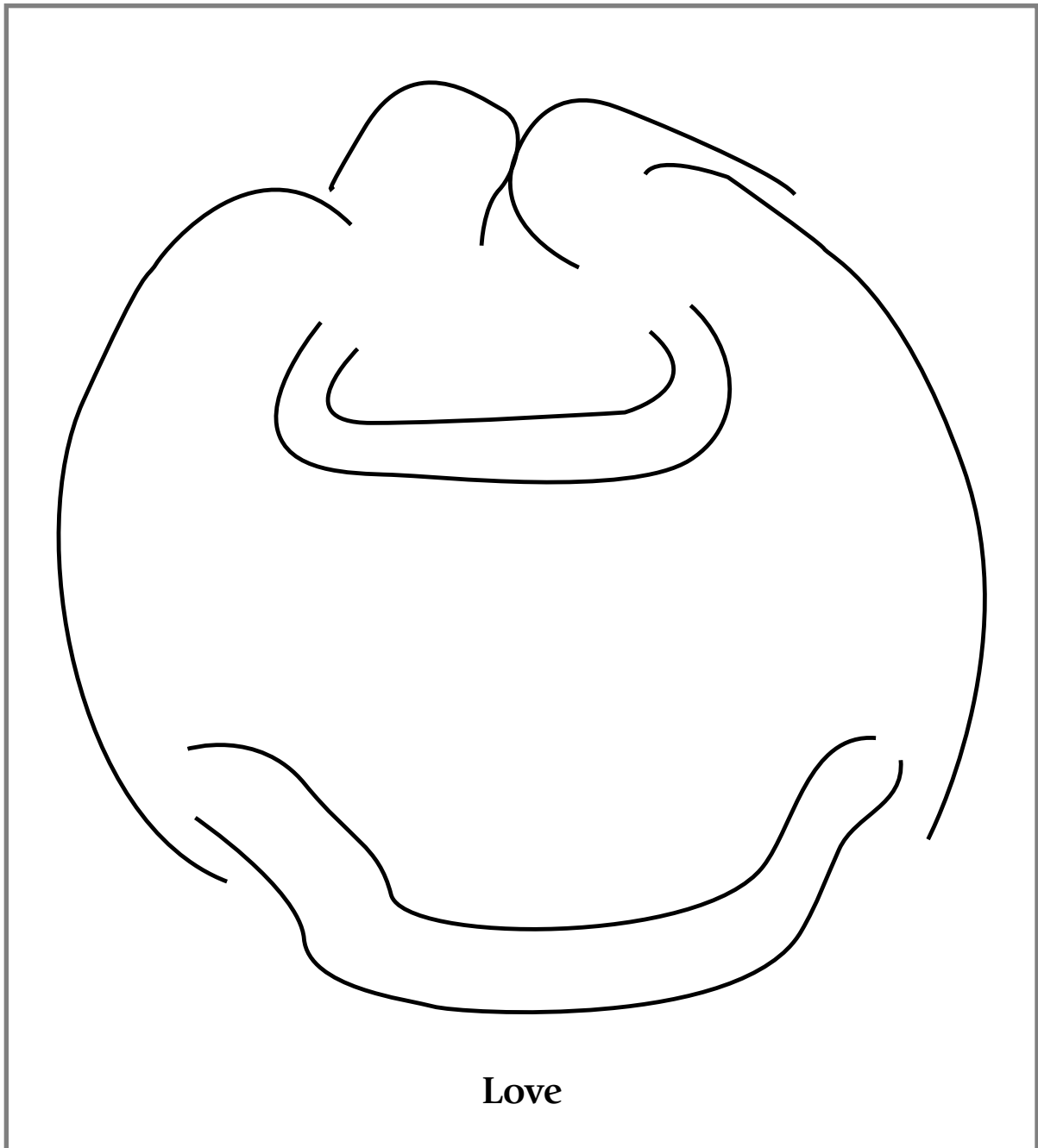
Love procreates love, for our **children** and others.

It is not the roses we bring to our partners that count anymore. It is the actions that we take to save the roses and other plants and creatures from destructive human habits.

Sweet love. What else is there to say? The chapter shows that love can be cultivated and formed in stages, studied and analyzed in depth, and worked at when it diminishes. Love is everything for us, but without constant caring, it can become nothing. **Attending to our partner's needs leaves us less needy.**

*Honor thy daughter
and her brother.*

*Marriage begins after
the honeymoon.*



Risa liked to read and would read on a variety of topics. She read both to relax and to learn. She wanted to help herself, because she had experienced a lot of stresses in her life, as had other members of her family. At the same time, she wanted to change some of her bad habits and replace them with good ones.

A book much like this one will help someone like Risa and others who are experiencing distress, anxiety, and depression, and who want to grow.

*For better
(improve our good habits)
or for worse
(move our bad habits).*

*Dating prepares for marriage—
and then preserves it.*

*Dating is a sign of the times—
it should always be present.*



Where

**We ask ourselves where we are when
we take stock of where we are not.**

When a couple finds the time for each other, time apart is well spent.

Family breeds content.

Love is a story. We are the words.

Relationships are like cement factories. They can always go bankrupt for lack of “drying” really hard.

Dinner and dance go with bed and breakfast.

Run your fingers through her hair, and your feelings through her mind.

Love grows—when each partner is allowed to.

Close encounters of the word kind.



Say "Yes" to Love

*Partners who live in truth,
lie down.*

*When arguments go back and forth,
life goes up and down.*

*For love to be the epitome,
think more than "me."*

Love is a communicable need.

*Love is biological, illogical,
psychological, and logical.
See what I don't mean?*

*Love is like clockwork.
It needs your electricity.*

*The more we love longingly,
the longer the love.*

Tie the knot—without tying one on.

Love is a growth machine.

*A relationship that lasts
puts the other first.*

*Love is an epidemic that
needs lots of bed rest.*

Love is bind.

*Love's compass always points
above the horizon.*

*By the grace of good, I pronounce
you wife and husband.*

*Love evolved in the universe so that
we can help the universe evolve.*

Medicines cure. Love heals.

Lovers are partners in rhyme.

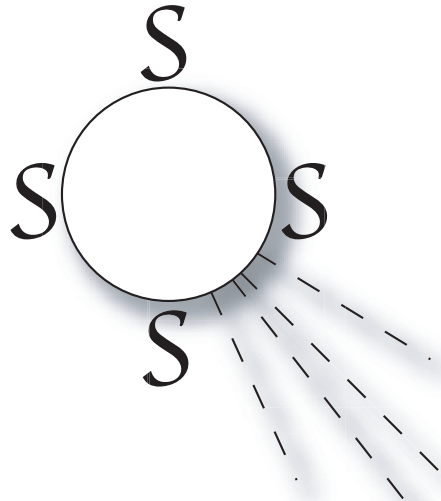
*To get more heat in your couple,
turn off the power.*

Love's challenge—Dare to share.



Chapter 19

Motivation



*"S" is for search
and simplicity.*





.....
*Motivation starts with "won't"
and ends with "want."*
.....

.....
*When we aim high,
there is no time for lows.*
.....

In many senses, motivation is the predominant topic of this book series. Motivation is the facilitator of the deep powers of will that reside in each of us. Motivation is a turning inward to find optimal energy and emotion, to organize thinking skills, and to propel us into behavior. Motivation is also a turning outward to marshal resources, both material and social, to organize effective plans in context, and to activate those plans. **Motivation is the ultimate destresser because, when it is channeled efficiently, it leads us to responsibility and responsiveness.**

However, sometimes, no matter where we look, we cannot find motivation. Often, when we look hard for motivation, we look in the wrong places, including the television or fridge. We have to learn that there is only one place where motivation resides, and it is within ourselves.

Figure 19-1 illustrates that motivation works best when we aim right. The expression "being in the zone" refers to three aspects of motivation.

First, "being in the zone" means that a positive attitude is the best target at which to aim. A positive attitude feeds motivation. When we have a positive attitude, we can best deploy our energy, channel our feelings, organize our thoughts, plan our behaviors, call up our resources, and act to our advantage. Invariably, a negative attitude will interfere with achieving desired outcomes.

Second, "being in the zone" means that, as we undertake our motivated efforts, we need flexibility. If we are too rigid in any aspect of our efforts, any difficulty that we encounter, no matter how small, becomes very frustrating and can interfere with efforts made. It is more important to be in a zone that allows ongoing correction of feeling, thought, and behavior, according to the moment-to-moment fluctuations of the context, than to be rigidly aimed toward a goal without being able to adjust to whatever may happen.

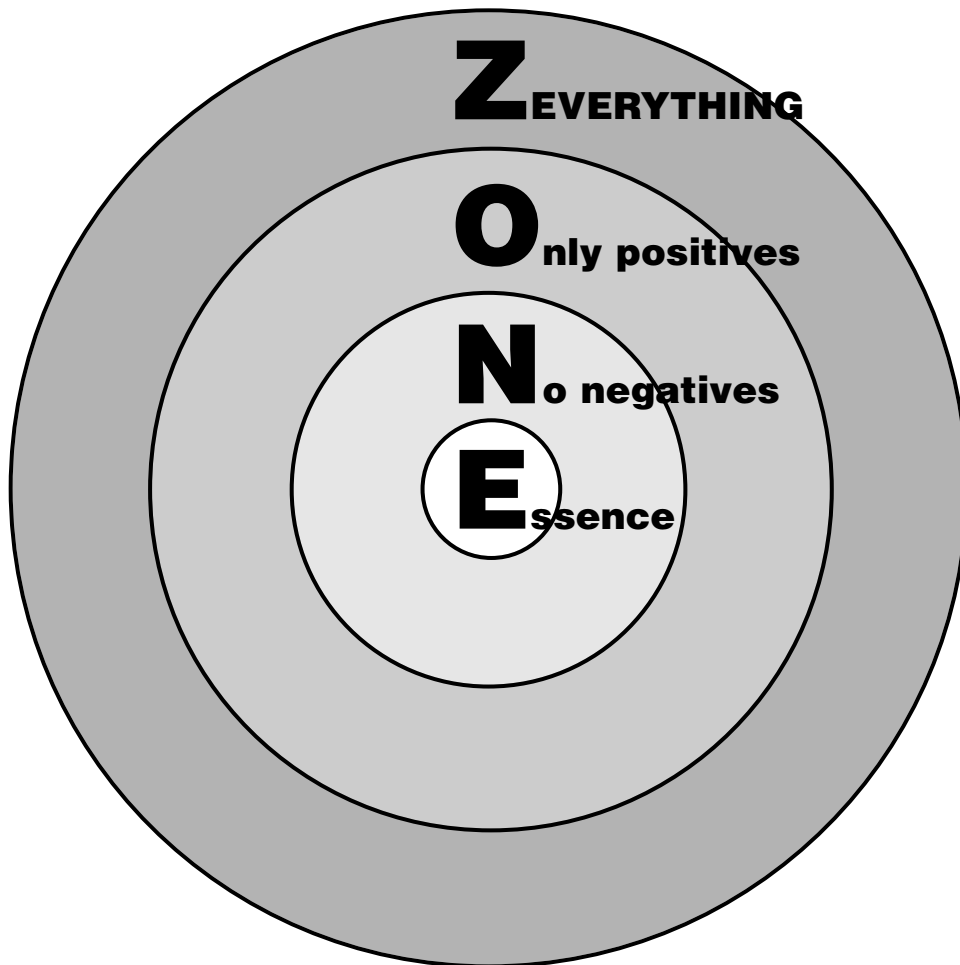
Third, as we deal with a situation, stress, or problem, "being in the zone" refers to a feeling of self-confidence accompanied by a sense of humility. This feeling is essential to carry into our moods and, at the same time, it is felt by others, potentially motivating or inspiring them, either about our capacities or their own.

Once we have arrived in the zone, we may ask how we can stay in it. We have to know that deep within each of us there

Figure 19-1

Motivation includes a focused attitude toward the desired goal, with confidence that one has worked hard to develop the skills needed for success.

Be in the Zone



is a zone waiting either to be discovered or activated more often. **There is a part in each of us that is zone.** There have been moments for each of us when we have felt that we have owned the zone. Even if it is a small part of us for now, we each can develop the belief that we can expand the zone. The zone is our special place, and just being there is half the solution. The other half is using it to our advantage, and seeing it grow.

.....
Motivation cures stagnation.
.....

.....
*Passion is a
passageway to itself.*
.....

.....
*Motivation is like a
computer—it needs our
input to get output.*
.....

.....
*Life is an obstacle course for
some and a spectacular
course for others.*
.....

Figure 19-2 emphasizes that we are the best motivators of ourselves. Often, self-motivation is a matter of appropriate self-talk. The words that we tell ourselves are powerful motivators, or de-motivators, depending on their message. We may have become accustomed to putting ourselves down, listening to ourselves tell a story that we are incapable of performing a certain task, that it is impossible for us to succeed given the circumstances, or that there is no way out. But, other times in the same situation, we are more optimistic and motivated. We should explore the reasons for our lack of motivation when it arises. It could be that in our experiences, either at home, in school, or in the workplace, we had learned to expect that things would be too hard for us. However, we all have the capacity to learn differently. **When motivation flags, fly it.**

Figure 19-2

We need to constantly boost our motivation to keep motivating us to keep going.

Self Motivation Kick Start Yourself

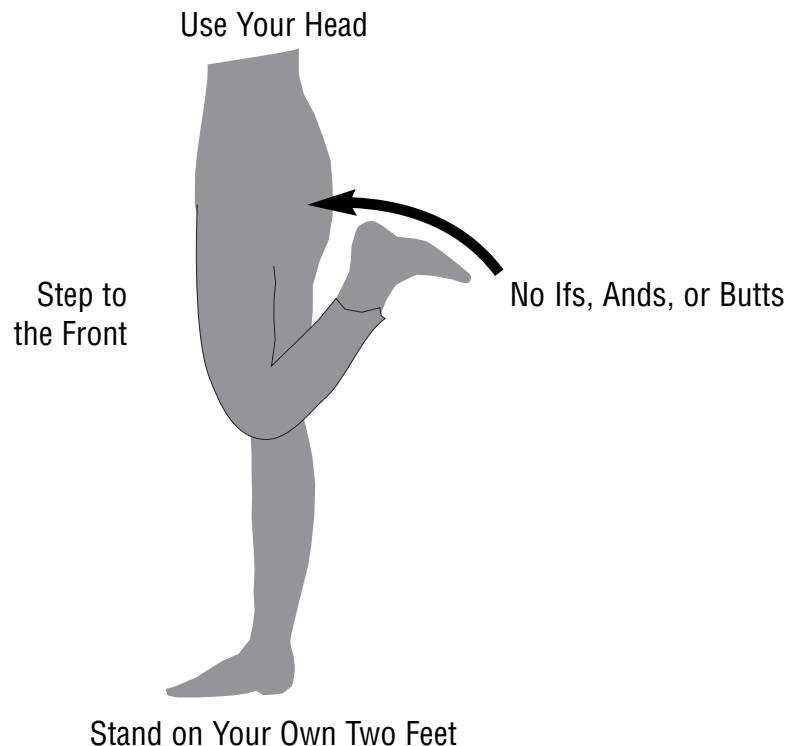


Figure 19-3 reminds us that in order to achieve the goals for which we are motivated, we need to put our best foot forward. Fortune is not something given, but is made. Fortune is not an end or a prize, but a process, a movement, or a path. Putting our best foot forward refers to taking many small steps, not to making one big leap. Putting our best foot forward also refers to avoiding our bad habits and using our good ones instead. A great danger in trying to get motivated is that the bad habit of procrastination interferes with our efforts. If we put procrastination aside, it will stay behind as we move forward.

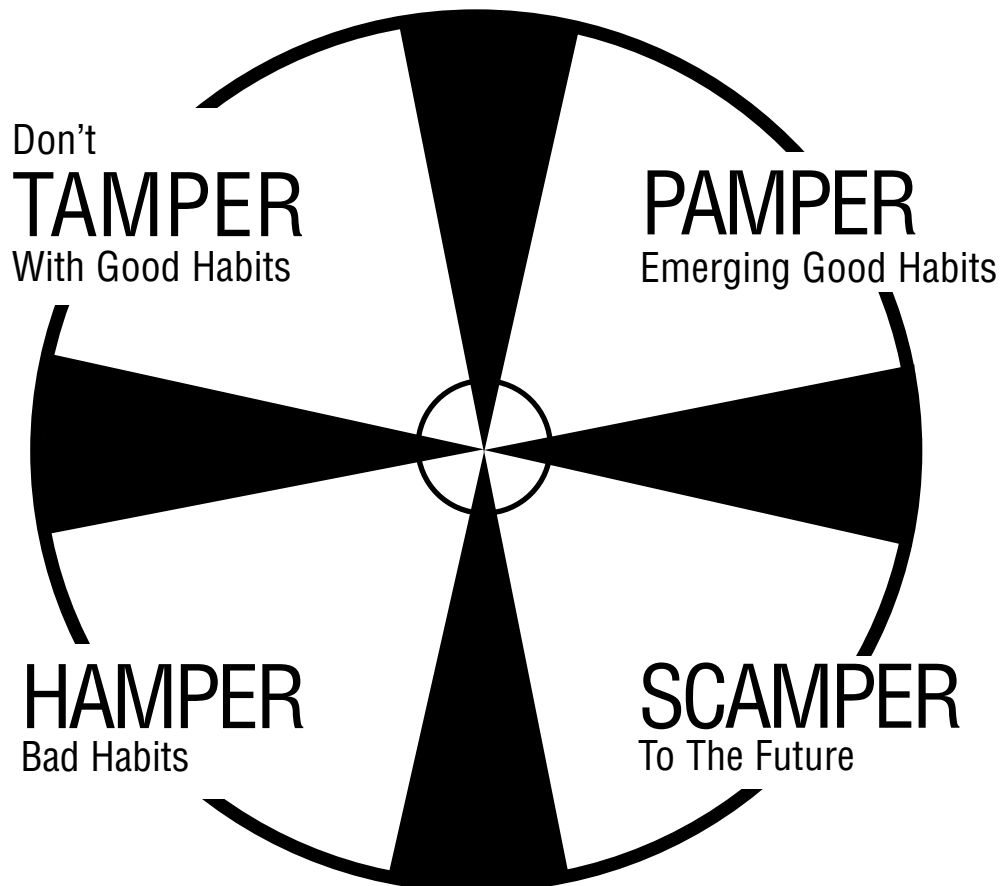
$E = mc^2$
*Effort = motivation
counted twice*

*Success is not a thing
but a thought.*

Figure 19-3

Motivation to be a better person leads us to develop better habits and to control bad habits. When we behave this way, we become rich in the eyes of others.

The Wheel of Fortune



*Light your way with
glimmers of hope.*

*Join the X-Generation.
Generate Xcitement.*

Figure 19-4 emphasizes the need to be positive in all aspects of our lives. At work, often, we specialize, learning well a few tasks or functions as part of a division of labor. At home, often, we do the same thing, in that our partner handles some things better than us, and vice versa. In the realm of motivation and feelings, often, we become specialists, as well. We like to do only certain things, we are kind to only certain people, we are happy only in certain places, and we think only about certain problems. This is a natural

Figure 19-4

Motivation should be the first word in our personal dictionary.

The Alfalfabet

Always
Be
Courageous
Determined
Energetic
Friendly
Go getter
Happy
Industrious

Just
Kind
Loving
Mindful
Neighbourly
Open
Prepared
Quick to help
Reflective

Strong
Thoughtful
Understanding
Vibrant
Willful
Xtra nice
Young at heart
Zestful

Scream from the Rooftops—That You Quietly Did What You Had to Do.

*When learning is made joyful,
those who are leading the lessons
have the most fun.*

*To find the best solutions,
we need to find ourselves.*

*Sound body. Sound mind.
Sound Reasoning. Super mind.*

*The farther we look afield, the
greater the harvest.*

*It is not what I do or what I am
but what we do and what we are.*

*Let wonder wander
when will withers.*

*Why is there eternity?
Eternity is asking why.*

*Effort is half efficiency
and half force.*

*The very worst that can happen
often happens. The very best
that can happen often is
made to happen.*

*A plan is a blueprint.
It's success is a sweatbox.*

*Give credit where credit is due—
thank your motivation.*

*Thinking is a question
of asking questions.*

tendency, given the complexities of life and the availability of others in our lives to complement our strengths.

However, the danger in specialization is that we become too comfortable with our limits, too wary to try different things, too defensive to experience new emotions or new types of relationships with people, too rigid in our thought patterns, and incapable of adapting to new circumstances. If we open ourselves to new information, ideas, people, feelings, and actions, we are not sacrificing old ways, but adding to them. We will have more choice and can deploy either old ways or new ways, depending on the needs of the moment. The more we can keep ourselves open to change and growth, the easier it will be to stay motivated when we are confronted by new challenges and stress. **A positive attitude going in makes a positive outcome more likely.**

Figure 19-5 is doubtful. Many times we are prepared for something, except that we do not believe that it will turn out

*Deciding is half-way
to arriving.*

*When people say,
"You can't," tell them
to stop speaking
for themselves.*

Figure 19-5

When we find our passion, motivation follows naturally.

You Can Do It

You Can Do It. Others can only suggest, help, facilitate, etc. You're the one who can do it, wants to do it, and will.

You **Can** Do It. It is within your capabilities, and you know it. You've thought about it, planned, and are ready. You're motivated, and prepared.

You Can **Do** It. Before you weren't sure. But the Belief in yourself grew as you did what you had to do, step by step, getting organized. You've studied, rehearsed, and succeeded in practice.

You Can Do **It**. "It" refers to anything that makes you dream. It's your passion and project, your vocation and avocation, the grand scheme of your life and the little things needed to get it started. It's you.

Samantha searched for motivation. She felt sad, sedated, and listless. She needed Chapter 19. Now she has no time to read it again.

.....
*When motivation lowers,
get uppity.*
.....

well. We have worked hard at that project, studied hard for that exam, or prepared for that interview, but we still have doubts that we will succeed. The last bit of preparation is to talk to ourselves, to remind ourselves that there is no objective reason why we should have doubts.

Moreover, there is something much more important that we can tell ourselves. Assuming that we have given our full effort, we can say to ourselves that, no matter how bleak it looks, we have tried our best and this is the only thing that counts. No matter what happens, the good habits learned will be available for the next round of tasks and responsibilities. We cannot criticize ourselves for not meeting our own expectations when we have made every reasonable effort to meet them. No one should criticize us for not meeting their expectations when we know we have tried our best. **As long as we try, we cannot blame ourselves when things do not work out. Only when we try, can we take credit when they do.**

Also, we need to keep perspective and see the whole picture. Any one exam, job, or goal is just one part of our life options. If we do not do well, we can find an alternative, and it might be richer and more satisfying than the original. Whether the outcome is positive or negative, every situation, no matter how innocuous and apparently simple, is a training ground. In addition, there are so many more important things than that job, exam, task, or interview. The more we place outside demands in perspective, the more we are able to relax on the inside in dealing with them. Thus, when we think more of putting in a good effort instead of whether we are succeeding, paradoxically, in the end, the better we will succeed. By seeing the whole, we can better see the parts.

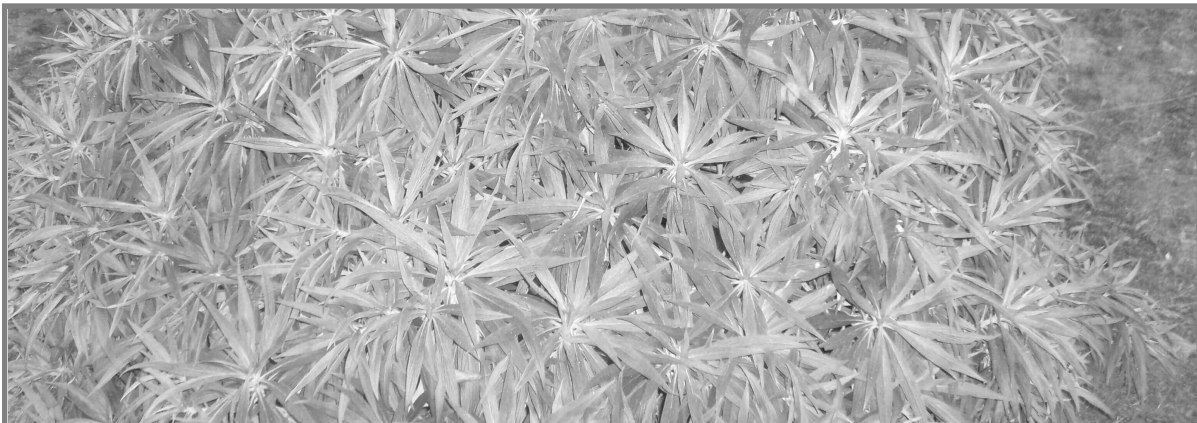
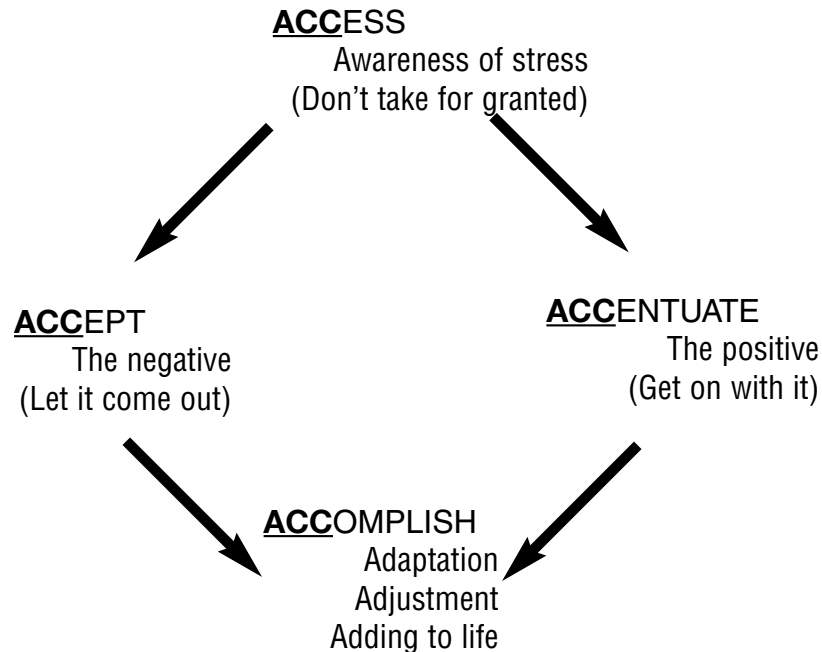


Figure 19-6

Motivation succeeds best when management of stress that might interfere with it is best.

According Yourself a Positive Future



In **Figure 19-6** and **Figure 19-7**, I emphasize the importance of acceptance. Stress can be devastating, and some experiences and their consequences can never be erased. We may live and relive a past stress, and retreat from the present, forgetting that there is a future. Or, we cannot escape the stress in the present and we forget the strengths and supports of the past and our hopes for the future. Or, we cannot see the future changing for the better, so that we deteriorate in the present and fixate on the past. There are many possible combinations such as these that lead to the same outcome—a lack of acceptance. However, sometimes acceptance is our only solution. Although it may not seem like a solution, there are hidden benefits that may derive from acceptance.

The more we are calm and accepting of our current situation, and accept that it may not change, paradoxically, the

Be calculating—Number yourself in your future.

Accepting who we are leads to growing more than we are.

Figure 19-7

By managing stress with an inner aplomb, we can get through it better, and go beyond it to new paths.

Acceptance

A ccept
C alm
C oping,
E ndless
P otential,
T erms (coming to terms with),
A djustment,
N ew ways,
C hoosing, and
E mergence (growth)

more we may be alert to new possibilities. Acceptance is a powerful healer in its own right. At the same time, it facilitates awareness of not only our problems and everything around us, but also of new elements in our environment, or new options. Consequently, acceptance increases our motivation toward new ways, should a viable one arise, and it increases our commitment and effort to improve our situation.

Additionally, a benefit of accepting that there may be no change in the external situation that faces us is that such acceptance may facilitate movement toward internal psychological change. **Even if our circumstances cannot change, there are always inner changes that can take place through acceptance.** Acceptance of what has happened when things cannot change may lead to great changes inside of us. Motivation would be one of them.

Figure 19-8 tells us that everything that we do has its rewards and that the resultant rewards usually amount to twice the effort expended. Moreover, effort is its own reward. For example, even if we help someone and get nothing in return, nothing is more rewarding than helping. We can never be certain of an outcome, but we can be certain that, in trying hard, the best in us and in others will come out. **The best rewards involve growth.**

*Seeing beyond the self
takes the self beyond.*

*Letting others decide your
future is a terrible decision.*

Figure 19-8

Effort not only brings its own rewards, it may also lead to unanticipated positives.

Two For One Sale

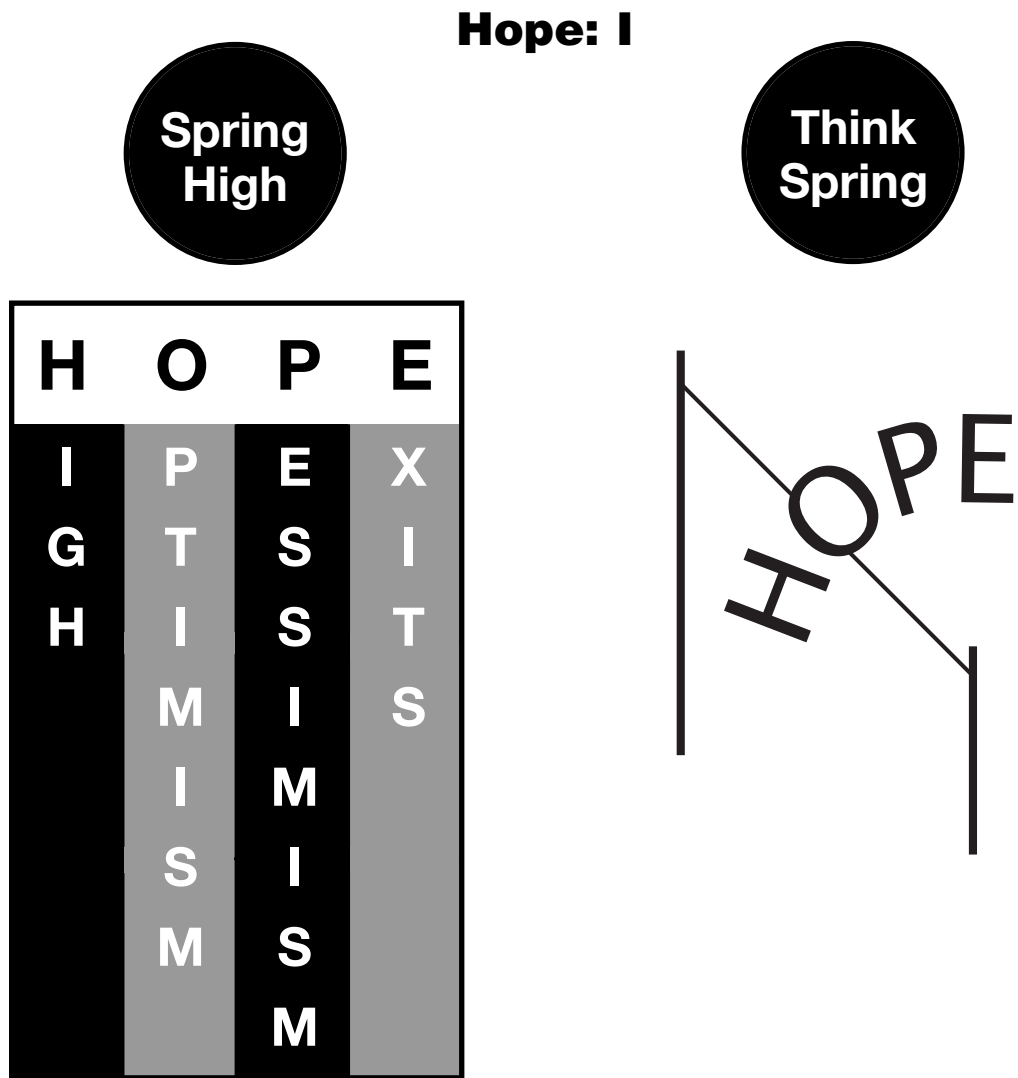
Spend one hour at a hobby, time goes twice as fast
Read one page, learn twice as much
Sing a song, two people join in
Work on self, couple improves
Work on couple, happy selves double
Work on work, home improves
Exercise one hour, feel good two hours
Offer a helping hand, get a two-armed hug
Listen carefully, hear twice as much
Solve one problem, avoid two
Play with a child, two eyes smile
Help one person, two others helped indirectly
Work on one of self or other, both improve
Refuse bad habit once, it stays away twice

To Motivate Yourself, Have a One-Way Conversation With Yourself.

<i>A little bit of effort goes a little way.</i>	<i>Hard work brings easy living.</i>	<i>Make wisdom your kingdom.</i>
<i>Motivation to help helps motivation.</i>	<i>To succeed well, consider success immaterial.</i>	<i>Should motivation falter, bring it to the alter.</i>
<i>When we stretch our vision, our actions rebound.</i>	<i>Ladders extend to the sky from feet on the ground.</i>	<i>Time slows down when effort speeds up.</i>
<i>When victory is considered a process and not a product, it always ends perfect.</i>	<i>Wanting without effort is wishful sinking.</i>	<i>To starve your bad habits, feed them your will.</i>
<i>Going full out never leaves out.</i>	<i>To avoid that sinking feeling in your stomach, lift your horizons.</i>	<i>Motivation is not like a plough slicing through fields—it is more like plants growing in them.</i>

Figure 19-9

Optimism goes hand in hand with motivation, because without optimism motivation does not hold.



What You Tell Yourself Can Help Make Yourself.		
<i>Resilience can increase—when stress is seen as an improving ground.</i>	<i>Take a course in motivating—then, stay the course.</i>	<i>When we think optimistically, we act in good faith.</i>
<i>Hope springs eternal—in optimists who try hard.</i>	<i>The smaller the steps, the surer the walk.</i>	<i>Hope is a self-fulfilling prophecy.</i>
<i>Stress reduction increases mental production.</i>	<i>When a coach teaches us how to be our own coach, she is coaching.</i>	<i>Trying is the only thing that we can always succeed at.</i>
		<i>Giving binds living.</i>

Figure 19-10

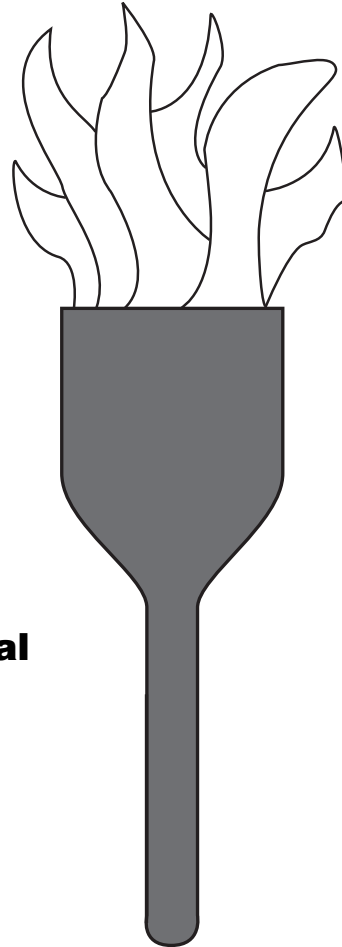
Hope is our birthright. We do not have to learn it at school, but it can be lowered by a lack of success. Give it some tutoring.

Hope: II

Hope is your right
It brightens the night

Take the torch
Bear its arms

It gives you its powers
You can rest at last



Hope springs internal

Figure 19-9 and Figure 19-10 concern the most profound and progressive of human emotions—hope. **Hope brings vision and vision brings reality.** Individuals who carry hope with them find that life is perceived in a more positive way. When things work out, it confirms that the hope was justified. When things do not work out, their hope does not lessen, and it continues to be present, lightening the way. Hope makes it easier when life becomes harder. Hope is a catalyst of positive outcomes that would not have happened without it.

.....
*Hope is not sitting on it—
Hope is getting to it.*
.....

.....
*Advancing to defined
goals follows advancing
defined goals.*
.....

.....
*Deep meditation brings
deep determination.*
.....

Figure 19-11 indicates that, at times, going slow may lead to a faster pace. As a temporary strategy, sometimes the best way to get going is to retreat. Rest can invigorate motivation. **Rest right to head right.**

Figure 19-11

By relaxing the mind, motivation activates easier.

The Monster of the Deep

Can't Get Going?

- 1 Stop going, no motivation
- 2 Want to get going, still can't
- 3 Get going sometimes, but inconsistent
- 4 **Deep Meditation**
Get going, more motivation
- 5 Being You
Get going, with motivation

.....
*Some teams pray for
miracles—Some
teams make them.*
.....

Figure 19-12 illustrates a sentence completion word game that I created with a client to boost his motivation. It includes reference to a basketball team's loss. But did they really lose? **Times that are trying should be considered times to keep trying.**

.....
*If you want it—study, work,
train, try—then, go for it.*
.....

.....
*The mind needs rest—and
rest needs mind.*
.....

.....
Poor effort leads to rich fantasy.
.....

.....
*In the realm of the impossible lies
many wasted opportunities.*
.....

.....
Learning to relax helps learning.
.....

.....
*Reading and studying are
gateways to getaways.*
.....

Figure 19-12

Motivation is about the enjoyment of effort more than the enjoyment of the reward of the effort. When effort keeps going, we never fail, no matter what the outcome.

Basketball Therapy

When I feel a little bit better, I ...

“Feel happy.”

When I get down, I don’t want to get too down, because ...

“It makes me feel miserable.”

It doesn’t matter that the Raptors lost, because ...

[Laughs].

I want to have a good outlook, because ...

“I want to get better and I have a lot of things to look forward to.”

When I feel I won’t get better, I change my mind by ...

“Trying to think happy thoughts.”

The goal of life is not to reach the goal, but to ...

“Not give up hope, keep trying.”

Hope is not an empty word, because ...

“It gives you something to look forward to. It gives meaning.”

Meaning can be found in the Raptors’ loss, because ...

[Laughs a lot].

Meaning is what you make it, because ...

“Life’s too short and you should always look forward to the future; right now it looks grim.”

Today, I’m in pain and fatigued. But I could laugh, because ...

“There’s a part of me that wants to get out of this mode I’m in.”

I can get out of this mode easier and longer when I take steps, such as ...

“Telling myself that the pain is short term and I’ll feel better and try to focus on other things. That’s hard to do.”

The Raptors really didn’t lose, because ...

“They played such a good game. That’s what counts, to try your best.”

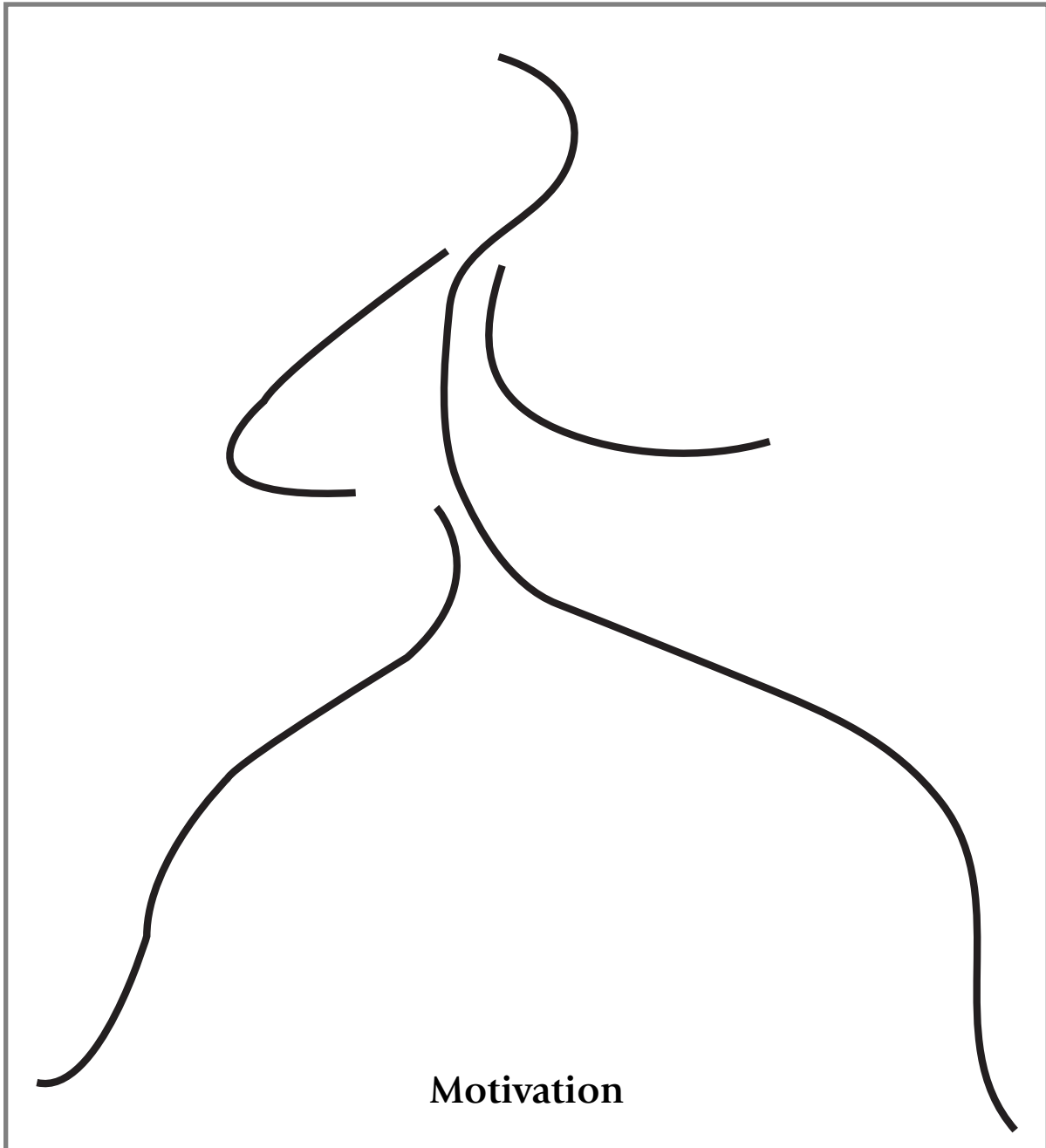
They felt good about themselves the next day, because ...

“They gave their All; they didn’t give up.”

.....
Reading is a growth industry.
.....

.....
*Our mental library is
a measure of how far
we want to grow.*
.....

In this chapter, I have shown that motivation helps us to get going, to keep us focused, and it facilitates success. Any one success should not be considered an end, nor should motivation end with any one success. We can derive much pleasure in being motivated, because motivation is rewarding in its own right. It makes us feel better as we try to get where we want to go. **Put motivation in your backpack as you hike through life.**



Salton did not know where he fit in. He felt discriminated against because of his group and cultural affiliations. At the same time, he acknowledged that he felt like this about everything, and wondered if it was just his personality. He took offense to everything, but did not know how to handle it.

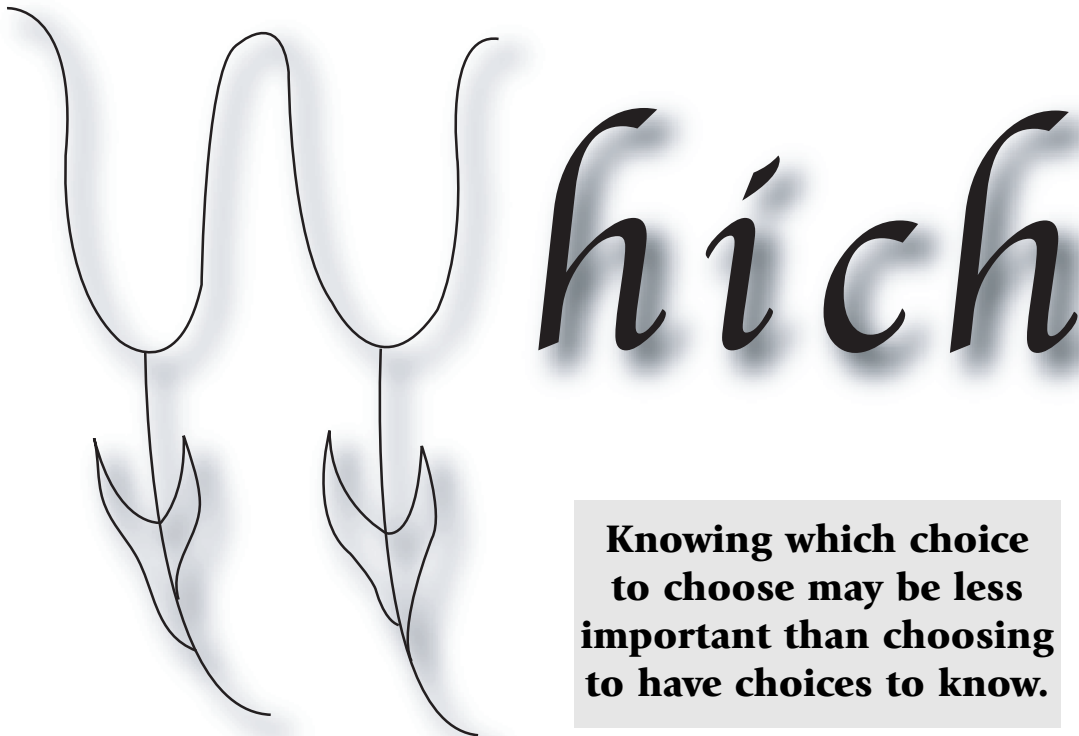
A friend advises that he consult with a psychotherapist versed in personality issues and cultural issues. The therapist suggests that Salton check a book much like this one.

So many questions. Even more answers.

For every answer, there are more questions.

So many answers. Even more questions.

For every question, there are more questions.



.....
*By choosing the right track,
life does not become a race.*
.....

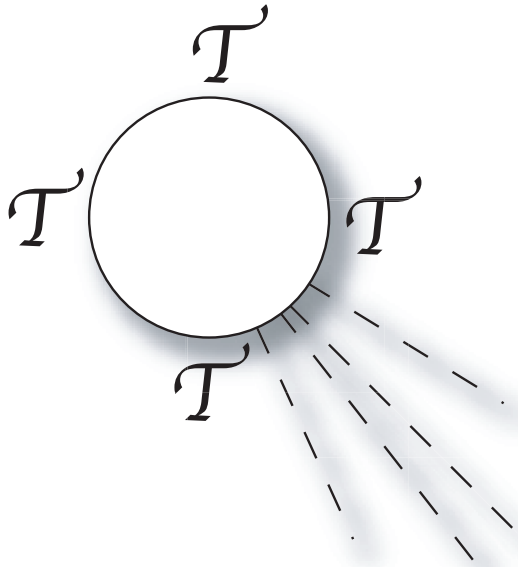
.....
*Trees are good role models—
their roots reach deep and
their growth reaches high.*
.....

.....
*Deciding is
half-way to arriving.*
.....

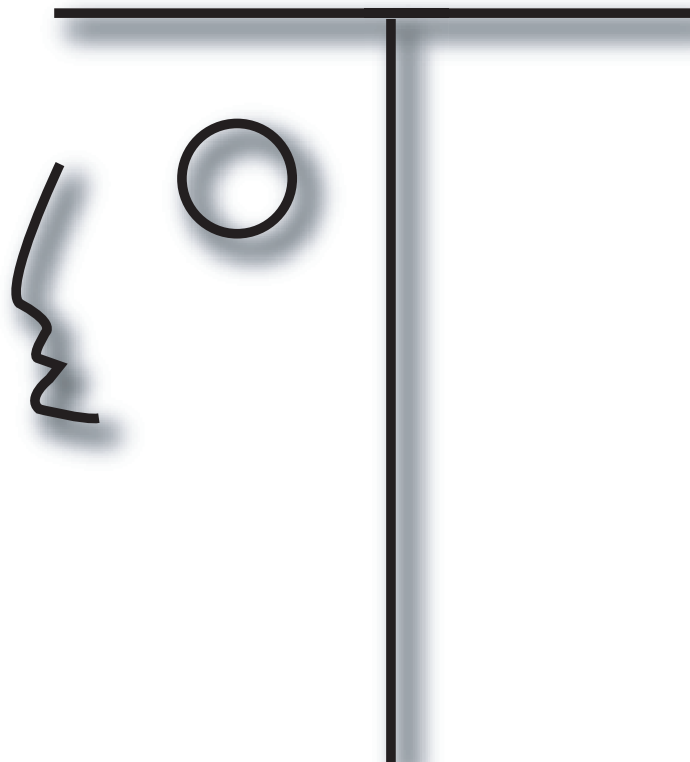


Chapter 20

Changing Our Story



*"T" is for Today, as in,
"I'm doing it Today
and not Tomorrow."*





To build self-esteem, give esteem to your good habits.

Theandra thundered theatrically that she did not like the story of her life. She fired her author—her old self—and hired someone better—her new self. Now she tells tremendous story themes, like those in Chapter 20.

In this last chapter of the second book of the series, I examine how we weave together stories about our lives. Although we think idea by idea in our stream of consciousness and speak word by word as we converse with others, there are larger meanings that govern the internal and external dialogues in which we engage.

We create narratives, or grand schemes, that integrate our world into coherent wholes. We do not see our lives as a collage of separate events, but as meaningful stories. Moreover, in these stories, we, ourselves, are important writers, actors, and directors. The stories that we write are filled with dramatic plots and subplots, emotions and moods, thoughts and scripts, and actions and dilemmas. For the most part, we craft our stories so that they have ready resolution of problems and have happy endings.

However, these stories that we tell about ourselves and about our relations with others can go wrong. For example, life can intervene and inject plots and subplots of its own, filled with conflict, negative moods, dismal thoughts, tragedy, and unhappy endings. We may begin to feel overwhelmed by stress and incorporate pessimism and negativity into our story lines, hopelessness and depression into our themes, and so on. When this happens, we need a good self-editing job of our stories. There are always alternate scenarios that we can write and we can end up with better stories that help govern our lives.

When we lose our positive perspective, our task is to resurrect and rewrite the positive narratives that we have told to ourselves about ourselves and others. The prose of our positive stories is eloquent, their structure clear, and their inspiration powerful. If they have been misplaced, our positive stories can once again be a part of us.

Moreover, we can rework existing stories that we tell to ourselves and to others, narrating with a constructive purpose. Problems, no matter how overwhelming, can become mere subplots, stresses can become side issues, and coping can become the major theme. Positive subplots can be added and can expand to fill important chapters in our stories. When we write from this holistic vantage point, the stories that we tell to ourselves about ourselves and about our relationships with others are worth publishing, and the proud publisher that we will find will be ourselves.

Figure 20-1 points out that, in the movie that we make of our lives, we tend to focus more on the negatives than the positives, more on the downs than the ups. Directors of movies choose the scenes that they film. They get a script and edit it, choose the location, and even switch the mood or the spin that they put on it. It is the same with us. Many situations that we live can be seen positively or negatively, depending on which way we want to colour them. Even situations that are negative can somehow be seen positively, if we choose. Because we are the script writers for the stories written about ourselves, happy endings can be written. **Clouds do have silver linings. They even have gold ones, should we look hard.**

.....
*Write a great story—jot
 down your positives.*

.....
*To turn yourself around,
 you may have to make
 a You-turn.*

Figure 20-1

We are the authors of the grand narratives that we tell about our lives. We write scripts that build our self-esteem, help us adapt, and so on, but also ones that put ourselves down, take away our motivation, and so on. Once we write more positive storylines about ourselves, the subplots about our actual successes may actually happen to us more often. Writing more positive stories about ourselves in our mind’s narrative helps create them.

Be Your Own Director

Film the Positive Scenes

Film the Positives	And Not the Negatives
<ul style="list-style-type: none"> • When body feels good • When get constructive idea • When mood getting up • When life is easier • When stress lessens • When get going • When put worry aside • When pain lessens • When feel thankful • When more appreciative • When calmer • When do something you like • When you smile 	<ul style="list-style-type: none"> Not when it feels bad Not when can't think Not when getting down Not when overwhelmed Not when stress increases Not when listless Not when worried Not when pain worsens Not when bitter Not when don't care Not when agitated Not when do nothing Not when you frown

.....
*Behind every silver lining,
there is you.*
.....

.....
*When you rewrite
your future, you give
yourself the best present.*
.....

Figure 20-2, Figure 20-3, and Figure 20-4 ask us to see the positive stories hidden in the negative ones that we narrate. By using a play on words, I underscore the difference between downtrodden stories and uplifting ones. For example, for every dark story that we tell, there is an ark of hope. For every time that we say to ourselves that, “We can’t do it,” there lies another self-talk script that is more positive. The negative stories may be the ones that we mostly tell and that we feel that we have become, but they can never explain everything. There are positive facts that do not fit. There are unexplained happenings that reveal different outcomes. **From the negative story lines that we might tell about ourselves, there are subplots hinting at the more positive stories that can be written.** Sure, they are hard to put together, but positive story lines about ourselves should be easier to sell to ourselves than negative ones, especially when we include in them our hopes, our good capacities, and our future.

Figure 20-2

What appears at the surface may not be what is deep. When things appear to be going wrong, hidden positive parts of our self may be ready to help out.

Finding Things Within

Stopping	contains	Topping
Stall	contains	Tall
Scare	contains	Care
Down	contains	Own
Flight	contains	Light
Dark	contains	Ark
Fright	contains	Right
Won't	contains	Won
Swill	contains	Will
Strain	contains	Train
Sharp	contains	Harp
Wart	contains	Art
Dissolve	contains	Solve
Stalk	contains	Talk
Tear	contains	Ear
Fray	contains	Ray
Crises	contains	Rises
Catastrophies	contains	Trophies
Gimme	contains	I'm Me

Figure 20-3

Things always feel worse than they are when we are stressed, in doubt, worry, and are negative. The best way to proceed when feeling like this is to help new ways transform old ways. We should not just try to suppress or eliminate old ways. By going straight for the goal, energy is not wasted on roundabout solutions.

The Shortest Distance Between Two Points

OR
↔

Point A	Point B
Strife	Life
Defeat	Defiant
Rage	Courage
Wander	Wonder
Resign	Redesign
Problem	Probe
Stagger	Swagger
Gloom	Bloom
Old Way	New Way
The target	On target

If You Wrote A New Story For Yourself, How Would It Look?

<i>The best stories that we can tell about ourselves are not about thrilling actions but about enthralling feelings and thoughts.</i>	<i>The stories that we tell about ourselves could be woven with the same care that silk worms take in weaving their delicate threads.</i>	<i>If we write a story about improving ourselves, we can stop writing the story about impeaching ourselves.</i>
<i>When we write a story about our self that is filled with sensitivity to the plight of others and of the planet, it can win a "noble" prize.</i>	<i>Should we write new stories about ourselves that contain false hopes, no one will read them—except for our old selves.</i>	<i>The headlines in the magazine that we are writing about ourselves should have catchy headlines, such as—"She gave birth—to a better self."</i>
<i>The positive story lines that we include in our imaginings about ourselves can become our life lines.</i>	<i>When we write new stories about ourselves that describe how positive and constructive that we want to become, even our old selves will not be able to put down the book.</i>	<i>When there is no audience for the tales about ourselves that we are writing which show how we are improving, it is time to hightail it.</i>

Figure 20-4

Changing our story to reflect more positives in ourselves starts with the decision to rewrite the script. To begin the writing, we should tell ourselves a story that we are motivated to write it. Then, we will be in a position to meet ourselves at the awards ceremony for our winning story.

Decide On This Side

I See O.K.	I See K.O.
Reach Over	Over Reach
Applying	Lying
Upbeat	Beat
Deal	Ordeal
Spectacle	Obstacle
Victory	Victim
Travel	Unravel
Circumvent	Vent
Find out	Out
New way	No way
Deserved rest	No rest

Good habits or bad habits; you decide

.....
*When others value you less,
their opinions are valueless.*
.....

.....
*The future is a melody
sung to your tune.*
.....

Figure 20-5 and Figure 20-6 present word games to illustrate that the stories that we tell about ourselves do not have to be the ones other people tell about us or that we tell to ourselves. The story themes and titles that we choose can make an immense difference in our mood. For example, other people may think that we can never succeed at a particular task. However, every task requires preparation and, if we are prepared, the task is easier. There are never any guarantees that we will succeed, even when we are prepared, calm, vigilant, and ready to adapt to the task. However, more than likely, we have better chances to succeed by adopting such an attitude.

Therefore, when we are prepared this way, the story that we should tell ourselves is that we have done everything that we can. Stories other people tell about us are irrelevant, for

Figure 20-5

Other people tell positive and negatives stories about us. We can write their negative stories out of our positive stories by psychologically staying ourselves, living our positives ways, living our positive scripts, and helping others see us from the perspective of our positive stories and not from their negative ones.

How People See Me

Others See Me	I See Me
She's a number	I'm number one
She did wrong	I tried right
They make fun of me	I'm fun to be with
She's a pest	I'm the best
She won't succeed	I define success
They don't like my looks	I look to see the truth
They judge me	I'm the best judge of myself
She's upset	I have a heart
She needs help	I'm helpful
She'll never get better	I'm fine the way I am
They talk behind my back	I back up my talk

we are the only ones who actually write our stories despite the ones that we may hear, and there are always new stories to tell about how we perform new tasks. In this sense, **the folklore of our lives, the many untold tales of daily coping and growth that we can write about ourselves, have yet to be written even if some already have been put in writing.**

Figure 20-7 uses the language of the old way and the new way in the context of how we tell stories about ourselves. Old stories are powerful attractors. We return to them over and over, no matter how negative. It is easy to get lost in them and lose sight of ourselves. It becomes harder and harder to find peaceful subplots in them, for their negative dialogue takes up more space in the stories. The old stories become powerful negative foci to which we become attracted automatically in more and more circumstances, to the point that they come to mask all other possible stories.

.....
*Comfort zones are
launching pads.*
.....

.....
*When others write your
story, put down the book.*
.....

Figure 20-6

We know the best scripts to write about ourselves, but bad writing does creep in. When this happens, we need to do a good editing job, and put a good ending to our stories.

Space Cadets to the Rescue

OR



Star Wars	Star Trek
No space	Making space
Dark energy	A lot of energy
Cold comfort	Finding comfort zone
Flying off the handle	Going with it
Bad habits	Keep doing the regular things
Having a good drink	Having a good attitude
Avoid helping self	Doing all exercises
Overmedicate	Meditation
Runaway train	Keeping track
Stress becomes a hobby	Hobbies avoid stress
Giving up everything	Reaching realistic goals
Routine	Each day is different
Wired	Unwind
Locked in	Look up
No vision	Seeing the horizon

.....
*Cults need converts.
You need yourself.*
.....

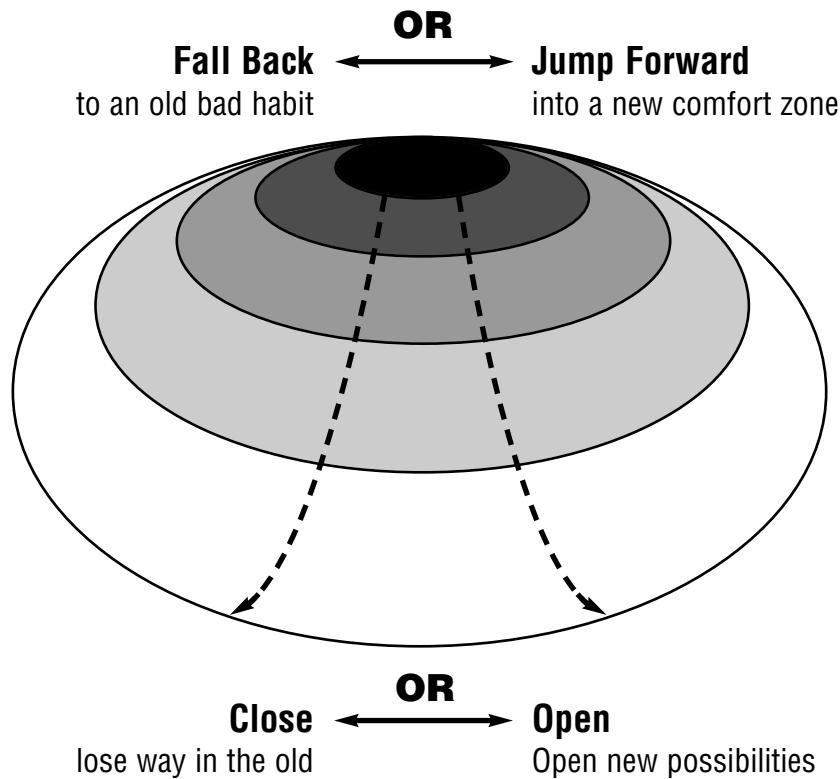
.....
*If you are going to give
yourself to a cause, choose
one that allows you to be
one of your causes.*
.....

However, new more positive stories can become even more powerful attractors than the old negative stories. We can come to detest the narrowing psychological space of the old stories and seek better stories. At first, we may want to write positive novels in one full swoop, but soon learn that, as long as there is an overall plot that is constructive, the positive chapters will fall in place one by one. We realize that it is good that the positive chapters are not yet written, for we want to keep the pages open to new possibilities as they develop in context and as we guide contexts to their development. **Writing new stories about ourselves is never**

Figure 20-7

We cannot always stay at our best level, but we can learn how to minimize the negatives and maximize the positives. The seasons change in temperature, but we can learn to be temperate, no matter what the season.

Comfort Zones Need Renewal



easy, but living someone else's story, or living an old story that we have previously told about ourselves, but that should be changed, is much harder.

Figure 20-8 explains the basic thinking or cognitive mechanism needed to help shift from an old way, or old negative story, to a new way or new, more powerful, positive story and way of thinking and doing things. The old story automatically comes to mind when a particular situation arises, such as experiencing too much stress. The old story is automatically kicked into service, because it is so deeply

The new alphabet starts with UBU.

Tomorrow is another way.

Figure 20-8

Cognitive behavior therapy functions by helping clients learn to analyze old patterns of antecedent-belief-consequence sequences so that the clients can create new ones. New patterns are acquired by disputing the validity of old ones, evaluating the new ones constructed to replace the old ones, and seeing that they help when put into action.

Put DEF Before ABC

O L D W A Y	<p>Antecedent, Activator of Old Way</p> <ul style="list-style-type: none">• e.g., The stress feels overwhelming (100% negative) <p>Belief, Basic Idea</p> <ul style="list-style-type: none">• e.g., It'll never go away (100% negative)• I'll never get better (100% negative) <p>Consequence, Condition, Compartment</p> <ul style="list-style-type: none">• e.g., Why should I try? (100% negative)
N E W W A Y	<p>Dispute, Disagree, Direct New Way</p> <ul style="list-style-type: none">• e.g., But I'll try, step by step (some positive) <p>Evaluate, Energize, Effect into Action</p> <ul style="list-style-type: none">• e.g., Make a good plan• Follow step by step (more positive) <p>Feedback, Focus, Follow a New Way</p> <ul style="list-style-type: none">• e.g., It works, it helps• I have to keep doing it• This is my new way of getting better (positive growing)

.....
*Any attempt by others
to control your mind
defeats your purpose.*
.....

.....
*To improve your
mental fabric,
make new ways old hat.*
.....

ingrained. However, it has not worked well in the past, and will not in the present. When this happens, we feel overwhelmed, become pessimistic, and eventually give up. We become stressed out, feel frustrated, and do not know what to do. We may feel angry and lash out. Whatever our response, it never directly tackles the problem. An old way, or an old negative story, is a powerful attractor that is hard to avoid.

However, the more we realize that the old way and old story are not functional and only worsen the problem, the more new ways and new stories can take their place. The first step is to stop reading the old lines and to begin writing

new ones in the story that we are telling. Some simple, constructive self-talk usually is a good way to begin. We believe better that we can do it when we decide to start believing that we can. Once a positive story starts, it takes on an unrolling energy of its own and unfolds a positive plot; that is, we formulate a double plan for solving our problem. Success is facilitated.

Soon, we are writing sequels where other new stories emerge, and even prequels where our past is rewritten with a more positive interpretation, compared to the way that we may have seen it before. Like all good storytellers, we know that one day we may win literary prizes for the new positive stories that we tell about ourselves. Of course, when this happens, the award givers will be ourselves.

Figure 20-9 offers sample old stories and new stories. In old stories, the problems and appropriate solutions are never seen clearly together. The problem is seen poorly, cannot be found, or is denied. The solutions are feeble, or there are no solutions. The only plot that unfolds is one of confusion, stress, and loss.

However, when there are new, better stories about problems that are being written, the plot changes to understanding the nature of the problems, to adopting realistic solutions, and to having a good chance of success in solving the problems. The only subplots in positive stories involve finding alternate solutions, if needed. **By seeking a better storyteller about yourself, you should find that you are best for the job.**

.....
When you make a home video to share about the best of yourself, film what you share best with people.
.....

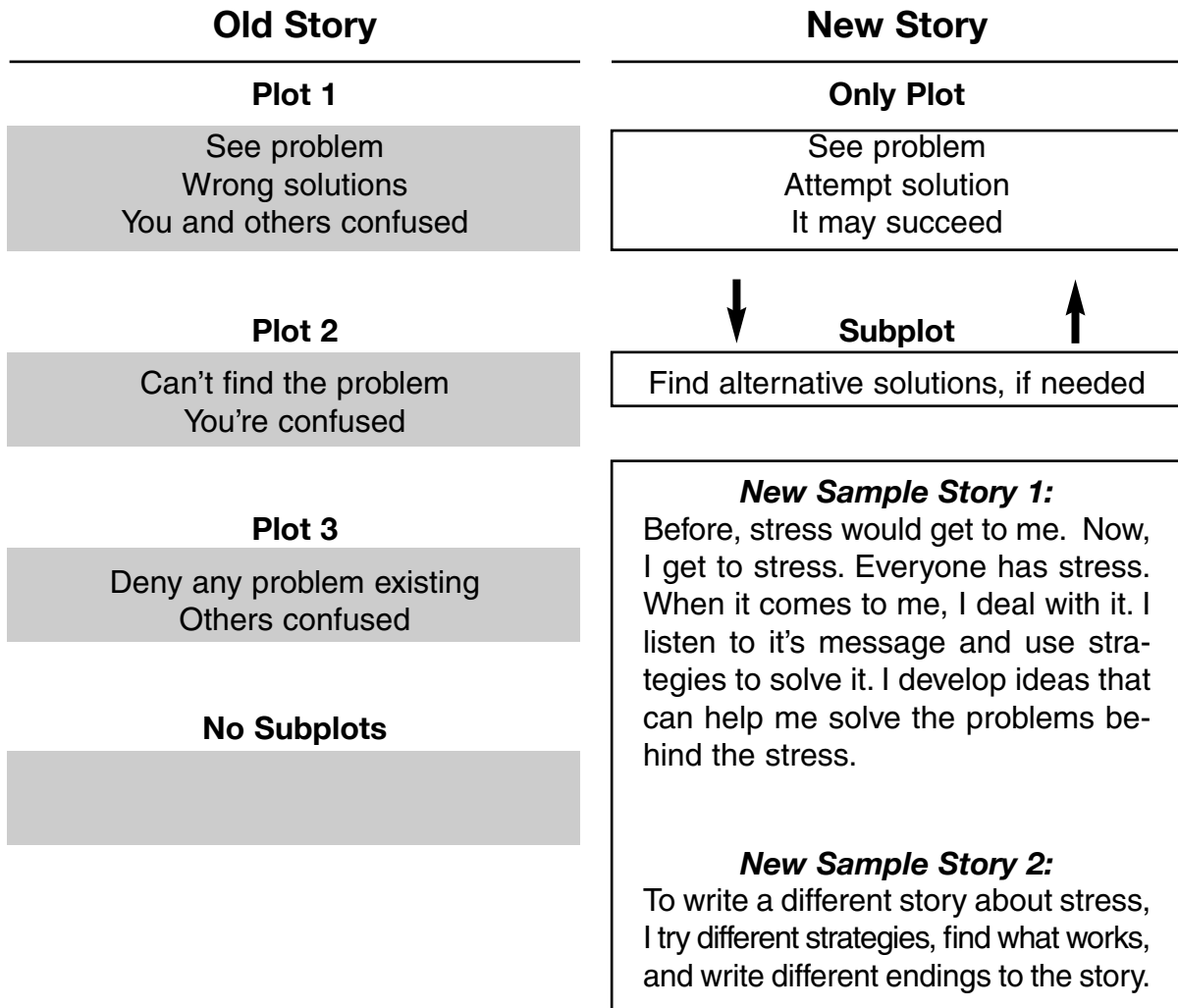
.....
Self-doubt is Self-growth.
.....



Figure 20-9

Stories have numerous possible chapters, plots, and endings. When we write our own scripts, we limit others trying to write negative stories for ourselves and we open space for unlimited positive themes.

Stop Plotting Along Create New Possibilities



.....
*We had a parting of ways—
 I told the parts of me that
 need improving that the
 time has come.*

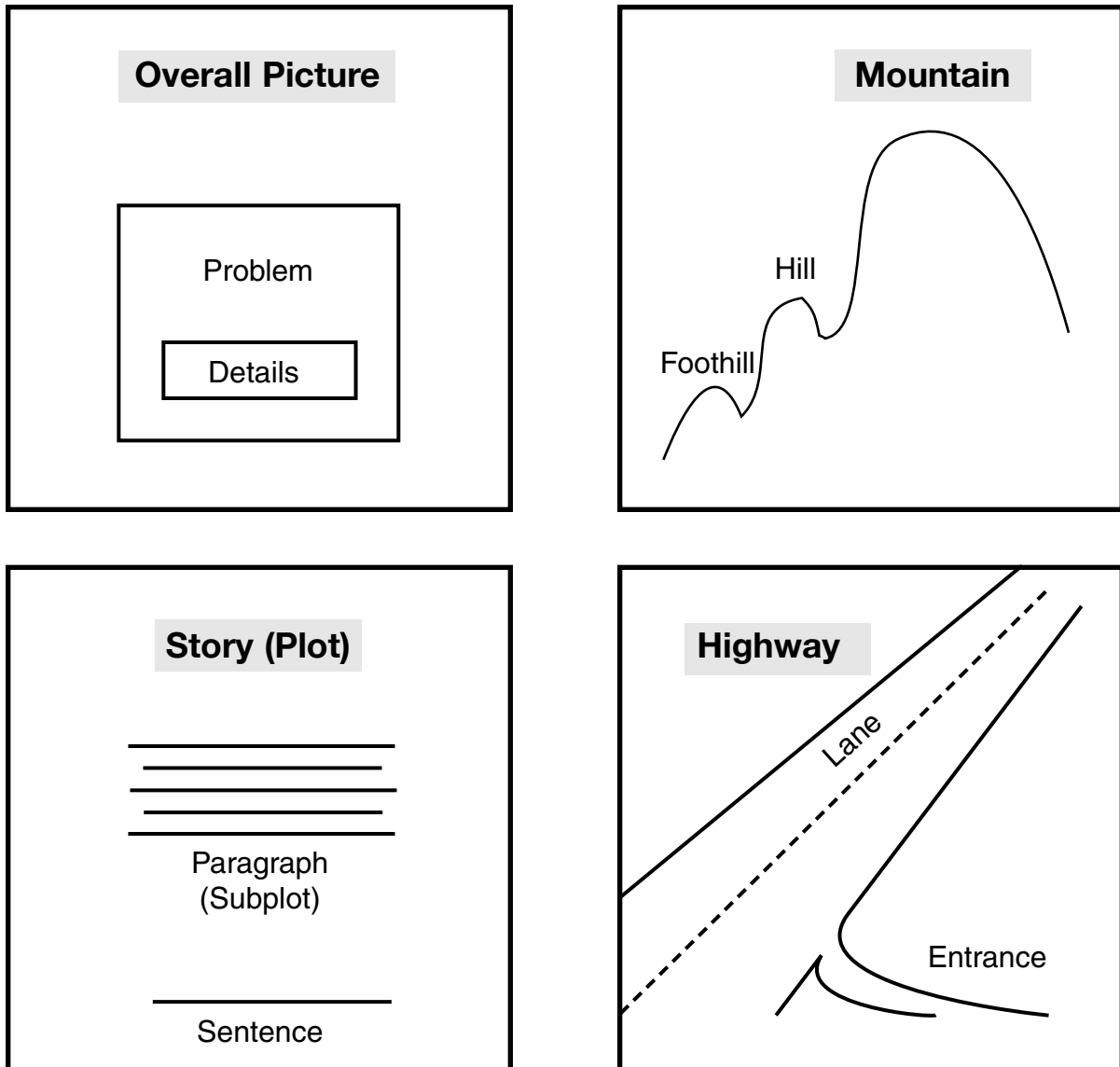
.....
*Find yourself—
 meet a nice person.*

Figure 20-10 reminds us that it is always important to see different levels of our context in trying to understand our place and trying to improve the stories that we tell about it. If we tell a story without seeing the overall picture, we may get lost in our words. If the theme of the story is confusing or disjointed, the flow of the story will be confused and disjointed, as well. If we do not see the whole situation in which a problem is embedded, we may miss finding the

Figure 20-10

Stories are not too complex when we grasp the big picture. But when we cannot understand the grand themes of a story, they end up as separate short stories. We'll read them less.

See the Forest Between the Trees



solution. Let's consider some examples where we need to see the whole picture. Is the hill that we are climbing part of a mountain? As we drive, is the lane that we are following part of a highway? As these examples show, the way that we understand and approach a task depends so much on context.

.....
*Get the whole story—never
stop reading, writing
and thinking.*
.....

.....
*Help your child become
psychologically literate—
tell her your story.*
.....

.....
*People seeing together
avoid "I" disease.*
.....

.....
*Have your male and female
parts meet in your center.*
.....

Just as we need to see the whole picture, we need to see all the small details of our situation. In problem solving, what are the small steps needed to solve the problem? What is their best sequence? When this issue is applied to story writing about ourselves, what are the specific words and sentences needed to weave well the story that we want to tell? What is the best way to make it a positive, successful one?

It is fine to want to tell a new story, for example, about ourselves, but does it include a well thought out theme, a positive goal, positive means of getting there, and attention to detail so that our plans may succeed? Is the story kind to ourselves, placing us in a better light so that we do not undercut our determination? Is it respectful of other people and flexible enough to help them when needed, so that we can respect ourselves, helping to write the positive story that we want? Is it a story with hope for the future, coming to terms with the past, and being in the present? **Positive stories about ourselves are like buildings. When they are constructed well, they endure the worst storms.**

In **Figure 20-11**, I use a play on words to indicate that the stories that we construct, or the kinds of self-talk or chit-chat that we use, should weigh in on the positive side of things rather than on the negative side. When we keep ourselves in perspective, by not losing sight of our core positives, strengths, and hopes, while analyzing realistically and accepting our current circumstances, it is easier to adapt and to deal with our stresses. Stress is an outside occurrence that we can talk down instead of letting it get us down.

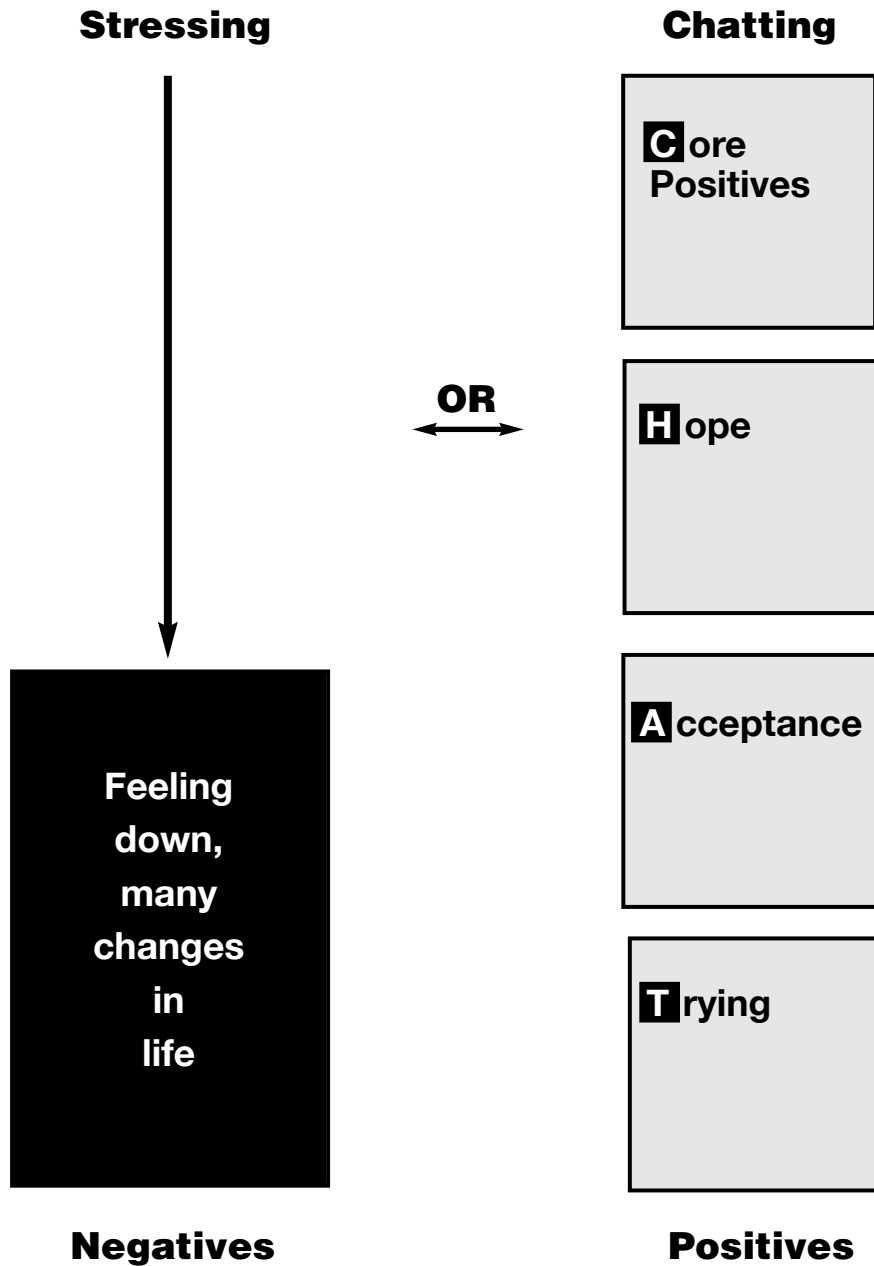
If we were simply a one-to-one reflection of all the negatives in our lives, each of us would be overwhelmed psychologically. But that does not happen, especially when we know how to accommodate emerging stresses to the larger stories that we are telling about ourselves and about our lives.

There are grand novels that we write in the dreamscape of our hopes and desires. There are magnificent sagas that we narrate in our wishes and inner worlds. There are epic tales that we weave in the folklore of our future. Inevitably, stresses will appear in these stories, but we need to keep them in perspective. That is, because we can write into our stories about ourselves that we are managing well our stresses, they should be seen as stepping stones in our growth. Telling stories about how we can grow is already

Figure 20-11

We do not only write new stories about ourselves, but also we talk about them. Any expression of our positives counters the negatives. So, we need to develop a positively good story about ourselves, and positivity tell it to a friend.

Chatting It Up



.....
*Because the future has
yet to be, we can decide
what it shall be.*
.....

.....
*Do not ask what you need
for yourself but what your
self needs to grow.*
.....

growth. We are the narrator, actor, and reader/listener all together in one character. **When we choose to write positive stories about ourselves, life may write positive stories about us.**

Figure 20-12 tells us that the past has its burdens, its secrets, its hurts, its regrets, its mistakes, and its disappointments. We cannot change the facts of the past, but we can come to terms, work through, and deal with its effects. By doing so, we can deal better with the present, opening the future. By getting a balanced perspective, we do not lose balance or fall into traps. The present becomes more manageable and our spirits are lifted. **When we write words about the future marked by being positive in the moment, even the story of the past is rewritten.**

Figure 20-12

Changing the grand narrative that we tell about ourselves changes the subplots.

Changing the Future

One little *omission* can change mood around

DOWN
OWN

One little *substitution* can change ideas around

HEAVY
HEADY

One little *addition* can change behavior around

LOW
GLOW

One little *vision* can change the future

STUCK
in the Old Me

STRUCK
by the New Me

Figure 20-13 illustrates that in moments of despair, in order to get set in the right direction, there are flickers of hope that we can ignite, ideas that we can develop, people to whom we can turn, relaxation that we can find, tasks or projects that we can begin, and transitions that we can join. When life becomes a difficult ordeal, we may lose our sense of self. We are buffeted by stress and strain, confusion and immobility, hopelessness and stagnation. The future seems foreboding. The present seems ominous. The past seems too overwhelming to bear. When the forces about us seem too strong for us, we should call on our hidden inner strengths, so that we can apply them to the issues at hand. Stories are carried by the lead character, and in the stories that we tell about our capacity to deal with stress, we can give ourselves the needed character. **We are great thinkers in wishing for the best for ourselves and for others. We can be great writers about how we have succeeded in our goals.**

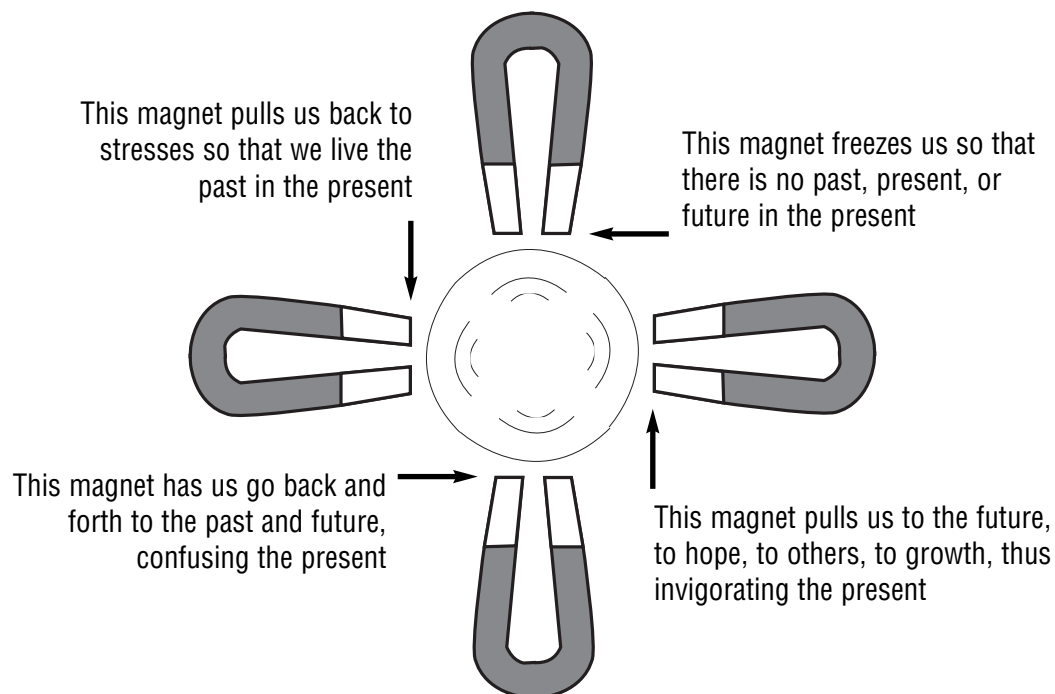
.....
*Be your own compass—
 the path that you
 take may be yours.*

.....
*Rise to the challenge—
 by breaking it down
 into its parts.*

Figure 20-13

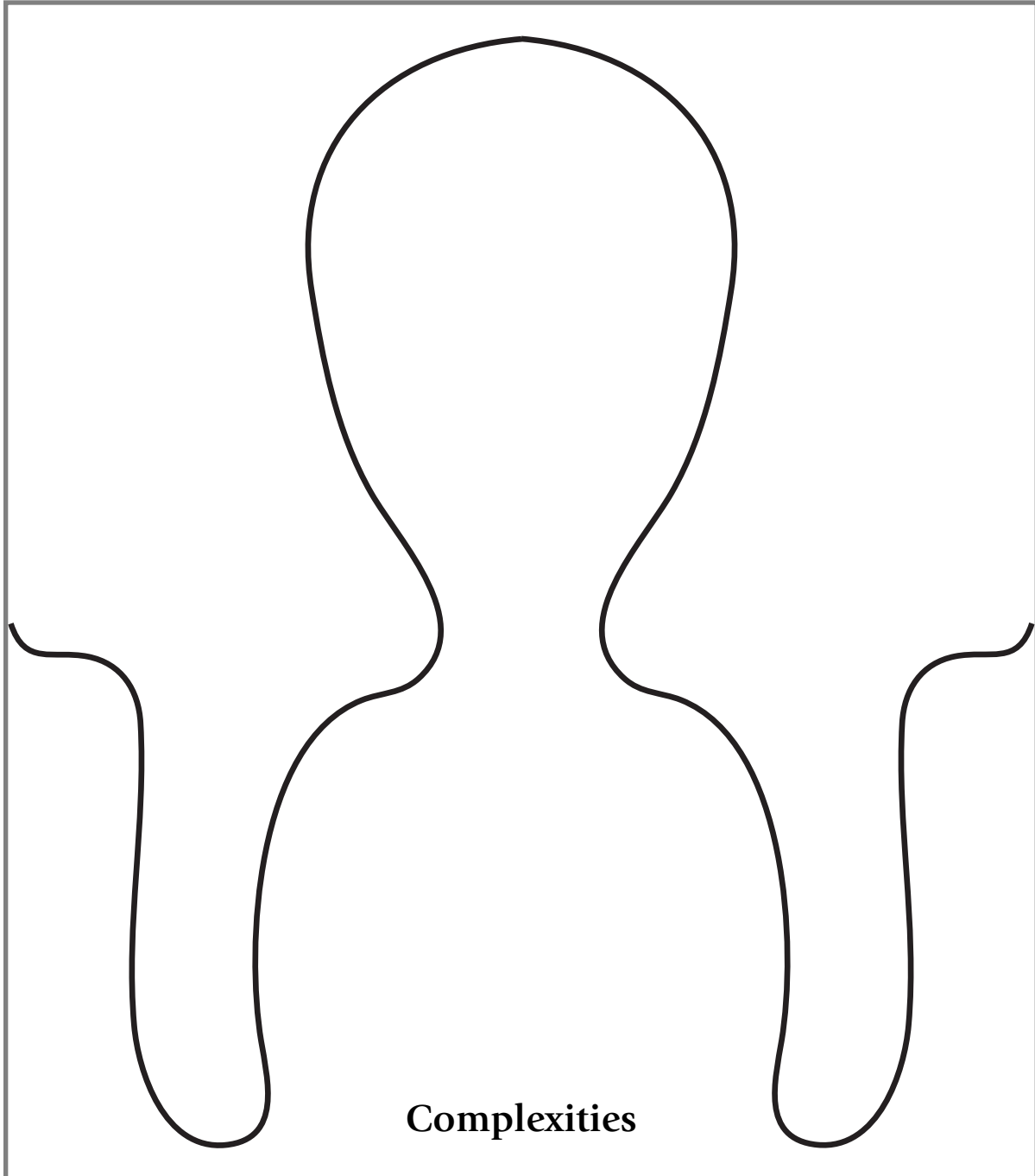
Magnets pull iron filings into patterns with forces that are not visible to the human eye. Stories of change that we write for ourselves pull our yearnings and hopes into patterns visible only to the future.

Follow the Future Field



.....
*Be an identity thief—
steal the best characteristics
of others for inclusion
in your self.*
.....

This chapter on personal story writing concludes on a positive note this book's study of emotions. Stories arrive at endings only in books and in the media. There are always new chapters to write in life's script. There are always new themes to explore. Chapters already written can be revised. **In the authoring of our lives and the stories that we tell of ourselves, both to ourselves and to others, the best stories have yet to be written.**



Terry wanted to know better how to help people and be more sensitive. She felt that she had a lot to give to people, but was not sure if she offered her advice in the right way. Sometimes, the people who confided in her felt that she gave her ideas too directly, and that she hurt them as much as she helped them. She thought that she needed advise herself.

Terry hears about a book much like this one from a friend. She decides to check it for the best way of communicating with others, being sensitive, and being herself.

We should not tell tall tales about ourselves, but we should tell tales about the positive heights that we are now reaching.

When other people tell negative stories about us that we know are false, it is OK to be true to ourselves.

Butterflies narrate great scripts about themselves—they go from cocoons to flight, migrating into the imagination of our minds.



**In seeking ourselves,
who we find depends
on how deep we look.**

Sayings with Ying—and Yang, Too.

Seeing deep inside brings
us farther outside.

Self-construction builds
with others, not on them.

Choices are easy to find.
Choosing good ones
is easy to delay.

Find yourself—
meet a nice person.

Love grows—when we do.

To weather the storm,
be a lighthouse.

Self-doubt should
double putting effort out.

In the great scheme of things,
there is no scheming.

Cuddle Coddle Kindle.

When we reject for rejection's
sake, expect rejection.

Recognize the hero of your ways.

Change is an
accommodating mode
in the life work of growth.

We all have faults—We
all have ways to change
them for the better.

Sensitive assertiveness
asserts sensitivity.

Sign at a lawyer's office:
"If you notarize with us,
you get a free will."

Sign at a neighbouring
psychologist's office:
"If you grow with us,
you get free will."

Doing it our way is not
necessarily finding our way.

We earn free will when we pay
the price to grow.

Motivation sometimes means
saying no to NO.

When we stretch our vision,
our actions rebound.

Self-doubt lessens
when we give it lessons.

Engaging in life
weds us to living.

When each moment is
precious, life is golden.

Sitting still does not
sit well with plans.

Make Regaining Joy
your gainful enjoyment.

Self-doubt may start anywhere.
Learning what to do is
where it may end.

By learning to manage our
self-doubt, we can
manage to overcome it.

Missteps are must ups.

Facing bad habits
is a good one.

Living each day well
may well lead to many
days to live.

Mistakes are corrections
in waiting.

In your self-construction zone,
put on a steel-toed mind.

Each negative thought that we
have about ourselves is a reason
for a good talking to.

When you write the story
that you want to about
yourself—use coloured pencils.

To develop people skills—
learn from them.

When someone writes a negative
subplot in your story—write
them out of the script.

He who laughs last—
does not hear.

When you make that
home movie about yourself—
film your kind parts.

