

The Tool Box for Change

A. The Soul Map

- 1 Entry point one - understanding twisted thinking patterns
 - a Understanding is only the beginning
 - b Main question: Is the force to change greater than the resistance to do what it takes to change?
- 2 Entry point two - self-disgust
 - a Seeing what is REALLY behind the thinking patterns is a first step to self-disgust. (*See handout*).
 - b More than sorrow
 - c Thinking through BEFORE decisions are made on who could get hurt
 - i Think about all the problems similar actions have caused to yourself and others in the past
 - ii Use the bad feelings as motivation for change in yourself to do the responsible thing
 - iii Think about the whole picture and/or the ripple effect
 - d Not just doing it right once
- 3 Entry point three - Sense of empathy
- 4 Entry point four - Remorse leading to seek restitution

B. The Evaluation

C. The Thinking Errors (*See handout*)

D. Bookend Principle

1. "Closed Thinking" always joins another Thinking pattern, or cluster of patterns
2. Each pattern (when it is dominant) will be joined on each side with a less dominant pattern
3. Possessive Thinking (when dominant) will always include all other patterns

Twisted Thinking Errors

1. **Closed Thinking** -- **NOT RECEPTIVE, NOT SELF CRITICAL, NO DISCLOSURE**
 - a. Good at pointing out. and giving feedback on the faults of others
 - b. Lies by omission
2. **Martyred Thinking** -- **VICTIMSTANCE**
 - a. Views self as victim (will blame social condition, family, past)
 - b. Blames others
3. **Inflated Thinking** -- **VIEWS SELF AS A GOOD PERSON**
 - a. Focuses only on your **own** positive attributes
 - b. Fails to acknowledge your own destructive behavior
 - c. Builds self up at other s expense
4. **Stubborn Thinking** -- **LACK OF EFFORT**
 - a. Unwilling to do anything you find boring or disagreeable
 - b. "I can't" means "I won't"
5. **Reckless Thinking**-- **LACK OF INTEREST IN A RESPONSIBLE PERFORMANCE**
 - a. Responsible living ~is unexciting and unsatisfying
 - b. No sense of obligation
 - c. Will respond here only if you net an immediate payoff
6. **Impatient Thinking** -- **LACK OF TIME PERSPECTIVE**
 - a. Does not use past as a learning tool
 - b. Expect others to act immediately on your demands
 - c. Decisions are based on assumptions, not facts
7. **Zero Thinking** -- **FEAR OF FEAR**
 - a. Irrational fears but refuses to admit them
 - b. Fundamental fear of injury or death
 - c. Profound fear of put **down**
 - d. When held accountable, experiences "Zero State" and feels lousy
8. **Manipulative Thinking** -- **POWER THRUST**
 - a. Compelled need to be in control of every situation
 - b. Uses manipulation and deceit
 - c. Refuses to be dependent unless you can take advantage of
9. **Arrogant Thinking** -- **UNIQUENESS**
 - a. Different and better than others
 - b. Expect of others what you fail to meet
 - c. Super-optimism - cuts fear of failure
 - d. Quits at the first sign of failure
10. **Possessive Thinking** -- **OWNERSHIP ATTITUDE**
 - a. Perceives all things and people as objects to possess
 - b. No concept of ownership or rights of others
 - c. Sex for power and control -- not intimacy