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

RENEGADE THINKER - WHAT YOU ARE MADE OF..... (A SCRATCH IN THE TABLE)

1.EXCITEMENT	- RECEPTIVE TO EXCITEMENT, ALWAYS LOOKING AND READY - CONQUEST AND POWER
2. ENDANGERS/VICTIMIZES	- AGGRESSIVE AND ABUSIVE
3. EASY WAY	- SHORTCUTS - PULLING WOOL OVER
4. EXPECTS TO BE SERVED	- NOT "HOW I CAN HELP OR BE RESPONSIBLE?"
	DES NOT DISTINQUISH DIFFERENCE BETWEEN TONAL VS. IRRATIONAL (FANTASY) - UNREAL VIEW OF SELF AND THE WORLD
6. ERRATIC	- LITTLE STICK WITH IT -SPRINTERS - NO REPETITION - MAY DO IT RIGHT ONCE - ATTENTION - CONCENTRATION
7. EFFORT NOT THERE OVER TIME - NOT WORKING ON ANYTHING	
8. EMBITTERED	- NO FEELING FOR OTHERS IN PAIN
9. EXPLOITS THINGS 'I'O THE EDGE - HAVE NOT BEEN OUT OF CRISIS LIVING	
10. EVADES - CH	EATING IS A WAY OF LIFE - APPEARS ONE WAY TO THE WORLD AND ANOTHER TO SELF
11. ENSLAVES OTHERS	 NEED FOR POWER AND TO BE IN CONTROL BUILD MYSELF UP BY MANAGING OTHERS MY LIFE IS A SERIES OF EVENTS IN WHICH I BUILD MYSELF UP NO LONG RANGE GOALS NO LIFETIME IDEAS DOESN'T SEE WHOLE PICTURE ANYTHING GOES TO EXPAND MY VIEW

Twisted Thinking Errors

1. <u>Closed Thinking</u> -- 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. <u>Martyred Thinking</u> -- 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. <u>Reckless Thinking</u> -- 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. <u>Possessive Thinking</u> -- 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