

R 4.1 What are the difficult times you see ahead if you decide to make changes in the area you noted in 3.2? ④

Contingency 12
City 12
Person 12
Admbr 12

Card 12

Spaces 1-6 ID
 7-8 Cmd
 9 blank

Spaces ~~1-3~~ = 1 yes
 10-55

- J10 No change (stay in same rut, unable to make change)
- J11 Not knowing how to make the changes
- J12 Reduced abilities in other areas
- J13 Physical fitness issues (need more exercise)
- J14 Weight problems
- J15 Pain
- J16 Nervous habits
- J17 Stress related problems (including anxiety and tension about such things as new changes would bring about)
- J18 Mental pressure or unhealth
- J19 Frustration
- J20 "Over" emotional responses
- J21 Anger
- J22 Fear
- J23 Guilt
- J24 Nervous
- J25 Hopelessness
- J26 Unhappy, unsatisfied, *uncomfortable w/changes*
- J27 Lonely *times alone*
- J28 Stagnate, won't grow
- J29 Low self esteem, self confidence, self doubt, and/or insecure.
- J30 No time for self (*less time for self*)
- J31 Inner confusion and turmoil *chaos*
- J32 Hard to change or lack of self discipline (not caring enough to change, painful self evaluation, sticking with the program, old patterns could reemerge in times of stress.) *letting go of fear + anxiety, rationalization, impulse*
- J33 Educational or professional problems or decline
- J34 Failure at efforts or fear of failure (embarrassment if make mistakes)
- J35 Lose status or recognition (people think less of you or look down at you.)

- J 36 Problems with intimate relationship (threatens relationship, confusion, lack of support from spouse, etc)
- J 37 Sexual concerns and problems
- J 38 Family concerns or problems (lack of support, threatens relationships, family demands.)
- J 39 Problems with relationships with others (nonacceptance, lack of support, threatens current relationships, being manipulated, rejection)
- J 40 Pressure to change faster - *continued pressure*
- J 41 Material or financial problems
- J 42 Spiritual problems
- J 43 Lose control over life
- J 44 No difficult times ahead
- J 45 Forgetting to follow resolve

CARD
12.

- J 46. acceptance of present skills
- J 47 Do not know
- J 48 finding the time - setting aside time
- J 49 explaining it to others
- J 50 Changing my values
- J 51 the unforeseen
- J 52 giving up things I like.
- J 53 how long it takes
- J 54 making mistakes
- J 55 setting priorities & making choices

4.1. WHAT ARE THE DIFFICULT TIMES YOU SEE AHEAD IF YOU DECIDE TO MAKE CHANGES IN THE AREA YOU NOTED IN 3.2.?

43-44

- 1. controlling my responses when my mother in law says something that irritates me
- 3. anxiety about new job assignment - moving
- 5. put downs
- 8. lack of information on how to proceed
- 10. staying in the same groove and not changing
- 11. being alone when I feel good
- 12. non acceptance from others
- 13. lack of support to change from others
I change threatening my relationship
- 14. when I don't care
- 15. greater nervousness
- 17. chaos for myself and others while changing
- 19. putting self doubts out of my mind
- 20. letting go of fear
inability to learn new behaviors
- 21. not wanting to be hurt
possibility of being used
- 22. frustrations which cause me to eat
- 23. not believing in myself
- 24. rejection
- 25. accepting present skills
overcoming fear of failure
- 26. sticking with the program
- 29. insecurity from separation from family identity
- 29. fear of causing confusion in loved ones
- 30. times alone
when tired, frustrated or rewarding self
- 33. internal resistance, fear
bad habits
- 34. reduced ability in other areas
- 35. greater anxiety in trying new techniques
- 36. pressure to not be what I was from job and self
lack of reinforcement for improvement

4.1.

m next 38. continued pressure to push on

m 39. feeling guilty for falling short

m 41. giving up thinking my own thoughts

m 42. anxiety
embarrassment from mistakes

B 43. habit changing is hard
if I cry people will be gentler but their respect for me is down

m 44. my emotions and how I see things

B, m 45. giving up private time
increase in psychological pressure in life

B, E 46. changing eating habits
more exercise

m, m 47. frustration
possibility that effort will not produce change

m 48. greater discipline

ET, P 49. fear of others looking down at me

B, I 50. establishing the time to write
family demands on me

I 51. explaining changes to loved ones

m 52. feeling futile from old patterns

m, I 54. frustration that I am changing and my wife is not

B, P 56. avoiding junk food
other people's pressures

I, P 57. renegotiating my behavior with significant others and their
expectations of me

C, B, m 58. conflict between being financially secure and relaxed

C, I, B 60. giving up strokes, professional, family
less time with kids

m 61. feeling sad and lonely

P, m 62. alienation from others
impulsivity

B, I 63. increased physical stress
stress with husband

m, I 64. painful self evaluation
inability to express feelings for people to them

4.1.

79 - 65. it will be difficult

M 66. If I change it may lower my standards

E
M
IF 67. restrict free time
self doubt
disrupt social life

7(EV) 68. risk of possible rejection

? 69. potential for mistakes

PJ 70. financial crisis
relations with family

BH 71. old patterns emerge in stress times

M 72. deciding what is important between self, job and friends

4.2

Related to the above questions, what are the potential problems or stumbling blocks you can foresee in your trying to develop greater self-control?

~~spaces 1-6 ID~~ :
spaces 1-6 ID

CARD 13 K 10

spaces 1-6 ID K 11

7-8 card NOB 13 K 12

9-blank K 14

10-41 = 1 yes K 15

if component present K 16

- K 10 Quitting because of pain
- K 11 Physical problems
- K 12 Age
- K 13 Psychosomatic
- K 14 Food is a high priority (seeing food three times a day, eating habits, I love to eat)
- K 15 Sleeping
- K 16 Impulsive Pushing too hard
- K 17 Impatient, intolerant
- K 18 Anger
- K 19 Frustration
- K 20 Hopeless (I see no way out, what's the use)
- K 21 Fear of failure
- K 22 Fear of being hurt (feeling rejected, others misunderstanding me, etc.)
- K 23 Loss of comfort
- K 24 Low self esteem, self doubt,
- K 25 Dependency
- K 26 Don't know how to change (nothing to substitute , lack of know how, how to use control effectively, ability to carry out, learning to convince self parents see me as adult.)
- K 27 Self discipline, low motivation , or perceived difficulty in trying to change (old habits, revert to old self, not strong enough, lack of sustained effort, lazy, controlling self, how I feel now and then.)
- K 28 Inner self
- K 29 Other priorities (inner needs)
- K 30 No time
- K 31 Delay in gratification (*children will still act the same way for a while*)
- K 32 Justifying the problem
- K 33 Liking what I am giving up
- K 34 Becoming too controlled
- K 35 Work related problems (*geographical limitations of where can work*)
money

Country 13

City 13

Person 13

Address 13

- K 36 Intimate relationship problems
- K 37 Family problems
- K 38 Not exploiting others
- K 39 no support for change
- K 40 inadequate feedback
- K 41 lack of creativity



13

4.2. RELATED TO THE ABOVE QUESTION, WHAT ARE THE POTENTIAL PROBLEMS OR "STUMBLING BLOCKS" YOU CAN FORSEE IN YOUR TRYING TO DEVELOP GREATER SELF CONTROL?

1. an affinity for my old pattern of interacting with her
3. psychosomatic
age
5. anger
then a loss of credibility
6. convincing myself I can change
8. lack of sustained motivation
10. resistance from wife
13. frustration
loss of seeking comfort
14. getting the routine of doing it
15. nothing to substitute old habit
17. old habits
role reversal with husband
19. stop being paranoid of people who do things forme
20. not being exploitive with new behavior
self controlled
21. fear of making a fool of myself and being hurt
22. seeing food three times a day
23. convince myself that my parents see me as an adult
24. getting others to do it for me - manipulate comfort
25. lack of time
lack of support from anybody
28. dependency
29. I see no way out
30. eating habits
delay in reward
34. ability to carry them out
35. feeling rejection at times
36. regression in speech patterns
internal needs
37. justifying the problem
sleeping

4.2.

38. becoming over controlled
41. my children will still act in their old ways
42. fear of failure
inadequate feedback
43. habit change
44. how I feel now and then
45. ambivalence - liking quiet and less conflict
46. value I've placed on food
inertia
47. frustration
lack of cooperation with efforts
48. other priorities
49. revert to old self
become untouchable
50. family needs and demands
realistic needs of daughters health
51. failure to believe that I'm doing the right thing
52. resistance of mate
53. "what's the use?" attitude
54. I won't admire myself for not exhibiting those qualities I admire
56. I love to eat
57. not strong enough to stay on track
liking the part I may have to give up
58. financial insecurity
59. impatience
60. feeling guilty over not giving time to kids and husband
61. I will lose love
62. bad situation at work
63. becoming discouraged, physical anxiety
64. fear of being misunderstood, hurt by this
65. quitting because of the pain
66. using self control more effectively

42.

67. lack of impulse control

68. lack of knowing how to change

69. my inner self

70. geographical limits
financial limits

71. lack of creativity
lack of sustained effort

72. basic laziness

4.3 What excuses might you give to sabotage your own efforts to change? (ie, what you keep yourself from succeeding),

~~spaces 129 and 130~~ :

spaces

L 42

Physical limitations

L 43

Age (too old/too young)

L 44

Shut off mind

= 1 yes

L 45

Not important enough, other things have priority, things are okay the way they are
no one would notice or care any way. *Shouldn't need to*

L 46

Not equal to the task of changing (too hard, can't do it, lack of skills and energy, *I expect to* ^{fail})

L 47

Change would cause negative consequences (^{family trait, can't really change} *← Hopeless* I'd be giving up empathy, might lose control and over do it, don't want to argue with others about my changes, others might not like the changes, I might get hurt, might become unreachable.)

L 48

Fear of change (scared)

L 49

Individual does not deserve change - *put self down*

L 50

Procrastination

L 51

It doesn't work for me

L 52

Too busy/ no time (there's work to be done, busy schedule, can't afford to feel sick or anxious, it interrupts my traveling schedule.) *I deserve time to self*

L 53

Can't change others why should I change

L 54

~~(I deserve time to myself)~~ *too Tired*

L 55

Too stressed now to change

L 56

Lifestyle makes it difficult to change

L 57

No opportunity to change or for change

L 58

Need to give time to spouse or family or to family concerns (family is my resp. depriving spouse's needs, family comes first, family won't help, etc.)

L 59

Blame others

CARD 13

4.3

Feelings

1. hopelessness "I'm a lost cause."
2. inadequate "I'm not strong, skilled enough. Too difficult."
3. fear "Change may cost too much. Don't risk."

Justifications

1. wrong time "Too busy. Too upset."
2. other priorities "Family, work comes first."
3. no need "I'm okay the way I am."
4. it's work "I need to have more fun. Techniques annoy me."
5. physically limited "I'm not coordinated anyway."
6. it's pleasurable "Food tastes too good. I like to get stoned."

Interpersonal

1. upset others "Mate won't like me. Kids need my time."
2. not noticed "Others won't notice, won't get support."
3. responsibility "They did it to me."

4.18

Self

1. bodily reactions physiology
2. strong feelings (instincts)
3. areas where I don't have the knowledge to understand
4. feelings that I don't own consciously
5. basic personality - character which is set

other

1. the environment (weather, economy, etc.)
2. the reactions of others
3. areas I have to be responsible for (job, children, etc.)

4.3. WHAT EXCUSES MIGHT YOU GIVE TO SABOTAGE YOUR OWN EFFORTS TO CHANGE? (I.E., WAYS YOU KEEP YOURSELF FROM SUCCEEDING?)

- M, B 1. say that the situation is hopeless
- R, m 2. give myself reasons why my loved ones should share the blame for my problems
- m, R 3. fear of change
others may not like
- m 4. that it's not important
- m 6. I'm not worth it
- m 7. not that important anyway
- m 10. comfortable to stay the same
- m 11. shut off my mind
- m 12. I shouldn't need to change
- B, m 13. not equal to the task
- m 14. interrupts my traveling routine
- m, m 17. too tired
too old - doesn't matter that much
- m R 18. telling myself nobody cares anyway
- B, m 20. using physical limitations as excuse
- m 21. don't risk, may get hurt
- m 22. I look fine as I am
it tastes good anyway
- m 23. put self down
not worth effort
- m 24. become more unreachable and not responsive interpersonally
- m 25. I have more important things to do
- m 26. no time
too tired
- ? 28. family is my responsibility
- R, m 29. hurting others
lose control - exceed limits
- B, 30. it doesn't work for me
I'll do it tomorrow
- m 33. no time

4.3.

35. too young

M

36. too hard
it's a family trait
no one notices

37. I need the sleep

38. need to relax
need to have fun

M

39. I don't care

41. I deserve time to myself

40. not enough time

43. too difficult to change, scared

B

44. can't really change

R

46. my family won't help with food
too busy, time should go to family not self

47. doesn't matter anyway
too much trouble to stay on weight control program

48. no time

M

49. I can't change other's behavior, why bother?

50. it can wait
need to give more time to daughter

51. don't want to argue with people about my changes

52. maybe I'm expecting too much
depriving my wife's needs

54. erect barriers, trap myself

55. work to be done, business will fall apart without me

56. I don't look that bad anyway

57. too busy
I'd be giving up my empathy and warmth for others

58. financial needs are all important

60. kids need me

61. dealing with negative consequences from others

62. no one will want to work with me

63. busy schedule
can't afford to feel sick or anxious

4.3.

64. no time or energy
won't recover from being hurt
65. do it later
too stressed right now
66. that it might not work as well as old ways
67. that pleasure is not too important
other things to do
68. life style makes it difficult to change at this time
69. my need to be needed by my family
70. lack of skill and energy
no opportunity
71. who cares anyway?
can't really do it
72. family comes first
finances come first

R 4.4 What might be possible bad consequences if you do succeed in changing?

~~spaces 135 and 136:~~

Space 60-73 N 60

1 = yes

- N 61 Increase in stress, anxiety and tension
- N 62 Increase in pressure
- N 63 Anger turned inward
- N 64 Self righteousness
- N 65 Loss of youthful charm
- N 66 Individual makes more demands on his/her self
- N 67 Become emotionally involved
- N 68 Rejection, getting hurt, vulnerability
- N 69 Negative change in significant relationship
- N 69 Negative change in family relationship/s
- N 70 Get too sexy
- N 71 Negative change in social interactions or with friends (rearrange and limit friendships, others not accept change, need some new friends, others' flattery, others demand more, envy from others, others won't be depending on me, confusing others.)
- N 72 Hobby becomes work
- N 73 Incompetence in job - or problems w/ work - or not achieving what want in other areas
- N 74 unhappy with changes - or

N 75 nothing

blank means no answer

N 76 no change takes place

N 77 success

CARD 13

N 78 having lost 50 years to bad habit

N 79 will go overboard on change

N 80 can't achieve goal

4.4. WHAT MIGHT BE THE POSSIBLE BAD CONSEQUENCES IF YOU DO SUCCEED IN CHANGING?

1. my relationship with my own mother might be threatened or altered
2. anger turned inward
3. incompetent with new job
5. more pressures
8. people will react to me differently socially
10. less desirable relationship with wife
11. having to rearrange and limit friendships
12. others not accepting change
16. strain in my marriage if husband resists my growth
17. hurting my husband who doesn't change as much - I get better, he gets worse
18. loss of youthful charm
loss of others depending on me
20. giving and not getting from a woman
losing her
21. vulnerability to hurt
22. self righteousness
envy from others
23. rejection
24. I may decide to get out of marriage which would hurt my child
25. less time for the family
the hobby becomes work
26. get too sexy
28. rejection from family member
29. confusing others, changing their life style
30. change in relationships
33. need to change some friends
34. success itself
35. expect more from self
might become emotionally involved
36. people will demand more from me
hate to think that I lost 50 years to a bad habit
people will flatter me, can't handle that

4.4.

68. greater social life
less time for self

70. anxiety with performance
time conflicts

71. give up being first - being noticed
change is anxiety producing

72. more tension as I learn new ways