

# CARD 14

R 4.17 In your area of desired self control, (see 3.2) what aspects of it can you (are you) responsible for?

~~spaces 155 and 156:~~

Component

check ~~45~~ P 23 01 All of it  
P 24 02 80%, Almost all of it

Spaces 23-50

P 25 03 My emotional or overt responses and behavior towards others ( expression of aversive emotions , responding in an adult manner, my reactions to feelings aroused, to my children, mother-in-law, internal and external responses, ~~might be~~

I = yes

P 26 04 Eating behavior

P 27 05 Time related aspects ( setting the time, making the time, watching the amount of time commitments take.)

P 28 06 Taking some action, taking the first step

P 29 07 General decision making (choice of friends)

P 30 08 Dependency issues; respondent's and others

P 31 09 Looking for the positive

~~P 32 10~~ Owing the problem

P 33 11 Changing thinking

P 34 12 Having the courage to disagree

P 35 13 Not making judgements

P 36 14 My feelings ( not taking other's statements as personal attacks).

P 37 15 Amount of exercise

P 38 16 How accepting I am of others

P 39 17 Self discipline (will power, keeping commitments, professional accomplishment of tasks, doing the writing, cutting back on activities. ~~Food shopping~~)

P 40 18 Gaining responsibility over life

P 41 19 Personal

P 42 20 Analysis of situation

P 43 21 Choosing to lessen the importance of conflicts

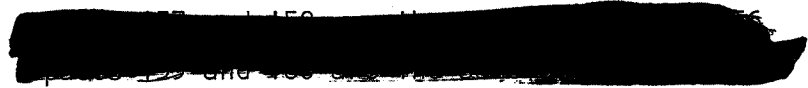
P 44 22 Amount of pressure put on self

P 45 23 Checking anxiety source

P 46 24 Overcoming fear

P 47 25 Obtaining training

- P 48 Making opportunities - professional
- P 49 Being aware of when I'm in a position to change
- ~~S 50 Not thinking of many problems~~



CARD 14

4.17. IN YOUR AREA OF DESIRED SELF CONTROL (SEE 3.2) WHAT ASPECTS OF IT CAN YOU (ARE YOU) RESPONSIBLE FOR?

1. my own behavior toward my mother inlaw
2. all
3. looking for positive ability as required
5. totally for own responses
8. all of it
9. changing my thinking taking action
10. having the courage to disagree
11. all
12. taking the first step keeping commitment
13. owning it as my own trying to not judge
14. all
15. all
19. shouldn't weigh everything said as a personal attack
20. almost all of it, but I feel helpless
21. how I respond and behave towards others how accepting I am of others
22. all
24. all
25. my internal and external responses which cause me tension
26. others level of dependency my level of dependency
29. all
30. food shopping what I eat - when
34. all
35. my reaction to the feelings that are aroused
36. all of it
37. all of it

4.17-19

4.17

38. accomplishment of assignments
41. my reactions to my children
42. most, if not all
43. responsible for my feelings  
responding in an adult responsible manner
44. I can gain more responsibility over my life
45. professional  
personal
46. what I eat  
amount of exercise
47. the analysis of the situation  
expression of aversive emotions  
eating
48. practice
49. my own responses
50. setting the time  
doing the writing
51. responsible for choosing my friends
52. most of it
54. my actions and reactions
55. all aspects
56. will power
57. all of it  
I can choose to lessen the importance of conflicts
58. amount of pressure I put on myself  
watching the time amount my commitments take
59. eighty per cent
60. making the time and place  
cutting back on activities
61. my own feelings  
keeping the decision to keep on with independent life
62. all
63. choice and amount of food
64. checking out anxiety sources

4.17

65. all

66. all

67. all

68. to overcome the fear

70. obtaining the training  
making the opportunities

71. being aware of when I'm in a position to change

72. make decisions more firmly  
not think of ~~so~~ many problems

4.18 What aspects of the area are truly out of your control, and you can not be responsible for?

space 161 and 162 :

QARP 14

- Q 51 None
- Q 52 Own physiological state or reactions (allergic reactions, bodily reactions to drugs and food, own need for sleep)
- Q 53 Areas of unconscious
- Q 54 Basic personality
- Q 55 Feeling aroused
- Q 56 Tactics I use when venting anger
- Q 57 My feelings
- Q 58 Control of own reactions
- Q 59 How to resolve conflict
- Q 60 Those I do not own
- Q 61 Other's behavior and responses (hers toward me, the acceptance of others, what others think of me, what others feel, their inability to separate their feelings for me, my children's temperament, my wife, reactions, suggestions from others, family support)
- Q 62 What others serve and eat with me
- Q 63 Health of others (physical health of daughter, employee's sickness)
- Q 64 Situational components, circumstantial areas
- Q 65 Environment (environmental set up, outside environment)
- Q 66 The aftermath, consequences of conflict
- Q 67 Required schedule
- Q 68 Time
- Q 69 Taxes

S [REDACTED]  
[REDACTED]

4.18 WHAT ASPECTS OF THE AREA ARE TRULY OUT OF YOUR CONTROL,  
AND YOU CANNOT BE RESPONSIBLE FOR?

1. HER behavior toward me
3. time  
place of opening
5. acceptance of others
8. none
9. none
10. I don't know how to resolve conflict
11. those which I do not own
13. tacttics I use in venting temper
14. none
15. none
19. what people really feel
20. the responses of others  
their hang ups
21. what others think of me, respond
22. none
24. basic personality - how much can I change?
26. bodily reaction to foods, drugs
28. their inability to separate  
their feelings for me
29. environment
30. what others serve and eat with me
34. none
35. feeling aroused
36. my physical state
37. none
38. required schedule
41. my childfen's temperment
42. none  
the behavior of others
44. my feelings

4.18

45. ability to control my reactions in situations
46. support from family
47. the situational components  
the aftermath
48. environmental
49. other's behavior
50. physical health of daughter
51. circumstantial areas
52. my wife's reactions
54. wife's reactions
55. none
56. environmental set up
57. consequences of conflicts  
others behavior in conflicts with me
58. employee's sickness  
how quickly I find a new job
59. taxes
60. none  
need for sleep
61. others feelings
63. some of my allergic reactions
64. responses of others
65. none
66. none
67. none
68. suggestions from others
69. job opportunities  
family's behavior
70. areas of unconsciousness
72. outside environment



Card 15 Spaces 1-6 LD; Spaces 7-8 Card no

R 4.18 a. Do you believe you can be responsible for your reactions to those aspects which are out of your control?

space 9:

- 1 yes
- 2 sometimes, usually
- 3 rarely, seldom
- 4 no
- 5 Do not know

Please comment:

~~spaces 168 and 169:~~

Condy 15  
City 15  
Person 15  
Order 15

~~R 118A1~~

Spaces 10-31

1 = yes

- S 10  By trying to think it through and then responding (how respond by meditating inner reactions, thought and feeling evaluation, being aware of situation, accepting it and moving beyond ),
- S 11  For behavior resulting from feelings
- S 12  By seeking professional help
- S 13  Win a few lose a few
- S 14  I can learn, need to learn
- S 15  By having the potential to be responsible
- S 16  Control own eating
- S 17  Not letting other's behavior bother you
- S 18  Hard to manage feelings
- S 19  Blame situation on others
- S 20  Have improved, don't always succeed
- S 21  Through efforts to compensate her needs
- S 22  Why bother
- S 23  By accepting Society's law
- S 24  Need to limit choices and biological needs
- S 25  I have lessened some allergic reactions through self control
- S 26  I can question not just react
- S 27  I can make choices without feeling chained to them
- S 28  Limited by fear of humiliation
- S 29  By being less rigid
- S 30  By being more open
- S 31  Can't control the unconscious

SAME

4.18a. DO YOU BELIEVE YOU CAN BE RESPONSIBLE FOR YOUR REACTIONS TO THOSE ASPECTS WHICH ARE OUT OF YOUR CONTROL? PLEASE COMMENT:

1. cannot be responsible for my anger reactions  
can be responsible for my resulting behavior from feelings
3. by seeking professional help
5. win a few lose a few
10. I think I can learn
13. I feel I have the potential to become responsible
20. one is always responsible for one's own actions and reactions
21. not responsible for others, only self
22. I can successfully think rationally
29. if I could learn the proper way to react  
was more aware of my present reactions
30. I can control my own eating
36. by being aware that I am more vulnerable when physically down
40. can accept the reality of the situation  
stop being immobilized and continue what I;m doing
41. children's behavior doesn't have to bother me as much
43. can control my reaction to others
44. more control on expression of feelings
45. have progressed in this area, don't always succeed
47. overt reactions only - covert are mine alone
48. hard to manage how I choose to feel
49. with effort, I lessen the effect others have on me  
also in R.E.T. and dream analysis
50. I usually blame it on the situation or others
51. if I take the effort to compensate her needs
56. my gut level reactions just happen, may change this in future
58. I often react quickly and then think I can also control it
59. by accepting society's law  
why bother
60. the need to limit choices and biological needs - long term
61. being aware of situation all along  
thought and feeling exploration

4.18a

- 62. I need help to learn how
- 63. I have lessened some allergic reactions through self control
- 64. because I feel I can question, not just react
- 66. I used to feel committed to choices I made, can now react freely when they don't turn out well, without feeling responsible
- 67. I can choose how I will respond by mediating inner reactions
- 69. I can pause, evaluate, then respond
- 70. I am too limited by fear of humiliation
- 71. I don't know what, why or when I'm doing something I can't control
- 72. by being less rigid  
by learning  
being open to new things

R 4.186 Do you have difficulty accepting responsibility?

space 32 :

- 1 Very much
- 2 Somewhat
- 3 Very little
- 4 Not at all

Please elaborate:

spaces : ~~WRVVA~~

33-45 = 1 yes  
if component present

- T 33 01 Thrive on it ( love rewards and risks, always do job well, enjoy it , attracted to it)
- T 34 02 It's a part of life, neither positive nor negative (it's my way of life, I try to to accept it, don't think about it I just do it.)
- T 35 03 Too much responsibility ( ( I take on too much from others, I take it on too readily, I get over committed, I have difficulty drawing limits.)
- T 36 04 Depends on the situation
- T 37 05 Can accept responsibility for what I do ( only for myself, easy for me --hard for other
- T 38 06 I have difficulty about decisons effecting other people
- T 39 07 Once accepted it is no problem
- T 40 08 I can accept, but hard to act on
- T 41 09 I0 , yes have accepted a lot
- T 42 10 I sometimes want others to do it ~~to make magic happen~~
- T 43 11 Avoid by accepting unimportant responsibility
- T 44 12 Don't like responsibility I don't agree with
- T 45 13 Like the challenge but not sure I can handle it

CARD 15

4.19 DO YOU HAVE DIFFICULTY ACCEPTING RESPONSIBILITY?  
PLEASE ELABORATE

1. I fear making decisions that involve many people directly
2. only with myself
4. thrive on it  
work to keep priorities straight
5. always do the job well
6. thrive on it unless burned out
9. enjoy it
13. If I decide to accept it, it's no problem
14. can accept it, might have trouble acting on it
20. I avoid responsibility by accepting alot of unimportant responsibility
23. I enjoy the rewards and risks of taking responsibility
26. I have accepted alot of responsibility in work, family, community
28. I need to be able to release my sense of responsibility
29. responsibility is my way of life
30. some times I want others to do it, to make the magic happen
36. my problem is accepting too much responsibility from others
37. don't like responsibility I don't agree with
43. I can handle things better myself, have trouble telling others to do things
44. I try to accept resp. in life
45. am attracted to accepting resp.
47. don't think about it, just do it
48. I take it on too readily
52. I get over committed with responsibility that has much expectations
55. difficulty not accepting resp.
56. like the challenge - but not sure I can handle it
57. depends on situation, I've got blind spots and follies
58. I had trouble before, but now accept my own resp. for what I do
59. since my father died at age 5 I've had to accept resp. like breathing - one does it daily