

TABLE 9

EMPHASIS OF MULTI-LEVELS: GENERAL

Below you will find seven different levels into which reality can be divided. We would like you to first go through and in Column A rank order (1 being most important and 7 being least important) where your relative emphasis is on each of those levels. Then go to Column A' and show approximately how much time you actually spend in a given week on each of these levels. Please be as honest as possible about the actual time.

Please list specific behaviors that you include on each of those levels, the body level, the mind level, the ego level, the professional level, etc. in Column B.

| | <u>COLUMN A</u> | <u>COLUMN A'</u> | <u>COLUMN B</u> | <u>COLUMN C</u> | <u>COLUMN C'</u> |
|---------------------------|-----------------|------------------|-----------------|-----------------|------------------|
| 1) BODY LEVEL | _____ | _____ | _____ | _____ | _____ |
| 2) MIND LEVEL | _____ | _____ | _____ | _____ | _____ |
| 3) EGO LEVEL | _____ | _____ | _____ | _____ | _____ |
| 4) PROFESSIONAL LEVEL | _____ | _____ | _____ | _____ | _____ |
| 5) INTIMATE LEVEL | _____ | _____ | _____ | _____ | _____ |
| 6) POLITICAL/SOCIAL LEVEL | _____ | _____ | _____ | _____ | _____ |
| 7) SPIRITUAL LEVEL | _____ | _____ | _____ | _____ | _____ |

Now, please go back to Column C and rank order the ideal order of preference for each level from one to seven. Then, in Column C' put the amount of time you would like to spend on each of the levels.

TABLE 10

LISTING OF PRIORITIES: ACTIVITIES AND MOTIVATIONS: SPECIFICS

The following table allows us to be more precise within each area that we discussed in Table 9. Within each level, please rank order (1 = highest salience) the activity in terms of what may be the most important for you to develop control in and pay more attention to as a goal.

For example, if on the body level where there are seven different items, that control of smoking is the most important to you, then you would put a 1 after smoking. If exercise is the least important, you would put a 7 after exercise, and similarly for all the different areas, the mind area, the ego area, etc.

| <u>ACTIVITIES</u> | <u>MOTIVATIONS</u> |
|---------------------------------|--------------------|
| 1) Body | |
| Exercise | _____ |
| Stress Management | _____ |
| Eating | _____ |
| Dietary/Nutrition | _____ |
| Smoking | _____ |
| Drinking | _____ |
| General Physical Self-care | _____ |
| 2) Mind | |
| Intellectual activities | _____ |
| increasing precision awareness | _____ |
| increasing holistic awareness | _____ |
| learning to control thoughts | _____ |
| Attentional Level | _____ |
| better focus | _____ |
| nature of focus | _____ |
| Affect | _____ |
| developing your affect | _____ |
| increasing emotional expression | _____ |
| --positive emotions | _____ |
| --negative emotions | _____ |
| decreasing emotional expression | _____ |
| --positive emotions | _____ |
| --negative emotions | _____ |
| 3) Ego | |
| Increasing Self-esteem | _____ |
| Development of Personal Ego | _____ |
| 4) Professional | |
| More attention to Career | _____ |
| Questions of Value | _____ |

ACTIVITIES

MOTIVATIONS

- | | |
|--|-------|
| 5) Intimacy | _____ |
| Developing a Relationship with significant other | _____ |
| Development of Friends | _____ |
| Male | _____ |
| Female | _____ |
| Relationship with Children | _____ |
| Relationship with Family | _____ |
| 6) Political/Social | _____ |
| More attention to political issues | _____ |
| Becoming active politically | _____ |
| Developing social networks | _____ |
| 7) Spiritual | _____ |
| Search for a sense of meaning | _____ |
| Practicing more spiritual activity | _____ |

Below are different motivators that individuals might use. Please look at those motivators and go back and rank order what your motivation is for your three highest salient items within each level.

- A. Giving to other people: social altruism
- B. Gaining a sense of external power
- C. Sexual fulfillment
- D. Gaining a stronger sense of oneself
- E. Changing the world
- F. Interpersonal harmony
- G. Survival value and importance
- H. Care of oneself physically
- I. Improving intellectual capacity
- J. Developing a sense of order in the world
- K. Sense of meaning in the world
- L. Coping with difficult situations

*Ego level is both a motivator and a level of reality. Body and mind are both levels plus components of other levels.

1. Motivation is a multi-faceted issue which needs to be divided into separate components. One component is the initial reasons for desire to change. We could take this material from Maslow's hierarchy, and we could also look at our Table 10 which is motivation by different area, as well as in Section 3.1 of the first SSCI.

2. These initial reasons can be both positive reinforcement and negative reinforcement--the consequence if no change is made. This is what we get at in the SSCI, Section 3.2B.

3. Intensity: Specific Determination and Effort

This really gets at what we are trying to look at here under effort and determination. This is the commitment and the follow through. 3.3B deals with these issues.

4. Resistance deals with negative issues which may get in the way of having the person change. This is 4.1 to 4.4 on the SSCI.

5. This deals with the general issue of is a person in control as part of their motivation, do they have a belief that they can accomplish *their goal*. Specifics...

3. How much effort do you feel it will take to accomplish your area of change (1 - 10 scale)?

4. Are you willing to expend that much effort (1 - 10 scale)?

8. In general, when faced with an immediate positive you could now have (guaranteed) or something even more positive two weeks from now (also guaranteed) which would you pick?

9. In the past, how successful have you been in accomplishing goals which you have set for yourself (1 - 10 scale)?

10. In general, do you feel when you start a project, you stick to it?

11. If you are on any medication, or have tried any self-control strategy in the past, how good adherence and compliance to the project have you followed it?