

WARD 20

SS 9.1 What are the things that give you a sense of competence? (code for whether component present or not)

- space^{SS} 36 Relationships (friends)
- SS 37 Being a member of a family
- SS 38 Job or job related skills
- SS 39 Hobbies and crafts (musical talent, gardening, artistic expression, cooking, working with hands)
- SS 40 Writing
- SS 41 Learning (doing well on exams, academically related items)
- SS 42 Social skills (active listening & responding)
- SS 43 Intelligence, knowledge (having it)
- SS 44 Sophisticated (cool) (does well)
- SS 45 Reading
- SS 46 Positive feedback (being thanked, social approval, compliments)
- SS 47 Humour
- SS 48 Enjoying life
- SS 49 Religion
- SS 50 Physical activities (yoga, sports, tennis, athletics)
- SS 51 Sexual fantasies
- SS 52 Love well
- SS 53 Chores
- SS 54 Self confidence
- SS 55 Creativity-self expression
- SS 56 Driving car
- SS 57 Helping others (volunteer work)
- SS 58 Intimate relationship (spouse, intimate other)
- SS 59 Self Accomplishment (feelings of doing things well)
- SS 60 Conflict resolution
- SS 61 Taking a rest + having success
- 1 = yes SS 62 social approval
- SS 63 personal growth
- SS 64 financial issues
- SS 65 friendships

9.1. WHAT ARE THINGS THAT GIVE YOU A SENSE OF COMPETENCE?

- 9.1-9.4
1. being a wife
a mother
a nurse
 2. write
cook
work
 3. intelligence
cool
sophisticated
 4. job
hobbies
relationships
 5. read a lot
speak well
meet people well
 7. work
play flute
sing
 8. positive feedback
accomplishment feeling
& gardening
 10. learning
making things
doing good job
 11. working with hands
humore
conversation
 12. volunteer work
friends
knowing jesus (personally)
 13. do well on exam
bake
good job with kids
 14. work with kids
teach
yoga
 15. work
teach
humore
 16. complete projects
home and husband
family attention
 17. writing
art piece
good therapy session

mult. levels

9.1.

18. singing
counseling
gardening

20. argue well
draw
sexual fantasies

21. work
mother role
knowledge

22. wifing
parenting
counseling

23. work
home
being thanked

24. very organized
work well
raising son

26. building
designing
love well

28. crafts
clean
organize

29. teach
help others
good mother

34. work
people
self

35. work
clothes

36. work
clean outside
lecturing

37. communication
creativity
productivity

40. work
expand programs
creativity

43. work
clean house
drive car

45. work
working through conflicts taking risks

- 9.1.
- 46. academic work
 - 47. academic work
gardening
creating crafts
 - 48. job
comforting others
children
 - 49. teaching
school
writing
 - 50. family
work
friends
 - 51. confidence
social approval
 - 52. athletics
doing chores
 - 53. child care
husband care
house maintenance
 - 54. music
physics
tennis
 - 55. negotiate well
work fast
 - 56. art
counseling
compliments
 - 57. group work
helping
 - 58. counseling
learning
sports
 - 59. my whole life
 - 60. teaching
reading
savoring the world
 - 61. achieving goals
physical improvements
 - 62. maintain house
group work
work

9.1.

- 63. weaving
writing
artistic work
- 64. express self
doing well
appreciation from others
- 65. write
learning new things
enjoy life, playing
- 66. housework
good wife
writer
- 67. sports
car
problem solving
- 69. mothering
self expression
decision making
- 70. job
resolving conflicts
initiating change
- 71. cooking
tennis
friends

192 What are the things that you do that give you sense of incompetence?
(check list of whether component present or not)

ACT 21
space ST 9 Smoke

ST 10 Being a member of intrigal family

ST 11 Some aspects of job or job related skills (writing)

ST 12 Athletics or physical activity

ST 13 Lack of knowledge (learning, thinking, intelligence, being around educated people)

ST 14 Financial concerns (debts, low paying job)

ST 15 Social inabilities (shyness, conversing, arguing, communication, unable to attract desirable women)

ST 16 Negative feedback (criticism, laughed at, social disapproval) or anticipation of

ST 17 Not knowing

ST 18 Self Image (self care) - taking care of self improperly

ST 19 Intimate issues (making love, sex) - failing w/ women - not being able to maintain relationship

ST 20 Weight and eating

ST 21 Crafts and hobbies (working with hands, tools, mechanical work)

ST 22 Forgetting things

ST 23 Concentration

ST 24 Passivity (avoidance, withdrawing)

ST 25 Negative personal qualities (breaking promises, not honest with feelings, insensitivity, nagging)

ST 26 Getting sucked into a con game

→ procrastinate - doing things too hastily

ST 27 Status

ST 28 Making mistakes - failing at task

ST 29 Feeling foolish

ST 30 Lack of direction in life, (unhappy with life, confusion)

ST 31 Sleeping late

ST 32 Car accident

ST 33 Over stressed (nervous, anxious)

ST 34 Over emotional (lose temper)

ST 35 Out of control moments (disharmony)

ST 36 Letting myself and others down - /

ST 37 Feeling overwhelmed, helplessness

ST 38 Performance anxiety

ST 39 Demands on self, perfectionism

ST 40 Impatience

ST 41 Intimate Relationship (w/ spouse or significant other)

9.2. WHAT ARE THINGS THAT YOU DO THAT GIVE YOU A SENSE OF INCOMPETENCE?

1. wife
mother
nurse
2. tools
3. lack of knowledge
shyness
4. paperwork
self care
5. nagging
7. sports
concentration
clients
8. negative feedback
disharmony
10. debts
11. not knowing
writing
12. sports
learning
being around educated people
13. thinking
intelligence
14. passivity
avoidance
withdrawing
15. unfinished details
16. break promises
insensitivity
get conned
18. dancing
sports
budget work
20. job
failing to attract desired woman
21. money
status
22. mothering
parenting
counseling
23. mistakes

9.2.

- 24. shyness
sexual hang ups
- 26. feeling foolish
failing
- 28. letting things go
work
self care
- 29. relating to stranger
non contentment with life
sense of direction
- 34. child rearing
- 35. job tension
- 36. small talk
dancing
sports
- 37. sleep late
procrastinate
don't eat enough
- 40. self expectations not met
feel immobilized
- 43. sex
lecturing
arguing
- 45. failing when I risk
- 46. eating too much
- 47. failing to handle criticism well
- 48. laughed at
criticized
- 49. conversing
making love
- 50. car accident
doing something incorrectly
- 51. social disapproval
helplessness
- 52. not finishing tasks
lose temper
- 54. love making
- 55. being over stressed
weight
keeping up with work

9.2.

56. hiking
painting
sports

57. confusion

58. being unorganized
forgetting a lot
low paying job

59. emotional

60. schedule
nervous

61. work errors
forgetting

62. money
not always honest with feelings
anxiety

63. not finishing things
communication
out of control moments

64. letting self and others down
being overwhelmed

65. smoke
money
fight with wife

66. demands on self

67. mechanical work
listening to someone who knows more than I
work

69. mechanical work

70. performance anxiety
criticism
perfectionistic

71. over eat
impatient

9.3. MANY OF US HAVE HAD SITUATIONS OF PERSONAL TRAGEDY IN OUR LIVES -
THE DEATH OF A LOVED ONE. SERIOUS ILLNESS. BREAK-UP OF AN IM-
B PORTANT RELATIONSHIP. IF YOU FEEL COMFORTABLE SHARING, PLEASE
NOTE IN YOUR OPINION WHAT YOU CONSIDER TO BE THE THREE MOST
IMPORTANT EVENTS OF THIS NATURE IN YOUR LIFE.

1. death
breakup first boyfriend
chronic illness of husband
2. mother's death
divorce
3. death of father
loss of job
family relationship
4. 2 deaths in a week
loss of friend
illness
5. seeing that mother didn't love me
husband lost job
son quitting school
7. father's death
3 relative's deaths in a week
breaking off affair
8. death
dry well
10. death
chronic illness
11. death
end of relationship
12. raped at 12
friend hung self
13. seeing how badly I was cared for as child
unhappy marriage
14. tumors
15. break up relationship
loss of home
job change
16. husband's hospitalization
son's near death
17. loss of loved one
death
deciding not to adopt 2 kids
18. divorce
end of commune
death

9.3.

20. break off of relationship
not getting back, same amount of affection felt for another
21. husband's illness
loss of friend
23. divorce
intense therapy
custody loss of kids
24. death
divorce
husband's withdrawal
26. death
loss of lover
divorce
28. relationship
mother's disappointment with my family
29. empty nest syndrome
seeming non marriage
34. death
surgery
parenting
35. relationship breakup
death
36. divorce
deaths
son's lack of motivation after LSD trip
37. separation
marriage
leaving home
43. death of patient
fired
no contact with sister
45. difficult marriage
adolescent shyness
46. depressive break down
47. rejection by loved one
48. death
repeated miscarriage by wife
49. abortion
break with lover
50. deaths
physical illness
daughter's chronic illness

9.3.

51. mother's hospitalization
divorce of parents
boyfriend breakup
52. job loss
death
53. death
54. difficult marriage
graduate exams
death
55. marriage
end of affair
divorce
56. death
drunken spree
parent induced complexes
57. death
family disappointment
58. death
ending first relationship
leaving the convent
59. death
divorce
parting of a male friend - due to society's laws
60. births
divorce
parents
61. moving as child
relationship with father
loss of first lover
62. divorce
mugging
death
63. discovering universal allergy
64. breakup of friendship
adolescence
65. divorce - kid separation
loss of sexual pleasure in marriage
separated from father as child
66. moving as kid
illness
hysterectomy at 25
67. separation
terminated from PhD program

9.3.

69. mother's alcoholism
death

70. illness
divorce
husband's divorce and dissertation

71. hospitalization as child
giving up child to adoption
therapy

9.3.a. AGAIN, IF YOU ARE WILLING TO SHARE, PLEASE DESCRIBE HOW YOU HAVE/ ARE DEALING WITH THOSE ISSUES.

- 9 1. time
 - 3 love - support - increasing my knowledge of chronic disease
- 1 2. used priest for comfort
 - 9 time passed
- 8 4. mourned, then went on
 - 6 wrote an honest letter
 - 10 learned and accepted self
- 11 5. tryin to accept that mother must have had a sad life
 - 4 compensate by becoming very important myself
 - 11 tell myself that my son will finish school when he gets older
- 3 7. talking - crying sometimes
 - 6 kept busy, occupied
 - 5 worked on rebuilding marriage
- 3, 9 8. talking and letting time take care
 - 7 adjusted water usage
- 11 10. accepted
 - 14 still looking for improvement
- 12 11. first I hid and turned off
 - 2, 3 then sought professional help and friend's help
- 2 12. group therapy - not resolved
 - group therapy - death and dying process
- 10 13. trying to accept myself
 - trying not to feel at fault
- 10 14. self awareness
- 15 15. doing the best I can - but not as well as I should be
- 5 16. not divorcing him - giving him support
- 5 17. found another love
 - 16, 15 by writing and thinking
 - 5 finally adopted one child
- 3 18. crying, talking
 - 4 moving on
 - 5 try to replace her
- 11 20. I experience them
- 12 21. withdrawing
- 10 23. beginning of self discovery
 - great experience
 - 2 back in therapy
- 11, 14 24. greater understanding of death
 - 10 feeling of more capability, independence
 - 10 trying to be more self dependent

9.3a.

26. therapy
28. trying to accept
trying for self wholeness
29. looking for a direction, goal
depression
34. outside help to become a consistent parent
35. exploring new relationship
- 36/ isolated and avoid men
cry and share with others
try to be positive with him, direct him to goals
37. talking it out
sleeping late
43. therapy
new job
hope sister will contact me
45. counseling
force self to take initiative
46. therapy
47. cognitively
pursue relationship although futile
48. talk with wife
share with wife and close friends
49. therapy
50. cried, worked out final grief
refocused self direction, found new meaning for life
staying open, accepting feelings of helplessness
51. withdrawal
talk it over
52. look at alternatives
accepting God's will
53. pleasant memories
54. changed, felt more
opening up
worked hard
55. divorced
forget and put behind
accepting negative feelings and moving on
56. put it out of my mind
vow to change

9.3a.

57. getting closer to people
making my behavior as congruent around them as possible
accepting my aloneness
58. cried and counseling
cried and closed the relationship
counseling
59. handling it
still friends
it's God's law
60. with joy and growth
61. acceptance
accepting and understanding
deciding it was not me personally
62. cried and counseling
attacked back
time and remember pleasant times
63. self control of diet and therapy
64. moved home closer to them
enjoying other aspects of relationship
gotten closer to him as an adult
66. learned to separate
try to take better care of myself
trying to face it - regret is strong
67. therapy and friends
appealing decision
accepted as a part of life
69. ala-non
counseling
friendships
70. learning health care strategies
lived alone, had other relationships, married again
tried to insulate myself from him
71. resolved

9.4. IN GENERAL, WHEN FACED WITH A PROBLEM OR A CONCERN, WHAT IS THE FIRST METHOD OR STRATEGY YOU WOULD USE TO TRY TO DEAL WITH IT?

1. consider alternatives
2. think it out
3. coolness, thinking
4. pause
5. talk about it, after crying
7. rational thinking
8. explore possibilities
10. analyze it
11. try to get in touch with instinctual level
12. problem solving techniques
13. check options
14. relaxation
15. stew, think
16. determine path I can take
17. try and figure it out
18. consider options
20. I breathe
21. confront - use of reason and openness
22. think of alternatives and goals
23. think, talk over with friends
24. talk it over
29. pray, then think over
34. knowledge
35. analyze
36. figure it out logically
37. explore from all sides
40. intellectualization
43. figure out options
44. try to figure it out

9.4.

45. give it time
46. slow down and analyze
47. cognitively
48. talk to others
49. keep to myself
50. meditate, pray
51. figure out feelings
52. think of alternatives
54. use logical thinking with personal feelings
55. use rationale and intuition
56. problem solve
57. weight alternatives, feelings
58. think of alternatives
59. think of possibilities
60. stop and think
61. accept and think thru
62. think of solutions
63. self control
64. try for a good perspective
66. not sure
66. face it, act or accept it
67. look at alternatives
69. prayer
70. understand, intellectualize, distance
71. cognitive

9x#.

9.4a. WHAT OTHER METHODS YOU MIGHT ALSO USE, THOUGH NOT AS FREQUENTLY?

1. prayer
avoidance
3. seek advice
4. seek advise
minimize the impact
5. run away
7. obtain information
talking it out
8. ask for help
10. seek help
read up on it
11. gather information
12. ignore it
13. consult trusted people
time passing
14. feeling
15. seek opinions
17. follow instincts
18. try and fail
seek advise
20. shout very loud
feel
22. ask for help
23. get counseling
24. wait
ask another to deal with it
29. seek advice
try solutions
34. feeling
35. spontaneity
blocking
36. ask a friend
give up
37. seek advice

9.4a.

40. denial
problem solve
43. give up
talk with others
46. seek help
47. give up
emotional approach
49. think it through
speaking up about it
50. talk with husband
talk with friends
51. find out how others involved feel
talk to others
52. force myself to overcome
54. ignore it
55. talk with another
ignore it
56. hope it will solve itself
go with feelings
57. talk to others
flip a coin
58. journal writing
talking with someone
59. seek advice
60. read
61. ask advice
62. check with friends
think of alternatives
63. therapy
talk with friends
64. give up
talk to someone
65. analyze
deny
66. talk it out
write it out
67. ask opinions
get more information

9.4a.

69. call friend for counseling

70. withdraw
deny

71. stay with personal feelings

9.3 Please note, what you consider to be the three most important events of personal tragedy in your life.
(check list for which components there)

- space SD 42 death (family mate, friend)
- SD 43 loss of relationship, intimacy, divorce, bad marriage
- SD 44 illness, own, intimates's
- SD 45 loss of job, loss of economic stability
- SD 46 lack of parenting as a child, or negative parenting - divorce of parents - issues w/ parents
- SD 47 victim of crime such as a rape or robbery
- SD 48 lack of correct parenting of own child, conflicts with child - problems w/ family - child custody
- SD 49 self destructive behavior of those close to you
- SD 50 emotional life change (stage of growth, spiritual death, depression)
- SD 51 environmental life change (job change, a move, job promotion, graduate exams. *well went dry*)

9.3a. Please describe how you have/are dealing with those issues.
(check list for whether component present or not)

(Outside help or overt behavior)

- space SE 52 religion (prayer, or met with pastor)
- SE 53 therapy
- SE 54 sought support form family or friends - *talk about it*
- SE 55 environmental change that is career related (changed job, left job, went to school,
- SE 56 relationship change- got a divorce, changed relationships, new relationship, rebuild relationship
- SE 57 keep busy. *help other person feel positive*
- SE 58 confront others

(Turned to self)

- SE 59 mourned, cried
- SE 60 depression - *sleeping*
- SE 61 let time heal or try and forget
- SE 62 self acceptance, greater self awareness (*and wholeness*)
- SE 63 withdraw or isolate self (*family issues*)
- SE 64 looked at, remembered the good times, memories
- SE 65 try to understand the situation, learn more about it, make sense of it, look for solutions *experience them - gather input*
- SE 66 avoid problem
- SE 67 write in journal
- SE 68 self therapy
- SE 69 moved on, set new goals
- SE 70 no change
- SE 71 accept it
- ~~SE 72 look for solutions~~
- SE 72 - resolved

ARD 22

S 9.4 In general, when faced with a problem or a concern, what is the first method you would use to try and deal with it.

Outside help or overt behavior

spaces
9-10

spaces 1-6 - ID
7-8 CARD #

- 01 religion (prayer, or met with pastor)
- 02 therapy
- 03 sought support from family or friends
- 04 environmental change that is career related (changed job, left job, went to school,
- 05 relationship change- got a divorce, changed relationships, new relationship, rebuild relationship
- 06 keep busy
- 07 confront (others, it, etc)

Turned to self

- 08 mourned, cried
- 09 depression
- 10 let time heal or try and forget
- 11 self acceptance, greater self awareness
- 12 withdraw or isolate self
- 13 looked at, remembered the good times, memories
- 14 try to understand the situation, learn more about it, make sense of it, *think about it*
problem solve.
- 15 avoid problem
- 16 write in journal
- 17 self therapy
- 18 moved on, set new goals
- 19 no change
- 20 generate alternatives
- 21 relaxation
- 22 breath
- 23 "self control"

9.4A What are other methods you might use, though not as frequently? (check list for whether component there or not)

Outside help or overt behavior

SM spaces 21 religion (prayer, or met with pastor)

SM 22 therapy

SM 23 sought ^{on advice} support form family or friends - talk it out

SM 24 environmental change that is career related (changed job, left job, went to school,

SM 25 relationship change- got a divorce, changed relationships, new relationship, rebuild relationship

SM 26 keep busy (spontaneity)

SM 27 confront others

Turned to self

SM 28 mourned, cried

SM 29 depression

SM 30 let time heal or try and forget

SM 31 self acceptance, greater self awareness

SM 32 withdraw or isolate self

SM 33 looked at, remembered the good times, memories

SM 34 try to understand the situation, learn more about it, make sense of it, obtain information, rational thinking

SM 35 avoid problem - deny problem -

SM 36 write in journal

SM 37 self therapy

SM 38 moved on, set new goals

SM 39 no change

SM 40 ~~search alternatives~~ feelings

SM 20 - GIVE UP

I = yes