

## SECTION TWO: BELIEFS AND ASSESSMENT OF POSSIBLE CHANGE AREAS

### Narrow Coding Categories

#### 2.1 - 2.1

1. emotional control
  - a. anxiety
  - b. anger
  - c. patience
  - d. mental health, awareness, growth
  
2. physical control
  - a. body health and abuse
  - b. exercise
  - c. relaxation
  - d. bodily malfunctions
  
3. self image maintenance (self esteem)
  
4. interpersonal
  - a. sexual
  - b. family, mate
  - c. social
  
5. outer image maintenance, career, "persona"
  
6. personal discipline
  - a. thoughts
  - b. activities

## SECTION TWO: BELIEFS AND ASSESSMENT OF POSSIBLE CHANGE AREAS

## Broader Coding Examples

Code for answers of written in responses for 2.1 - 2.4

Areas where went self control

- SCI 1 10-11 Bodily functions or malfunctions (urinary control)  
 SCI 2 12-13 Pain control (headaches, gastrointestinal)  
 SCI 3 14-15 Physical fitness (body movement, training for athletics, regular routine of exercise, etc)  
 SCI 4 16-17 Food concerns (diet, nutrition, weight control, fasting)  
 SCI 5 18-19 Smoking  
 SCI 6 20-21 Control of use of drugs including: alcohol, marijuana, valium, etc.  
 SCI 7 22-23 "Bad" habits (compulsive or impulsive behavior viewed as bad by respondent, nose picking, pinball habit, <sup>fantasies</sup>, nail biting.)  
 SCI 8 24-25 Driving  
 SCI 9 26-27 Physical or Psychological crisis (health, mental breakdown, illness of others, traumatic experience).  
 SCI 10 28-29 "Over" emotional responses or reactions (moody, emotionally demanding, not crying under stress, reaction when criticized, more control in following feelings, better able to accept feelings, identify feelings and deal with responses, tempermer  
 SCI 11 30-31 Stress (anxiety, relaxation, tension, blood pressure, type A behavior.)  
 SCI 12 32-33 Anger (temper)  
 SCI 13 34-35 Patience/ impatience → tolerance/intolerance  
 SCI 14 36-37 Being judgemental / trying not to be judgemental  
 SCI 15 38-39 Guilt  
 SCI 16 40-41 Paranoia  
 SCI 17 42-43 Jealousy  
 SCI 18 44-45 Greed  
 SCI 19 46-47 selfishness  
 SCI 20 48-49 Depression (sadness, sleeping too much)  
 SCI 21 50-51 Complaining and nagging  
 SCI 22 52-53 Openess about feelings  
 SCI 25 54-55 Enjoying life ( savouring experiences, being more spontaneous, letting go, allowing self to be happy.)  
 SCI 24 56-57 Taking risks  
 SCI 25 58-59 Taking time for self  
 SCI 26 60-61 <sup>59-60 overcome inertia</sup> Independence/ self dependency  
 SCI 27 62-63 Self pity / self indulgence

SCI 28 64-65 Issues of self esteem, self worth, self acceptance, self awareness

SCI 29 66-67 Issues related to self organization, time management, efficiency, and self discipline on the job, in school and in general ( adhering to allergy program, self improvement, study habits, keeping needs out of work, keeping up with work, organizing self, self starter, escaping inertia, controlling thoughts, writing dissertation, concentration, goal oriented behavior, being able to be directed by others, keeping mouth shut, delaying gratification, working hard with little reward, living austere life, management of home, school and work, perform well under pressure, performing a variety of roles, putting own needs aside for needs of others, taking on extra responsibility not retaliating against institutionalized adolescents, returning to work, getting along with clients and/or boss, studying in caustic home environment.)

SCI 30 68-69 Professional, educational or artistic development ( speed reading, enjoying job, developing private practice, commitment to more education, more aware of clients, time to read and think, controlling people through leadership, cognitive or intellectual development) *Career change*

SCI 31 70-71 Assertiveness/ aggressiveness/ passiveness Issues

SCI 32 9-10 Decision making (living with consequences of decisions, "shoulds and oughts")

SCI 33 11-12 Accepting disagreements

SCI 34 13-14 Communication skills (public speaking, speaking in front of groups, better verbal expression)

SCI 35 15-16 Intimate (significant other) relationships (not overloading spouse emotionally, greater trust, being able to relate closely, marriage, losing self in marriage, monogamy, divorce)

SCI 36 17-18 Family Issues (problems, conflicts, communication, not punching out mother-in-law, mother's death, parenting, breaking away from family, negative childhood, during parental conflicts, relationship with step children, hostile relationships with, confrontation of family member)

SCI 37 19-20 Sexual Issues (sexuality, sexual restraint, sexual attraction)

SCI 38 21-22 Interacting with friends and other people in general (shyness, sharing ideas, defensiveness, self conscious, accepting others, understanding others, just being able to stand people, to be more outgoing, nervousness around others, self disclosure, won't betray confidences, being treated as an adult)

SCI 39 23-24 Rejection

SCI 40 25-26 Financial Issues

SCI 41 27-28 Wholistic or spiritual development (meditating more effectively, truth seeking)

SCI 42 29-30 Control of life or destiny

SCI 43 31-32 Acceptance of life

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SSCI

Domains  
eg M, m, B, b

2.1) IS THERE CURRENTLY AN AREA OF YOUR LIFE IN WHICH YOU WOULD LIKE TO DEVELOP GREATER SELF CONTROL?

- M 1.a. become less intimidated by others, more self directed
- M b. control over my impatience with and intolerance of what I see as laziness in myself and others

- ? B 2.a. finishing what I start
- M b. anger

- P 3.a. career change
- B b. eating control
- B c. smoking

- B 5. a. tearful in moments of stress
- B, m b. control of anger

- B 6.a. weight control
- M b. thinking more positive about myself and my life
- B m c. need to calm down and slow down

- B m 8.a. control anxiety feelings
- B b. use of chemicals - alcohol, pot, caffeine
- M c. arrogance - intolerance of other's weaknesses
- B d. work on physical health

- B 10.a. eliminate procrastination
- B m b. relaxation

- B 11.a. eating - weight control

- B 12.a. weight control

- B m 13.a. anxiety over new experiences
- B m b. temper

2.1.

B 14.a. to stop nail biting  
BM b. control headaches

B 15.a. smoking  
B b. drinking

BM 17.a. letting others direct me  
M b. how I spend my time  
IM c. appreciating others  
M d. being aware of my clients more

M 18a. concentration in reading  
BM b. anxiety

ME 19.a. confidence in self worth

I 20.a. sexual and romantic relationships  
OP b. artistic achievements  
C c. educational pursuits  
C d. career pursuits

M 21.a. acceptance of life as it is  
M b. acceptance of others as they are  
ME c. acceptance of self as I am

B 22.a. food

EM 24.a. depending on myself for happiness  
M b. letting go, opening up, more self permission to be happy

B 25.a. public speaking  
I b. being able to relate closely with some people

B 26.a. control of tension and blood pressure  
B b. diet habits  
B c. compulsiveness

2.1.

- B 27.a. loose weight
- M 28.a. emotions  
M b. anger  
M c. guilt  
M d. better ability to separate
- M 29.a. thought control - using imagination as escape and pacifier  
B b. doing things on time  
MB es escape inertia
- B 30.a. weight control  
M b. ability to withdraw from daily bustle
- B 31.a. stop smoking  
M b. depression
- I 32.a. family relations
- M 33.a. anxiety, stage fright.  
BM b. learn to meditate more effectively and experience inner peace
- I 34.a. parenting skills  
M b. social needs  
MB c. oral communication effectiveness
- MB 35.a. not clutching  
E b. self awareness
- CM 36.a. anxiety associated with present job  
B b. weight control  
BM c. socially defensive with new people, get arrogant and uptight  
B d. body functions like gastrointestinal tract, pain relief
- B 37.a. sleeping  
B b. physical activity  
B c. procrastination
- B 38.a. weight loss  
B b. organize myself - get what I should do and what I want to do
- B 39. lose weight
- MI 41. more patience with my children
- ME 42.a. increase confidence  
B b. be more spontaneous  
M c. more sensitivity to own feelings and emotions
- MB/PC 43.a. more assertiveness at work, needing others to like me less  
B b. eating  
B c. maintaining rigid exercise program  
BM d. more control over emotions when I feel criticized
- E/M 44.a. unsure of myself  
M b. self conscious  
MB c. nervous around people

2.1

*m* *B* 45. success avoidance

*B* 46. weight control

*m* 47.a. emotional responses

*B* b. eating habits

*C* c. work - study habits

*B* 48.a. organize more effectively

*B* b. better use of relaxation

*B* c. regular exercise

*m* 49.a. turning anger at others into anger towards myself

*m* b. not feeling guilt over expressing true feelings toward others

*B* 50.a. writing dissertation

*J* b. my daughter's physical problems

*T* 51.a. more control in interpersonal relations

*m* *B* b. being assertive

*m* c. more control in following feelings

*m* 52.a. indecisiveness

*m* b. tendency to lose temper, esp, with children

*C* *B* c. to do more professional reading

*B* d. to control a bad habit - nose picking

*B* 53. daily decision making

*BM* 54.a. control my reactions to family situations

*m* b. greater concentration when I so choose

*B* 55.a. stress of type-a living

*B* b. eating habits

*B* c. exercise

*B* d. positive, confident and productive communication

*B* 56.a. weight lose

*m* b. moodiness/ depression/ self pity

*m* c. impatience

*B* d. not to procrastinate

*B* 57.a. eating habits

*B* b. regular exercise

*m* c. self indulgence, preoccupation with conflict situations

*B* 58.a. daily exercise

*P* b. financial planning

*BM* c. staying aware of tension in my body

*m* 59.a. temper

b. patience

*BM* 60.a. get more ~~to~~ ~~xxx~~ time to think, read

*B* b. weight control

2.1.

- I 61.a. personal relationships  
C b. occupation
- m 62.a. anger  
B b. talking too much  
B c. smoking less
- B 63.a. control my eating  
B b. control my headaches  
B c. build up my physical strength
- B 64.a. organizing day to day  
I b. relationship fears  
M(C) c. my expectations of my work
- B 65. smoking
- B 66.a. nutrition, eating habits  
B b. more energetic
- B 67.a. completing work on time  
B b. eating behavior  
B c. smoking  
m d. impatience with others
- BM 68.a. overcome shyness, more outgoing  
B b. exercise regularly  
B c. discipline at work  
B d. nutrition
- M I 69. greater trust
- C 70.a. work  
B b. weight  
B c. health  
B d. recreation
- B 71.a. use of time  
B b. control eating behavior  
B c. relaxing
- E 72.a. more accepting of myself and others  
B b. to organize better
- 73.



2.2.) HAVE THERE EVER IN THE PAST BEEN AREAS OF YOUR LIFE IN WHICH YOU WANTED TO DEVELOP GREATER SELF-CONTROL?

1. better control of my emotions so they are not visible to everyone, all the time
2. being open about my feelings
3. a. educational development  
b. physical development
4. a. my anger  
b. my being demanding emotionally  
c. my sadness
5. to be more independent
6. a. relate better with other people  
b. get rid of feelings of self consciousness and inferiority
7. a. regular exercise  
b. controlling temper
8. impatient, demanding part of my personality
10. study habits
11. a. temper  
b. losing myself in intimate relationships
12. a. confrontation with my Dad  
b. communication with some members of my family
13. a. temper  
b. self concept  
c. moods
14. a. quit smoking  
b. nail biting  
c. jogging
15. drinking
16. a. being able to say "no" without feeling guilty  
b. to stop doubting my decisions  
c. to communicate with my family without pushing my ideas
17. a. using my art ability  
b. not feeling controlled by others
18. a. eating  
b. physical exercise  
c. anxiety  
d. speed reading
19. bad temper
20. a. enjoyment of job  
b. being treated as an adult by others

2.2.

- 21.a. feelings for family
- b. intimacy with others
  
- 22.a. cigarettes
- b. monogamy
  
- 23.a. self image
- b. physical self image
  
- 24.a. anger
- b. putting my own needs first and meeting them
  
- 25.a. control people through leadership
- b. control my selfishness
  
- 27. to be less defensive
  
- 28.a. concentration
- b. family
- c. relationships
  
- 29.a. curb impatience
- b. good posture
- c. don't nag/complain
  
- 30.a. ability to say no
- b. acting independently
  
- 33.a. taking charge of my destiny
- b. develop private practice
  
- 34.a. weight control
- b. concentration on studies
- c. oral communication
  
- 35.a. being intimidated by people with advanced education
- b. ability to take a nonconformist stand
  
- 36.a. anger
- b. shyness
- c. hostile relationship with mother
  
- 37.a. anger
- b. impatience
- c. jealousy
  
- 39.a. smoking
- b. relieve anxiety
  
- 40. not being impulsive
  
- 41.a. smoking
- b. nervousness in new situations
  
- 42. speaking in front of groups

2.2.

- 43.a. urinary self control concern
  - b. eating
  - c. depressed from medical school
- 45.a. sharing ideas
  - b. emotions
- 47.a. eating habits
  - b. emotional responses
- 48. weight control
- 49.a. turning anger against myself
  - b. not feeling guilty
  - c. being able to accept disagreement
- 50.a. emotional control
  - b. study discipline
  - c. diet patterns
- 52.a. daydreaming - indecisiveness
  - b. control of temper
  - c. control nose picking
- 54. self image professionally
- 55.a. self concept
  - b. communicating directly
  - c. 'shoulds and oughts'
- 56. weight control
- 57.a. emotional vulnerability with family
  - b. dependent attention seeking pattern with significant other
- 58.a. slow down and relax
  - b. to like myself
- 59. to let others answer for themselves
- 60.a. better self esteem
  - b. shyness
- 61.a. intrarelationshps
  - b. interrelationshps
- 62. better sense of self
- 63. control headaches
  - b. control eating
- 64.a. feeling socially inadequate
  - b. depression
- 65.a. anger expressed at spouse
  - b. studying systematically
- 66. less vocal and assertive

2.2.

67.a. smoking  
b. completing work on time

68.a. weight control  
b. more assertive  
c. overcoming shyness

69.a. emotional control  
b. physical control

70.a. work  
b. education  
c. marriage

71.a. discipline  
b. greed

72.a. stop smoking  
b. patience with children

2.3. ARE THERE AREAS IN YOUR LIFE IN WHICH YOU CURRENTLY FEEL YOU EXHIBIT A HIGH DEGREE OF SELF CONTROL?

1. when I am being most self disclosing with others
2. job responsibilities
- 3.a. work  
b. marriage
5. able to empathize with students and clients
- 6.a. efficient and well organized  
b. relax from job problems at home  
c. a happy marriage
8. keeping my needs out of work
10. watching weight and diet
12. working in group therapy - able to set my needs aside for others
13. self discipline
14. changing nutrition
- 17.a. not speeding my car  
b. cleaning the floors at least twice a month  
c. not yelling at my son
18. weight
19. directing a choir
- 20.a. job  
b. achieving minor goals
- 21.a. coping with work  
b. family
- 22.a. physical fitness  
b. academic discipline  
c. relationships
- 24.a. body movement is excessively controlled  
b. highly organized  
c. careful responses in therapy with pts.
- 25.a. studying habits  
b. self improvement
27. able to identify feelings and deal with reactions
- 28.a. communicating  
b. not being judgmental
- 29.a. don't betray confidence  
b. strive to be understanding

- 2.3.
- 30.a. independent action
  - b. able to say "no"
  - c. making difficult decisions
- 33. in my private practice
- 34.a. able to perform a variety of roles
  - b. weight and exercise program
- 35.a. reactions to job stress
  - b. taking risks
- 36.a. always up to date at job
  - b. always go out socially - even alone
  - c. committed to further education
- 37.a. temperment
  - b. anxiety feelings
- 38.a. at work
  - b. personal relationship
- 39. business
- 40.a. keeping calm at criticism
  - b. ignoring manipulative behavior
- 41.a. my teaching
  - b. managing home
  - c. enjoyment of leisure activities
- 42. control emotions
- 43.a. responsible worker
  - b. very controlled sexually
- 45. emotions
- 46. studying habits
- 47. emotional responses
- 48. eating of certain goods
- 49.a. not getting angry at criticism
  - b. accomplishing goals I set
- 50.a. exercise
  - b. determining my own work load
  - c. social involvement
- 51. self discipline
- 52. tolerance for client's problems and lack of improvement
- 54. dealing with students

2.3.

- 55.a. hard work
  - b. emotional stability
  - c. good eating habits
- 56. anger and impatience with my mother
- 57.a. present fight over ethics with my boss
  - b. not overloading my husband with my sadness
- 58.a. keeping to a budget
  - b. delaying gratification
  - c. able to relax
- 60.a. able to be rational
  - b. able to savor experiences
  - c. maintain the kind of parent I want to be
- 61.a. eating habits
  - b. exercise
  - c. education
- 62.a. manage house and teenager
  - b. financially competent
- 63.a. work effectively
  - b. keep home neat
- 66.a. a self starter
  - b. perform well under pressure
  - c. follow projects to completion
- 67.a. emotional expression
  - b. driving a car
- 68.a. diet and exercise
  - b. achieving academic goals
  - c. career goals
- 69.a. emotional
  - b. physical
- 70.a. relationship with stepchildren
  - b. quitting smoking
  - c. performance anxiety
- 72.a. on the job
  - b. dealing with people in general

2.4. HAVE THERE BEEN TIMES IN THE PAST WHEN YOU EXHIBITED A HIGH DEGREE OF SELF CONTROL?

1. in preparing my husband for serious gastrointestinal surgery
2. can't think of examples but I know I have
- 3.a. anger
- b. feeling rejected
- c. feeling good about myself
5. not allowing my feelings to show
6. when angry at work, rather than get angry I tried to change the behaviors that created the problem.
7. quit smoking
8. not retaliating against institutionalized adolescents
10. deciding to go to college and get a degree
12. sometimes
13. self discipline
14. quit smoking
- 17.a. not displeasing a rigid, ugly boss
- b. being able to be directed
- c. when driving in snow
- 18.a. weight
- b. nail biting
- c. sexual attraction and response
20. completing schoolwork in a caustic home environment
21. coping with Dad's illness
- 22.a. parenting
- b. profession
- c. marriage
- 25.a. controlling anger
- b. standing people
- 28.a. anger
- b. understanding
29. have been working on this for all my life
- 30.a. living with consequences of choices
- b. accepting others
33. childhood - which was negative
- 34.a. sexual constraint
- b. coping with stress



2.4.

35. breaking away from family tradition

- 36.a. mother's death - only one that kept head and did needed tasks
- b. divorce - long process, learned to bide my time
- c. usually kept my head in stress - fired at work, got lawyer, sued boss and won

- 37.a. truth seeking
- b. temperment

38. in personal relationships

40. during medical emergencies

- 41.a. my job
- b. my school work

- 42.a. controlling anger
- b. strong goal oriented behavior over long periods of time

43. diligent at studying

45. being assertive

46. academic work for bachelor's

47. keeping mouth shut in unfair situation

48. eating of certain foods

49. being able to accomplish goals I set

- 50.a. moving
- b. my physical crises
- c. professional development

51. self discipline

52. when training for athletics

- 54.a. concentration in academic work
- b. extreme focus at work

- 55.a. not displaying anger, fear or sadness
- b. not doing thing for which later i would be ashamed
- c. always work before play

57. punching out my mother (should have)

- 58.a. working very hard without much reward
- b. holding back my pain
- c. living an austere life

59. during moments of crisis

60. deferring gratification

2.4..

- 61.a. while attending school
- b. personal relationship
- 62. victim of armed robbery in my car
- 63. finish work effectively
- 64.a. when separating from intimate relationships
- b. during parental conflicts
- c. when interacting with clients
- 65.a. I adhered to an allergy program
- b. I taught, cared for husband and children and continued my education at the same time
- 67.a. expressing anger directly
- b. kicking a pinball habit
- 69. being able to do something even if I didn't feel like it
- 70.a. dealing with personal health crisis
- b. dealing with boss
- c. dealing with move to new city
- 71. fasting effectively
- 72.a. in my marriage
- b. in returning to work area