

CARD 8

III MOTIVATIONS

31-34

~~M31A~~ Please list below the four most important reasons (in order of importance) why you want (or wanted) to develop greater self control:

M31A

spaces ⁵⁹ and ⁶⁰:

code 4

Blank means missing
data

- 01 Physical fitness (exercise , physical health)
- 02 More satisfying activities
- 03 To improve looks
- 04 Pain control
- 05 To have energy
- 06 Nervous Habits
- 07 Reduction of stress related problems (anxiety, tension, to relax, agonizing over crises)
- 08 General mental well-being (mental health)
- 09 Frustration
- 10 "Over" emotional responses(control feelings, to be calm when in confrontation, to be able to deal with conflict)
- 11 Anger
- 12 Fear (frightened)
- 13 Hopelessness/Depression
- 14 To not be vulnerable
- 15 Patience/Impatience tolerance/intolerance
- 16 Happiness (pleasure, fun, optimize pleasure, good feelings when I create, improve lifestyle, to enjoy what I do) more positive outlook on life)
- 17 Personal Growth (learn new things, new interests, increase awareness, increase personal potential, maturity, improve self, be a better person, present self without being narcissistic, to change, to be me, to be more completely human, better integration of values and behaviors, widen horizons)
- 18 Self Esteem (self image, self worth, improve ego tissues, gain confidence)
- 19 To be at peace with oneself (tranquil, content, self satisfied, more comfortable in the environment)
- 20 Independence (self dependency, self directed, more freedom, feel freer in self, to lessen restrictions).
- 21 Adventure

- 22 Assertiveness/ aggressiveness/ passivity
- 23 Decision making (own decisions, more wholistic judgements)
- 24 Self discipline issues (predictable job performance, to be more effective/productive finish dissertation,, ~~self accomplishment~~,)
- 25 Educational and professional development (maximize self professionally, share profession awareness of clients, improve business relationships).
- 26 To obtain recognition(to be set apart, distinctive, better outer image, gain respect, to increase social status).
- 27 Intimate relationships (to give/receive love, for husband to have as good a life as I.)
- 28 Family relationships (parenting, effective dealing with family, not to be detrimental to family, to have son leave home and feel good about it. improve family.)
- 29. General relationships, friends and others (to enjoy others, to accept others, to have others accept me, to not feel alienated, to be more aware of others, to allow others to know me, to be more effective in relationships. to be able to relate to others without being nervous)
- 30 Giving to others (to help others, to make better contributions, to make others feel good to improve quality of life for others, to share with others, to be a better model for others.)
- 31 Material rewards
- 32 Spiritual (virtue, religion)
- 33 To control own destiny (control of life, captain of own ship, stability in life, organize life).

34. *Self Accomplishment*

M31B spaces ⁶¹ and ⁶²: the same as spaces ⁵⁹ and ⁶⁰

M31C spaces ⁶³ and ⁶⁴: same as spaces ⁵⁹ and ⁶⁰

M31D spaces ⁶⁵ and ⁶⁶: same as ⁵⁹ and ⁶⁰

*35 Because of up bring

*36- cease self destructive behavior

31
3.1. PLEASE LIST BELOW THE FOUR MOST IMPORTANT REASONS (IN ORDER OR IMPORTANCE) WHY YOU WANT (OR WANTED) TO DEVELOP GREATER SELF CONTROL:

- 1.1. for more positive self regard
 2. for better interpersonal relationships
 3. for better health
 4. for a happy out look on life
- 2.1. to feel better about myself
- 3.1. career
 2. marriage
 3. health
 4. friends
- 4.1. wanted to be accepted
 2. was raised to control feelings
- 5.1. able to receive love
 2. able to give love
 3. to be more accepting of others
 4. to be at peace with myself
- 6.1. to relate to others better without being nervous
 2. to present myself without feeling narcissistic
 3. to feel better about myself
 4. to fight feeling depressed and defeated by life's problems
- 7.1. health
 2. relationship with spouse
- 8.1. greater independence
 2. enhanced self respect
 3. physical relaxation
 4. increased social status
- 9.1. physical health
 2. mental health
 3. personal relationship
 4. business relationship
- 10.1. control of my own life
 2. widen my horizons
 3. learn new things
- 11.1. gain confidence
 2. create a more peaceful inner self
 3. become more aware of others around me
- 12.1. to be sensitive to clients in therapy
 2. to be calm with confrontation
 3. to learn
 4. to improve myself
- 13.1. greater self esteem
 2. feel more able to depend on self
 3. feeling less hassled

3.1.

14.1. health

2. change lifestyle
3. getting in shape

15.1. improve health

2. develop new interests

17.1. more satisfying activities

2. more of the good feeling when I create
3. want my husband to have at least as good a life as I
4. for my son to be able to leave home and feel good about it

18.1. I will not accomplish what I want

2. my lack of control interferes with relationships
3. my performance level is unpredictable

19.1. confidence in self worth

2. control temper

20.1. to be me

2. to be effective

21.1. to feel more tranquil

2. to enjoy life more
3. to enjoy others more
4. to help others

22.1. life enhancement - myself and others

2. achievement
3. contentment

23.1. self accomplishment

2. recognition
3. to become distinctive - set apart

24.1. to avoid hurt and pain

2. to promote better outer image
3. for greater control of life events
4. seems a natural part of maturity

25.a. to function appropriately

2. self accomplishment
3. to get along with people

26.1. to stay healthy

2. to enjoy life more
3. to accomplish what i want

28.1. inner peace

2. happiness with self
3. to maintain positive outlook
4. to pass on to others

29.1. my early training

2. religion - virtue
3. a true desire to help others
4. to be more completely human

3.1.

- 30.1. feel better about myself
- 2. greater potential for growth
- 3. to be more effective interpersonally
- 4. for fun

- 33.1. control of destiny
- 2. realize potential
- 3. happiness

- 34.1. achievement
- 2. internal contentment
- 3. adventure

- 35.1. feel more comfortable in my environment
- 2. increase awareness

- 36.1. to feel good about myself
- 2. for a healthy pain free body
- 3. to be happy with others
- 4. so I can gain respect of others

- 37.1. increased freedom and independence
- 2. own decisions

- 38.1. to accomplish my goals
- 2. to organize my life
- 3. to be comfortable with my life style
- 4.

- 39.1. health
- 2. looks
- 3. control nervous habits

- 40. because my response was not wholistic and I made errors in judgment

- 41.1. my children deserve it
- 2. to be the kind of mother I want to be
- 3. if I show patience my husband will

- 42.1. better feelings about self
- 2. interpersonal effectiveness
- 3. better model for children

- 43.1. feel better about myself
- 2. be more relaxed
- 3. have more friends
- 4. more confidence

- 44.1. relax body
- 2. decision making

- 45.1. to maximize potential professionally
- 2. allow others to know me
- 3. to feel good about myself
- 4. to make others feel good

3.1.

- 47.1. improve quality of my life
 2. improve quality of life for important others
 3. for physical and emotional health
- 48.1. feel better about myself
 2. function better at job
 3. to model skills for others
- 49.1. feeling of hopelessness
 2. fear of my behavior
 3. feeling of alienation
- 50.1. feel freer in self
 2. complete task of d̄ssertaion
- 51.1. self worth
 2. confidence
 3. independence
 4. social approval
- 52.1. to become a better person
 2. to reduce my detrimental effect on family members
 3. to cease self destructive behaviors
- 53.1. feel better about self
 2. not agonize over crisis
- 54.1. greater inner peace
 2. to feel less frustrated
 3. to be able to change situations positively
 4. to be more assertive
- 55.1. increas self esteem
 2. decrease vulnerability
 3. improve overall functioning
 4. increase others esteem of me
- 56.1. to be liked and attractive
 2. to feel good about self
 3. to lessen restrictions
- 57.1. balance of stress
 2. controlled folly (cosmic chuckle idea)
 3. greater freedom intra and interpersonally
 4. building "ego tissue" (for you analysts out there)
- 58.1. to my health
 2. for my happiness
 3. for my satisfaction
 4. to change
- 59.1. temper
 2. patience
- 60.1. enjoy life
 2. to share with loved ones
 3. to share professionally as a teacher

3.1.

- 61.1. increas self confidence
 2. increase assertiveness
 3. more comfortable with life
 4. to enjoy living
- 62.1. to be in control of situations
 2. to be more mature
 3. less frightened
 4. to be happier
- 63.1. to be healthy
 2. to have energy
 3. to join my husband in outdoor activities
 4. to be free of pain
- 64.1. to reduce anxiety and stress
 2. develop better self image
 3. to enjoy what I'm doing
 4. stability in life
- 65.1. accomplish personal goals
 2. increase self esteem
- 66.1. for mental physical health
 2. for the health of important others
 3. for my own levels of productivity
 4. for the joy of doing something well for the first time
- 67.1. to be captain of my ship
 2. to avoid failure
 3. to optimize pleasure
 4. to progress professionally
- 68.1. greater self worth
 2. reaching goals
 3. better able to make contributions to others
- 69.1. I felt out of control emotionally
 2. I felt controlled by other people
 3. I didn't feel at peace with myself
- 70.1. health
 2. pleasure
 3. accomplishment and success
 4. material rewards
- 71.1. more freedom
 2. to look and feel better
 3. be more loving
 4. be a better parent
- 72.1. to control self
 2. to deal more effectively with family
 3. to improve and grow
- 73.1. better integration of values and behavior
 2. inner peace
 3. get along better with others
 4. deal with conflict better

3.2. NOW PLEASE NOTE THE ONE MOST IMPORTANT AREA TO YOU IN WHICH YOU WOULD LIKE TO DEVELOP GREATER SELF CONTROL.

1. my hostile behavior towards my mother in law
2. not making my loved ones feel guilty when I'm angry towards my self
3. career
5. I'm defensive in political situations with men
6. to make my thoughts more positive
8. increase confidence, coping ability
reduce anxiety reactions
9. control anger
10. control of my life as it relates to my wife
11. eating to reward myself
12. I have to be in complete control when in a group of strangers
13. control of temper
14. ~~xx~~ yoga meditation
15. stop smoking
17. not letting others influence what I do
18. concentration
19. I am worth something
20. sexual and romantic relationships
21. relationships with others
22. good
23. self confidence in own self image
24. depending on myself for happiness
25. practice music daily
26. blood pressure control from tension
27. to feel emotionally positive in relationships
29. emotions
30. weight control
33. meditation

3.2.

34. patience with children
35. not allowing my folks to intimidate me
36. my tendency to be curt, annoyed, arrogant
37. sleeping
38. work and study habits
41. more patience with my children
42. greater self confidence
43. my feelings when others criticize me
44. my mind wanders off into space
45. success avoidance
46. weight loss
47. using good judgment in trying situations
48. tension control
49. to be open and honest
50. to write the dissertation
51. not getting into situations I don't want to be in
52. indecisive - waste time
53. decision making
54. my reaction to my wife
55. to enjoy relaxing
56. lose weight
57. indulging in paranoia
58. to take better care of my body - relax
59. life in general
60. time to be alone
61. more stable in personal relationship
62. control of emotions
63. to ease up on my eating - food allergies
64. my fear of intimacy

3.2.

65. stop smoking

66. be more steady and regular

67. able to complete research and report writing

68. overcoming shyness - give and receive love with family etc.

69. to trust other people when they make decisions for me

70. professional activities

71. to know myself and to share that with others

72. to be able to control my life to a greater degree

3.2a. What are the reasons (In order of importance) you want to develop greater self control in this area?

M32af spaces ⁵³ and ⁵⁴ 99:

Car 819

replace 82-83
in SSC E column

- 01 Bodily functions and malfunctions
- 02 Physical fitness (exercise, physical health
- 03 To Improve looks
- 04 Pain control
- 05 More satisfying activities
- 06 To have energy (stimulation
- 07 Nervous habits
- 08 Reduction of stress related problems (anxiety, tension, to relax, Type A behavior.)
- 09 General mental well being (mental health, psychic function)
- 10 Frustration
- 11 "Over" emotional responses (control feelings, to be calm in confrontations, reduce emotions to controlable level.)
- 12 Anger
- 13 Fear
- 14 Guilt
- 15 Hopelessness
- 16 To not be vulnerable
- 17 Patience/imatience, tolerance/intolerance
- 18 Happiness (pleasure m fun, otimize pleasure, good feelings when I create, improve lifestyl to enjoy what I do, more positive outlook on life).
- 19 Personal Growth (learn new things, develop new interests, increase awareness, personal potential, maturity, to be a better person, greater personal flexibility.)
- 20 Time for self
- 21 Self esteem (self image, self worth, to like oneself, to not be own worst enemy, gain confidence).
- 22 To be at peace with oneself (calm, inner peace, tranquil, self satisfied, more comfortable in environment.)
- 23 Independence (self dependency, self directed, more freedom, feel freer in self, to lessen restrictions.)
- 24 Creativity

- 25 Assertiveness/ agressiveness/ passivity
- 26 Decision making (make own decisions)
- 27 Self discipline issues (organize self, time work etc.; efficiency, completing projects, procrastination.)
- 28 Educational and professional development - *take advantage of opportunities*
- 29 Sense of accomplishment, achievement ←
- 30 To obtain recognition
- 31 Intimate relationships (improve or change quality of relationship with spouse, or significant other, or to be able to have an intimate relationship.)
- 32 Sexual issues
- 33 Family relationships, concerns, problems etc.
- 34 General relationships and/or skills in relating to others (having others accept me, doubting others feelings for me, remove negative attitudes, to accept others, to have relationships, etc.)
- 35 Giving to others
- 36 Material rewards (financial, ~~living in a nicer area~~, etc.)
- 37 Spiritual rewards
- 38 To have control over life and/or destiny

39 *Geographical location*

M32a2 spaces ⁵⁵ 100 and ⁵⁶ 101 are the same as spaces ⁵³ 93 and ⁵⁴ 94
 M32a3 spaces ⁵⁷ 102 and ⁵⁸ 103 are the same as spaces ⁵³ 93 and ⁵⁴ 94

3.2.a. WHAT ARE THE REASONS (IN ORDER OF IMPORTANCE) YOU WANT TO DEVELOP GREATER SELF CONTROL IN THIS AREA?

1. feel better about myself
 - b. make husband happier
 - c. cause mother in law less pain
- 2.a. that action is unfair to them
 - b. I won't feel guilty about my actions
- 3.a. money
 - b. location
 - c. esteem
- 5.a. feel put down as a woman
 - b. to help others
- 6.a. inner peace
 - b. harmonious relationship with other
 - c. power to make changes for the better
- 8.a. increased independence
 - b. relaxation
 - c. increase self esteem
10. i feel that i do what my wife wants not what I want
11. get rid of the nagging voice that says "don't"
- 12.a. professional
 - b. personal
13. to reduce the power of this emotional to a more managable size
- 14.a. peace
 - b. relaxation
 - c. health
- 17.a. stop anger
 - b. to develop creativity I know I have
- 18.a. efficient studying
 - b. attention to world events
 - c. simplicity in living
- 19.a. I am my worst enemy
 - b. I doubt others feelings for me
- 20.a. to increase frequency and variety
 - b. improve quality
 - c. to remove negative attitudes towards women
- 21.a. be less controlled by others
 - b. to enjoy relationships more
 - c. be more alive
- 22.a. better physical health
 - b. mental health
 - c. better appearance

3.2.a.

- 23.a. be more content
- b. to like myself
- c. to give more to others

- 24.a. setting up inappropriate expectations of others which brings hurt, anger
- b. independence
- c. sense of accomplishment

- 25.a. accomplishment
- b. encourage creativity
- c. fear

26.health

- 28.a. feel happy with self
- b. relieve stress
- c. enhance personal relationships

- 29.a. find peace
- b. find joy
- c. a reason to be

- 30.a. like myself more
- b. be healthier
- c. be more attractive

- 33.a. feel in control of body
- b. in control of feelings
- c. to develop psychic function

- 34.a. internal contentment
- b. achievement
- c. children's needs

- 35.a. less unproductive time
- b. increased interaction with others
- c. enjoy work more

- 36.a. to survive at work
- b. social acceptance
- c. to feel in control

- 37.a. to do other things
- b. free time
- c. increased activity

38. to achieve

41. because my children deserve it

- 42.a. capitalize on opportunities
- b. interpersonal effectiveness
- c. self concept

- 43.a. more confidence at work
- b. more confidence in myself with my wife
- c. self esteem

3.2.a.

44.a. more self awareness over life

45.a. I have alot to give
b. status
c. makes me feel good

46.a. increaswe self esteem
b. feel better
c. look bet~~ter~~

47.a. increase quality of life for self
b. increase quality of life for others

48.a. cope with stress
b. able to function more effectively
c. teach skills to others

49.a. able to establish stronger relations
b. to receive the treatment I desire
c. higher self esteem

50.a. sense of achievement
b. sense of accomplishment'
c. sense of learning through the process

51.a. self worth
b. confidence
c. independence

52.a. greatest impediment to personal growth
b. causes me frustration and depression
c. affects my family badly

53. better self image

54.a. deemphasize frustrations
b. find other solutions to frustrations

55.a. to enjoy living even when not productive
b. health
c. to enjoy my family mo~~re~~

56.a. to be attractive
b. to know I have the power to change
c. better self esteem

57.a. emotional balance
b. greater choice amidst conflicts
c. greater personal fluidity

58.a. remain healthy
b. relate better with self and others
c. to appreciate life more fully

59. less emotionally tempermental

60.a. growth
b. relaxation
c. stimulation

3.2.a.

- 62.a. to control behavior
 - b. live a more satisfied life
- 63.a. to be healthier
 - b. free from headaches
 - c. to have more energy
- 64.a. relate better to self and others
 - b. it's a drag to be irritable and testy
 - c. to be able to express myself better
- 65.a. health
 - b. self respect
- 66. to help me in following through with projects
- 67.a. to progress professionally
 - b. to avoid failures
 - c. to feel better about self
- 68.a. more comfortable with self
 - b. more open in relationships
 - c. expand social life
- 69. to get rid of my fear of disappointment
- 70.a. economic survival
 - b. personal satisfaction
 - c. time not wasted
- 71.a. I believe this is the purpose of life
 - b. happiness
- 72.a. I get bogged down with little things
 - b. I'm too diversified
 - c. I tend to put things off

3.2 b What happens if not change is made in that area: i.e., what are the consequences of not changing?

~~Handwritten scribbles~~ and 105:

Card 10:

Spaces 1-7 ID
8 card no#
9 - blank
Space 10-48 = 1 yes

blank = comp. not present

10-48 blank = missing values

- H 10 No change (stay in same rut, etc)
- H 11 Death, shorten life - *unhealthy*
- H 12 Physically unfit
- H 13 Gain Weight
- H 14 Unattractive
- H 15 Pain
- H 16 No energy
- H 17 Nervous habits
- H 18 Stress remains or increases (as well as anxiety, tension, etc.)
- H 19 Mentally unhealthy (lose my mind)
- H 20 Frustration
- H 21 "Over" emotional responses
- H 22 Anger
- H 23 Fear
- H 24 Guilt
- H 25 Hopelessness / *Depression / Discouraged*
- H 26 Vulnerable
- H 27 Impatient, intolerant
- H 28 Unhappy, unsatisfied, *lonely*
- H 29 Stagnate, won't grow - *life will be narrow - less spontaneous*
- H 30 Low self esteem and self confidence
- H 31 No time for self
- H 32 Inner confusion and turmoil
- H 33 Not assertive: aggressive or passive
- H 34 Unable to make decisions, difficulty with decisions
- H 35 Lack of self discipline
- H 36 Educational and professional stagnation, or decline
- H 37 Failure at efforts to succeed, *feelings of failure*
- H 38 Lose status and recognition

Country 10
City 10
Person 10
Address 10

- H 39 ~~38~~ Problems with intimate relationships
- H 40 ~~39~~ Sexuality concerns and problems
- H 41 ~~40~~ Family concerns, problems and etc,
- H 42 ~~41~~ Problems with relationships with others
- H 43 ~~42~~ Financial or material problems
- H 44 ~~43~~ Spiritual decline or problems
- H 45 ~~44~~ Lose control over life and destiny

~~spaces ~~41~~ and ~~42~~ same as spaces ~~41~~ and ~~42~~~~

- H 46 Growth in other areas + peace if it is by decision
- H 47 decreased degrees of freedom
- H 48 I must change

3.2.b. WHAT HAPPENS IF NO CHANGE IS MADE IN THAT AREA: I.E., WHAT ARE THE CONSEQUENCES OF NOT CHANGING?

1. I will remain discontented about myself
 - b. my husband will remain discontented with myself
 - c. my mother in law will continue to feel pain at my hand
- 2.a. alienating my loved ones
 - b. not liking myself
- 3.a. lose my mind
 - b. lose esteem
- 4.a. probably death
 - b. lack of self acceptance
- 6.a. depression
 - b. staying in the same rut
8. feelings of failure
9. physical discomfort
10. my life will be more narrow
11. stay the same weight
12. hindered professional ability with clients
- 13.a. detrimental to self worth
 - b. road block to further growth
- 14.a. not so relaxed, same tension
 - b. shitty self image
- 15.a. emphysema worsens
 - b. ultimate death from COPD
17. growth of some kind and more peace
 - b. can focus on other things
- 18.a. alot of wasted studying time
 - b. careless mistakes making life more complicated
19. a very unhappy me
- 20.a. will be lonely and afraid
 - b. will be very angry
- 21.a. feeling uncomfortable and on guard with others
 - b. less spontaneous
22. I will become discouraged and fat
23. get angry
 - b. eat more
 - c. spin wheels
- 24.a. problems in interpersonal relationships
 - b. depression , unhappiness

3.2.b.

- 25.a. frustration
 - b. fear of disappointment from family
- 26.a. physical deterioration
 - b. increased medication and its side effects
- 27.a. internal struggle
 - b. depression
- 29. life continues as mere existence - all for others, none for me
- 30.a. continue to feel out of control
 - b. health risk
- 33.a. less self actualization
 - b. shorter life
- 34.a. children's behavioral problems
 - b. discontentment with self
- 35. continue to be an uptight person
- 36.a. lose job, friends, social life
 - b. feel stupid and guilty
- 37.a. apathy
 - b. reduced activity
- 38. continued conflict
- 39.a. get fatter
 - b. die earlier
- 41.a. children act more negatively
 - b. children don't feel good about themselves
- 42. lack of sense of personal growth and excitement
- 43.a. less achievement at work
 - b. less intimacy with husband and friends
- 44. head for the worse
- 45.a. negative feelings for self
 - b. I lose - others lose
- 46.a. I feel a failure
 - b. health problems, clothes problems
- 47. dissatisfaction continues
- 48.a. continued inefficiency
 - b. increase in tension levels
- 49.a. turn against self
 - b. turn against others, alienate self
- 50.a. feel incomplete
 - b. not complete the degree program

3.2.b.

51.a. frustration
b. depression

52.a. continue to function at less than full potential
b. feel frustrated and depressed about self

53. remain frustrated

54. continue cycle of feeling frustration and trapped

55.a. increased stress symptoms - illness
b. less satisfaction with family and life

56.a. less attractive
b. get depressed

57.a. disappointment
b. less freedom and fluidity

58.a. being hassled, rushed
b. hate myself

59.a. i must change for me

60.a. growth slowed fr
b. frustration

61.a. continued anxiety
b. life remains undecided

62.a. be anxious and angry
b. not secure in what I want from life

63.a. continue as I am
b. gain weight
c. feel anxiety
d. not have energy

64.a. isolation
b. loneliness and emptiness in myself

65.a. poor health
b. reduced life span

66. I continue my roller coaster pattern

67.a. limited professional growth
b. get down on self, anxiety

68. living without others, missing opportunities with others

69. harder for me to know what is positive for me

70. I work hard with minimal rewards
b. i exhaust myself

71. I'll continue to be greedy, superficial and impatient

72. I'll continue as I am

3.2 c. What are the positive benefits and advantages that can be gained from changing? What are your incentives for change?

~~max~~ spaces 108 and 109:

Card 11
Spaces 1-6

9 blank

10 - 47 = 1

put
25

- I 10 1 Bodily functions and malfunctions
- I 11 2 Physical fitness (exercise, physical health - *feel good.*)
- I 12 3 To improve looks (*new clothes*)
- I 13 4 Pain control
- I 14 5 More satisfying activities
- I 15 6 To have energy
- I 16 7 Nervous habits
- I 17 8 Reduction of stress related problems (anxiety, tension, to relax, Type A behavior.)
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- I 23 14 Guilt
- I 24 15 Hopelessness
- I 25 16 To not be vulnerable
- I 26 17 Patience/impatience, tolerance/intolerance
- I 27 18 Happiness (pleasure in fun, optimize pleasure, good feelings when I create, improve lifestyle to enjoy what I do, more positive outlook on life).
- I 28 19 Personal Growth (learn new things, develop new interests, increase awareness, personal potential, maturity, to be a better person, greater personal flexibility.)
Spontaneous - personal changes
- I 29 20 Time for self
- I 30 21 Self esteem (self image, self worth, to like oneself, to not be own worst enemy, gain confidence).
- I 31 22 To be at peace with oneself (calm, inner peace, tranquil, self satisfied, more comfortable in environment.)
- I 32 23 Independence (self dependency, self directed, more freedom, feel freer in self, to lessen restrictions.)
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- I 37 Educational and professional development
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- I 40 Intimate relationships (Improve or change quality of relationship with spouse, or significant other, or to be able to have an intimate relationship.
- I 41 Sexual issues
- I 42 Family relationships, concerns, problems etc.
- I 43 General relationships and/or skills in relating to others (having others accept me, a friend ~~step~~ as ~~uncertain~~ doubting others feelings for me, remove negative attitudes, to accep others, to have relationships, etc.)
- I 44 Giving to others
- I 45 Material rewards (financial, ~~living in a nicer area~~, etc.)
- I 46 Spiritual rewards
- I 47 To have control over life and/or destiny
- I 48

CARD 11

Darker -
3 replace
37

- J36 Problems with intimate relationship (threatens relationship, confusion, lack of support from spouse, etc)
- J37 Sexual concerns and problems
- J38 Family concerns or problems (lack of support, threatens relationships, family demands.)
- J39 Problems with relationships with others (nonacceptance, lack of support, threatens current relationships, being manipulated, rejection)
- J40 Pressure to change faster - continues pressure
- J41 Material or financial problems
- J42 Spiritual problems
- J43 Lose control over life
- J44 No difficult times ahead
- J45 Forgetting to follow resolve



CARD
12

- J46. acceptance of present skills
- J47 Do not know
- J48 finding the time - setting aside time
- J49 explaining it to others
- J50 Changing my values
- J51 the unforeseen
- J52 giving up things I like
- J53 how long it takes
- J54 making mistakes
- J55 setting priorities + making choices

3.2.c. WHAT ARE THE POSITIVE BENEFITS AND ADVANTAGES THAT CAN BE GAINED FROM CHANGING? WHAT ARE YOUR INCENTIVES TO SUCCEED?

1. a. a very satisfying relationship with mother in law and husband
b. my boredom and frustration with old patterns of interacting with mother in law
2. a. be a more honest person
b. if I'm angry at myself it only gets expressed towards myself
3. a. happiness
b. usefulness
5. a fuller life
6. a. more personal freedom
b. self acceptance
9. a. peace
b. harmony with others
10. broader outlook on life
11. a. weight loss
b. enjoy feeling good
12. mostly a model friend of mine
13. a. feel more at ease with others
b. feel better about self
14. a. relaxation
b. health
15. I like to breathe
17. a. feeling good after the tumults
b. excitement, variety
18. a. better informed professionally
b. more time with others
19. a. more relaxed
b. what I truly am
20. enjoy life more
21. a. more spontaneous
b. enjoy life and others
22. more physically active than I am now
23. a. relax and accept myself
b. knowing I'm worth the effort
24. a. more independence
b. more happiness
c. more security
25. a. know my limitations
b. gain self respect

3.2.c.

- 26.a. increased sex life
- b. broader choice of diet

- 28.a. healthy interaction with others
- b. contentment with self

- 29. to know contentment

- 30.a. feel better
- b. look better

- 34.a. actualization
- b. health

- 35.a. life will flow more easily
- b. be happier and more productive

- 36.a. positive social life opens up
- b. knowing I can change

- 37. more time to do what I like to do

- 38.a. accomplishment
- b. able to do what I want

- 41. living with children will be easier

- 43.a. more friends
- b. life is less work

- 44. more sure of myself

- 45.a. positive feelings about self
- b. expand skills

- 46.a. more self esteem
- b. better health, new clothes

- 47.a. better quality of life for self and others

- 48.a. feel better about self
- b. able to work better

- 49.a. better self concept
- b. ability to deal with conflict

- 50. feel good

- 51. feel good about having control

- 52.a. achieve more
- b. less frustrated and depressed

- 53. feeling of freedom

- 54.a. at peace with self and family
- b. better self image

- 55. happiness with self and others

3.2.c.

56.a. become attractive
b. feel healthier

57.a. excitement with new self discoveries
b. greater physical and mental health

58.a. feel better in relationships

59. calm peacefulness

60.a. pleasure
b. growth itself

61. happy just knowing life can move forward

62. be a happier and healthier person

63.a. more energy
b. less headaches
c. less weight

64.a. have experience of a good relationship
b. being able to face my fears

65. better quality of life
more energy

66. that I can accomplish without strain

67.a. to publish
b. to feel more at ease knowing work is done

68. relating easily to others

69. a future of creativity and individuality

70. relief from frustration
money

71. a better model to my children
give children more room as individuals

72. job plans in educational and promotional areas
plans for personal life

CARD 3

A2.1, A

Space 1-6 I #
48 0

CODING SHEET COMBINING ISSUES
OF IMPORTANCE, AND LIKELIHOOD OF CHANGE

space 33-72

and CARD 4

9-60

- 01 extremely important only
- 02 moderately important only
- 03 not very important
- 10 extremely strong liklihood of positive change only
- 11 yes, extremely strong liklihood of positive change and item is extremely important
- 12 yes, extremely strong liklihood of positive change and item is moderately important
- 13 yes, extremely strong liklihood of positive change and item is not very important
- 20 yes, some pssibility of positive change , only
- 21 yes some possibility of positive change and item is extremely important
- 22 yes some possibility of positive change and item is moderately important
- 23 yes some possibility of positive change and item is not very important
- 30 no little possibility of positive change only
- 31 no little possibility of positive change and item is extremely important
- 32 no, little possibility of positive change and item is moderately important
- 33 no, little possibility of positive change and item is not very important
- 40 no, extremely low liklihood of positive change only
- 41 no, extremely low liklihood of positive change and item is extremely important
- 42 no, extremely low liklihood of positive change and item is extremely important
- 43 no, extremely low liklihood of positive change and item is extremely important
- 55 only indicated area would like to gain control in

Blanks = missing data

see nex page for spaces 33-72 + 10-58
give scores only for those spaces
indicating same response on questionnaire