

CARD 15

5.1. In actually trying to develop greater self-control, have you received any formal training/therapy in any particular self-control strategy?

space 1: 1 yes  
2 no

Spaces

W50-59  
W52  
W53  
W54  
W55  
W56  
W57  
W58  
W59

5.1.a. Please list those strategies:

- spaces ~~1~~ a : behavioral self management W50-59
- ~~2~~ relaxation technique W60-69
- ~~3~~ meditation (TM, etc) W70-79
- ~~4~~ hypnosis, self hypnosis W80-89
- ~~5~~ assertiveness training W29-38
- ~~6~~ psychotherapy W39-48 (or some general therapy whether group, etc).
- ~~7~~ religion (prayer) X49-58
- ~~8~~ biofeedback X59-68
- ~~9~~ yoga X9-18
- ~~0~~ diet, exercise plan X19-28
- ~~1~~ hospitalization (psychiatric) X29-38
- ~~2~~ journal keeping Y39-48

Country 16  
City 16  
Person 16  
Address 16

CARD 16

ID spaces 1-6  
Card no# 7-8

CARD 17

ID spaces 1-6  
Card no# 7-8

Country 17  
City 17  
Person 17  
Address 17

~~spaces and same as spaces and~~  
~~spaces and same as spaces and~~

5.1b For each technique you listed in 5.1a, please note in a few words the reason you selected the technique, and what you hoped to gain from it.

First 2 digits of each variable listed in ~~5.1a~~ 5.1a

- ~~01~~ : 01 class requirement (or job)
- 02 someone suggested it or chose it for me
- 03 professional improvement
- 04 popular at the time
- 05 problem solving
- 06 control problem habits (smoking, eating, drinking)
- 07 greater self control

5.1.b cont.

- 08 easily available
- 09 pain relief (migranes, etc)
- 10 greater awareness (insight into behavior, explore personal feelings, self understanding)
- 11 inner peace or comfort ( improve life ingeneral, to feel better, to do something besides cry)
- 12 Physical improvement
- 13 to relate to intimate other better whether family, spouse, or lover.
- 14 concentration
- 15 express self better
- 16 to relax, control anxiety and stress
- 17 in order to not be overwhelmed
- 18 spiritual need
- 19 altered state of consciousness
- 20 part of upbringing
- 21 to learn morals
- 22 came to me spontaneously
- 23 creativity

24- energy the foods  
 25 to keep track of my eating  
 I eat - health concerns

88 just an indication that was involved in this form of therapy & no other responses

~~\_\_\_\_\_~~  
~~\_\_\_\_\_~~

5.1.c For each technique mentioned in 5.1 a please note how long you continued to practice the technique: when you began practice; if you still practice : if not when you stopped .

3<sup>rd</sup> digit of each variable listed in #51A

- space : !
- 1 one month or less
  - 2 two to six months
  - 3 seven to twelve months
  - 4 more than one year but less than two years
  - 5 two years or more but less than four years
  - 6 four years or more but less than six years
  - 7 six or more years

5.1.c. cont.

~~space~~ : same as space .

~~space~~ : same as space

Does the individual still practice? *4<sup>th</sup> Digt of each variable in #51A*

space : 1 yes

2 no

~~space~~ : ~~1 yes~~

~~2 no~~

~~space~~ : ~~1 yes~~

~~2 no~~

5.1 d. On the average, how long did you practice the technique each day ?

*5 digit of each variable listed in #51A*  
space :

1 less than half an hour each day

2 half an hour to an hour each day

3 more than an hour ~~but less than~~ <sup>to</sup> two hours a day

4 more than two hours a day

5 did not practice each day

*6 way of life*

5.1.e. If you didn't practice this technique on a given day, what reasons did you give your self for not practicing *6<sup>th</sup> & 7<sup>th</sup> digit of each variable listed in #51A*

spaces and : 01 time (it took too much time ~~to~~ *too busy*)

02 not effective

03 disagreeable effect

04 no longer needed (overcame problem, have a new approach)

05 too tired

06 forgot to do it

07 couldn't do it

08 facilities or equipment not available (biofeedback equipment)

09 difficult to discipline self to do it (lazy)

10 other things have priority

11 None - it's okay not to do it.

*13) guilt (or chastric self)*  
*14) didn't do to avoid another problem*

5.1.e. cont.

~~spaces and : same as spaces and .~~  
~~spaces and : same as spaces and .~~

5.1f. As best as you can remember what do you say to yourself on a given day before you would begin to practice a technique? **8th digit of each variable listed in #15A**

- space :
- 1 external requirement (class, it is needed to graduate, etc)
  - 2 it's good for respondent (time for me, good for me)
  - 3 self discipline ( I must, I'm going to get this out of the way)
  - 4 appeal for help (to God or to self)
  - 5 Starting in with steps of items ("This is what I'll do next time" , " Breath deeply")
  6. Questioned. self (I wonder if it will work if I can do it right)

~~space same as space~~

~~space same as space~~

5.1g. If you have stopped using the <sup>technique</sup> completely please note as specifically as possible why you have stopped. **9th and 10th digits of each variable listed in #15A**

- spaces and :
- 01 time
  - 02 not effective
  - 03 disagreeable effect
  - 04 no longer needed ( overcame problem; have new approach)
  - 05 too tired
  - 06 forgot to do it
  - 07 couldn't do it
  - 08 equipment or facilities not available
  - 09 difficult to discipline self to do it (lazy)
  - 10 other things had priority
  - 11 haven't stopped

5.1. IN ACTUALLY TRYING TO DEVELOP GREATER SELF CONTROL, HAVE YOU RECEIVED ANY FORMAL TRAINING/THERAPY IN ANY PARTICULAR SELF CONTROL STRATEGY (e.g. HYPNOSIS, MEDITATION, PRAYER, BIO-FEEDBACK, BEHAVIORAL SELF MANAGEMENT. ETC.).

5.1.a. PLEASE LIST THOSE STRATEGIES

5.1.b. FOR EACH TECHNIQUE LISTED IN 5.1.a. PLEASE NOTE IN A FEW WORDS THE REASON YOU SELECTED THE TECHNIQUE, AND WHAT YOU HOPED TO GAIN FROM IT.

4.a. behavioral self management

b. it was a requirement to pass a class

5.a. T.M.

b. popular at the time  
ability to relax

7. behavioral self management

b. technique was chosen for me by a prof.  
hoped to increase time spent exercising

9. meditation

12.a. training therapy

b. skills to learn how to solve my problems

13.a. relaxation

b. suggested to me

14. meditation

b. for peace, relax

16. hypnosis

17. a. meditation

b. was getting too involved, tired

18. meditation

b. for relaxation and to experience an altered state of consciousness

19. meditation

b. practiced during an abnormal psych. class

22.a. prayer/meditation

b. to make me a better counselor

23. formal therapy

b. wanted to do more with life than eat and cry

24.a. hypnosis

b. for greater self control

29.a. 48 years of catholic upbringing, brain washing, studies in theology

b. self control is a duty for me, not considered "gain"

34.a. assertiveness

b. better feeling when controlling aggressiveness

35.a. psycho analysis

b. to see insight in my behavior

5.1.a.b.

37.a. T.M.

b. reduced stress activity

40.a. meditation

b. find greater inner comfort, release daily stress

45.a. self hypnosis

b. for self relaxation

47.a. yoga breathing in exercise class

b. easily available

48.a. hypnosis

b. for chronic pain

49.a. therapy (psychoanalysis and RET)

b. gain self understanding and more control over feelings

50.a. meditation

b. relaxation, letting go of worries, reach center of self and creativity

52.a. hypnosis

b. for professional reasons

55.a. prayer

b. learned as child, helps gain peace of mind, sense of not being alone

56.a. biofeedback

b. taken as a class

57.a. T.M.

b. needed a way of dealing with stress in college

58.a. meditation

b. part of a course I took, veery relaxing

60.a. behavioral self managment

b. usually do well until I get to rewarding myself, then stop

61.a. assertiveness training

b. to be more comfortable expressing feelings

63.a. keeping a diet diary

b. to keep track of all the foods I eat so I can rotate them

64.a. meditation and mantra

b. needed to fill a spiritual void

65.a. marriage therapy with husband

b. to relate to each other better, not manipulate

67.a. hypnosis

b. part of graduate, rprofessional training  
valuable as short term intervention

68.a. self hypnosis

b. control behavior problems, bad habits

5.1.a.b.

69.a. meditation thru ala-non

b. greater self control, awareness, knowledge of God

70.a. hypnosis

b. recommended by prof.  
pain relief (migrane)

71.a. hypnosis-meditation

b. for diet control and peace of mind

5.1.a.b. #2.

5.a. autohypnosis

b. learned to relax

12.a. meditation

b. relaxation purposes

16. meditation

17.a. behavioral self management

b. part of nurses training program

18.a. prayer

b. learned as a part of upbringing  
used as a part of faithhealing

19.a. biofeedback

b. practiced with a doctor to help me learn to relax

22.a. behavioral self management

b. make me a better counselor

23.a. sanitarium stay and therapy

b. to gain myself

24.a. behavioral approaches

b. for greater self control

34.a. prayer

b. moral training

37.a. yoga

b. body flexibility  
mind and matter harmony

45.a. assertiveness training - RET

b. learned to express thoughts and feelings more easily, effectively

48.a. meditation

b. for relaxation

49.a. ~~relax~~ meditation

b. to relax

50.a. diet/exercise

b. to feel physically more energetic

52.a. behavioral self management

b. other psychologist's recommendation

55.a. biofeedback

b. to reduce muscle tension - increase relaxation

56.a. meditation

b. to relax and fantasize

57.a. self differentiation workshop

b. more an attitude change than behavioral change



5.1.a.b. #2

- 58.a. yoga
  - b. I like becoming more aware of my body
- 61.a. therapy with psychologist
  - b. to explore personal life
- 66.a. I keep a journal
  - b. I am a writer and it is a good tool for me
- 67.a. relaxation training
  - b. control over anxiety
- 68.a. progressive relaxation
  - b. control anxiety
- 69.a. meditation
  - b. coping with stress, improve health
- 70.a. biofeedback
  - b. peace of mind, control migraine

5.1.a.b. #3

9.a. behaviour modification

11.a. prayer  
b. happened spontaneously

16.a. yoga

17.a. self taught meditation

18.a. yoga  
b. to become more flexible, more coordinated

22.a. silva RET, RBT  
b. to become a better counselor

23.a. psychotherapy  
b. to cope with teenagers deciding to live with their father  
to realize my tell tale signs of not coping

52.a. prayer  
b. long standing beliefs as a Catholic

55.a. self hypnosis  
b. helpful for pain relief, stress relief

58.a. biofeedback  
b. part of job, helpful to locate source of muscle tension

61.a. therapy with psychiatrist  
b. to explore personal feelings

67.a. behavioral self management  
b. used for eating and smoking

68.a. reality therapy  
b. learn to deal with problems constructively

70.a. biofeedback  
b. coping with stress, improved health

5.1 a POSSIBLE CODING CATEGORIES

1. behavioral self management
2. transcendental meditation
3. relaxation techniques
4. meditation
5. hypnosis, self hypnosis
6. assertiveness training
7. psychotherapy
8. religion
9. prayer
10. bio-feedback
11. yoga
12. diet, exercise plan
13. hospitalization (psychiatric)
14. journal keeping
15. behavior modification

5.1. b. why? <sup>Start</sup> Possible Coding Categories

- EX 1. it was a class requirement
2. it was popular at the time
- SCB 3. to learn how to relax
4. to be better at my work
- M 5. for insight into my behavior
- SC 6. for greater self control (feel better, reduce anxiety--feelings)
- I 7. to learn how to solve problems
- B 8. for chronic pain
- S 9. to fill a spiritual void
- I 10. to relate to an intimate better (wife, friend)
- SC 11. self control is a "duty" not a gain
- S 12. to experience an altered state of consciousness
- M 13. to help my concentration
- E 14. it was convenient; easily available
- SC 15. to help me from being overwhelmed
- B M 16. to feel better
- B 17. for the physical exercise; more coordinated, flexible--to become more aware of my body
- ? 18. learned as a part of upbringing
- S 19. to help me morally (learn morals)
- I ? 20. it came to me spontaneously; not chosen, self-taught
- SC 21. to control bad habits (eating, smoking)

5.16 IF YOU DIDN'T (DON'T) PRACTICE THIS TECHNIQUE ON A GIVEN DAY,  
WHAT REASON(S) DID YOU (DO YOU) GIVE YOURSELF FOR NOT  
PRACTICING?

- b 4. it didn't work
  - a wasn't necessary
  - d felt like a robot
  - d became annoyed
- A 5. too busy
- e 7. too tired
  - a not enough time
- a 13. outside time commitments
- a 14. too busy
  - e tired
  - not wanting to get compulsive about it
  - hard to get back to it after being away
- f 17. forget
  - c not aware that I need it
  - a no time
- a 18. too busy, time for family etc.
- a 19. too busy
- c 22. felt I didn't need it
  - these techniques symbolize a total way of life for me
- a 24. too busy
- g 29. failed
  - goofed
  - no reason, just guilt
- a, e 45. too tired
  - not enough time
  - other priorities
- a 48. other things to do
- a 49. too busy
  - e tired
- a 50. not enough time
- a 51. too busy
- a 55. too busy, no time
- 56. only do it when I desire it, no set schedule
- ae 57. lazy
  - preoccupied
- a, c 58. no time
  - it's not important

5.1.e.

- c 60. I don't really need to
- d 61. attempting to avoid anxiety
- d, j 63. feeling bad, tired  
party, so I can leave diet
- e 64. too tired  
o no time  
too many distractions
- g 66. haven't tried to write everyday yet
- c 67. no need
- w 68. too tired  
c no need
- a 70. too busy  
b didn't work  
c not necessary
- a 71. didn't have time  
too many kids  
wanted to do something else

## 5.1. e. Why Didn't practice: possible Coding Categories

1. Technique did not work
2. Did not really need to do it
3. Too busy, not enough time
4. Too tired
5. Didn't feel good doing it
6. Didn't want to be compulsive about it (only do it when I want to)
7. It's o.k. to be fat, lazy, etc.
8. no reason, just guilt

5.1.f. AS BEST YOU CAN REMEMBER, WHAT DO YOU (DID YOU) SAY TO YOURSELF ON A GIVEN DAY BEFORE YOU WOULD BEGIN TO PRACTICE A GIVEN TECHNIQUE?

- A 4. I'd better do it to get through this class  
I won't graduate otherwise
- C 5. I must
- C 7. I'm going to get this out of the way now
- 12. I wonder if it will work  
can I do it right
- B 13. time for me  
I need relief now
- C 14. I'm going to do it no matter what
- B 17. I'm going to do this for myself
- C 18 now I will do this
- C 22. something is going to be done about this
- C 24. I have to
- D 29. God, help me
- e 34. this is what I will do next time...
- o 37. breath evenly and truly
- B 40. I can't wait to get inside
- B 45. good for me  
C \* won't be effective unless you practice
- B 47. this will help me get to sleep
- B 48 I want to do this for myself
- ? B 49. why am I reacting this way?
- B 50. time to take care of myself
- B 52. I need to do this to improve myself
- F 55. ned to do this to avoid blowing all circuits
- E 56. take a breath, relax
- B 57. it will feel good, let's do it
- B 58. need to relax  
kept myself too busy
- doesn't  
app't 60. too busy, do it later
- D 61. you can handle it



5.1.f.

- 63. I'd better write down foods I eat so I can rotate them
- 64. I wonder what will happen this time
- 67. this is to help me  
it;s only effective if I concentrate
- 68. this is going to be beneficial for me
- 69. I can overcome this with God's help
- 70. must avoid illness  
I'll feel better  
nobody can stop me
- 71. it will relax me  
able to function better afterwards

5.1F

1. I've got to do this for my class
2. I'm going to get this out of the way now
3. I need time to myself now
4. I have to do something about this problem (condition)
5. I have confidence
6. time to relax
7. this will feel good
8. I need to keep practicing
9. this is a way to avoid illness
10. I wonder what will happen this time
11. God help me

5.1.g. IF YOU STOPPED USING THE TECHNIQUE COMPLETELY, PLEASE  
NOTE AS SPECIFICALLY AS POSSIBLE WHY YOU STOPPED...

d 7. felt like a robot

c 14. changed eating pattern

19. when I reached goal, I got lazy

37. sleeping off depression

47. period of not needing it

49. didn't feel success

56. biofeedback equipment not available

58. biofeedback equipment not available

70. don't yet have the money for biofeedback

71. no time

didn't experience results