

To : Ulf Stenström (ulf.stenstrom@ebox.tninet.se)
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Attchmnt:
Subject : Re: SV: your SCI-scale-reply

*PAK r
Ch. Armitage*

There are some matters regarding the translation to Swedish of your SCI that I would like to discuss with you.
> I have talked to a Dr. Bob Goldsmith (psychol.) at the Lund Univ. here in Sweden. He is born in the US but has lived in Sweden for several years. He was able to help me with the understanding/translation of some items but was not able to help me with all of my questions as to the SCI.

> My questions to you Dean are the following (regarding the translation of some of the 49 items mentioned in part three (items 88-137):

> 1. Item 97: "Communicating needs" Is it the need one has to communicate with other people OR is it the ability to communicate the different needs one has? IT IS THE LATTER: WHEN A PERSON RECOGNIZES THAT THEY WANT SOMETHING FROM SOMEONE ELSE, OR THAT SOMEONE ELSE CAN BE HELPFUL TO THEM, THEY ARE ABLE TO TELL THAT PERSON WHAT THEIR NEEDS ARE.

> 2. Item 98: "Manipulated". Does this mean that one is manipulated by other people? YES, THE PERSON FEELS THAT OTHER PERSON MANIPLATES THEM

> 3. Item 103. "Manipulating". Does this mean that one is a person that manipulate other people in different situations? EXACTLY!

> 4. Item 104. "Flowing". Could not find this word in my dictionary. The meaning? Any synonym? IMAGINE THAT YOU ARE LIKE WATER FLOWING DOWN A RIVER. GENTLE, GRACEFUL, SMOOTH. IT CAME FROM THE IDEA IN LAO-TZU'S PHILOSOPHY OF TAOISM OF THE SERENITY, GRACE, NON-CONFRONTATIONAL NATURE OF WATER (I.E., IF THERE IS A STONE IN THE RIVER, IT GRACEFULLY GOES AROUND THE STONE, RATHER THAN TRYING TO FIGHT IT. IN PSYCHOLOGY, THE TERM "IN FLOW" HAS BEEN USED TO REFER TO ATHLETES IN A ZONE, WHEN THEY ARE ABLE TO PERFORM WELL, GRACEFULLY UNDER PRESSURE..

> 5. Item 108. "Accepting". Can you explain the meaning? > ACCEPTING IS USED HERE IN A POSITIVE SENSE--WHEN SOMETHING HAPPENS, (LIKE A BAD GOLF SHOT), THERE IS REALLY NOTHING TO DO BUT ACCEPT IT! YOU COULD GET ANGRY OR YELL OR SCREAM; OR FEEL HELPLESS AND LIKE A LOSER, BUT THE BEST STRATEGY IS A QUIET, GRACEFUL ACCEPTANCE OF THE SITUATION. BASICALLY THE TERM REFERS TO ACCEPTANCE OF SITUATIONS (HEIGHT, EYE COLOR, ETC) AS THEY ARE, WITHOUT TRYING TO CHANGE THEM.

> 6. Item 112. "Letting-go". Any synonym or explanation of the meaning in "Letting-go" IMAGINE THIS AS THE POSITIVE ALTERNATIVE TO "HOLDING ON TOO TIGHTLY." IF YOU GO BACK TO THE BAD GOLF SHOT, THE BEST STRATEGY IS TO LET GO OF THE BAD FEELINGS YOU HAVE ABOUT THE SHOT (OF LET GO OF SOME NEGATIVE COMMENTS THAT A PERSON SAID ABOUT YOU, RATHER THAN DWELLING ON THEM. IT IS A POSITIVE TERM TO DEAL WITH NEGATIVE EVENTS OR SITUATIONS...TO HELP RETURN THE PERSON TO THE PRESENT MOMENT WITH PEACEFULNESS

> 7. Item 132. "Withholding". Is this the same as holding back ones emotions? NICE QUESTION. I WOULD SAY IT INCLUDES THAT BUT CAN BE MORE: A WITHHOLDING PERSON DOES NOT GIVE MUCH OF THEMSELVES...THEY ARE SOMEWHAT SELFISH. THIS CAN BE WITHHOLDING THEIR EMOTIONS (LIKE POSITIVE AFFECTION AND REINFORCEMENT; WITHHOLDING OTHER RESOURCES, SUCH AS THEIR HELP, GUIDANCE, KINDNESS, ; WITHHOLDING IS THE TYPE OF PERSON WHO DOESN'T EASILY GIVE OF THEMSELVES TO OTHERS.

HOPE THIS HELPS!

> > Yours Sincerely > > Ulf
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