

These questions are looking for your opinions and beliefs only. There are no right answers.

1. PLEASE WRITE DOWN A BRIEF DEFINITION OF SELF-CONTROL. Self-control...

2. After you have done that, please list a few advantages and benefits; and a few problems and limitations:

Advantages/Benefits	Problems/Disadvantages

3. Finally, after you have completed question two, please list a few advantages (positive aspects) and disadvantages (negative aspects) of the concept of ASSERTIVENESS and of the concept of YIELDING:

	ASSERTIVENESS	YIELDING
Positive aspects (advantages)		
Negative aspects (disadvantages)		

Thank you for filling out this form. Please turn it in to Deane Shapiro before the conclusion of the workshop.

Definitions

Choice

9

whether choice is present in the definition of self control

1=yes
blank equals no
9=missing data

Goal

10

whether the concept of a goal is present in the definition

(responses the same as space 9)

Aware

11

whether the concept of awareness is present in the definition of self control (see 9)

Discipline

12

whether the concept of discipline is present (see 9)

Skill

13

whether skills are a part of the definition of self control/ (see 9)

Responsibility

14

whether responsibility is part of the definition of self control (see 9)

Positive Aspects

EMngmt

15

emotional management present in the positive aspect of self control

1=yes
blank=no
9=missing data

Freedom

16

freedom present in positive aspects of self control. (see 15)

Happiness

17

happiness or wellbeing present in positive aspects of s.c. (see 15)

Relations

18

Improved or good relationships is an aspect of positive aspects of self control (see 16)

CARD 2

INSIGHT

19

insight and/or awareness are positive aspects of s.c. ~~xxxx~~

1=yes

blank =no

9=missing data

ABILITY

20

skills or abilities that are gained or increased are positive aspects of self control. (see 19)

GROWTH

21

growth is an aspect that is positive in self control (see 19)

^{IE}
ACHIEVEMENT

22

^{IE}achievement is a positive aspect of ~~xxxx~~ self control (see 19)

CHANGE

23

change is an aspect of self control. (see 19)

CONFIDENCE

24

self confidence is a positive aspect of self control. (see 19)

REWARD

25

environmental rewards are a positive aspect of self control. (see 19)

CONTROL

26

control is a positive aspect of self control

STRESS

27

reduced stress is a positive aspect of self control (see 19)

MANIP

28

individual not being manipulated is a positive aspect of self control (see 19)

SECURE

29

security, safeness, non-threatening are aspects of positive aspects of self control (see 19)

~~XXXXXXXX~~

INTGRTY

30

self integrity is a positive aspect of self control (see 19)

BEHAVE

31

appropriate behavior, or behavior that you are not embarrassed about later is a positive aspect of self control

CARD 2

NOGO

1 32 - - - - - an absence of freedom, a rigidity, repression, inhibition, can't let go, limiting, no spontaneity, or creativity, is/are a negative effect of s.c..

1=yes
blank =not present
9=missing data

COLD

2 33 LIMITED OR COLD EMOTIONS: involves words like cold, aloof, shallowness, inability to show emotions, ungenune.

ANGER

3 34 Anger is a negative aspect of s.c. (see 46)

NOFRINDS

4 35 Relationship Problems anything that results in the deterioration of a relationship, misunderstanding, self indulgence at another's expense, making another person feel negative, etc. (see 32)

NERVOUS

5 36 ANXIETY/STRESS: coded as either work

SELFISH

6 37 Selfishness/EGOTISTICAL/ SELF-CENTERED: response that indicates energy is negative focused on self.

CLOSED

7 38 CLOSED/WITHDRAWN/CUT OFF FROM OUTSIDE

PROBLEMS

8 39 PROBLEMS WITH CONTROLLING EXTERNAL ENVIRONMENT: either unable to control it or have difficulties responding to pressures it exerts.

LETGO

9 40 THOSE ACTIVITIES WHICH ARE ENHANCED BY OUT OF CONTROL BEHAVIOR

NEGCIRCL

10 41 CIRCULAR PATTERNS OF NEGATIVE BEHAVIOR

UNHAPPY

11 42 UNHAPPINESS - cry, lonely.

FAILURE

12 43 NEGATIVE EFFECTS OF FAILURE

REACTION

13 44 HAVING TO SEE OTHER REACTIONS

HARD

14 45 PROBLEMS ASSOCIATED WITH ACHIEVING DISCIPLINE: hard to do. has to be learned, is unpleasant, giving up short term pleasures for long-term goals

CARD 2

BADSELF 15 46

negative feelings about self, loss of self esteem, self critical.

1=yes

blank=no

9=missing data

NEGOAL 16 47

PROBLEMS ASSOCIATED WITH CHOOSING APPROPRIATE GOALS:

choosing wrong goals, deciding true needs,

, changing goals, trusting self to follow intuition.

DEMANDS 17 48

INCREASED DEMANDS PLACED UPON ONESELF: always having to be an adult. responsibility

REQUIRES THE SACRIFICE OF OTHER PRIORITIES: time, money.

PRIORITY 18 49

RISKY 19 50

A negative aspect of s.c. is that it is risky. (see 46)

NOKNOW 20 51

A negative aspect is not understanding self control.

NOAWARE 21 52

a lack of self awareness or deterioration of it. Self control practice may mask unfinished emotional business. (see 46)

NONE 22 53

NONE- there are no negative aspects of self control.