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A

ACCEPTANCE

(Dictionary definition: the state of being agreed to or received willingly or favorably)

Acknowledgment of an event, object, or individual's existence.

ACQUISITION

(Dictionary definition: the act of getting as one's own)

Acquisition can be of money, people, things, ideas, etc. It feels like absolute authority. You can destroy what you own. You can control it totally. Only slavery or murder can give you this absolute control, but they are illegal. The price is very high. The impulse to love, to share experience cannot be gratified. Slaves and corpses have surrendered or have been robbed of what they might have shared. People do agree to be slaves, but then they always control the masters. Thus, there is constant power loss and impulse repression.

ACTION

(Dictionary definition: a thing accomplished, usually over a period of time; something done or affected)

Movement to gratify an impulse or to prevent injury. Movement toward attraction, away from repulsion. There is an impulse to complete every action begun.

ADDICTION

(Dictionary definition: physiologically dependent on a drug).

Addiction is a response in which the person who is addicted and physiologically dependent on an internal or external chemical process will exhibit abnormal and self-destructive behavior in order to get the chemical. When the addictive substance is not available, physical and emotional symptoms automatically occur because the neurological system cannot function normally without it. The automatic reactions to withdrawal of an addictive substance include a wide range of physical symptoms, as well as anxiety, irritability, nervousness, tension, and of course fear about not being able to get (or create) the substance. Addiction usually also means "tolerance", that is, increasing doses are needed to get the same physical and emotional relief response. People who are addicted go beyond just having a physical withdrawal reaction. They will seek the substance even when it harms them, and do almost anything necessary to get it.

AGGRESSION

(See Anger)

(Dictionary definition: forceful action intended to dominate or master; hostile, injurious or destructive behavior or outlook, especially when caused by frustration)

A feeling and/or action generated to overpower a perceived obstacle or threat in order to accomplish some pre-determined objective. The energy of aggression uses coercion as its method for problem solving or to accomplish its purposes. Active intimidation backed up by punitive threats, and emotional, economic or physical force, might be used to cause people or situations to do what the aggressor desires. The need or desire to overpower and control might be strong enough to act on, even if it becomes necessary to inflict injury in the process. Causing injury or pain is not the purpose of aggressive action, although it is frequently the outcome of it.

In some cases, the objective of an aggressive action might simply be to release the excess accumulated energy and tension or fear generated by the perception of threat.

The purpose of this kind of aggressive action might simply be to alleviate feelings of powerlessness and inadequacy. Illusions of and desire for feelings of superiority, dominance, and control are often present. At these times, aggressive action can create "feelings" of power, and therefore the aggressive action might be experienced as pleasurable. Often the desire then sets in to repeat the whole process. When this happens the action has become an example of aggressive sadism (*see Aggressive Sadism below*).

There are several other forms of aggression. For example,:

Passive or manipulative aggression involves withholding or distortion of information and/or projections of guilt designed to manipulate people into doing what they would not do if they had accurate information.

Offensive aggression relates to action whose purpose it is to overpower in order to establish superiority, dominance, control of others and also possibly to accomplish some other desired result. The sought after position of superiority and control might be for a single event or series of events, or to establish a permanent status position.

Defensive aggression might involve the need to aggressively protect oneself against an attacking aggressor. If, in the

He sees aggressive responses as occurring in response to specific types of events, not as a general instinct, or an inborn drive that periodically needs to be released. He has several lines of evidence for his idea that humans have a genetic capacity for aggression, but that it manifests, even culturally, only under particular circumstances.

AGGRESSIVE SADISM

(Dictionary definition: delight in cruelty; a perversion in which gratification is obtained by the infliction of physical or mental pain on others)

An energetic feeling and/or action, usually experienced as pleasurable excitement, whose purpose it is to inflict injury and/or pain on another. The purpose of the sadistic action might be to accomplish some predetermined objective which might include: to establish superiority, dominance and control; to punish or teach people a lesson and thereby permanently alter their behavior, often without their knowledge or consent; or simply to alleviate feelings of powerlessness, impotence, and inadequacy. Sadism creates illusions and “feelings” of personal power by overpowering others.

ALTERNATIVE BEHAVIORAL SKILLS

AMICABLE SEPARATION

ANGER

(See Aggression)

(Dictionary definition: emotional excitement induced by intense displeasure. Anger names the reaction but in itself conveys nothing about intensity or justification or manifestation of the emotional state.)

An energetic feeling and/or action generated to relate to a problem that one assumes will be difficult to resolve, and which appears to have significant consequences, real or imagined. Essentially, anger produces energy and selected focus of attention (more or less successfully) for the purpose of rallying the resources deemed necessary to resolve the conflicts or problems at hand. The method with which the energy of anger is used for problem solving is generally intended to be non-coercive. When angry actions become coercive, they also become aggressive.

People tend to confuse coercion, which is aggressive, with persuasion or influence, which often attends anger. Indeed the lines between them are thin and often confusing. The difference is that aggressive coercion employs force and/or manipulation to gain control, while the tools of anger optimally include empathetic caring, interactive thought, dialogue and negotiation, rather than force.

Strong statements made in anger or forceful action are easily perceived as coercive, although they may not be. Indeed, people actually do feel intimidated and controlled when anger is expressed and they may become submissive. Nevertheless, if no actual force, loss, or punitive enforcement of compliance is involved, and there is no clear coercive intent, one cannot assume that the action in question is coercive or aggressive.

For many people, approval and disapproval of their behaviors are the ultimate rewards and punishments that reinforce and motivate or de-motivate and deter. Disapproval or threats of it seem to cause such bad feelings that any critical response tends to be regarded as punitive and therefore coercive. Nevertheless, negative information is indispensable to problem solving. Obviously, the first necessity for resolution of conflict is knowledge of the nature of the conflict or disagreement. Yet, reception of someone’s perception of what’s wrong with one’s behavior or point of view almost always feels disapproving or critical. Therefore, expressions of anger about a problem and most attempts at solutions can and usually do feel aggressive.

Unfortunately, even the word anger is very often mistakenly used interchangeably with the word aggression. This misunderstanding of the difference between anger and aggression causes a good deal of trouble. The confusion has resulted in fear of other people’s expressions of anger and suppression of one’s own feelings of anger, at great cost to everyone concerned.

Anger is a necessary, and in fact an indispensable, human capability and drive, while aggression is rarely either effective or useful to adults. Expressions of anger and aggression often look alike to many observers. They both can generate a great deal of focused energy, and express very strong feelings, both verbally and non-verbally.

Often, what separates angry from aggressive statements is the fact that anger can and should include a desire to exchange information and aggression does not. Anger can be associated with willingness or even eagerness to hear other points of view, consider other ideas, and change one’s mind, if possible. No matter how angry everyone

To the extent that people are capable of interactive thoughtful problem solving with people they care about, aggression will not easily or frequently become an option of choice. However, when there is too much bad feeling and thoughtful problem solving or interactive negotiation seems impossible, raging anger might become aggressive action to overpower the people or the events assumed to be responsible for the problem.

Capability for caring and reasonable negotiation depends on availability for information about one's and other people's own motives and defenses. To the extent that people have not learned to access capability for reasonable problem solving and are unwilling to respond passively or not at all, the impulse to aggress in order to relate effectively to problems or threats will come very quickly. For many, aggression is the only option acceptable, and for some it is the first option of choice.

ANXIETY

(Dictionary definition: painful or apprehensive uneasiness of mind, usually over an impending or anticipated ill; an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs, such as sweating, tension and increased pulse, by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.)

Fear of unknown consequences.

Most of the issues in which we anticipate anxiety are issues in which we fear death or insanity. Those are the areas of "unknown" that loom always in the distance, rarely in the present. The fear is of ultimate loss of hope of gratification, or rage at the frustration involved so great that it will result in violence. The options at the extreme look like suicide or homicide. Most of our values from which we construct our frames of reference in most situations clearly prohibit violence, except under very controlled circumstances.

Aggression out of control feels as though all frames have been smashed; there is no touch point. All connections with ritualized, predictable reality have been broken, and this is experienced as insanity. Impulse generates energy for gratification. Feeling good stimulates impulse. Awareness of attraction feels good. Therefore attraction, stimulation, impulse desires, all feels as though they threaten death or insanity because all raise energy that feels as though it could not be controlled in the event of frustration and rage.

Conversely, controlled circumstances, restricted impulse, lowered energy, polite tones and conventional behaviors minimize energy production, risk taking, and the danger of energy out of control, frustration, etc. etc. Anxiety itself is rarely confronted, although very frequently anticipated. The fear generated by anticipated anxiety is great, frequent, and dominant in the shaping of most lives. We spend huge amounts of time and energy moving away from this fear for the safety of placidity or "adjustment".

The anxiety itself would be experienced in the moments before death, violence or insanity. However, these moments generally are reported to feel quite powerful, or at least are rarely involved with feelings of either terror, or any of the forms anxiety is expected to take.

For the most part, fear of anxiety directs us so far from the events that could lead to death, violence or insanity, or even to the unknown outcome of creativity, that we rarely encounter it directly at all. Repeated movement into the center of the sphere tends to lower its affect and to make it quite manageable. Most new ventures or creative undertakings by definition have no precedent, and outcomes are unpredictable. Therefore, some fear of anticipated anxiety is always present. This can add to the excitement and stimulation of the challenge, or it can act as a deterrent to prevent risk taking of any kind.

The intensity of desire to predict outcome and prevent risk of failure with unknown consequences and therefore anxiety, varies in different individuals, circumstances, or periods of time. The energy that goes into trying to control the environment, other people's responses, and even the way we are perceived is almost totally nonproductive and damaging to relationship and productivity. Nevertheless it occupies the largest part of almost everyone's activities.

APPROVAL

(Dictionary definition: an act or instance of favorable acceptance; formal sanction)

Granting of credibility and/or authority to act.

ARGUE

(Dictionary definition: to give reasons for or against something)

A verbal attempt to resolve a conflict by persuasion, negotiation (trade-off), or synthesis into a new point of view.

AROUSAL

ASSUMPTION

(Dictionary definition: the supposition that something is true.)

An idea that has established the supposed meaning of a cluster of thoughts about the event experienced.

ATTACK

(Dictionary definition: to set upon forcefully)

The active act of aggression that is a clear, usually direct, intent to inflict injury. The purpose of it may or may not be related to the victim.

ATTENTION

(Dictionary definition: the act or state of applying one mind's to...)

Relatively open or specifically selected perception of the external or internal environment. This happens in the context of limiting or muting as much extraneous external perception and distracting internal rumination as possible. Some distractions, such as the perception of external threat or strong internally generated feeling, cannot be excluded from awareness. For example, urgent pain, pleasure, heat or cold signals, or hunger or thirst impulses must be considered, although these same signals or impulses, if less urgent, might be muted.

Attention means literally "at tension." Tension specifically focused in varying degrees of concentrated intensity. Attention implies the absence of distracting internal or external activity so that concentration of perceptual and other interactions with the selected environment occurs maximally. Energy not consumed in distraction is available for these activities selected for attention. Over-attention is almost by definition a distraction because the surplus must be discharged in activity or in the process of holding back, which is internal activity, even though it's about the same thing. In the larger sense, this is often experienced as feeling very worried about an activity at the time it is happening, and the worry is the consumption of the extra production of energy for that activity and should be released so that the energy and the head space consumed in worry would be available for the activity.

The decision to select focus of attention and limit distracting stimulus is initiated and implemented in awareness. This is a natural process that we have unlearned and need to relearn. Learning to meditate can be very helpful in this relearning process.

AUTHORITY

(Dictionary definition: power to influence or command thought, opinion, or behavior; the freedom granted by one in authority)

Permission to act, to generate energy and use it to empower motion. Permission can be given in the form of a promise of support or help with the anticipated action, promise of help in coping with the consequences of possible failure, the promise of payment, or exchange of authority to be used in other areas, etc. This permission is granted sometimes verbally, sometimes nonverbally, sometimes assumed because of love/status/position/ tradition/precedent. It may be granted by oneself, by others, or by law. The granting of authority implies confidence in one's ability to successfully undertake the activity involved or credibility.

Approval is involved at the level of implying that credibility and therefore authority has been, is being, or will be granted. Disapproval threatens to remove any authority granted or promised. Nobody can remove the authority granted to oneself or prevent one's action other than by coercion or by force.

One's power to grant oneself authority is indeed nearly absolute. One can use energy to take the action of granting oneself authority to act. That is the human's inalienable right. However, the consequences of disapproval of the action can be severe, as can be the consequences of the action itself, and the two are often the same. Punishments can include rejection, isolation, loss of material things, loss of freedom, and even death. Therefore the promise of support or authority granted becomes an important consideration.

There are essentially five ways that people use to get the authority from others that they feel will empower them to act (without undue threat of punishment in the event of failure that might ensue if they simply empowered themselves without agreement.)

AUTHORITARIAN HIERARCHY

(Dictionary definitions: hierarchy: persons or things arranged in a graded series;

authoritarian: of, relating to, or favoring blind submission to a concentration of power in a leader

Dictionary of Social Sciences definition: any graded, ranked body of persons and/or their relationships as reflecting differences, e.g. of power, authority, and prestige.)

The process of seeking guarantees of gratification or protecting against frustration involves loss of authority, possible aggression and violence, and holding back movement — power loss. The need develops for predictable outcome.

get done. The irony and the tragedy of this failure in the direction of autonomy in cooperative effort is almost universally and nearly constantly apparent.

There are many symbols of position in the authority structure. Very often the symbol or title replaces function, fact, or even authority itself in importance. The word or title becomes the deed on the hierarchy (see *superior* and *inferior*). Unfortunately data flows largely to those at the top of the hierarchy and rarely flows down. Therefore, since people at the top don't necessarily want the information, and those outside it or lower on the structure can't necessarily get it, function tends to be very greatly impaired by an information deficit in the normal distribution system. Still anybody that makes the necessary effort to remain informed and responsive to existential information will probably increase authority as well as the power with which to exercise it. Ultimately they rise on the ladder, at least in terms of authority, with or without title, whether they like it or not.

The whole situation described above has resulted in at least five basic approaches to the modern life process, in relation to authority structures. None of them ever appears in any clear form. Everybody functions in mixtures of all of them in varying proportions:

1. The dropout: What they do about authority is mostly reject it and ignore it. They also tend in the process to ignore relationship as well and remain largely isolated. They tend to consume relatively little and to contribute even less to the general resource pool. They are alcoholics/winors, hippies, beatniks, bohemians, dilettantes, artists, poets, hobos, wanderers, shopping bag ladies. Sometimes people retired from service kind of fall into this category without having meant to because their families and work are over, dead, or gone and they haven't the energy to replace them with new connections to the world. They rarely have much interest in exchange of information. Mainly they tend to have given up any search for meaning they ever had. Many would be hedonistic if they didn't fear pleasure too much and the energy rushes it creates. They are largely irresponsible, i.e. they have very little ability to respond. They tend to keep energy production on an even keel — neither too high nor too low. They often regard requests as demands, and have difficulty maintaining interest in work, hobbies & functional activity of any kind. Their lives are not bad. They tend to maintain a great deal of freedom to do as they please, when and how they please. All they have to do is avoid wanting anything that requires interaction or support. Spontaneity is relatively easy to maintain because competitiveness and other forms of violence are not likely to be acted out, and status or position on the hierarchy has been more or less relegated to fantasy or eliminated for the most part. They are likely to grant themselves whatever authority they need to do whatever they decide that they want to do and to ask for as little help as possible. They often do odd jobs that most people don't want, for short periods of time...like dish washing, ditch digging and other temporary unskilled labor. Sometimes they support themselves with minor hustles or panhandling on the streets. They usually maintain a fairly consistent power balance which tends to involve not much at any point and gradually less over time.

2. The second group in the hierarchy are those who want to already *be* superior. Superiority is measured comparatively and can be achieved by being the most loved by someone recognized as being the most superior. Any frustration, failure, criticism, is an indication that superiority/perfection has not yet been achieved. Therefore any productive activity is difficult to undertake or maintain because it carries the risk of error which is perceived as a great threat to continued self-confidence and function, and of exposure as inferior.

Consequently, any criticism, negative feedback, or performance failure threatens anxiety and depression or aggression and/or violence (the fight/flight response to threat). Because there is so little activity undertaken, and because if there is, aggression must be held back, these people operate with great power loss and are a big resource drain to the general society.

To maintain the illusion of superiority without risking measurable product or engaging in productive activity is difficult. In order to demonstrate that they are superior, they tend to need all the status or material rewards and the ritual deference that is associated with superiority and therefore feeds the illusion. They are not willing to pay for what they get because if they have to do something for what they get, it demonstrates that they didn't get it because they were superior. The result is compulsive over-consumption and a feeling of depletion if there is no opportunity to over-use.

They tend to feel wronged or cheated because their parents didn't love them, they are ugly, have a handicap, the wrong color, were born on the wrong side of the tracks. They suffer a lot because it feels like there's nothing to do about their dilemma.

They fear good feeling and impulse and suffering tends to block it somewhat. Feeling good raises energy, and energy is their enemy. They carry huge quantities of aggression and consume huge quantities of energy in holding it back. Impulse in response to attraction results in the production of energy designed to empower movement toward the attraction for whatever is attractive. This can be a person, work, or pleasure of any kind. Such movement creates still further energy because every contact to attractive stimulus creates further impulse and further energy to gratify it.

It gets harder and harder to withhold activity and avoid error. It feels like unlimited energy is somehow imposed

They tend to be disinterested in information and indeed avoid it in order to avoid exposure as inferior or feeling overpowered by data, which tends to contribute to their actual inferiority. They also fear that intake will stimulate, control or influence them, so they develop the ability to space out and neither see, hear, nor feel anything they don't want to relate to. They often will undertake tasks if very explicit instructions are given, and if it is clear that they are not responsible for the outcome and can't be blamed if anything goes wrong. In general, they take the position of children or non-adults seeking to be fed, taken care of, supported, until they get stronger, or more self-confident at which point their superiority will be acknowledged and their lives can begin.

They tend to be caught in a bad double bind or seeking to be controlled in order that they be able to move without error or blame, and they fear control and domination at least as much as they seek it, probably because they seek it. Submission obviously indicates inferiority and is intolerable. They tend to have low frustration tolerance and demand to have what they want when they want it. They tend to resist requests which are usually perceived as demands, which makes it hard for them to get what they want because they are not willing to give it. They often feel unable to comply with anything and inadequate to most tasks, since their performance is likely to be less than perfect and adequate is perfect in their thinking.

They are self-centered in the extreme and confront the world with a serious economic drain and ecological imbalance. They are found in all of the lower echelons of the grades, professions, arts, etc. Sometimes they are welfare people, housewives, perennial students, and angry minorities. They are losers by their own criteria, that is, they never "make it" above low man on the totem pole wherever they find themselves. Sometimes they attain high administrative positions in voluntary or political organizations, because they might pour huge amounts of time into almost totally unproductive minutiae in order to qualify for some relatively non-functional title, position, or honor. They might seek the security of Civil Service. They tend to be family people or connected to close friends in pacts of suffering mutually reinforced that can go on for a lifetime. Their power balance is constantly threatened. Their life area gets smaller and smaller as they grow older and settle into the conformity of the has-been or might-have-done, or if only they would have, they could have, posture. They are examples of the protest rebels in youth who are the sour cynics of middle years and the early senility of aging.

Many remain "spoiled brats" for a lifetime. Since they must have what they want when they want it, and their appetites are unending, they are usually really unpleasant to have around but they are always around any way because so many of them were born in the Spock generation in the postwar baby boom. They were born of parents really eager to bring up the perfect child. They were economically and culturally in a position to create one of the first pediarchs in history. The postwar period in which they developed knew very little economic hardship and philosophically their parents were committed to not frustrating them and making them feel loved. Their antics generally started early and torturing the parents became an occupation at which they developed incredible expertise. Their acts were generally perfected during the teen years and often created huge hatred for them in the parents summed up in the pathetic parental plea, "Please, I tried so hard, where did I go wrong?" Unfortunately from the terrible twos to the tempestuous teens the parents felt too guilty to exercise any measure of effective control and discipline was simply illegal. Their hatred was covered by generous gifts, and lavish protestations of love. In the vicious circle of the interaction the group really was deprived of an opportunity to be valuable and therefore valued. They were over cared-for. They seem to be suffering a love deficit. They think they need to be loved, and if they are superior, they will be. Indeed it appears that their urgent need is to love anything and engage with it, because they love it at whatever level of performance they find themselves (see Love).

3. The third group are those who accept their positions in the hierarchy with little competitiveness even within their category and almost no protest. They tend to want to do as good a job as they can at whatever they do, and they're almost always prepared to pay for what they get, and to give something for what they want. They want to be loved but expect to earn it. They are prepared to love in return and to give service in abundance to their beloved. This group used to be very large in class society when social mobility was not common. People had superior or inferior position by birth. Everybody had somebody above or below him. Within a category roles were defined. Criteria for success or failure was clear and rewards and punishments were constant. Consistency was the rule rather than the exception in social interaction. Many people from Group 2 seek a return to this era of secure if uncreative stability, and they tend to find it in religious movements headed by loving but distant and rigid gurus or the discipline of street gangs etc.

4. These are society's winners, they "make it". These people are very competitive, have high energy, and usually high aggression. They destroy much, hold back much, and therefore have big power loss. But they also produce much, in fact most of what is produced. Often, when the point of "making it" is reached, the person realizes that he/she does not have what he/she thought the money, title, status, position, etc. would produce. People in this group go on to try to obtain more money, more titles, etc. thinking that if they only had enough, then they would qualify for instant gratification/heaven. They become "workaholics". Often people in this category die young. They have Type A personalities, and a high incidence of high blood pressure and heart disease.

Information is tolerated, sometimes welcome, because these people want to *become* superior (as opposed to

AWARE VERBAL CONSCIOUSNESS

(SEE ALSO: "ATTENTION," "NON-CONSCIOUS," "PRE-CONSCIOUS," "SUB-CONSCIOUS")

Dictionary definitions:

aware: having realization, perception or knowledge

consciousness: the state of being characterized by sensation, emotion, volition, and thought: mind; the upper level of mental life of which the person is aware, as contrasted with unconscious processes.

Consists of all aware experience of incoming ideas, words, pictures, sounds, and the empathetically received experience of others, or anything else that can be translated to words (or to any other format that can be used to communicate to others, to objects in the environment, or to oneself). Aware perceptions of the internal environment include emotions/feelings, pain and pleasure in all their complicated forms, sensations, and impulses, i.e. temperature, appetites, thoughts, intuitions, etc.

What do you suppose is the purpose of "being aware" of these images and words? It certainly has something to do with communication, as you indicate by emphasizing that conscious events are there to be translated in some way. But the translation process doesn't seem to happen consciously, at least not most of the time. It's more like the **results** of the translation come into awareness to be reviewed before they are communicated

Obviously, internal experience is constantly being influenced by, as well as influencing, all of our aware perceptions of the external environment. The more aware any individual is of both internal and external reality, and the constant interaction between them, the better that individual can function. It's necessary that we are available in aware consciousness to receive this data from all sources. The better able one is to select and maintain focus of attention, the less distracted and the more aware one can be. Better capability for attention and awareness make it easier to receive and understand more information.

Almost all of the functions of aware verbal consciousness, except interactive dialogue, can and do also happen pre-consciously and sub-consciously (See the definitions of PRE-CONSCIOUSNESS and SUB-CONSCIOUSNESS). Even interaction can and does take place non-verbally outside of awareness. For example, expressions, body postures and other non-verbal cues are picked up subliminally,; interpreted; and responded to all the time. Often neither person becomes aware of any part of the interaction that just took place. However, focused, relatively aware people do tend to notice such non-verbal interactions most of the time.

As information comes into awareness, we assign language and some preliminary associative meaning to these perceived experiences. This enables us to communicate with others and with ourselves in preparation for the complex thought that will take place at other levels of consciousness.

AWARENESS - *see Consciousness, Aware verbal consciousness; also "Self-awareness"*

B

BEHAVIOR PATTERNS

BEHAVIORAL MALFUNCTION

BEHAVIORAL SKILL

BELIEF

Dictionary definition:

An idea or a fact that you think is true.

BIOFEEDBACK

C

CAPABILITIES

CAPACITY

(Dictionary definition: ability, potentiality)

The capability to carry out a particular action or type of action that an individual either has or can learn. (E.g. A person has sexual capacity if he or she is able to perform sexually; a person has the capacity to learn foreign languages if he or she has or can learn to converse in languages other than the native language.)

CARING

(Dictionary definition: having a heavy sense of responsibility; giving watchful attention; having concern about; feeling interested; having a likeness, inclination or fondness for)

Involvement with the consequences of an act to an individual, object, or situation, with whom or in which the outcome is of significance.

CHANGE

(Dictionary definition: to make different in some particular.)

To cause to become different from what is or what was, to become different from what is or what was, in all aspects of human reality — physiological, behavioral, sociological, psychological, cognitive, etc).

CHAOS --

(Dictionary definition: a gaping void, yawning gulf, chasm or abyss; the formless void of primordial matter out of which the cosmos or order of the universe evolved; total disorder)

Without perceived order, structure, or known meaning.

COERCION

(Dictionary definition: repression; force)

Use of physical, emotional, or manipulative force to determine the outcome of an event.

COGNITIVE

COMMAND

(Dictionary definition: to direct authoritatively; to order; to dominate; to control; to govern)

Verbalization of a coercive direction for action supported by punishment if it is not carried out.

COMPETENT

(Dictionary definition: capable, fit, qualified)

Predictable or reasonably consistent adequate performance in a particular area.

COMPETITIVE

(Dictionary definition: describing activity related to contending or vying)

1. Qualifying as excellent; the act of establishing superiority or qualifying as a superior being. Competing to acquire or maintain a position on the status hierarchy. *(Note from Susan: We now mostly call this rivalrous).*

2. Contesting with others to acquire a specific and limited object, resource, relationship, opportunity, space, etc.

Position in a hierarchy or credibility are not necessary for successful competition for a limited resource, for getting the prize. The two meanings use a single word interchangeably, although the concepts and the function are totally different. It is assumed that to the victor belongs the spoils, that the best man/woman gets what they want when they want it.

The "best" is established in competitions for excellence, usually in irrelevant areas of activity. The only place these

The only consistent advantage to the superior position is that the process of winning frequently causes one to grant oneself rushes of energy and the authority to act. The action however, is usually restricted to the acquisition of more status and more victory. Creative process by definition creates a measurable product and has no precedent for insuring success. This therefore endangers status and creates danger of losing. Every high status winner knows what last week's losers are going to do to them if they lose next week. What winners do to themselves when they lose is often worse than what others do, since winning gives permission to generate energy to win some more, and losing generally creates the reverse. Energy production is cut and permission to act withdrawn for fear that further action will create still more loss.

Further, loss after winning generally creates huge anger with those that caused the defeat and the problem. Fear of this anger becoming violent results in further energy cuts as a preventive safety measure.

The central problem is that the more you win, the more energy you produce the higher you get, the more attraction, desire, impulse you permit. All of this keeps increasing energy, and the greater the energy production, the greater the danger and therefore fear of violence if there is frustration and/or loss. It is this circle that creates the central anxiety that is fear of energy, desire, and violence out of control.

The remedy that might break this circle is the development of product, competence, and caring relationship with performance upgraded by good systems involving information flow, including performance feedback, good information resources and time control systems, and ability to focus attention. Replacement of competitive winning, status, or success as the basis for the confidence to produce energy and move with attention, with information and good systems for competence is the recommended solution to the problem of the more you win in a competition for excellence, the more you lose in the competition for resources. One needs to grant oneself the authority to act based on reasonable expectation of success determined by reasonable evaluation of competence.

COMPLIANCE

COMPROMISE

COMPULSION (SEE OBSESSION)

(Dictionary definition: an irresistible impulse)

A very strong, almost irresistible, usually repetitive drive that may be a distortion or a displacement of a genetically determined impulse about which one feels conflicted (i.e. the sex drive). Compulsions are often triggered by association to something currently occurring in the environment, or they may be internally determined by some physical dysfunction. The actions they call for are frequently inappropriate, ineffective, and íb

CONCEPT

(Dictionary definition of concept: thought, notion, idea)

A functional configuration of ideas.

CONCLUSION

(Dictionary definition: a reasoned judgement: inference.)

Meaning drawn from speculations and assumptions. An idea that is drawn from other ideas, possibly ready to act on.

CONDITIONED RESPONSE

(Dictionary definition of condition: to adapt, modify or mold so as to conform to an enviroing culture; to modify so that an act or response previously associated with one stimulus becomes associated with another.

Dictionary definition of response: something constituting a reply or a reaction)

MG DEF?

CONFLICT

CONTROL

(Dictionary definition: to exercise restraining or directing influence over; regulate; dominate; rule)

The intentional act of predetermining or attempting to predetermine the outcome of an event. Individuals or groups may agree to control or predetermine some of their own or other people's specific behaviors. Or they may control some of the movements or the outcomes of some situations, the use of objects, or the collection and the flow of information. Thought process, intentionality, and the feeling experience of self and others may be impossible to directly control, although they may all be influenced.

The purpose of the exercise of control is obviously to cause people, objects, events, or possibly the whole environment to do whatever the controller wants them to do in order to successfully achieve a predetermined desirable outcome. In the most positive case scenarios, individuals or groups may control their own decisions, situational choices and behaviors in order to move in desired directions, and singly or collectively achieve predictable or predetermined outcome as far as possible. In such cases, information may be managed or controlled by structuring it, displaying and distributing it, and dialoguing about it in order to have the largest, most complete picture of the latest available data, ongoingly known and responded to by as many of the people involved as possible. Hopefully such control and distribution of relevant information will make it possible to get maximum cooperative input to determining the desired favorable outcome of the events undertaken. At the least, perhaps wiser decisions and plans can be developed in this context.

People's behavior or patterning can be influenced by seeking as much information as one can get about each individual involved and about the impact on each other in interaction in the various settings in which they find themselves. With this information about what's wanted and what's available one is in a position to negotiate for desired outcomes and to achieve them with reasonable predictability and success. However, people's behavior or their intentions cannot be consistently controlled without employing forceful coercion or very clear manipulation, either directly or indirectly. Because of this, control is considered a dirty word, when in fact it may just imply efficient management of information and effective control of materials, time, space, movement and the relationships between them. If the people involved all share the available information and participate in shaping the desired outcome and the plan for achieving it, then control is arrived at as a shared experience, and the process is called empathetic reasoning to achieve cooperative participatory management. If some, most, or all but one of those involved choose not to avail themselves of information, refuse to relate to existing structures, they will have very little influence in shaping the plan or outcome of any joint activity.

If information is withheld or distorted, and/or determining authority is lodged in very few people whose decisions are not substantially determined or influenced by those involved in implementation, or by those significantly affected by the outcome of the actions taken, then direct coercive or manipulative control is involved. Either cooperative group control, or manipulative control, or coercive dictatorial hierarchical control can be initiated and instituted with or without the consent of all, some or a majority of the people involved. However, maintenance of such control without consent requires coercive force, very clever manipulation, or extreme passivity of those so controlled.

Often, individuals or small clusters of people seek positions of status or guaranteed authority from which to make decisions without access to or control of the flow of pertinent information. When such arbitrary authority is acquired, the resulting decisions are usually very bad. Loss of credibility and the need to use force follows if authority is to continue and enforcement is to be possible.

Everybody wants to be able to predict and achieve what seems like a desirable outcome, but not everybody is willing to take the trouble and the risk of seeking and establishing the flow of information and the dialogue necessary. Very few people seem able to do the ongoing work of getting the data and structuring it so that it can be distributed and discussed.

There can be no guarantee of predictable results when people (or other unpredictable variables) are involved. Therefore there can be no control without resort to direct or indirect use of forceful coercion or deceptive manipulation. (see COERCION and MANIPULATION).

COPING SKILLS**COUNTER-DRIVE****CREATIVITY**

(Dictionary definition: the ability to create)

or seemingly arbitrary punishments. The thinking goes "If I were the right kind of person, this wouldn't be happening to me".

D

DECISION-MAKING

DESIRE

(Dictionary definition: a strong wish)

Externally stimulated impulse, e.g. attraction, repulsion to a specific object that can gratify an impulse, or configuration of impulses with minimal risk.

DIALOGUE

An exchange of information between two or more people with the goal of resolving conflicts, through as full a hearing and understanding as possible of each other's points of view and feelings about the issues in conflict, the problematic situation, or the decisions to be made.

DISAPPROVAL

(Dictionary definition: adverse judgment, censure)

Removing of approval, credibility, and authority to act.

DISCLOSURE

DISCUSSION

DISPOSITION

DISTRESS

(Dictionary definition: suffering of body or mind; pain; anguish)

There are several kinds of distress. The commonest kind involves spreading personal resources too thin. The mind is noisy and full of warnings, conflicts, and unpleasant unnecessary considerations. Attention is hard to focus; activities are mainly incomplete and at least not gratifying and at worst seriously frustrating. It feels confused and scattered. This state is experienced with a great deal of fatigue and general malaise.

The second kind of distress involves the preparation for strong activity, usually aggressive, that will not take place. Huge quantities of energy are produced; fear of violence is the dominant influence; and the activity of holding back activity becomes exhausting. This is probably the main source of fatigue in the world and is probably the world's number one killer in terms of disease, dysfunction, disruption, and general waste, because attractive or repulsive stimulus encourages impulse to act toward or against, and action inevitably involves some frustration, the frustration creates further fight/flight responses, that in turn create further preparation for aggressive activity that cannot be acted upon for fear of violence, and we have all reached the point where any increase in this holding action feels intolerable and probably is. Since stimulus becomes threatening, activity on behalf of gratification becomes dangerous, and release in joyful activity is therefore unlikely, which leaves only aggressive release as a potential for getting rid of energy tied up in holding back action that threatens violence, or exposure as violent. Status position of superiority promises a resolution to this conflict because it promises a time when there will be no frustration. In this context, any indication of competitive success that might point to superiority encourages the release of energy and further production, and feels very high and alive. Action in pursuit of further such superiority-oriented winning is discouraged with the first inferiority indicating competitive loss, and so that circle goes. (See superiority/inferiority, success, and competition).

The third type of distress is trauma or body malfunctioning, often resulting from the distress of the kinds described

can be as strongly demotivating as they are normally motivating. Genetically determined drives can be experienced or not, acted on or not, and can be suppressed, repressed, or redirected into other actions, e.g. an adult human will have the drive to perform sexually, and will experience and act on that drive, unless he or she learns to suppress or redirect it, in which case they might live a very comfortable celibate life. Children have the drive to masturbate, which will or will not be expressed, or even necessarily continue to be experienced, depending on the culture in which they're socialized. Each drive seems designed to exist in a balanced relationship with other drives, e.g. the drive for physical or social survival serves as a check on the sex drive, such that we rarely engage in sexual behavior in public places, or in opposition to other cultural taboos, or under circumstances likely to bring on strong disapproval or aggressive punishments. We may repress the sex drive as well as just suppress it, so that we no longer experience it at all. Even the appetite for food can be suppressed or repressed to such an extent that we do not experience it. The cause for suppressing or repressing the appetite for food can be as simple as wanting to lose weight for esthetic reasons. In fact, we have the ability to experience the normal drive to eat or to copulate as aversive. Anorexia is a disease in which people tend to regard food as dangerous and/or find it so repellant that they literally starve to death rather than eat. Conversely, drives can be so distorted that we can experience stroing attraction or compulsion to do things that are seriously dangerous or harmful. For example, food fads will cause people to experience huge attraction to foods of little or no nutritional value, and even some that are seriously detrimental to nutritional health. The example of war certainly illustrates the development of a desire that is in fact dangerous to survival, and that stimulates aggresive feelings where there might otherwise be none. Therefore, it's possible to conclude that drives, whether genetically programmed or not, can be distorted, manipulated, and created or uncreated depending on socially influenced subjective perceptions of reality. Perhaps they're most clearly influenced by suggestion. (see Discussion of hypnosis and suggestion).

I think that the ability to identify genetically determined drives, as separate from culturally determined drives and compulsions, is important. Acting on genetically determined drives whenever they serve an important purpose, and they usually do, rather than on socially determined compulsions, would for the most part lead to improved mental health, better social relationships, and much better general function. There are frequent contra-indications to this. For example, the drive to procreate might better not be acted on in the case of hereditary disease or famine, or other societal or physical reasons to suppress it. Or people who are very obese might want to inhibit their appetite to some extent, even if an abnormal desire for food is not itself the source of the overweight. In general, however, it's better to continue to feel the urge and be frustrated, than to repress or suppress the experience of it. Note to myself: clarify differences between genetically determined drive (which always serves an important individual and species function) and socially determined or conditioned drives that are often less functional and sometimes destructive. Give multiple examples of both genetically determined and socially determined drives. Discuss approval and disapproval as a distortion of a positive, genetically determined drive.

DYNAMICS

E

EMOTION

(Dictionary definition: the affective aspect of consciousness: feeling.)

The overall response to a stimulus that has with it many feelings as well as thoughts. First there is a stimulus. The stimulus will create a response. The first part of that response will be a thought or an association that is connected to assumptions and expectations. Those assumptions and expectations will create an overall emotional response that has in it many feelings. For example: reputedly a man eating tiger is at the door about to enter. You know this because someone shouted, "There's a man eating tiger at the door; he's about to come in and he's hungry". There is a thought, "If I'm not careful, I'll be eaten". There might be pictures of being eaten. Simultaneously with the thought, which may be verbal or not, there will be an emotional response to the assumption that if the tiger sees me he'll eat me, and the expectation that being eaten will be terrible, will cause your death, or at least you'll be a little roughed up. Probably the emotion in this case, which is fear, will be experienced in the physical feelings that are the manifestations of the emotion. Probably the next thing that will happen is a thought about how to hide. This will probably be experienced directly as a thought, but it will also have feelings attached to it, of legs getting ready to run.

There may then be a second call that says, "That was a hoax, there is no tiger". The thoughts then might first be, "This is terrible. What kind of a human being would make such a joke. If I find him, I'm going to punish him severely. I'll beat the hell out of him" or "I hope I didn't look foolish" or "What a relief. It feels great to know I'm going to live a little longer." These might come in different sequences to different people based on different personalities, but the point is that they'll all be very energetically experienced and/or expressed emotions because all of the adrenaline released by fear is there prepared for action.

Each of these separate emotions (anger/rage/aggression, embarrassment, or relief) will generate different physical reactions that will be experienced as very different feelings. The feelings are the awareness of the physical manifestations of the body response to the emotion.

EMOTIONAL DOMINATION

*(Dictionary definition of **domination**: supremacy or preeminence over another; exercise of mastery or preponderant influence; of **emotional**: of or relating to the affective area of consciousness)*

Management of other people's behavior by use of emotional but not coercive force in order to render their responses and resulting behavior predictable. Methods include a combination of promise and purposeful withholding of love, attention, and approval, coupled with strategic threats of rejection. Manipulation of people's fears, guilt and general relationship with themselves in terms of self-confidence, security, etc. are the primary tools of this system. The attempt generally is to determine people's feelings as well as their activity, but this is rarely successful. It is often possible to make people do what you want, but almost never possible to make them like it or like you. Emotional domination does not involve coercive force. It usually involves manipulation that is active or passive but consistently effective. Also domination might be maintained on the basis of manipulation of resources in ways that make it possible to consistently regulate the positive and negative reinforcers while withholding some pertinent information. Properly handled rewards and punishments in well thought out negotiation can result in pretty consistent management of others' behaviors.

Persuasion/influence because of excellence of presentation and availability of good but previously unknown information will sometimes have the same predictably consistent outcome. Such influence is difficult to distinguish from emotional or intellectual manipulation and indeed rarely exists as a separate entity. People tend not to want to think because they then risk error, failure, and looking bad, feeling bad and doing bad, with all the punishments attached to such exposure. In this frame it is difficult to change one's mind or to take a chance on arriving at, presenting, or acting on independent conclusions. The individuals who seek existential information and put effort into structuring this information for use and distribute it with clear presentation then have more influence than those taking a more passive posture in the planning and decision making process.

People who accept hierarchical structure and who are competitive for position on the hierarchy and who want to control people's responses to them in order to insure and main their positions are most subject to domination of this kind. If you insure and maintain acceptance, love and approval from everybody all the time, then it will be necessary to submit to whatever is required to get it.

When desire for this consistency of positive response feels like need, and the pain of frustration feels intolerable, then one fears that aggressive violence against the ones who frustrate can become dangerous. In any event, trying to maintain control over other people's feelings is a horrible strain and a futile activity, totally unrewarding. Therefore it is easy to slip into the posture of seeking someone to control one's behavior to avoid the whole mess. At this point the conflicted feelings result from what can be huge fear of the desired domination, and the war without end begins. Sometimes it takes the form of a marriage contract. Often simple desires for leadership or attempts to effectively coordinate projects so they will function more productively put reasonably talented individuals into positions of emotional dictatorship over submissive but rebellious people who are supposed to be partners and coworkers.

EMPATHY

(Dictionary definition: capacity for participating in the feelings or ideas of another)

Capacity to share emotional, physical, sensory and cognitive experience of all kinds (including pleasure and pain) in and out of awareness, in which the reality of the other is received at an experiential or feeling level. Intellectual awareness or understanding of the experience may or may not also be present. Might include ESP or even clairvoyant experience. It is possible to empathize and receive the experience either favorably or unfavorably, with or without understanding the experience being shared, and with or without caring about or loving the person with whom you're empathetically sharing experience.

ENCOUNTER

(Dictionary definition: to meet as an enemy; a chance meeting)

An interaction without expectation of continuity

ENERGY –

(Dictionary definition: the capacity of acting or being active; natural power vigorously exerted; capacity for doing work)

Current generated to fuel activity. Energy cannot be stored. It has to be generated for each individual activity. Once generated it has to be discharged. Energy produced for action is experienced as stress, energy produced to hold back action is experienced as distress. (See stress and distress).

Much of human life and the state of the planet revolves around what is done to raise and lower energy for a specific purpose in the individual, the group, and the political unit. The resource of human energy is controlled by each individual, although it is evident that no one has the power to raise or lower anybody else's production of this basic life force. It feels as though those who delegate authority to act, or remove it for whatever reasons, control what the individual does with their own energy. In fact, external approval/disapproval and support or removal of support are used as the criteria for evaluation of performance, expectation of success, and therefore motivation to act and production of energy to carry out the decisions. Control in this sense is artificially externalized, and yet it remains the determinant of movement and therefore of life itself. To prevent disapproval, rejection, failure, loss of self-confidence, loss of hope and depression, stimulus is avoided. In other words, this is one more circle in which people depress themselves to prevent depression.

It's visible in any view of almost any group of people in almost any situation to one extent or another. Enthusiastic response is considered in bad taste in most circumstances. A raised voice will raise many eyebrows. High energy feels overpowering and controlling, and tends to be treated as an imposition or rudeness at the least, and aggression at the most.

Overproduction of energy for specific function is often used precisely to overpower resistance in interaction by frightening people. This is reminiscent of the ape that beats his chest and makes loud menacing noises to discourage enemies who will become afraid of this flood of energy coming toward them. The manipulation of quantitative energy variances determine a large percentage of human experience in interaction. The way it is or is not focused plays large part in determining effectiveness or competence of action, including the action of problem solving, self-correction, behavior change, and new learning.

The major symptom of the disease from which the earth might perish is inability to control attention span (space-out), and therefore to receive stimulus or to empathetically share experience. The disease is an affliction of the self-corrective machinery. The remedy is ongoing interactive information, exchanged at all levels of experience: physical, intellectual, and emotional.

Full attention to here-and-now happening could conceivably make it possible to receive the information of one's entire memory bank and the sounds of body systems and brain waves. Empathetically making full utilization of extra-sensory perceptual equipment, one might be privy to the same phenomenon in others as well. Every cell of your digestive system knows more about your digestion than you will ever learn in consciousness. Possibly one could have this information in awareness - on demand - if one were willing to commit the energy needed to allow this phenomenon.

Communication over time and space, and psychokinesis also, have demonstrated possibilities for moving matter, picking up sound currents or informational vibrations that now seem to be either very special gifts or bogus hoaxes. Yet human potential for receiving and utilizing currently unavailable information might far exceed even these speculation. Perhaps all such possibilities rest with proper management of human energy.

The first thing that needs to be done is to recognize that nobody ever controls the energy production of another, so that we can stop trying to control what other people do with theirs, and they won't control what we do with ours. The doing of this is unfortunately quite complex. But at the bottom it might rest with the correction of one simple mistake in thinking: perfection or guarantees of successful gratification do not exist. There is no point of rest or

unfortunate condition we frequently find ourselves in. Perhaps it would be better to give up our aggressive capability in favor of a more attentive, thoughtful response to what's wanted and what's to be done with each other.

The cerebral override recommended requires more energy than is assigned to the automatic fight/flight response because it requires an additional effort to release the first rush and redirect it. Quantitatively the energy available at a point in time is in response to determined need, and the concentration of its distribution and deployment. An action cannot be stronger than the energy assigned to it. Fight/flight responses assume life-threatening stimuli. The fact that this assumption is mistaken is not a deterrent until it is exposed as mistaken repeatedly, and other more-effective action replaces it by conscious decision many times. Eventually it will be replaced by better responses automatically.

The perception that a given stimulus is dangerous tends to be internalized at times of great trauma and high energy. The fact that the conclusions reached and the action determined for such events is internalized with huge energy has more impact than the fact that they were never very well thought out in the first place. In fact many of these automatic trigger responses are the result of conclusions reached in the first five years of life - some prenatal - and almost all contradictory with each other. They are maintained because defense of these action decisions is internalized, together with the decisions, and reinforced by self-fulfilling prophecy repeatedly.

The feelings with which these things are internalized and reinforced are so terrible that changing one's mind about them by exposing them is further impeded by the fact that when they are exposed, the feelings associated with them are also exposed. Since most of our energy at any point in time is committed to the task of preventing bad feeling, this exposure requires huge commitment of energy to contradict the argument, in order to avoid the bad feeling. The energy required to expose and contradict the decision and its expectations has to be higher than the energy assigned to prevent these old decisions from being exposed and changed.

In other words, if you want to change your mind, you have to be willing to re-live an experience of the pain of the original trauma in order to release it from the associative memory bank that serves to protect you from the very exposure required. That's why it is so difficult, and requires such strong motivation.

The material of changing the mind as well as the motivation comes from the evidence that these old ideas are hurting you; they are interfering with learning and improved performance, relationship, skill development, and causing more-frequent, more-consistent pain than they prevent. However this requires availability for negative feedback about your performance as a result of these responses. Negative feedback in any of its forms is one of the primary stimuli perceived as life-threatening. Therefore the energy assigned to the prevention of intake of critical information is almost always greater than the energy assigned to the cerebral override which requires precisely this information for adequate learning.

Therefore the key issue is how much integration and change is wanted in relation to how strong is the desire to avoid it. Whatever is wanted the most will get the largest quantity of concentrated energy when the events in question occur, and this is what determines successful outcome of the change process. The shift can be made by taking conscious control of energy levels. When fear gets too great because what is wanted is not wanted just as strongly, the only recourse sometimes is to cut energy production to minimum needed to sustain life. This is identified as depression. No change can take place as long as this is true.

However, it is possible to learn to consciously, mechanically, increase energy production, and force the questions that shed light (energy) on the information that contradicts the assumptions that feed aggression and fear of aggression.

Unfortunately automatic raising of energy in order to survive depression tends to be done by feeding aggression and then holding back the action on it because that's most readily available. This is almost as great a killer as depression itself. Compensatory activity generated to release the killer-hold of such simultaneous gag and break operations results in a great deal of purposeless and non-productive motion that gets rid of energy that would otherwise be used in these self-destructive ways. These are activities that are benign except for the waste involved, although there usually is some secondary gain or peripheral benefits. Their importance, however, is that they are relatively free from frustration and the threat of aggression or violence.

Avoidance of negative information in any of its forms becomes indispensable to the maintenance of this motion without relapsing into the depression they were designed to avoid. Therefore the activity remains relatively inefficient and is maintained as unmeasurable and therefore as non-productive as possible. This is generally recognized as "busywork:" the workaholic who does everything five times; competitive activities; and intense, usually joyless, and often worrisome, play. All of these are strongly defended and feel good - even very good - because they prevent depression, aggression, or tension holding back violence-- three inevitable fight/flight killers. In the result, energy assigned to distracting and often alienating non-functional activity is highly encouraged; they are recommended as remedies for many illnesses, rewarded, and looked upon as good adjustment to a crazy world.

Although it is very difficult to change behavior volitionally, it is customary for behavior to be changed by random events or purposeful manipulation. Any trauma or strong impact will lead to an action conclusion that is internalized at high energy in order to avoid a repeat to the trauma. This results in one more randomly-piled-on automatic trigger response. This is called aversive training. In other words we learn what not to do all the time. If people want,

EXPECTATION

(Dictionary definition: the act or state of looking forward to the coming or occurrence of: anticipation.)

An idea about possible outcomes, either as a result of the last event, or of a particular action in the last event, or of contemplated response and reactions one might have to speculations, assumptions, or conclusions.

F

FACILITATOR

FACTS

(Dictionary definition: a thing done; the quality of being actual; something that has actual existence; an actual occurrence)

Information that is observably, phenomenologically or predictably evident, or about which there is evidence of some other kind. Essentially facts are agreed upon because we share a subjective experience of them that is consistent.

FAILURE

(Dictionary definition: a lack of success; a state of inability to perform a normal function adequately)

Action that does not result in gratification or in predetermined results, usually because of error, basic mistakes in thinking (false premises), or interference. Sometimes the expected result is simply not possible, or at least not at the standard or level required.

FANTASY

(Dictionary definition: a creation of the imaginative faculty whether expressed or merely conceived)

Waking dreams, in which information is processed in very complex and often creative ways. Fantasies are basic problem solving machinery and are as effective and positive or negative as the fantasizer cares to make them..

FEAR

(Dictionary definition: an unpleasant, often strong emotion caused by expectation or awareness of danger)

Anticipation of trauma.

FEEDBACK

(Dictionary definition: the return to the input of a part of the output of a machine, system or process; the return to a point of origin of evaluative or corrective information about an action or process)

The report a person gets of a thought, feeling, emotion, performance, experience, response or other event that s/he generated. This report is a relatively literal representation or read-out of the event the fb receiver generated, much like an echo is the reflection of a sound, or a mirror shows the reflection of an image.

We use the word feedback to refer only to a report or a reflection of an action that you generate or of a response that you have to something that happened, because you're capable of controlling your actions and your responses. Everything else has to be distinguished from feedback because you can influence, but not predictably control, the events that other people generate, or other people's responses to the events that you, they, or the environment generates. Therefore, in differentiating feedback from all other kinds of information, we are distinguishing between what we can and cannot possibly control.

(We will refer to the person getting the feedback as "the fb receiver", and if the feedback is given by another person, we will refer to that person as "the fb giver".)

Feedback (the report of the event) may come into the fb receiver's awareness at the time of the event, it may come into awareness at a later time, or it may never come into awareness. The feedback that we are primarily concerned with in feedback learning is that which comes into awareness, or which can be beneficially brought into awareness, possibly with some effort. It is almost always best to become aware of this feedback as close to the time of the event as possible. (We will discuss this in much more depth later).

Feedback may be accurate or inaccurate, meaning that it may or may not correctly reflect the event that it is reporting. Whether feedback is accurate or not has no bearing on how effectively it is received and processed. In some circumstances, inaccurate feedback may lead to huge life changes. Similarly, in other circumstances, accurate feedback may be largely ignored.

Feedback may originate from an outside source (the fb giver), or it may originate within the fb receiver. When the feedback originates from an outside source (the fb giver), the feedback can bring the experience into the fb receiver's awareness. When the fb receiver gets this feedback, the information may instantly resonate, because there is quick recognition of the behavior being fed back. The fb receiver might have had pieces of information about his or her experience on the edges of awareness, in pre-consciousness. The fb giver's feedback might help the fb receiver bring these pieces of internally generated feedback into aware consciousness, and help to form them

Feedback learning involves a self-directed change process, which requires this repeated observation of the behavior to be changed, as well as exploration of some of the dynamics involved with each occurrence of the behavior. This repeated observation and exploration exists in juxtaposition to an image of alternative and more desirable behavior options. These are among the major learning components of the feedback learning process.

If the report originates within the fb receiver, it may come as a result of the fb receiver's perceptual observation of internally generated experiences, such as traumas or malfunctions, which might cause physical or emotional pain. Or the fb receiver might have cognitive issues that are unresolved and require further exploration or additional information, which might cause confusion. Pain, whether physical or emotional, is one form of feedback that reports that traumas or malfunctions exist, and confusion is one form of feedback that more information is needed. However, neither pain nor confusion necessarily report the sources or kinds of difficulty involved. The feedback of pain or confusion usually starts an investigation of the relevant dynamics. This investigation is necessary in order to relate to the problems effectively.

Another way that feedback can originate within the fb receiver is through the fb receiver's visual or other perceptual observation of his or her own activity in response to the external environment. If you drop a cement block on your foot, in addition to the pain signals you probably will receive, you might see your hands letting go of the object and you might see the object hit your foot. These visual perceptions are also feedback about the event that is happening to you.

In addition to all of the above, physical, cognitive, and emotional feedback is also constantly going on *between* different parts of the person. Each organ and each cell of our body receives constant feedback from other organs and cells, and they use this feedback to constantly adjust their performances. Our perceptual organs (eyes, ears, etc.) are constantly receiving feedback about how accurately they are gathering data, our circulatory system is constantly receiving feedback about how effectively it is delivering oxygen, etc. Much of this feedback doesn't, and some of it shouldn't, ever reach awareness. Biofeedback has brought much of this kind of internal feedback information into awareness, with excellent results in terms of learning, behavior change, and correction of physical malfunction.

FEEDBACK LEARNING

(No dictionary definition)

A self-directed, interactive, personal change or learning process that can help people learn to more effectively resolve personal or inter-personal conflict, solve problems, and bring about their own simple behavioral changes as well as basic personality shifts based on their own design. All these learning possibilities are limited only by genetic potential and some environmental circumstances. FL is based on the premise that we change continuously in all the dimensions of our life whether we directly influence the change process or not. FL gives us the option to participate in the direction of our own changes, instead of simply allowing them to happen randomly.

FEELING

(Dictionary definition: an emotional state or reaction.)

The physical manifestation of an emotion.

FIGHT

(Dictionary definition: to contend in battle or physical combat; to cause to struggle or contend; a hostile encounter; a verbal disagreement; a struggle for a goal or an objective)

An attempt to resolve a conflict by opponents trying to overpower each other, passively or aggressively, but always coercively.

FIGHT/FLIGHT RESPONSE

FOCUS OF ATTENTION - see "Attention" and "Aware verbal consciousness"

FREEZE RESPONSE

FRIENDSHIP

(Dictionary definition: the state of being related to another by affection or esteem)

A relationship in which there is a shared area of interest.

G

GENETIC PARAMETERS

GRATIFICATION

(Dictionary definition: the state of being pleased or satisfied)

Successful completion of an action to satisfy an impulse/desire

H

HABIT

(Dictionary definition: behavior pattern acquired by frequent repetition; a usual manner of behavior).

Habit, internalized as an automatic response to associative stimulus, is also not included in this definition of mind. Habits are usually easily interrupted and changed with feedback in awareness.

“HARD-WIRED”

(Diana’s definition: in computers, functions created via hardware, e.g. wires, transistors, logic boards and their connectors; as opposed to those functions available through software, the computer’s [more-easily changeable] language and instructions.)

Those connections which are specifically genetically coded. With this definition, reflex reactions would be considered hard wired. *Soft wired* are those connections that can be learned. They are not specifically genetically coded, and vary from person to person. Most of the connections in the human brain are of this type. With repetitive use, stronger and stronger connections between nerve cells (neurons) build up.

HATE

(Dictionary definition: intense hostility and aversion; extreme dislike or antipathy;)

Hate is experience of other (not necessarily empathetically) received unfavorably.

HIERARCHY

see Authoritarian Hierarchy

HIERARCHICAL AUTHORITY

See Authoritarian Hierarchy

HOMEOSTASIS

(Dictionary definition: a relatively stable state of equilibrium; a tendency towards a stable state between different but interdependent elements or groups of elements of an organism or group)

Baseline, the point at which impulse and gratification are in balance.

HORMONAL IMBALANCE

(Dictionary definition of hormone: a product of living cells that circulates in body fluids or sap and produces a specific effect on the activity of cells remote from its point of origin; esp. one exerting a stimulatory effect on a cellular activity.

Dictionary definition of imbalance: lack of balance; lack of functional balance between body parts, or its effect)
MG DEF?

HUMAN NATURE

I

“I” -see also *“Self,” “Us”*

Dictionary definition of I — the one speaking or writing).

Current experience of "self" in awareness, or experience which can be easily brought to awareness.

IDEA

(Dictionary definition: an entity (as a thought, concept, sensation, or image) actually or potentially present to consciousness.)

Thoughts clustered into conclusions for larger reasonable interpretation and meaning.

Ideation

(Dictionary definition: the capacity for or the act of forming or considering ideas)

A cluster of ideas involving thoughts, speculations, assumptions, conclusions, and expectations usually in some kind of fluid patterning and re-patterning.

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IDEATIONAL MISTAKE

IDENTITY

(Dictionary definition: sameness of essential or generic character in different instances.)

The total self as it exists at a precise point in time. One's sense of one's identity is one's recognition of the difference between self and other. One's identity is produced by one's accumulated experience. As each new experience is integrated into the body of past experience the total self changes to some extent. Therefore, identity is constantly evolving and never completed. This sounds as if our identity is passively shaped by what happens to us. This is not the case. We are constantly impacting other and the environment and with every change our influence changes. Further, the self, others, and the environment are just as much shaped by the experiences we create as by the ones that happen to us. In a very real sense, each individual influences the complex, constantly changing environment in which each individual is influenced. In fact, we all ongoingly shape the environment that shapes us. The recognized entity we are calling "self," the biological entity limited by a genetic framework that is unique for each individual, constantly interacts with all that is not "self" and ongoingly impacts and is in turn impacted in these interactions.

The self or identity is composed of three aspects:

1. The body, in action and interaction with the environment;
2. Thought, in and out of conscious awareness, by which the action of the body is initiated and modified and through which information is communicated within the body, i.e. intercellular communication, as well as pain, pleasure, and other feelings that communicate self to self.
3. A process of interaction with what is not self, through which the self impacts and is impacted by the environment, others, and itself. This ongoing interaction is constantly generating shifts in the self (identity), and it is through this interaction that new thoughts and actions begin to form, which will in turn again impact the environment, others, and the self, and so on. The interaction between the self and what is not self is conducted in many overlapping ways. The self receives and communicates information verbally, through language, as well as non-verbally, through all of the senses. The self communicates with itself (as described in (2) above) in the form of feelings, and these communications are intended to communicate beyond the self as well. Each internal communication alters and re-shapes the emotional reality of the self, which reveals itself to what is not self through neuro-muscular expressions in the form of posture, skin color, etc.

All of this experience occurs within each individual's genetic framework. Our individual and collective experience happens and keeps happening in the context of patterns of stimulus response to which each individual's behavior is conditioned, and always under the influence of the physical and cultural social environment that ongoingly impacts

IMAGERY

(Dictionary definition: the art of making images, the product of imagination)

The picture/sensory components of fantasy

IMPLEMENTATION OF CHANGE DECISIONS***Impulse***

(Dictionary definition: a force that starts a body into action; an arousing of the mind and spirit to action)

An internal stimulus — to survive, to complete an action, to gratify a desire. The most important one is to use what you've got — to fly if you can fly; run if you can run, as fast as you can; balanced against the impulse to survive, to minimize risk of injury.

Kinds of impulse: survival (hunger, thirst), sex drive, contact, to know, to use what you've got, to complete a motion, to relieve pain and experience pleasure, the impulse to maintain homeostasis.

Secondary impulse: to achieve the skills, quality, positions, support or whatever appears to be needed to achieve or guarantee gratification of the primary impulses. These guarantees include image, role, superiority, status, and all the personal qualities like beautiful, smart etc. that seem to provide this insurance. These fall into two categories — those designed to guarantee gratification and those designed to facilitate it. Facilitating secondary impulse includes data gathering, skill development, seeking of resources for assistance, etc.

Eventually the secondary impulse designed for the guarantee of gratification of the primary impulse replaces the primary impulse. One is more likely to focus attention on the image of the person who has a particular appreciation of music or art than to experience the music or the art. In fact the impulse toward the sound or color might become impossible to identify in time. Eventually one stops seeing color and might see only oneself seeing the right color in the right way.

In summary impulse breaks down into:

- 1) survival impulse that further breaks down into: a) to take care of physical survival needs like food, clothing shelter; b) survival of the species, which is sexual impulse; and c) the impulse to survive as an individual able to actualize one's own capability for function as a member of that species, including the pleasure impulse and the empathetically shared impulse of other people's gratification. This serves the impulse for survival because the greater your capability for function, the greater the possibility of surviving under threat. It involves social as well as physical and intellectual capabilities, since it is a desire to survive as what you are and we are as a species social animals. It includes the desire to use the concept of cerebral override as well as the fight/flight response when there is a perception of threat. Species as well as individual survival may depend on developing this capability.
- 2) The reactions to threat to any of the 3 primary impulses.
- 3) The impulse to qualify for guarantees that 1) & 2) will be taken care of or to facilitate the acquisition of 1) & 2) in ways that will not create its own havoc.(see above). Threats to gratification of this impulse also trigger the fight/flight response as if survival were threatened because of the same circle of frustration, violence, or holding back of motion repeatedly.

The recurring problem described, it seems, is that our coping machinery starts with and too often ends with aggression or withdrawal (fight/flight) rather than attention to the specifics of each situation and whatever problem solving machinery might be appropriate. Obviously the culprit is the fight/flight response itself. The remedy is attention to appropriate information that will lead to the best possible problem solving.

IMPULSE

(Dictionary definition: a force that starts a body into action; an arousing of the mind and spirit to action)

An internal stimulus — to survive, to complete an action, to gratify a desire. The most important one is to use what you've got — to fly if you can fly; run if you can run, as fast as you can; balanced against the impulse to survive, to minimize risk of injury.

Kinds of impulse: survival (hunger, thirst), sex drive, contact, to know, to use what you've got, to complete a motion, to relieve pain and experience pleasure, the impulse to maintain homeostasis.

Secondary impulse: to achieve the skills, quality, positions, support or whatever appears to be needed to achieve or guarantee gratification of the primary impulses. These guarantees include image, role, superiority, status, and all the personal qualities like beautiful, smart etc. that seem to provide this insurance. These fall into two categories — those designed to guarantee gratification and those designed to facilitate it. Facilitating secondary impulse includes data gathering, skill development, seeking of resources for assistance, etc.

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The recurring problem described, it seems, is that our coping machinery starts with and too often ends with aggression or withdrawal (fight/flight) rather than attention to the specifics of each situation and whatever problem solving machinery might be appropriate. Obviously the culprit is the fight/flight response itself. The remedy is attention to appropriate information that will lead to the best possible problem solving.

INADEQUATE

(Dictionary definition: not equal to or sufficient for a certain requirement)

Quality of performance, product, skills, resources or equipment insufficient to achieve desired result at acceptable levels.

INFERIOR

(Dictionary definition: situated lower, as in position, degree, rank, or merit)

Quality of performance, product, skills, resources, or equipment insufficient to achieve desired result at acceptable levels, as measured by comparative evaluation with others.

See also *Superior; Authoritarian hierarchy*

INFORMED PARTICIPATION

Innate drive

INFLUENCE

(Dictionary definition: the act or power of producing an effect without apparent force or direct authority; the power or capacity of causing an effect in indirect or intangible ways; to have an effect on the condition or development of)

Intentionally or unintentionally causing change in either a desired or not necessarily desired, or even in an undesirable direction. Influence can happen by direct persuasion based on reason; negotiation based on exchange of value; arbitration based on compromise acceptable to all parties; or bribes and direct payments. Influence can also occur as a result of receiving information of significance to the person receiving it, regardless of the intention of the giver of the information. Influence occurring as a result of threats of punishment, withholding, or manipulation of information, or forceful coercion are considered CONTROL rather than persuasive influence.

Influence most often happens by persuading people to behave or to choose in a way other than they originally intended or desired by presenting new input not previously known or available. Influence is any movement made to persuade another to move in a particular way. It implies no authority to bring about that movement directly or even to persuade, bribe or threaten with any consistently predictable result. One can be influenced only if one chooses to be. In fact one hears or sees the evidence intended to influence only if one decides to either in consciousness or not. One may choose not to be aware of refusing input, but such refusals are certainly observably commonplace.

INNATE DRIVE

INPUT

(Dictionary definition: something put in; power or energy put into a machine or system; information fed into a data processing system)

Can be an interruption if it changes the direction of the action temporarily, can be an interference if one is required to do whatever the input suggests, i.e. the input becomes a command.

INTELLECT

INTELLIGENCE

(Dictionary definition: ability to learn and understand or to deal with new or trying situations)

INTERACTION

(Dictionary definition: mutual or reciprocal action or influence)

An exchange between two or more individuals, objects, or the environment.

INTERACTIVE THOUGHT - see "Thought"

Interactive thought starts in verbal awareness. Some idea or question is formed pre-consciously. It comes into consciousness. In aware verbal consciousness, what we have is not thought, but meaning arrived at by association and verbalization. If association to meaning is not immediate, then there's a pause to go back to pre-consciousness to find meaning that isn't readily available, but often the association is instantaneous.

Interactive reflective or introspective reflective thought is the way in which most data is effectively processed in preparation for action. The thought process itself does not make the decisions; it just processes the data gleaned from all sources in preparation for decisions.

INTERFERENCE

(Dictionary definition: something that obstructs, the act or action of obstructing)

Coercive attempt to stop or redirect action. A suggestion to supplement, replace, or change the direction of an action.

INTERNAL CONFLICTS**INTERPRETATION****INTERRUPTION**

(Dictionary definition: stopping or hindering; breaking in upon an action; breaking the uniformity or conformity)

A temporary distraction of motion to another event

INVITATION

(Dictionary definition: a request for the presence or participation of)

A request to join an event that is assumed by the inviter to be pleasurable to the invitee

IRRATIONAL --

(Dictionary definition: not governed by or according to reason; lacking usual or normal mental clarity)

MG def: ???

L

LANGUAGE

(Dictionary definition: the words, their pronunciation, and the methods of combining them used and understood by a considerable community; a systematic means of communicating ideas or feelings by the use of conventionalized signs, sounds, gestures, or marks having understood meanings.)

Symbol of facts, activity, feelings, sensations, and concepts. They represent whatever the people who use them agree upon. Often, this agreement is not arrived at in consciousness and then language will confuse more than it clarifies. Because the symbols are linear, the meaning transmitted by them is necessarily unidimensional and limited. Pictures, tonal quality, facial expression, posture, sound, and many other supplements to language are indispensable for accurate transmission of meaning. It's very common for people to confuse the word with the fact, to believe that something exists because it has been stated that it exists. This apparently is even truer if the word is written rather than spoken.

LATENT

LEARNING

LOSS --

(Dictionary def: failing to keep or maintain; a deprivation; a failure to win)

MG DEF?

LOVE

(Dictionary definition: warm attraction; to feel passion, devotion or tenderness for; to take pleasure in)

Empathetically shared experience received favorably, with pleasure. The pleasure and pain of the beloved becomes one's own. experience Therefore, one wishes to increase the pleasure experience one shares and enjoys. One is also motivated to help solve problems in order to decrease shared pain and increase possibilities for sharing new or increased pleasure. In this way of defining it, love is a great source of both pleasure and motivation for thoughtful problem solving. Both societal and relationship bonding is facilitated by this anticipated pleasure and repetition of shared experience, particularly the experience of interactive problem solving. This bonding provides the cement from which social structure takes its stability.

M

MAGIC THINKING

MANIFEST

(Dictionary definition: readily perceived by the senses and especially by the sight.)

Those problems or conflicts that are in conscious verbal awareness, and are explicitly expressed or responded to by each of the protagonists and possibly added to by any participants in the discussion. The manifest story is ongoingly formed and reformed out of all the information presented about the problems or conflicts.

MANIPULATION

(Dictionary definition: managing or utilizing skillfully; control by artful, unfair, or insidious means, especially to one's own advantage.)

The act of predetermining the outcome of an event by indirect means involving withhold or distorted information. The intention of manipulation is to cause people to do what they would not do if they had accurate information.

MARRIAGE

(Dictionary definition: the institution whereby men and women are joined in a special kind of social and legal dependence for the purpose of founding and maintaining a family; a close union)

A relationship, friendship, or love in which the terms of continuity are agreed upon in a legal or verbal contract.

MEANING --

(Dictionary definition: Having intention or purpose; significant)

The impact of the outcome of an event on many other things, whether intentional or purposeful or not.

MEANING (IN RELATION TO WORDS) --

Words are symbols that represent the meaning of an idea or cluster of ideas.

MEANINGFUL --

(Dictionary definition: Significant; full of meaning or expression)

Outcome of an event has or is expected to have important impact.

MEMORIZE

(Dictionary definition: to commit to memory, learn by heart)

To internalize information or configuration of information intellectually, emotionally, and kinesthetically.

MIND

(Dictionary definition: the element or complex of elements in an individual that feels, perceives, thinks, wills, and especially reasons; the organized conscious and unconscious adaptive mental activities of an organism)

Includes, but is much larger than, awareness. The work of the mind is done at all levels of consciousness and non-consciousness. It's the part of an individual that creates and experiences feelings, fantasies, and dreams, the part that perceives, receives and processes information from body systems as well as from external stimuli, evaluates, assigns language or other symbols to the meaning it determines. The mind reviews options, solves problems, associates, remembers, anticipates, plans, thinks, and especially reasons at all levels of consciousness. The difference between thinking and reasoning is discussed elsewhere: Arbitrarily we call "thinking" the processing and integration of new data; "reasoning" the reprocessing or re-organizing of old data in order to explain issues, correct error, or arrive at new conclusions.

MISTAKE

(Dictionary definition: a wrong action or statement proceeding from faulty judgment, inadequate knowledge, or inattention)

A fundamental belief or premise that is untrue or inaccurate, from which untrue assumptions, conclusions, and expectations are drawn in a variety of configurations.

If qualifying for reasonable expectation depends on always succeeding or on getting what you want when you want it, then frustration or not getting what you want becomes a disqualifier. As a result, it is very difficult to focus on whatever can be found to enjoy because pleasure stimulates desire that encourages product-oriented, and therefore disqualifying, activity. Therefore qualifying or image/role activity designed to establish or demonstrate superiority becomes an important interim motivating factor. For some people it becomes almost the only one. To the extent that enjoyment is dangerous, empathy is unlikely, and caring love based on empathetically shared desire and experience is almost out of the question as a motivating factor.

These perfectionistic qualifier and disqualifiers are in general ineffective or self-destructive. However very strong motivation can derive from the desire to develop skill, improve capability, resolve conflict, and become better qualified either for a position of ultimate competitive superiority or for improved competence for specific areas of activity and relationship, without reference to comparative evaluation at all.

The last prerequisite for motivation to act involves desire to protect against threat or to seek supportive resources to help in the event of failure. This has been discussed above under *energy* and *threat*.

N

NATURAL CONSEQUENCES

(see also Reality Intervention)

(Dictionary definitions: *natural*: having an essential relation with someone or something, following from the nature of the item; *consequences*: something produced by a cause or necessarily following from a set of conditions.)

Every action causes a response and a reaction at every point of interface. This response can be withheld and the reaction reshaped, distorted, or postponed, but the consequence nevertheless exists. If you blow up the house everybody involved may decide to prevent any penalties from accruing to you, but you will certainly be without a house until one is built, and people will not be able to prevent themselves from expecting such action in the future even if they agree to forgive and forget.

NEGATIVITY

(Dictionary definition of “negative”: marked by features (as hostility or withdrawal) opposing constructive treatment or development.)

Negativity can be defined as the process of creating unpleasant or critical thoughts and feelings in response to perceived problems for which the negative person assumes that there is no possibility of negotiation or problem solving that will change things for the better. In most instances of negativity, if active solutions are sought at all, they tend to be actively or passively punitive and aggressive. Occasionally they're even violent. Most of the time, negativity moves toward aggression, designed to overpower people, teach them a lesson that will prevent the undesirable issues from happening again.

For the most part, there tend to be no positive solutions offered that benefit or even consider the needs or interests of those blamed for the event in question. The feelings involved are almost all bad. They fall into the range of distressing, fearful, enraged, indignant, etc.

Yet despite these bad feelings, negativity seems extremely attractive to large numbers of people. That's because the experience of it is often energizing, sometimes exciting, and can be exhilarating. It's common for people feeling negative to seek and join with other people who easily share their negative judgments and their high energy about them. Sometimes it even becomes a strong bonding experience, one that doesn't require much intimacy or exchange between those involved. Joining with someone around negativity eliminates or lowers the possibility of disagreement about any of the issues. In addition, it can be easy to raise energy negatively because there is no danger of being proved “wrong” if no action seems possible to take. For all of these reasons, negativity often affords the opportunity for more fully letting go into the interaction.

Negativity always involves focusing on, often exaggerating, and sometimes inventing the most undesirable elements of events, people, objects, concepts, plans, objectives, or anything else happening or present. Distortion or fabrications of unfavorable facts usually taken out of context are almost always involved. Negativity creates feelings of superiority on the part of almost all participants.

The experience of negativity, particularly when joined with other people, feels like the problem is being solved, because the people feel energetically bad about the same event. Often are planning to (or they would punish if they could) whatever culprits they're blaming for the event that they feel negative about. Sometimes, however, the people held responsible for the trouble are high officials or are too strong to attack, and there's no way to interact with them about the issue. It feels like they're doing something to solve a problem, but unlike positive problem solving, there is no failure possible because they're not going to actually do anything, including punish the people involved. By doing nothing, one can hold on to negativity as long as s/he likes. On the other hand, if action is taken, whatever is attempted can fail, and even if the action succeeds one cannot continue to feel negative indefinitely. The center of negativity is the belief that the power to solve the problem, if it exists at all, resides outside of the self in whoever is causing the problem. In most cases of negativity, the solution is real or imagined punishment for those people.

Negativity is often expressed in unfavorable interpretations of past, present, and expected future mistakes, misfortunes, or calamities. Negative predictions of future consequences of current or past events can range from unpleasant to disastrous.

Negativity rests heavily on non-awareness, consciously hidden, or outright denial of the existence of positive, satisfying, exciting, life-supporting realities. This can appear as refusal to acknowledge positive or optimistic possibilities, even when they observably appear in the present, have been clearly demonstrated in the past, and can be logically expected to happen in the future. Obviously, maintaining such pessimism requires considerably altered perceptions of reality.

Most of the time, negativity also can be seen in the consistency with which negative people avoid looking for or accepting solutions to the problems they magnify and remain immersed in.

illusion that outcomes can be predicted and problems prevented. Obviously, as pointed out above, this requires more belief in the possibility of control than one can reasonably hope to easily sustain.

In reality, such illusion of control is only possible to attain or sustain with powerful coercive influence over those one wishes to control. Negative people often find it difficult to achieve or sustain such coercive influence, although they may become very passively or intimidatingly aggressive in the attempt.

In fact, the excessive need for control often leads to reinforced negativity, sadism, and/or masochism. These S/M dynamics are often expressed as drives for dominance or for submission. These drives, in turn, create tendencies toward rivalries that promise to qualify negative people, who are poor problem solvers, for unearned status. This status is supposed to bring with it the unconditional dominance that would seem to make loving safe from pain and loss. Of course, reaching this highest status position, or any fixed status position, is impossible or near impossible in our society. Even reaching the illusion of top or fixed status positions is almost impossible. Therefore, the competition for it can be, and usually is, never-ending. Because of the inevitable failure to win or keep winning competitions for status, negative people are often predisposed instead to compete for the love and approval of those who are willing to submit to them and/or those who they think have high status.

NEUROSIS

NON-CONSCIOUS

(see also Associative memory; Sub-conscious, Pre-conscious)

Dictionary definition of unconscious: the part of one's mental life not ordinarily available to consciousness but revealed esp. in spontaneous behavior, as in slips of the tongue, or in dreams.

Not available to consciousness (see "sub-conscious" definition below). Most very old storage and many repressed events and the decisions that were involved at the time, are stored at non-conscious levels of memory. Most body activity and body memory of long past events might also be stored without direct access in awareness. Many repressed memories were stored at times of trauma.

In the context of this work, non-conscious processes are the least-accessible level of consciousness:

Associative memory links aware and subliminal perceptions to language and awareness;

Pre-conscious processing and memory is easily available for retrieval in awareness;

Sub-conscious processing and memory can be accessed as part of pre-conscious process;

Non-conscious processing and memory is almost impossible to bring into awareness except in unusual circumstances, such as hypnosis, dreams, and possibly any form of focused, undistracted attention.

O

OBSESSION (SEE ALSO COMPULSION)

(Dictionary definition: a persistent disturbing preoccupation with an idea or feeling)

A mental image, phrase, impulse or drive, feeling or sensation that is present in aware consciousness inappropriately and very frequently. For example, people with eating disorders are frequently obsessed with food and with the almost irresistible desire to eat, whether they need the food or not. They think about food almost all the time. The desire for food might serve as a distraction from anxiety provoking events, or some other more dangerous impulse, such as sexual desire. In fact, people who are obsessed about food might not even experience hunger, but just the constant (obsessive) impulse to eat. This eating behavior might continue until they vomit. Relationship obsession can involve rumination about the object of the obsession that is so constant that it interferes with the victim's ability to function in most other areas of life. Romantic obsessions or fearful relationships can make it difficult to eat, sleep, work, or maintain other relationships. Obsessions can involve overpowering fear, jealousy, worry, and generalized paralyzing anxiety. They can produce compulsions designed to seek relief by acting out absorbing but largely inappropriate and sometimes seriously damaging behaviors. Obsessions and compulsions be carried to psychotic extremes. In such cases one might have a compulsion to wash their hands because they feel dirty that goes to such extremes of frequency and intensity that it does irreparable damage to the skin. Compulsive masturbation can do similarly serious damage when carried to extremes.

ONE-UPMANSHIP

OPINION

(Dictionary definition: view, judgment or appraisal formed in the mind about a particular matter.)

Disclosure of information about which there is no proof.

OVERPOWER

(Dictionary definition: to overcome by superior force)

To force an action which impacts others without their knowledge and without their consent. There are three ways to overpower: (1) One can intimidate or threaten, so that the consequences for non-compliance with the action appear to be unaffordable, or the person feels too frightened to refuse to comply; (2) One can use physical force, so that non-compliance is literally impossible or too costly; and (3) One can manipulate the decisions or actions of others by withholding or distorting information, on the assumption that consent for an action would not be granted if accurate information was available. It is important to note that this assumption can be wrong--consent for the action might very well have been granted if accurate information was available. The action is still an overpowering one if information was withheld or distorted with intent to deceive.

OWN

(Dictionary definition: to acknowledge to be true, valid, or as claimed)

Assumption of control.

P

PAIN/PLEASURE

Both pleasure and pain take many forms. Excitement can be experienced as painful anxiety or thrilling pleasure or both simultaneously.

PAIN

(Dictionary definition: localized physical suffering associated with bodily disorder, or acute mental or emotional distress)

Unpleasant experience of varying degrees of intensity. It serves as the feedback or the report of the existence of physical, emotional, and/or cognitive damage, or the potential for it. Pain is an indicator of the disruption of homeostasis. The signal that something needs to be done to restore it or to move in the direction of its restoration.. Physical pain is the unpleasant physical sensation of sharp, hard, tight, etc. Emotional pains are negative feelings, experienced such as sadness, fear, loss, anxiety. Intellectual pain is experience of confusion, uncertainty, awareness of not knowing.

There are a number of kinds of pain and it is usually desirable to distinguish between them in order to select the best possible action in each circumstance.

- a) Pain of trauma which indicates something has happened to cause injury that needs attention and correction. Emotionally this would include the pain of loss.
 - b) Anticipation of trauma which indicates that something needs to be done to prevent an injury that is expected to happen in the future. Emotionally this includes most image or face-loss kind of pain. Intellectually this includes fear of loss of self-confidence. Physically it includes fear of attack, or disability, etc. This is the most common and most pointless experience of pain. It generally signals information that is either inaccurate or about which nothing can yet be done.
 - c) Holding back (stress). This involves muscle contractions, changes in blood flow and respiration, and other body preparations for large defensive action that will never take place. This is the pain of starting and stopping in one motion. The action held back is almost invariably aggressive, threatening violence, therefore is unacceptable. The trauma it anticipates is the ultimate result of that violence. In addition, the fact of holding undischarged preparation for activity creates so many inappropriate body activities that it itself threatens severe trauma if it continues or is intensified by further aggression.
- Another, just as common but less noticeable, example is what happens when trauma occurs and is accompanied by fear of additional pain and still more trauma if particular movements occur. This act of preventive techniques involve learning to identify the original source of pain, relax all of the tissue around it, and minimize it instead of tensing against it.
- d) Depressive pain or the pain of inactivity. This is the pain of boredom and sensory deprivation (internally or externally determined). Rather than an acute or intense sensation, it is experienced as chronic, low-grade, dull, heavy, slow, irritable restless; just something missing. At the extreme of low energy resulting from refusal to admit stimulus, be aware of attraction, or generate impulse, food might be refused and death induced. Many consider this the most intolerable kind of pain. To others it is the lifestyle of choice.

- e) Masochism: pleasure-pain which is essentially pain to relieve pain. Aggressive action held back creates huge pain. You can try it by punching out with one hand and holding back with the other. Keep that going for 30 seconds and the pain will begin. Aggressive action is easily triggered, strong, and releases many painful held-muscle contractions. People afraid to take responsibility for aggressive action often prefer to provoke it in other people so that they have an opportunity to fight back or to defend themselves more easily when the release of held aggression takes place because it was blocked off by fear of loss of control and aggression in the first place.

In the result, the experience is of intense pleasure although the actual occurrence is intense pain. The masochist's fear of impulse, activity, and responsibility tends toward low energy, depression, and the dull pain of monotony. A good fight with a strong sadist brings feeling of life into the void; makes the blood flow; raises energy; and is experienced self-righteously without responsibility for consequences. The secondary gain of making up, assigning guilt to the aggressor, and the consolation of rewards all add to the pleasure of the program.

- f) Pain of growth. Growth involves stretching into new areas of activity, using capabilities not full developed. Physically this involves the actual use of muscle and other tissues not yet ready for that degree of use. Fatigue is a form of pain that tells you when you've gone far enough: you are stretching farther than you can stretch.

Emotionally growth involves activity with unknown consequence and some anxiety or fear of the unknown. The

PASSIVITY

(Dictionary definition: the state of being receptive to outside influences; not active or operating; receiving or enduring without resistance; existing without being active or open)

Purposeful non-action in response to a problem, impulse, desire, or need. It is often designed to minimize risk and/or responsibility. It relies on significant other to provide what is necessary to achieve the desired results. Passivity is highly desirable in situation in which one wishes to receive information with as little filtering or distortion as possible. It may be indispensable to the process of quieting the mind when noise is extensive. It is desirable at some times and not at others.

PERCEPTION**PERSUASION**

(Dictionary definition: the act of moving by argument, entreaty, or expostulation to a belief, position, or course of action.)

A form of influence (see INFLUENCE) that comes as a result of the delivery of information, the process of reasoning, or the promise of reward. Usually, persuasion is the result of some desired outcome on the part of the persuader. Persuasion is one of the tools of influence. Act of providing information or resources that will change the course of an event.

“PILLARS” --

(Dictionary definition of pillar: a firm upright support for a superstructure)

The basic principles or beliefs expounded in the present work. (See discussion elsewhere.)

- Pillar 1. Every normal individual member of every species has an innate drive to do what s/he can do as well as possible for that individual.** Under normal circumstances this drive should be particularly strong when the action involved is needed or useful.
- Pillar 2. Humans may be the only species with capability for aware initiation and implementation of our own conditioning, deconditioning and reconditioning.**
- Pillar 3. Aggression is not an innate human drive, but the drives for empathetic love and thoughtful problem solving are genetically determined.**
- 3a. I believe that the drive to aggress is not genetically determined for adults. However, the capacity for aggression is genetically determined and available to be used as deemed necessary or desirable. (see definition of aggression.) The fight/flight automatic aggressive response to threat is genetically determined for children before they mature into the capacity for reason.
- Pillar 4. Humans are social animals.**
- Pillar 5. Self-love is unconditional.**
- Pillar 6. Everybody has total value to give.** The differences are in the nature of that value and in the degree of willingness to give it.
- Pillar 7. Self image / identity and feedback. Emotional, cognitive, and physical feedback.**
- Pillar 8. I believe hierarchy is not the natural social order for the human species.** I also believe that the physical internal structure of human beings is not organized hierarchically. Decisions are made body wide.

POLARITIES, POSITIVE AND NEGATIVE

POWER**POWER DYNAMICS****POWERLESSNESS (IMPOTENCE)**

(Dictionary definition: lacking in strength or vigor)

Impotence is the inability to move oneself in a desired direction — or the inability to be aware of desire or direction.

PRE-CONSCIOUS

see also Associative memory; Sub-conscious, Non-conscious

(Dictionary definition: not present in consciousness but capable of being recalled without encountering any inner resistance or repression.

In this work, *pre-conscious processing and memory* is the level of consciousness most easily available for retrieval in awareness; compare to *Sub-conscious* processing and memory, which can be accessed as part of pre-conscious process; and

Non-conscious processing and memory, which is almost impossible to bring into awareness except in unusual circumstances, such as hypnosis, dreams, and possibly any form of focused, undistracted attention.

I believe that all new information, whether it passes through our aware verbal consciousness or is absorbed subliminally, is first processed (thought about) pre-consciously. In addition, all internally generated information (from lower levels of consciousness, including internally generated perceptions, thoughts, and conclusions, and information from body systems) is processed pre-consciously before it enters aware verbal consciousness. Indeed, a good percentage of thought, planning, and the whole range of preliminary (and in some cases final) data processing happens in pre-consciousness. The flow of data between pre-consciousness and aware verbal consciousness is constant, very fast and relatively unobstructed. Pre-conscious memory is readily available to aware verbal consciousness most of the time.

Pre-conscious process draws on sub-conscious conclusions and memory much more easily than is possible in awareness. It is also possible (although difficult) for sub-conscious process to reach still deeper and form a liaison between pre-consciousness and non-conscious memory and other information.

Because pre-conscious thought does not take place in awareness, verbal consciousness can remain relatively quiet and focused. This quiet, focused attention allows environmental information to flow into aware consciousness where preliminary processing can take place very quickly. Then it is processed in pre-consciousness and returned to aware verbal consciousness as tentative conclusions, plans, or trial balloons to be tested, communicated, or acted upon.

PREDICTABLE --

(Dictionary definition: Capable of being foretold)

Can be foretold, expected, and sometimes can be replicated.

PREJUDICE**PROTAGONIST****PUBLIC IMAGE**

(No dictionary definition)

Perceptions of others' descriptions of their experiences of us, both in and out of our and/or their awareness. We attempt to fix our public image in terms of trying to establish permanent positions and status levels within those positions in a social context. These status levels are comparative and the competition for them can be (and usually is)

PURPOSE

(See also Universal Purpose)

(Dictionary definition: that which one sets before oneself as a thing to be done or attained; the object which one has in view; the action or fact of intending or meaning to do something; intention, resolution, determination)

(See Intention?)

The desired outcome or purpose of an event or series of events.

R

RAGE

(Dictionary definition: violent and uncontrolled anger; to be furiously angry)

An escalation of the intensity of anger and the quantity of energy assigned to the issues causing the anger. Rage generally begins to mount as blame is assigned for whatever undesirable circumstance is involved. For many the expression of that rage is regarded the solution to the problem or the conflict that generated anger in the first place.

RANDOM

(Dictionary definition: Not sent or guided in a special direction; having no definite aim or purpose; made, done, occurring, etc. at haphazard)

Lack of purpose, no particular outcome intended or desired. Random movement may predictably follow patterns but without intentional purpose. These patterns of movement would themselves serve no desired outcome. They are rather randomly evolved patterns that create their own randomly developed cause and effect.

RATIONAL --

(Dictionary definition: relating to, based on, or agreeable to reason; having reason or understanding)

MG def: ???

RATIONALIZATION --

(Dictionary definition of rationalize: to attribute (one's actions) to rational and creditable motives without analysis of true, and especially unconscious, motives.)

Complicated mental activity for the purpose of making conditioned and other irrational ideas and reactions seem acceptable to the person him or herself

REACTION

see also "Response and Reaction"

(Dictionary definition: a return or reciprocal action; bodily, mental, or emotional response to a stimulus)

The responsive action/non-action decision acted out.

REALITY INTERVENTION

(Dictionary definitions: intervention: coming between by way of hindrance or modification.

reality: the totality of real things and events; existing in actual fact)

The course of an action is changed because the surrounding environment or circumstances have changed. One may or may not acknowledge this intervention, but either way the impact will occur, regardless of response. If it rains on your parade, it is raining. You don't have to carry an umbrella but you will get wet. The intervention may be opposing, supporting, or it may altogether stop the activity.

REASON (REASONING) --

(Dictionary definition: the power of comprehending, inferring, or thinking esp. in orderly rational ways; intelligence; proper exercise of the mind. Reason, understanding, intuition all include the power of the intellect by which man attains to truth or knowledge.)

An ability to seek new information in order to think about issues at all appropriate levels of consciousness and bring the results of this internal processing to awareness. In awareness we are able to conduct a personal review of any conclusions reached and we are able to interact, and become aware of the conclusions of others. In order to reason effectively, we also need to receive responses of others to one's own shared conclusions. I think that dialogue involved in significant issues is a necessary component of reasoning, as is availability to receive all other relevant information.

REASONING

(Dictionary definition: the drawing of inferences or conclusions through the use of reason)

The reprocessing or re-organizing of old data by the mind, in order to explain issues, correct error, or arrive at new conclusions. Compare *thinking*: the processing and integration of new data. See also *Mind*.

REASONING, EMPATHETIC --

(see definitions of empathy; empathetic reasoning)

Empathetic reasoning is necessary to effective interactive problem solving because it provides a direct source of

REFLECTIVE THOUGHT - *see "Thought"***REFLEX --**

(Dictionary definition: an automatic, usually inborn response, that does not involve higher mental centers)

A response which functions directly from the nerve endings in an organ to the spinal column, by-passing the brain and mental activity of any kind. (Therefore not one of the functions of the *mind*.)

REJECTION

(Dictionary definition: refusal to acknowledge or submit to; refusal to take or accept; refusal to grant, consider or accede to; to throw out, esp. as useless or unsatisfactory)

Refusal to accept, approve, or to interact with.

RELATIONSHIP

(Dictionary definition: the state of being connected; a logical or causal connection between)

An interaction in which there is some expectation of continuity.

RELAXED**REPRESSION**

(Dictionary definition: excluding from consciousness)

The removal of memory or perception from awareness, and not available for recall except with extreme measures like drugs, or in dream states.

REQUEST

(Dictionary definition: an act or instance of asking for something)

Verbalization of a non-coercive direction for action with no punishment involved, although there may be negative or positive natural consequences of refusing as well as accepting the request.

RESISTANCE

(Dictionary definition:

An unwillingness or reluctance to be aware of, understand, or accept events that will result in change of current ideation and therefore can precipitate new behaviors that might create bad consequences.

RESPONSE

(Dictionary definition: reaction; answer; reply)

The first experience resulting from the stimulus, i.e. thoughts, feelings, body sensations adding up to assumptions, conclusions and expectations, leading to an action/inaction decision. RESPONSE

RESPONSE AND REACTION

(See Response, Reaction above)

Response is an internal experience that happens as a result of some action or interaction. Reaction is the action that one takes as a result of a stimulus response event. It's possible to respond and not react at all externally, but there will always be a response and an internal reaction to every event that is perceived in awareness. The response to an event more or less determines the reaction to that event, although the range of possible reactions can go from non-expression all the way to a cover-up of the response that might involve acting in reverse. Often there is a response to one's own response that creates very complex behavior. For example, the response to even innocuous events can sometimes be rage because of the associative meaning assigned to the event, or because of misperception or misinterpretation. The rage response then may be unacceptable and the cover-up of it can be extremely complex. One can even attempt to hide the original rage from oneself and experience it as indifference or even benevolence.

It's important to differentiate between a new response to a current stimulus, and an old, or conditioned, response. The nature of the reaction will of course be determined by whether the response is a new one, or a conditioned one that's triggered by association of the current event to some past event or conclusion that seems appropriate or relevant at the time. To avoid confusion they might be referred to as new or current spontaneous responses or reactions and old or conditioned responses or reactions. The problem then is how to know the difference. But that is a very complicated matter and will be discussed elsewhere

RIVALRY

(Dictionary definition: the act of rivaling: the state of being a rival, one of two or more striving to reach or obtain something that only one can possess.)

Attempts to establish a favorable self and/or public image by comparison with other(s) in similar categories of qualities, skills, accomplishments, even possessions. The winners' rewards are supposed to be some kinds of permanent (or near-permanent) status that ensure some rights (things you can expect to get) and some privileges (things you are allowed to do) without having to compete for them. Since the winners get some things, having these things tends to symbolize having won the rivalry. These things or status symbols mark one as the winner. Therefore, we compete for the things, feel rivalrous with and envy the people who have them. This involvement with things is far out of proportion to the real value of the things or to what they contribute in function. Self and public image is thought to be made stable and favorable with achievement and recognition of status earned or established with successful rivalry. It's all part of the grand illusion of life without conflict or frustration if proper status based fixed image can be maintained.

ROLE --

(Dictionary definition: a socially expected behavior pattern usually determined by an individual's status in a particular society)

The activity and relationship patterns in which the images express themselves, such as the roles of mother doctor, humanitarian, aristocrat, man, woman, worker, femme fatale, stud,... The functions of role are predictability and guaranteed outcome. By definition predictable outcome is there in place of spontaneity, which would be unpredictable outcome, potentially different in each event.

The impulse, idiosyncratically related to a specific stimulus, will be replaced by the impulse to act out the role and maintain the image involved. Therefore impulse cannot be frustrated; the impulse of the other cannot be empathetically shared. There is the distance of the role and the image between you, in every situation in which roles and images operate.

An analogy is an amusement park bumper ride, in which the car is surrounded by bumpers and the track is surrounded by padded walls. Inside the roles there is movement within that padded ring, in which you will bounce off the walls, but you won't get injured. Or you can bump into other cars, and your image will be shaken, but you will not get hurt. Life space is protected: it won't go beyond the ring, and the impact will never be too hard. You can even mock-fight within this context, release aggression, and feel like you are taking risks when nothing has really happened.

Your contact to other individuals is restricted to the bumpers (images) that surround and protect each of them. There will be a few encounters outside of these images or outside or outside of the protected circle of roles in which they move.

RUMINATION

(Dictionary definition: musing upon, chewing the cud)

Review of repetitive pictures and phrases, often of a negative quality but not always, usually triggered associatively, always providing distraction and mind noise, often at very inappropriate circumstances.

S

SADISM

(Dictionary definition: an abnormal delight in cruelty)

The act of inflicting an unpleasant experience for the pleasure it gives to the aggressor. The pleasure is related to release of held tension, restoration of feelings of power, dominance and superiority when feelings of powerlessness become too great (see section on pain for discussion of pleasure/pain of masochism).

SELF (ME, MY)

see also "I," "Us"

(Dictionary definition: the essential being, distinct from all other persons in identity)

I define self as the whole organism, as everything encased in this skin (including hair and nails).

"Self" includes awareness and all the levels of non-awareness. It includes, but is much more than, mind. It is everything encased in this skin as impacted, shaped, and reshaped constantly by everything outside of this skin. "Self" includes past, present, and anticipated future events, in terms of memory, anticipation and current impact, both in aware verbal consciousness and not. It also includes habit patterns that are sometimes useful, as well as deeply conditioned fears, thoughts, ideation (prejudices), & reactions that are rarely useful & often destructive.

SELF-AWARENESS --

see also "Aware verbal consciousness"

(Dictionary definition: an awareness of one's own personality or individuality)

The ability to be consciously aware of the parts of the self of which one is able to (and does) become aware. This involves ability to become aware of both internal and interactive (external) communication. For example, pain makes one aware of malfunction. If internal communication is working well one might also become aware of the specific parts of the body that are malfunctioning. If internal communication (self-awareness) is working very well, one might get images in consciousness of the nature of the malfunction, the job that the immune system is doing (and how it could be doing it better). Possibly, if we could get the conscious mind quiet enough and focus our attention fully enough (hypnosis or deep relaxation response), we could sense the relationship between release of tension, proper breathing, and whatever else might serve the corrective process. Perhaps we could even become conscious of internal feedback, balancing behavior, and, as a result, be consciously aware of what to do, or what we need to take in to help i.e. herbs, specific foods, other substances.

SELF-CENTERED

(Dictionary definition: concerned solely with one's own needs, desires, or interests -- selfish. Also, self-sufficient -- independent of outside force or influence.)

MG DEF?

SELF-CONFIDENCE

(Dictionary definition: confidence in oneself and in one's powers and abilities)

Expectation of an acceptable level and frequency of success in undertakings based on qualities, skills, and precedent, by whatever criteria an individual determines. Self-confidence is most commonly based on previous success experience or precedent, determined by approval or comparative quality of performance. This leads to great instability of motivation because it tends to assume that success insures the next success and that conversely, any failure indicates the next failure.

In fact, for many people, one failure cancels out ten previous successes. Also, if self-confidence is based on success experience, then criticism or negative performance feedback is hard to take because it indicates current or imminent failure, threatens loss of self-confidence and motivation, and impedes movement. No one will move, regardless of intensity of desire, unless they can reasonably expect to succeed and can cope with the consequences of failure.

If failure causes loss of reasonable expectation of success, it is too big a risk to take because it can cause depression and immobility, or, if the blame is externalized, rage and possible violence at whoever or whatever is perceived to have caused the failure.

Commonly, reasonable expectation of success is taken to mean guaranteed success, and therefore no failure or criticism is easily tolerated. The damage of self-confidence based on success is compounded by the fact that if activity on behalf of gratification seems too great a risk, impulse, attraction and desire, and the energy created on their behalf tends to be cut down in order to avoid the whole issue. Pleasure itself in any of its forms can become threatening.

3. Acquisition (getting the rewards that indicate position = the approval that is supposed to get the rewards)
4. Withholding (successfully negotiating for authority without responsibility)
5. Responsibility (in which Status and its rewards come from experiences of successfully coping with problems and failures, with or without the experience of ultimate gratification).

SELF-CONSCIOUS

*(*Dictionary definition: aware of oneself as an individual; uncomfortably conscious of oneself as an object of the observation of others: ill at ease)*

MG DEF?

SELF-CONTROL

(Dictionary definition: restraint exercised over one's own impulses, emotions, or desires)

MG DEF?

SELF-DETERMINATION

(Dictionary definition: free choice of one's own acts or states without external compulsion)

MG DEF?

SELF-ESTEEM

*(*Dictionary definition: a confidence and satisfaction in oneself: self-respect.)*

MG DEF?

SELF-LOVE

(Dictionary definition: conceit; regard for one's own happiness or advantage.)

Unconditional regard for oneself; unconditional desire for the best possible quality of experience for, and by definition with, oneself.

SELFISH

(Dictionary definition: concerned excessively or exclusively with oneself: seeking or concentrating on one's own advantage, pleasure, or well-being without regard for others.)

MG DEF?

Soft-wired -- see Hard-wired

SENSATION

SOCIAL STRUCTURE

SPECULATION

(Dictionary definition: an act or instance of mediating on or pondering a subject: reflection.)

A cluster of thoughts not yet finalized.

SPONTANEITY

(Dictionary definition: impulsiveness; acting freely, naturally and without constraint)

A new response to each new stimulus, rather than a trigger or associative response which is the same response repeated to a similar stimulus in a one to one or patterned configuration. The trigger response can become as predictable as a conditioned reflex. It's commonly believed that when the response and the reaction are the same, that is, you act on every feeling that you get, that this is spontaneity. In fact, the reverse is true. The first feeling response to almost any strong or conflicted stimulus is likely to be old, repetitive, and designed to protect you from what your spontaneous response would be if you allowed your response to the stimulus and your reaction to the

STRESS

(Dictionary definition: intense effort; to put pressure or strain on; a factor that induces bodily or mental tension)

The experience of effecting an action that is approaching the limits of and sometimes surpassing previous capability. It has elements of fatigue, some pain, and some of the pleasure of reaching for increased capability and growth. It is reaching the point at which the disruption of homeostasis is becoming seriously uncomfortable.

STRONG

(Dictionary definition: powerful, vigorous, healthy, robust)

Able to identify and pursue objectives and withstand adversity, maintaining the flexibility, intelligence, endurance, motivation and energy levels needed. The skills that are helpful in developing and maintaining strength are the ability to receive information with minimum distortion, particularly emotional information and performance feedback. Negative feedback information is particularly important in the development of strength, and particularly difficult to receive for most people. Other helpful skills include empathy, pain management, responsibility, ability to change one's mind, learning skills, attention, tolerance of frustration, a sense of humor, desire for autonomy, and ability to cooperate.

SUB-CONSCIOUS

see also Associative memory; Non-conscious; Pre-conscious

(Dictionary definition: existing in the mind and affecting thought and behavior without conscious awareness; mental activities just below the threshold of consciousness).

Perceptions and data not available to aware verbal consciousness that can be accessed pre-consciously. Sub-conscious process can draw on non-conscious data and possibly also a whole range of automatic body activity almost never available directly to aware verbal consciousness or to pre-consciousness. I assume that a large percentage of long and short term memory is stored at this level of retrieval, not readily available for conscious awareness.

In the context of this work, sub-conscious processes are the third level of consciousness:

Associative memory, which links aware and subliminal perceptions to language and awareness;

Pre-conscious processing and memory, which is easily available for retrieval in awareness;

Sub-conscious processing and memory, which can be accessed as part of pre-conscious process; and

Non-conscious processing and memory, which is almost impossible to bring into awareness except in unusual circumstances, such as hypnosis, dreams, and possibly any form of focused, undistracted attention.

SUCCESS

(Dictionary definition: satisfactory completion of something; the gaining of wealth and fame)

Action that does result in gratification or in predetermined results. There are many movements involved in any long or short term undertaking. Many of these preliminary activities might fail, but the long term goals might be successfully achieved. Conversely many of the preliminary or prerequisite activities succeed, but the long term objectives fail to be achieved. Motion concluded.

SUFFERING**SUGGESTION**

(Dictionary definition: something put forward as a thought, plan or desire)

Input that is not a command but about which the response is purely volitional, with no penalties of any kind.

SUPERIOR

(Dictionary definition: better than most others of its kind)

Quality of performance, product, skills, resources, or equipment sufficient to achieve a desired result at acceptable levels, as measured by comparative evaluation with others.

One of the most destructive circles that people get trapped in and most difficult to escape from is the one in which people attempt to establish that they are superior to whoever in whatever way, usually everybody in every way. This is generally not related to the drive for adequacy for a specific function or even to the desire to *become* superior. The trap of the drive to already be superior is that almost invariably it is reinforced every time the illusion that it has been demonstrated occurs. One wins some usually objectless competition and therefore grants oneself permission to generate energy with which to enter another contest for further demonstration of superiority. It feels high and alive and hopeful for the future in which perhaps one expects that superiority will be established once and for all,

The equation looks like: **I WANT + I AM SUPERIOR = I GET PRAISE, STATUS, POSITION, REWARDS, GUARANTEES**

Apparently any item in the equation can be picked up and will establish the existence or nonexistence of all of the others. For example, I AM SUPERIOR THEREFORE I GET REWARDS is the same as I GET REWARDS THEREFORE I AM SUPERIOR.

Since this posture makes performance feedback almost impossible to use as a resource for improving performance, focus of attention on product and evaluation of product cannot consistently be part of the system, since the product can be evaluated poorly and destroy the whole construct. Therefore superiority has to be established without reference to product or product evaluation or in unproductive competitive activities, e.g. competitive conversations with almost no relevant content, academic activity with almost no relevant application for use, sports, etc.

Aristocrats are born to superiority, wealthy people are assumed to be superior, women that meet the standards of a particular group for beauty are expected to get all the rewards of superiority. Obviously these do not necessarily have anything to do with product, function, skills, or useful activity.

Even such competitions for non-functional excellence are too risky for many people because they may demonstrate inferiority in performance. For these people the desire is to establish superiority (with exactly the same consequences) through position granted by significant others who have the authority to do so. People elevated by people in authority can only be elevated by them because they give them the authority to do that. A characteristic of this structure that has very strong observable destructive influence is the power of the word and therefore the fear of exposure. Because superiority and inferiority come to be established or destroyed by decree, one is superior or inferior if the right people say that one is. The same action had no such consequence if nobody said it was bad or spoke about it. As soon as exposure takes place, the consequences are whatever the consequences of being inferior are. The action doesn't make you inferiority within this structure, exposure does. Soon it comes to pass that one regards the word as the deed. If you say it is so, it is so. If you say it's not so, then it's not so, and the self-imposed rise and fall of energy proves the validity of this assumption. Ultimately the desire for face (to look good) can replace almost all other impulse, even the survival impulse itself.

For those who would *become* superior (in contrast to those who would already be recognized as superior) the negative performance feedback is tolerable, and sometimes welcome, as a source of learning and improvement of performance. These people are easily recognized as "society's winners". Mostly they do indeed become superior by whatever criteria has current acceptance.

Another category of response is practiced by people who tend to relate to adequacy for specific performance (see adequacy). These people have a chance to escape the trap, but it is very unusual for this to happen, because it means giving up the idea of total security when one finally qualifies.

It implies that risk taking, trial and error, and effort on behalf of gratification are a constant requirement forever, regardless of position, status, qualities, etc.

In summary, there are several categories of response to the issue of superiority/inferiority as a measure of expectation for successful outcome:

1. Those interested in being recognized as superior, or in avoiding exposure as inferior. For these people superiority generally means always better than somebody/anybody else.
2. Those interested primarily in avoiding exposure as inferior with little hope of becoming superior to anybody for anything. These tend to avoid activity altogether or to engage in it only with very exact instruction and with clear understanding that they have no responsibility for the quality of outcome. At the same time that they want instruction, they want no input whatsoever. For these people, it is extremely important that performance not be evaluated at all, verbally or any other way if possible. They dread exposure.
3. Those not related to the issue of superiority/inferiority because they assume a fixed position in the hierarchy. This used to be true for most people in most societies but since social immobility and traditional rituals have lost consistent enforcement, this group is small and tends to get little respect. Indeed they get dumped on a lot. This group takes orders, makes decisions when authorized, functions fairly well, and can become quite conscientious in their willingness and even eagerness to develop adequacy for tasks clearly within their realm.

Whatever their place, they accept it and do not try to change it. Life is much easier for such people. They may experience impulse within the traditionally accepted range for their position. They are the conformists and they are almost always backed up by some externally structure power base, like church, law, morality. They are OK people, they make excellent wives, good parents, wonderful employees. They are well adjusted to whatever extent they have avoided the ambition to change socioeconomic level. the only penalty is that they will never achieve potential for function and they have to not experience any impulse that is not suitable for their image, role, or social status, less they suffer conflict and blow the whole scene.

SURVIVAL INSTINCT

SYMPTOMS

T

TARGET BEHAVIOR

TENSION

(Dictionary definition: a state of mental unrest often with signs of bodily stress)

Appropriate neurological function in preparation for and in the process of moving, as manifest by muscles contracting, flexing and extending, and other appropriate body responses.

THINKING

(Dictionary definition: to form or have in the mind; to reflect on; to form a mental picture of)

Any of the processes involved in intelligence or creativity. Repetitive thought patterns, ruminations, & worry are not to be confused with thinking.

Compare *reasoning*: arbitrarily we call “thinking” the processing and integration of new data; “reasoning” the reprocessing or re-organizing of old data in order to explain issues, correct error, or arrive at new conclusions.

THOUGHT

(Dictionary definition of thought: serious consideration, reasoning power, the power of imagination).

Complex data processing that takes place at all levels of mental activity including pre-conscious, sub-conscious, and non-conscious.

The kinds of thought that take place pre-consciously are associative, reflective and interactive.

Associative thought: what happens in conscious verbal awareness (although associative thought can happen at all levels of consciousness). It is indispensable as pre-thought (preparation for thought) and post-thought (preparation for communication or other action or for return to other levels of consciousness for further processing).

Reflective thought happens initially pre-consciously, and is generated from perceptions received in awareness. Reflective thought is the process of organizing the data, comparing it to memory bank, and sorting it, analyzing it, and coming up with whatever tentative conclusions will be brought up that are needed for function. In pre-consciousness it's given levels of importance, prioritized, and stored for future use. Reflective thought generally happens when people are alone. If it happens during interaction, it's called space-out.

Reflective thought is interactive with the environment and requires a constant flow of current information, action (or communication) and feedback. Reflective thought that will change ideas or life view is different from reflective thought that will result in fast evaluation and action

Interactive thought starts in verbal awareness. Some idea or question is formed pre-consciously. It comes into consciousness. In aware verbal consciousness, what we have is not thought, but meaning arrived at by association and verbalization. If association to meaning is not immediate, then there's a pause to go back to pre-consciousness to find meaning that isn't readily available, but often the association is instantaneous.

Interactive reflective or introspective reflective thought is the way in which most data is effectively processed in preparation for action. The thought process itself does not make the decisions; it just processes the data gleaned from all sources in preparation for decisions.

Commonly regarded as "thought," but excluded from this definition, are

- automatic body adjustments.
- automatic stimulus/responses, here called conditioned (fixed) ideas. These ideas are automatically accompanied by "conditioned emotional responses" (feelings), almost always limited to passive or aggressive fight, flight, or freeze patterns of behavior.
- rumination (repetition of verbal constructs), simple associative rationalization, and attempts to make some verbal sense of seemingly meaningless perceptions, which are all mistaken for complex thought or data processing of the kind that takes place in other levels of consciousness.

Creating a representation of perceptions, feelings, and concepts (thoughts) and a mental image and a verbal

Stimulus becomes dangerous because the techniques for handling frustration are universally poor. Analogous to cancer and other diseases of the immune system, we are dying of our remedies to social problems, which in themselves are often innocuous. People behave as though put down or threats to their honor are threats to life and indeed many have died defending themselves against such non-dangerous danger. When it feels as though life is threatened, it is difficult to quiet the mind, attend to relevant information, and arrive at rational decisions. What is mainly done about it to avoid aggression are degrees of depression which at the extreme is death. In the end the fear of anxiety about violence and insanity make pleasure more dangerous than pain, gratification more dangerous than frustration, and stimulus more fearful than death.

In summary, the first category of threat involves threat to physical safety. This is rare if nonexistent. The second involves threat to completed motion or immediate short term gratification or gratification of long term objectives. These tend to be easily managed. Shifts in even long term objectives are not necessarily difficult and are often rewarding in terms of discovery and growth that would not have happened had interference or interruption not taken place.

Threat to sexual opportunity is rarely significant since uniquely excellent sexual relationship is a rarity, and replacement of sexual relationship in the absence of severe fear of rejection is easily accomplished.

Then there is fear of loss of opportunity of other kinds, which is also generally largely unfounded since opportunity in modern society for almost every kind of economic, cultural, or social possibility is extremely plentiful. There is really no shortage of opportunity. Loss of personal capability for function certainly is a real threat, all the way from trauma and illness to atrophy and death. However, there is no way to avoid it, although it can be influenced by consistent and intelligent use of apparatus involved and effective intervention as necessary. The fight/flight response clearly facilitates deterioration more than it prevents it.

Threats to face, status, position, guarantees of gratification probably count for 99% of activity designed to encounter and resolve the danger of threat. If one believes in the possibility of absolute gratification or the "concept of perfection", then it is reasonable that one would seek evidence that it has either been achieved, or one is moving in the direction of its achievement. If you believe in heaven you are stuck with hell. If you believe in perfection then every evidence of error or failure is evidence that you are not there. Conversely, every competitive win and every movement in the direction of superiority is evidence that you are getting there. Threat to getting there is therefore of major concern. People come to believe that movement in the direction of perfection is measured comparatively. When one is imperfect, one cannot trust one's own judgment to accurately measure the all important comparative progress, the run to heaven, or perfection. Therefore one needs the protection of others deemed further along in that road and therefore more powerful. This protection is sometimes guaranteed by love, position, praise, approval of various behaviors, all of which are also measured comparatively. Therefore one waits to become adult/perfect, and therefore all powerful (all gratified and all gratifying predictably in control of all outcome).

In the interim one seeks the protections described above and opportunity to demonstrate increasing competitive superiority in any area at all or to avoid evidence of increasing inferiority and non-gratifying unpredictable outcome and hell. Evidence piles up that this is true by virtue of the fact that every threat of loss of face or increasing inferiority is attended by self-imposed energy cut in order to avoid expressing the rage at those who caused the apparent inferiority or further demonstrations of still more inferiority. The suffering experienced validates assumption of hell without realization that the pain is self-inflicted and therefore needn't have happened at all.

U

UNCONSCIOUS -- *See non-conscious, sub-conscious, pre-conscious*

UNDERSTAND

(Dictionary definition: grasp the meaning of; have a sympathetic attitude toward)

Perception of information in structural configurations that indicate meaning in terms of: application for use in identifying cause, effect, and action options in problem solving situations; increase in accurate prediction of outcome; improved communication and relationships; better capability for processing new, related data, and, because of all this, better coping skills and improved capability for gratifying impulse.

UNINTENTIONAL, ACCIDENTAL --

(Dictionary definition: coming by chance, happening undesignedly or unexpectedly).

Same as dictionary definition. May or may not be chaotic.

UNIVERSAL PURPOSE

(No dictionary definition)

A desired outcome of some kind that involves all things, all events and all series of events and the relationships between them .

US

(see also "I," "self")

(Dictionary definition of us — a group that includes the speaker or writer).

The people with which my whole self interacts, in or out of conscious experience; usually refers to the groups of people who interact with me in widening circles i.e. nuclear family; social clusters (friends); business or professional associates, suppliers, customers; people who inhabit one's neighborhood, town, city, nation, etc., etc.

V

VALUE

(Dictionary definition: relative worth, utility, or importance: degree of importance.)

An idea that is finalized, felt to be permanent, and strongly resistant to change. There are judgements placed on values, and punishments assigned expected or enforced if a value is violated. Sometimes punishment is instituted even if a value is challenged or contradicted in conversation. Often self-punishment is inflicted in the form of guilt or anxiety involving fear or dread of expected punishment. Most frequently self-punishment also involves a disruption of positive self image and a sense of self contempt or even loathing.

VIOLENCE

(Dictionary definition: exertion of physical force so as to injury or abuse; intense or furious often destructive action or force)

Aggression acted out physically. Violence is often an attempt to gain position or status through the obedience or submission of others. This is the best way to get absolute authority with minimal or no responsibility and minimal power loss. That is: "I want what I want when I want it." "I don't want to do what I don't want to do to get it." "I won't give them what they want; they give me what I want." "Nobody tells me what to do".

VOLITIONAL CHANGE

VULNERABILITY

W

WEAK

(Dictionary definition: lacking strength or vigor; not able to sustain or resist strain; not able to function properly; lacking skill or proficiency; deficient in vigor of mind or character)

Not able to identify and pursue objectives, to withstand adversity, or to maintain flexibility, intelligence, endurance, motivation and energy levels needed. Low frustration tolerance. Poor problem solver, often passive. The predisposition's that contribute to weakness are dependence on positive feedback for motivation, fear of pain, irresponsibility, rigidity, space-out, need to control, taking oneself very seriously, self-centeredness, over dependence on approval, feelings of impotence and inadequacy, and the need to compensate competitively and by controlling the environment.

WITHDRAWAL

(Dictionary definition: retreat; pathologic retreat from objective reality)

The process of leaving, physically or emotionally, a conflicted situation. It is commonly used to mean leaving before the conflict has been resolved. Withdrawal might be from some aspect of the situation in order to resolve a problem and return to the situation, or it might be to avoid the situation all together.

WITHHOLDING

(Dictionary definition: to hold back; to refrain from giving)

Successfully negotiating for authority without responsibility.

Promise but do not deliver. This is the worst choice. The authority to act is purchased by the refusal to do anything that might be wanted. The big No. The idea is to create leverage for negotiation at the expense of your own impulse and gratification. One will be wanted and given authority to act as long as one doesn't act. Sexual withholding can create desire in the partner that is lost as soon as the withholder becomes involved. Thus: Power loss as well as progressive loss of value to others. Total loss.

WORK --

(Dictionary definition: to fashion or create by expending labor or exertion on; to produce a desired effect; to prepare for use.)

Energy used to produce what's needed by self and/or others, as compared to play, which is energy used to produce what's wanted, although not necessarily directly needed by others.

Play does create self-consumed products that may be quite useful to others eventually. For example, play helps develop new learning and new skills. It generates pleasure that can and usually is shared. It produces entertainment for spectators. And through the arts it creates meaning that can be communicated. Once play does result in value to others I suppose it can and should be re-categorized and called work.

It is often difficult to distinguish work from play, but often one can tell the difference between them because one is usually paid to work, and usually pays for the privilege of playing. Clearly, we are brought up to expect pleasure from play but not necessarily from work. I've even known people to feel guilty if they enjoy working as though they're cheating in some way. For me, it tends to be the other way around. My work produces so much pleasure I wonder why I also get paid to do it. The value I produce with my work is a great source of satisfaction and pleasure to me. The work activity itself stretches me to my limits and teaches me new things all the time, so of course I often find the line between work and play very thin.)

WORRY

(Dictionary definition: to feel or express great care or anxiety)

Phrases and pictures that repeat negative expectations in times of conflict, difficulty or uncertainly. These try to pass for problem solving, but are not.