

Table of Attitudes

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|-------------------------|--|---|--|---|--|--|--|--|--|---|--|---|--|---|--|--|--|--|------------------------------------|
| | Perfect Affinity | Optimum Ability | Having Everything | Perfect Control | Source of Motion | Absolute Certainty | Final Success | Complete Awareness | Complete Rightness | Perfect Harmony | Absolute Power | Truth | Universal Communion | Love of Self | Perfect Communication | Ethical Perfection | Complete Responsibility | Enlightenment | Oneness With All |
| BLISS | I love everything. | I can do anything. | The world belongs to all of us. | I control everything. | I am the mover and the moved. | I know everything. | I'm above the game. | I'm aware of everything. | Everyone is right. | All is harmonious. | I am above striving. | I am truth. | I love everyone! | I love myself as part of the universe. | I'm in communication with everyone. | Everyone is perfect. | I both take and share responsibility. | I am enlightened. | I am one with the universe. |
| ELATION | It's all wonderful! | I've done it! | I am fulfilled. | Everything is going according to plan. | I can make anything happen. | Now I know what the truth is. | Eureka! I've succeeded! | I can see it all clearly, now. | It's easy to be right. | It is exquisite! | I can win at will. | I am able to perceive truth. | I love you! | I'm love myself. | I really understand people. | I enjoy doing the right thing. | We are causing it together. | Life is a peak experience. | I am one with my surroundings. |
| ENTHUSIASM | It's great! | I'm doing it. | Life is becoming more and more fulfilling. | I'm in control. | I'm making things happen. | I'm learning more and more all the time. | I am making a lot of progress. | Look at this! | Of course I'm right! | More and more harmony is occurring. | I'm winning. | I'm having realizations. | I'm very happy with you. | I'm very happy with myself. | I have lots of people to talk to. | Mine is a worthy cause. | Let's do it together. | I know how to live life fully. | I can be whatever I want to be. |
| CHEERFULNESS | It's fine. | I can do it. | I'm getting what I want. | Things are under control. | I go with the flow. | It's nice to know. | I'm doing fine. | Things look good. | It's nice to be right. | Things are pretty mellow. | I'm having a good time. | I like learning new things. | You're nice. | I'm a nice person. | I like talking to people. | Leave the world a better place than you find it. | I am happy to do it. | I know how to get along well in life. | I am happy being myself. |
| CONSERVATISM | It's as it should be. | I'll do it the way I've always done it. | I want to hang on to what I've got. | We should keep things under control. | Let's keep going in the same way. | I know what I know. | I'm doing as well as I should be. | I see it the way I see it. | I'm doing the right thing. | Let's not rock the boat. | I'm managing. | It's true if it fits my belief system. | We have a stable relationship. | I'm fine just the way I am. | Let's not talk about sex, politics, or religion. | Obey the laws and follow the rules. | I do what I'm supposed to do. | I know what I've been taught. A bird in the hand is worth two in the bush. | I am normal. |
| COMPLACENCY | It's okay. | I'm doing well enough. | I have what I need. | Everything is being taken care of. | What is happening is acceptable. | I'm comfortable with my beliefs. | I am doing an adequate job. | I can perceive well enough. | It's all right, I guess. | Things are relatively calm. | I've adjusted to it. | I don't really need to know any more. | People are OK. | I'm OK. | I don't mind making conversation. | Just don't get into hassles with people. | I'm willing to put in my time. | Everything will be all right. No need to worry. | I'm just an ordinary person. |
| AMBIVALENCE | I'm not sure I like it. | I'm not sure I can do it. | I don't know whether or not I can hang on to it. | Things are a bit loose around here. | I'm not sure this should be happening. | I'm not too sure I'm right. | I don't know how things are going to turn out. | I can't quite see it. | I don't know whether it's right or not. | I'm not sure how to make things work.. | I'm not really happy doing this. | I'm not sure what is true. | I don't like people too much. | I don't like myself too much. | People are not easy to talk to. | I won't bug people if they don't bug me. | Maybe I shouldn't take responsibility. | I'm not sure this is wise. | I'm not sure what I am. |
| ANTAGONISM | I don't like it. | You can't do it, and I can. | It's mine; you can't have it. | I control things, not you! | I'm going to throw this back in your face. | I won't let you shake my certainty. | This situation is a mess. | Your perception is wrong. | I'm right and you're wrong. | You're a real nuisance. | Doing this is a real pain. | Just <i>try</i> to convince me! | Just don't bug me. | I'm a jerk. | People are full of nonsense. You have to set them straight. | Don't let people take advantage of you. | It's your fault. | You are an idiot! | I'm better than you. |
| ANGER | I hate it. | I will make you unable to do it. | I'll destroy those who are trying to take things away from me. | I must fight to maintain control. | Stop! | Your don't know anything. | I'm going to stop you from ruining everything. | You're crazy! | You are dead wrong! | I can't <i>stand</i> you! | I hate doing this. | That's a lie! | Other people are evil. | I hate myself. | People are liars. You have to tell them off. | An eye for an eye; a tooth for a tooth. | You are the cause of my difficulties. | You are deliberately refusing to understand. | I will destroy you! |
| RESENTMENT | It isn't fair. | They won't let me do it. | It's not fair that they should have things I don't. | Why are they letting things get out of control like this? | One day I'll get even. | They think they know <i>everything</i> . What do <i>they</i> know? | They aren't giving me a chance. | Why won't they see it? | They have no right. | They shouldn't be allowed to get away with causing so much trouble. | Why do I always have to do the work? | If they knew the truth they'd have to make it up to me. | Other people are mean to me. | Why can't I do things right, like other people? | I can't speak directly to them. They wouldn't understand. | I've been wronged. | No one helps me. | No one even <i>tries</i> to understand me! | I am inferior. |
| HIDDEN HOSTILITY | I'll let them think everything's fine. | Able people are dangerous. | I'll have it, providing they don't realize what is happening. | I'll be the hidden power behind the scenes. | I'll stop them, and they'll never know who did it. | They mustn't find out. | I'll find a way around them. | I'll hide it from them. | I'll pretend they are right. | I'll get rid of them somehow. | How can I make them think I've done what they told me to do? | It's better not to tell the truth. | You can't trust people. They are all out to get you. | They are no better than I am. | If they communicate with each other, they might find out about me. | Good guys finish last. | Everyone is out to help themselves. | I'm cleverer than those suckers. | I'm not what I appear to be. |
| ANXIETY | It's worrisome. | I don't think I can handle it. | I'm worried about losing it. | I'm losing control of the situation. | I don't know whether or not I can avert disaster. | What if I'm wrong? | I might fail. | They might see it. | If I'm wrong, there could be real trouble. | I don't know whether I can handle this. | If I don't do something soon, it's going to be a disaster. | I hope they don't find out the truth. | People worry me a lot. | I'm a coward. | I'd better watch what I say. | Survival is what is most important. | I could be overwhelmed. | I'm not smart enough to cope. | Maybe I can't continue to survive. |
| FEAR | Get me out of here! | I can't handle it. | I'm losing it. | I can't control this. | I can't stop it. | It's important for me to know, <i>and I don't</i> . | Failure is imminent. | I can't hide, and I can't confront what I am perceiving. | I'm wrong, and it is going to be a disaster. | I can't prevent the chaos. | I've got to get out of this situation, <i>now!</i> | The truth is that it's a disaster. | People are very dangerous. | I'm weak. | Communication is harmful. | Survival is the only thing that matters. | I am going to be overwhelmed. | I'm losing my mind. | My survival is threatened. |
| GRIEF | It's unbearable. | It was too much for me. | I've lost it. | I've completely lost control of the situation. | Please stop it! | Please tell me everything is all right. | I have failed. | Please confront this for me. | Please make things right again! | Please give me peace. | Please help me! I can't handle it! | The truth is that I've failed. | I've lost the people I need. | I'm just a burden to others. | I have no one to communicate with. | Being ethical ruined me. | Please take responsibility for me. | I am utterly confused. | I am destroyed. |
| APATHY | I don't care anymore. | I can't do anything. | I can't have anything. | I can't control anything. | I'm completely overwhelmed. | You can never be certain of anything; it's all confusion. | I can never win. | Everything is unreal. | I don't care about right or wrong. | Everything is chaotic. | No one can help me. | There is no truth. | I am the only one around. | I have utter disregard for myself. | Communication is impossible. | I don't care about right or wrong. | I am entirely a victim. | There is no such thing as wisdom. | I am not able to be anything. |
| | Complete Abhorrence | Powerlessness | Having Nothing | Complete Lack of Control | Complete Overwhelm | Absolute Uncertainty | Final Failure | Hallucination | Wrongness | Discord | Ruin | Delusion | Complete Alienation | Self-Neglect | Complete Isolation | Amorality | Complete Irresponsibility | Utter Foolishness | Nonexistence |