

Table of Attitudes

EMOTION	AFFINITY	ABILITY	HAVING	CONTROL	MOTION	CERTAINTY	SUCCESS	PERCEPTION	RIGHTNESS	HARMONY	CONDITION	TRUTH	RELATIONSHIP WITH OTHERS	RELATIONSHIP WITH SELF	COMMUNICATION	ETHICS	DETERMINISM	WISDOM	IDENTITY
	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