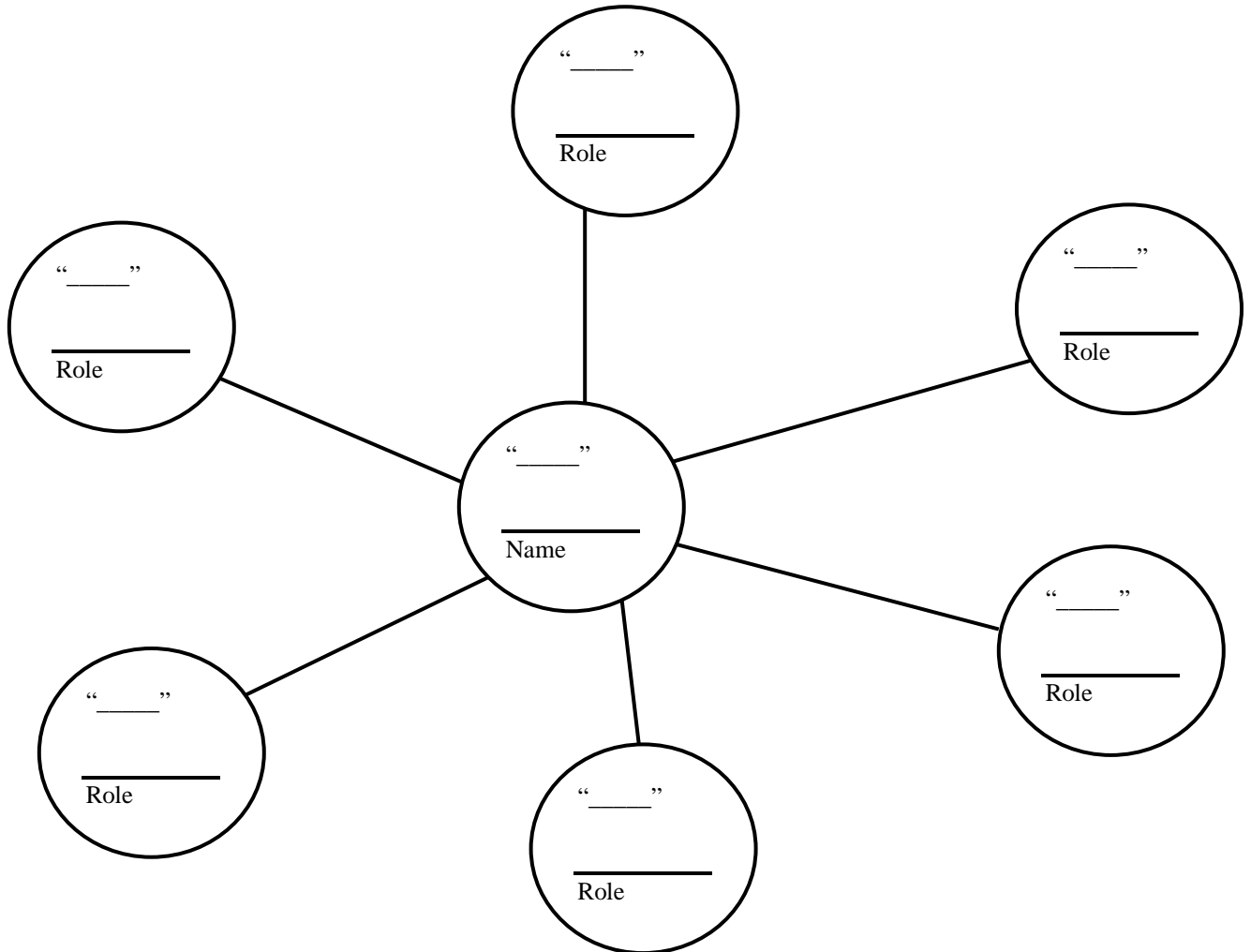


# Self-Esteem Rating Exercise



## Directions:

1. Using the blank lines above, write in the roles you play in your life everyday (“I am an employee, a parent, a daughter or son, a brother or sister, a spouse, student, friend,” etc.).
2. On a scale of 1-to-10, use the “\_\_\_\_” spaces above to write how you rate your performance in your roles. “What kind of a friend, for instance, am I?, or what kind of a husband?”

*Scale: 1 (is lowest, “really bad”) - to - 10 (highest, “couldn’t be better”)*

3. Now use the middle circle to rate how you see your own performance. “What kind of a human being am I?”

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**Q. “If I give myself a low number in the center circle but a high number in the outer circle(s), where do the extra points come from?”**

**A.**

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## **Building Positive Self-Esteem**

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**Definition of ADDICTION: “Compulsive behavior with short-term benefits, and long-term destruction.”**

**(1) List your addictive behaviors:**

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**(2) Write your own personalized definition addiction/compulsion here, in behavioral terms:**

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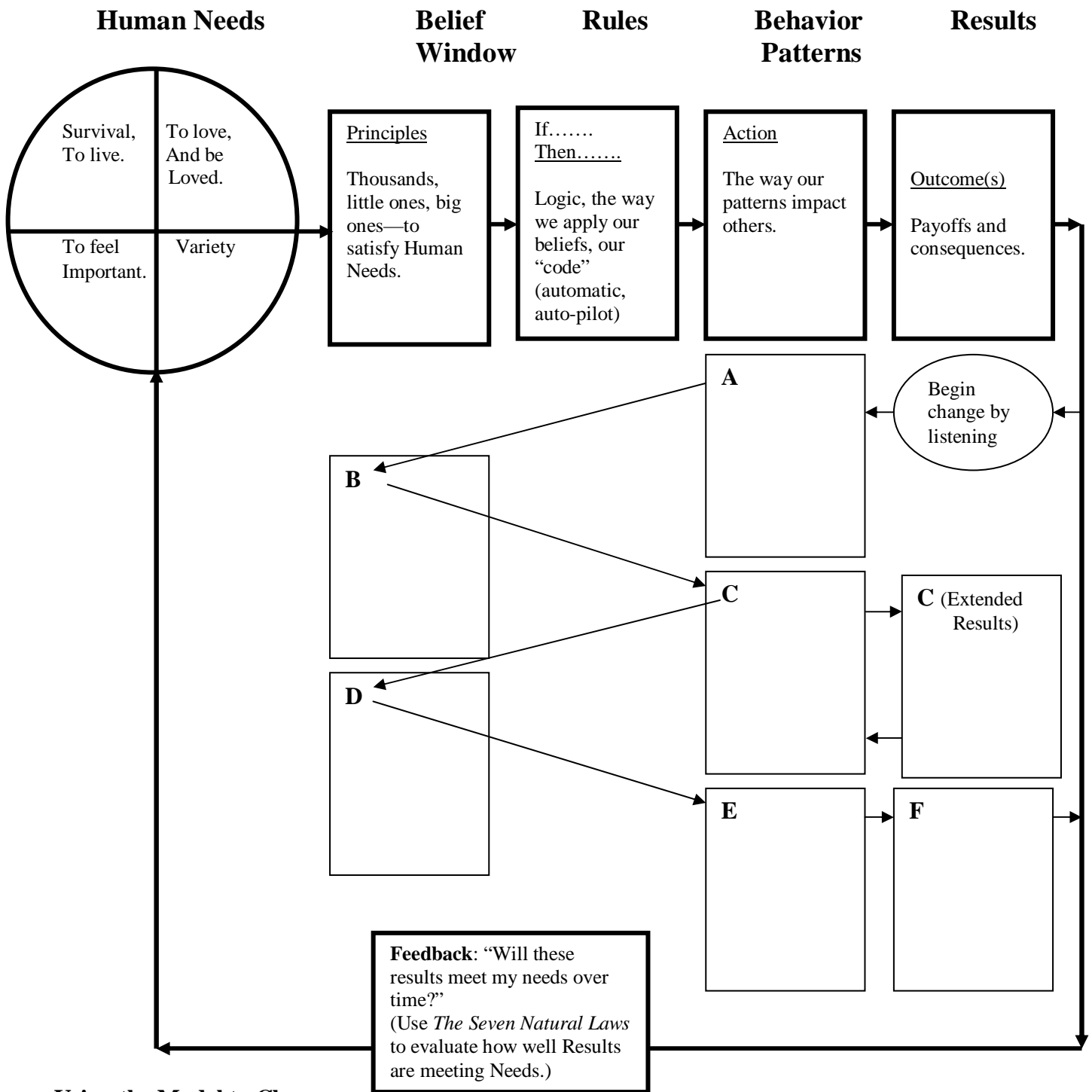
### **Seven Natural Laws:**

1. If the results of your behavior do not meet your needs there is an incorrect principle on your belief window.
  2. Results take time to measure.
  3. Growth is the process of changing principles on your belief window.
  4. Addictive behavior is the result of deep and unmet needs.\*
  5. If your self-worth is dependent on anything external you are in big trouble.\*\*
  6. When the results of your behavior do meet your needs over time you experience inner peace.
  7. The mind naturally seeks harmony when presented with two opposing principles.
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### **Receiving an “I” Message from someone you care about:**

1. The person says to you something like, “I have a problem.”
2. They make a non-threatening description of the problem.
3. And they tell you how they feel.
4. Let reality be the disciplining agent. Ask yourself, “If nothing changes .....
  - a. will this problem make the relationship better or worse?” and,
  - b. will I get from the relationship what I want or need?”
5. If you do want to make a change, go to the model, enter at the behavior pattern window and rules window “A” and proceed with steps “B”-through-“F”.

# Reality Model



**Using the Model to Change:**

- A. Identify the Behavior Pattern(s), and associated Rules.
- B. Identify possible Principles driving the Behavior(s), and associated Rules.
- C. Predict future behaviors base on these (old) principles, and extended Results.
- D. Identify alternative principles--new, healthier ones.
- E. Predict future behavior based on new Principles.
- F. Describe possible new Results.

**Date:**

Date:

**Notes**

**A.** Identify the **Behavior Pattern(s)**, and associated **Rules**

**Rules:**

**B.** Identify possible **Principles** driving the Behavior(s), and associated **Rules**.

**Rules:**

**C.** Predict **future behaviors** base on these (old) principles, and **Extended Results**.

**Extended Results**

**D.** Identify alternative **principles**--new, healthier ones.

**New Rules:**

**E.** Predict **future behavior** based on new Principles.

**F.** Describe possible new **Results**.

Note: "When a need is unmet all our energy begins to flow to meet that need."  
"We gain control in our lives by taking responsibility for it."