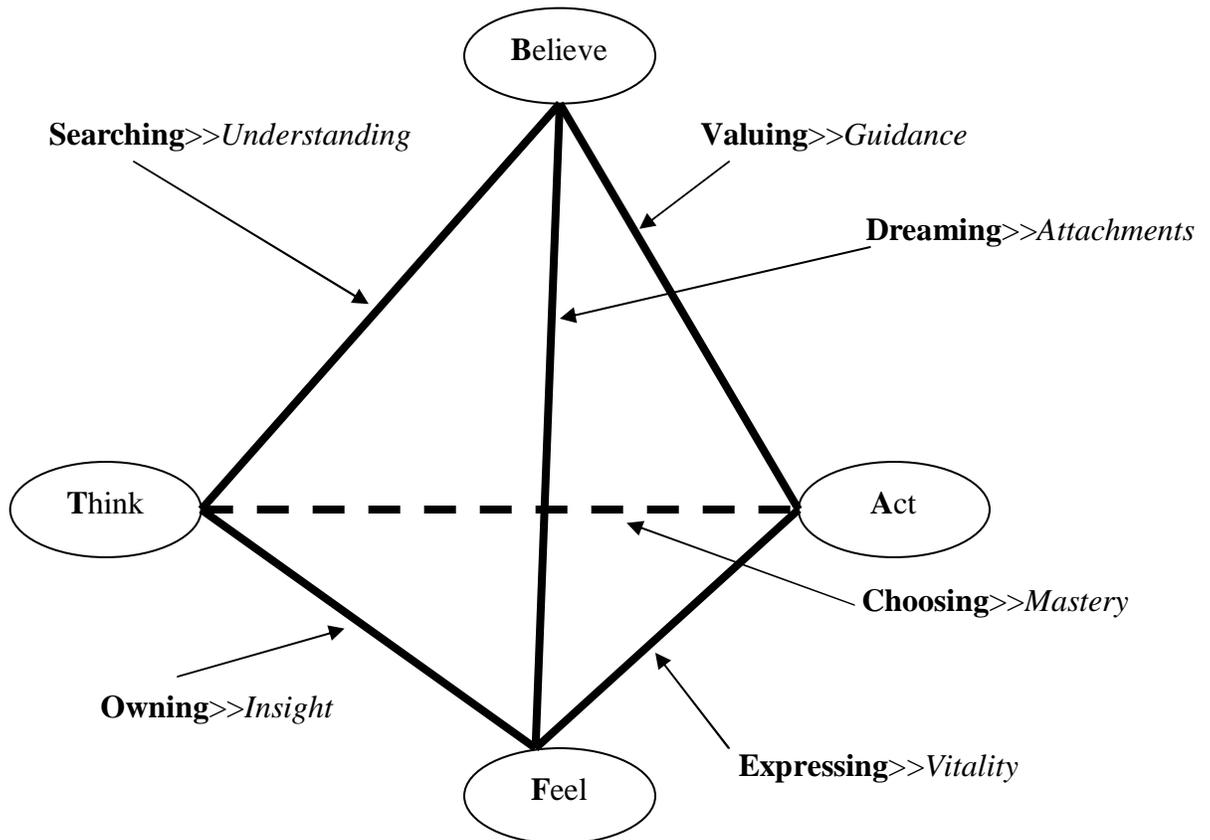


TAFB Model: *Living Life vs Surviving It*

(4) Capacities that make us human	
Think	<i>Cognition.</i> Thinking things through. Giving some thought and mental attention to it. Mindfully aware.
Act	<i>Actions.</i> Behaviors and patterns of behavior that reveal what's going on within us.
Feel	<i>Emotional life.</i> The capacity to feel, whether positive or painful. Free access to feelings.
Believe	<i>Core value system.</i> Awareness of ideals, moral code and beliefs about the universe, and your place in it.

(6) Tasks of growth and the (6) corresponding rewards	
Task	<i>Reward (for doing the task)</i>
Valuing. Committing to a path that is consistent with your personal beliefs and ideals.	<i>Guidance.</i> The result is you have an internal guidance mechanism that increases purpose in life.
Dreaming. Capacity to visualize your hopes coming true in reality, hopes that reflect your personal values.	<i>Attachments.</i> Bonding to a meaningful future. Forming connections that are deeply personal.
Searching. Mindfully working out your problems in a way that is consistent with your values.	<i>Understanding.</i> Uniting your own thoughts and beliefs in a way that builds a personally meaningful life.
Owning. Taking ownership and responsibility for your inner emotional life. Paying attention to feelings.	<i>Insight.</i> Shedding light on inner self, illuminating the self to the self. Clearly seeing our emotional self.
Expressing. Freedom to show our feelings, to share them with our loved ones.	<i>Vitality.</i> Attaching feelings to what and who we value. Living life passionately. Being more than a robot..
Choosing. Being "at choice" in life. Making decisions that are mindful of what is truly important to us.	<i>Mastery.</i> Personal competency. Empowerment. Becoming reliable. Comfortable with boundaries.



The integration of the links in this model is our definition of passing from a lifestyle of denial to a lifestyle of congruence. Achieving personal congruence is the inner goal of grieving our losses.