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Workbook for Eliminating Self-Defeating Behaviors and Growing Life in the Human Self

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NEW

WORKBOOK

for

ELIMINATING SELF-DEFEATING BEHAVIORS

and

GROWING LIFE IN THE HUMAN SELF

Milton R. Cudney, Ph.D.

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WORKBOOK

For

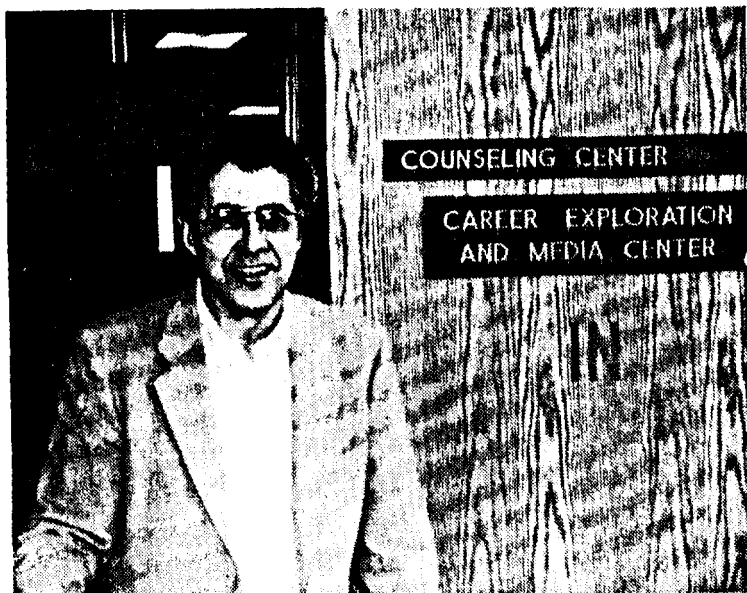
ELIMINATING SELF-DEFEATING BEHAVIORS

and

GROWING LIFE IN THE HUMAN SELF

by

Milton R. Cudney, Ph.D.



Hello! I am Milt Cudney, author of this workbook. I suspect you wouldn't be reading this workbook if you didn't have an interest in eliminating self-defeating behaviors and replacing them with more life-giving ones. In over 30 years of counseling with people of all walks of life I have learned some things about behavior change that may be useful to you. It is my pleasure to be able to pass these learnings on to you.

You will find direction in this pamphlet about how to live more creatively. To do so, however, you will need to understand and apply the entire workbook. Each section is designed for a purpose, so please don't skip any. Good luck in your efforts. I believe you will find positive results from whatever time and energy you put into applying the enclosed knowledge to your life.

Sincerely,

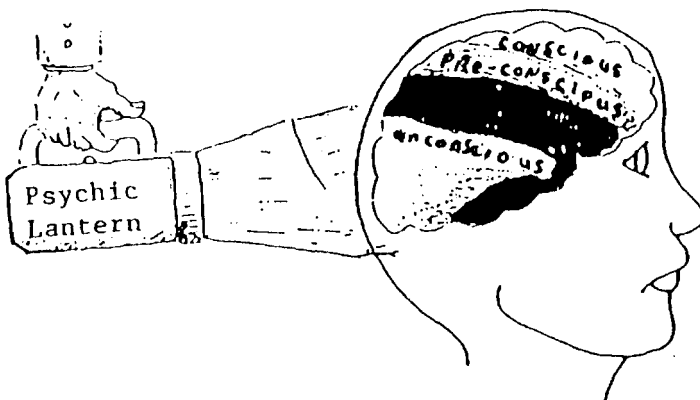
Milton R. Cudney

Chapter I. Identifying defeating and life choices.

Each day every human being makes many behavioral choices. In fact, it's impossible not to make choices. Some of the choices are self-defeating while others are life enhancing. When life choices are made, the following sorts of things, among many others, grow in the human self: competence, love, happiness, kindness, and an ability to cope. However, when defeating choices are made they lead to poor health, failure, loneliness, incompetence, and many other defeating outcomes.

In our American culture it is the exception rather than the rule to feel in complete control of these behavioral choices. Part of the reason for this is because the choices are made through unawareness (in the dark parts of our minds).

To get these choices (for example between doing a depression and being competent) more within your ability to control, you need to shed some light on the choices you make and the precise situations in which



you make them. The way to do this is to first identify your defeating and life choices so you can begin to watch for them in operation. The more light you let into your mind regarding these choices, the more conscious potency you will have in the decision process.

Begin then by checking off the defeating and life choices you make. Add other choices to the lists as you become aware of making them.

Self-Defeating Choices

Life-Giving Choices

Inferiority
Depression
Dependency
Substance abuse
Worry
Incompetence
Alienating others
Shyness and/or withdrawal
Etc.
Add others that fit you

Accept reality
Build good relations
Competency
Make the most out of life
Take care of my health
Open self to learn
Develop skills
Etc.
Add others that fit you

The next step is to figure out exactly when and where and under what circumstances you make these various choices. The following list of situations is offered to help focus your thinking. Remember, you can make both defeating and life enhancing decisions in any situation. At times you have undoubtedly done both.

Situations

- When your boss rejects you
- When you are alone at night
- When something good happens to you
- When someone tries to love you
- When you are criticized
- When you see people get things you can't have
- When you get your paycheck
- When your child is suspended from school
- When in a crowd of people you don't know
- When something doesn't go the way you've planned
- When you succeed at something
- When in a new situation
- When you have free time
- When you're around others who are drinking
- Etc.

To allow psychic light into your mind to illuminate it and thereby put the choice power more in your feeling control, begin to watch yourself make these good and bad behavioral choices in your daily living. If you are like most people, they won't seem like choices at first; they will seem like they just happen on their own. Hence, you may initially have difficulty catching yourself in the choice process. But, with practice, you'll begin to get better at it.

If you are using this workbook in an educational or therapeutic group setting, I suggest you share with the group the various choices you make as you become aware of them. If you are able to stop a SDB choice and replace it with a better one, get this out in the open to further illuminate the darkened areas of your mind. If you're not fortunate enough to have a group to talk with, share it with a friend.

As you become increasingly aware of your choice making abilities, attempt to cut back on the defeating ones and increase the use of your life options. Keep in mind that the task isn't something you do once and then you're finished. Continue to notice your defeating and life choices until such time that you entirely quit the defeating ones in favor of the life ones. It's a developing process which requires continuous effort to replace defeating behaviors with life enhancing ones. Keep working at it until the latter seems like a natural process.

Chapter 2. Identifying 'How' you put defeating and life choices into operation.

All behaviors (both defeating ones and the ones which grow life in yourself) must have a means for being implemented. For instance, you might make a life choice to be a good friend to someone. But, unless you do things such as listen to that person, call the person to get together, enjoy that person's company, help him/her out in a time of need, feel joy or pain for the person in a given situation, etc., the choice to be a friend will never become a reality.

Likewise, if you decide to do inferiority which leads to doubts about yourself which can then lead to something such as substance abuse, you will need methods to implement the inferiority choice. Typical inferiority techniques are such things as comparing yourself negatively to others, concentrating and dwelling on mistakes you've made, or neglecting to do something and then using this failure to fuel inferiority. There are, of course, many other methods to do inferiority. The point being made here is that without the use of negative techniques inferiority couldn't survive.

The methods used to carry out a behavioral choice are called techniques. There are techniques for both the good and bad behaviors and the more you become familiar with the ones you use, the more you'll be able to cut back on the negative ones and increase the positive ones.

Below are partial lists of defeating and life-giving techniques. Use them to begin to identify your techniques, but do not stop there. Keep a watchful eye on yourself and make it a point to jot down other techniques as you notice yourself using them.

Self-defeating techniques

- Brood about past failures
- Compare self negatively to others
- Use unreal expectations
- Dwell on past hurts or rejections
- Imagine the worst
- Deny the truth
- Lie
- Set up failure
- Assume rejection
- Look for trouble
- Take things out of context
- Etc.

Life-giving techniques

- Saying 'no' when appropriate
- Listening
- Practicing
- Studying
- Kidding people
- Working hard
- Thinking
- Accept deserved praise
- Involve self with life-giving people
- Helping others
- Initiating
- Etc.

Notice that techniques begin with verbs, i.e., they're something you do to implement a choice.

Caution! You need to be alert to techniques you use which are subtle and designed by you to fool yourself. This is very common. For instance, some people will look at a list of defeating techniques, identify ones they use and then deceive themselves into thinking they are finished with the task. They use the fact that they have intellectually identified some techniques to then turn their minds off. In effect, this is a technique designed to quit working.

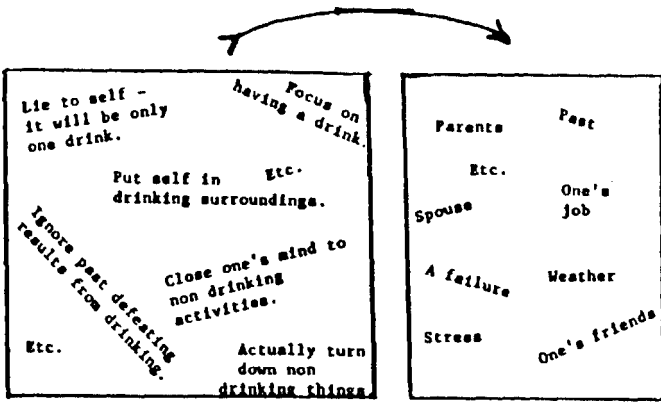
Use the lists to identify some of the ways you carry out your choices. To identify others and catch yourself in the process you must keep your mind switched to 'on.' Proper identification of your techniques will reveal how you put defeating choices into operation and how you could replace them with life enhancing choices.

Chapter 3. Ownership

Just as there are two sides to the choice coin, there are two sides to this ownership concept. You can either take behavioral responsibility for the behaviors you use or you can disown it. If you own up to the fact you are the doer, you'll have more control over your behaviors. If you disown, you'll feel powerless to do anything about them. Hence, ownership is a potent concept and one you'll want to do as much about as you possibly can.

As you can imagine, it is very common in our culture for people to practice defeating behaviors and then put the blame for the behaviors perpetuation on a lot of other people and things. But people don't only disown the negative behaviors they use. Surprisingly, they will disown life-giving behaviors and the subsequent credit they deserve for the life created by the behaviors. Many people say, or feel, "The behaviors just happened; I had nothing to do with them".

It is a fact that the more one disowns the more helpless one will feel. Even though many people desperately want to quit defeating behavior patterns, disowning handcuffs their ability to do so. The following illustration shows how the SDB of alcohol abuse is practiced and then disowned.



Techniques

Disowning

Suppose this is what you do in a new moment to create the feeling of wanting or needing a drink of alcohol.

Suppose this is what you blame for the feeling of needing a drink and abusing alcohol.

Perhaps by studying this illustration you can see why you would feel helpless to change. The cause for the alcohol problem is in what you do, but you have your mind convinced the cause is someplace else. With disowning, there is no way for you to see the real cause and, thus, do something different,

To stop any SDB, you need to open your mind to the various ways you disown, and then catch yourself - thus making it possible for you to have the power to change. Below are typical targets upon which people disown. Identify the ones you regularly use and add others which are not on the list.

- Blame other people
- Blame history
- Self talk "it's just the way I am"

- Blame alcohol
- Think "It's because I had nothing to do"

- Blame the ending of a relationship
- Use the excuse "It's because no one would listen"
- Think or say, "It's because I am male or female"
- Because friends don't come around
- Blame one's job
- Blame the fact one has no job
- Blame it on illness
- Etc.

Aside from owning your defeating choices and techniques, I'd like to encourage you to take more credit for the life generating things you do. When you make a good choice and carry it out, notice it and give yourself credit for your part in it. When you realize good results from your own efforts, appropriately pat yourself on the back. When you respond to a situation in a better way than you usually do, recognize it as something you did. The goal is to do things which will make you more alive and then give yourself credit for your part in the action.

At first, many of the life behaviors you use will seem so automatic that you won't think you had anything to do with them. But, with closer scrutiny, you'll see you did something of a life nature even if you weren't too aware of it. If you don't lay claim to your life activities, there's little hope you'll claim responsibility for the defeating things you do.

This week, watch for your defeating and life behaviors and record them here:

Self-defeating behaviors

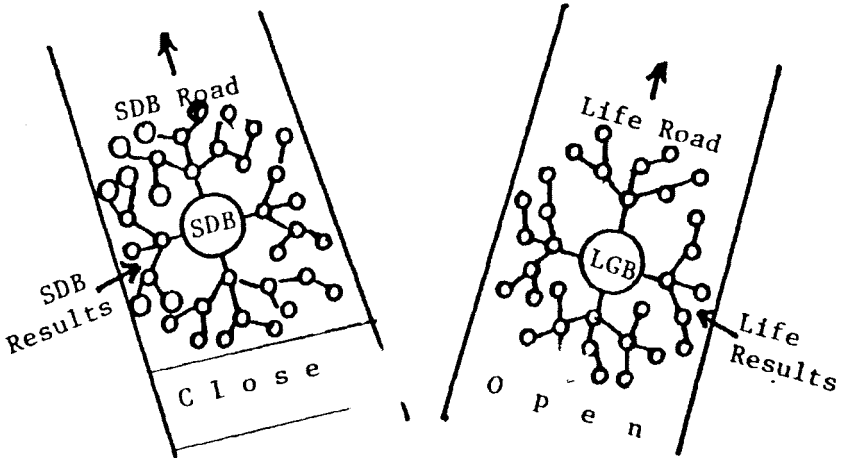
Life-giving behaviors

SDBs continued

LGBs continued

Chapter 4. Results

As you know from your own life experience and from observing others, when people do defeating things there are severe consequences; when they do life-giving things good results are achieved. Results provide a feedback loop to help educate us about the wisdom of our activities. The negative results from defeating behaviors are intended to teach us that we are on the wrong road, while the consequences from life behaviors are intended to encourage us to continue those activities.



SDB results can and should be used to help close off the SDB road and prevent us from making further defeating choices. When used

Life results are intended to motivate us to continue this life path. In effect, they say, "Come on up here and get yourself some more good results."

this way, they can help us to travel the life road.

If we wouldn't interfere with their natural functioning, the good and bad results from our behaviors would naturally motivate us toward life-giving choices and techniques, but when we disallow the results to be our teacher, SDBs become very difficult to replace.

What humans do to keep behavioral results from doing their intended job:

1. Ignore and deny them and close off their inherent wisdom.
2. We do not connect the results to the behaviors which actually brought them about. Thus, we interfere with the natural feedback loop.
3. Instead of connecting the defeating results to the defeating choices, we see the results as coming out of who we are as a person, thus generating a source of personal mistrust. What this accomplishes is to think badly of ourselves as people instead of thinking badly of our SDBs. Remember! To drop SDBs, you have to trust and follow your life system. Misconnecting the results makes that difficult, if not impossible.
4. We minimize the results in our minds, making the defeating ones not seem as bad as they really are and making the good results seem less important than they really are.

We will deal with most of these issues in Chapter 7 when we focus on changing the behavioral beliefs behind why you keep defeating behaviors.

For now, begin to open up more to the results of both your SDB and life choices and techniques. You might be tempted to say, "Oh, I know all that. I don't need to do this." Be careful of defeating yourself that way. Take a fresh look and record the results you can think of in the columns below.

When I do my SDBs and/or life behaviors the following results occur:

SDB Results

Life Results

In both columns you will be looking for how your health is effected, how your relationships with others are impacted, what results do to you on your job, the effect they have on others, how they hurt or help you financially, what they do to you emotionally, their impact on your recreational play, what they do to you spiritually, how the behaviors help or hurt your thinking and mental abilities, the effect on how you think and feel about yourself, and so forth.

During the week, keep a watchful eye out for SDB and life results. If you are using this workbook in a group, discuss the results with the group. If you aren't in a group, share what you are learning about results with a good friend, counselor, or interested clergy.

Your main job in this results chapter is to begin to take more notice of your results and connect them to the choices and techniques which bring them about.

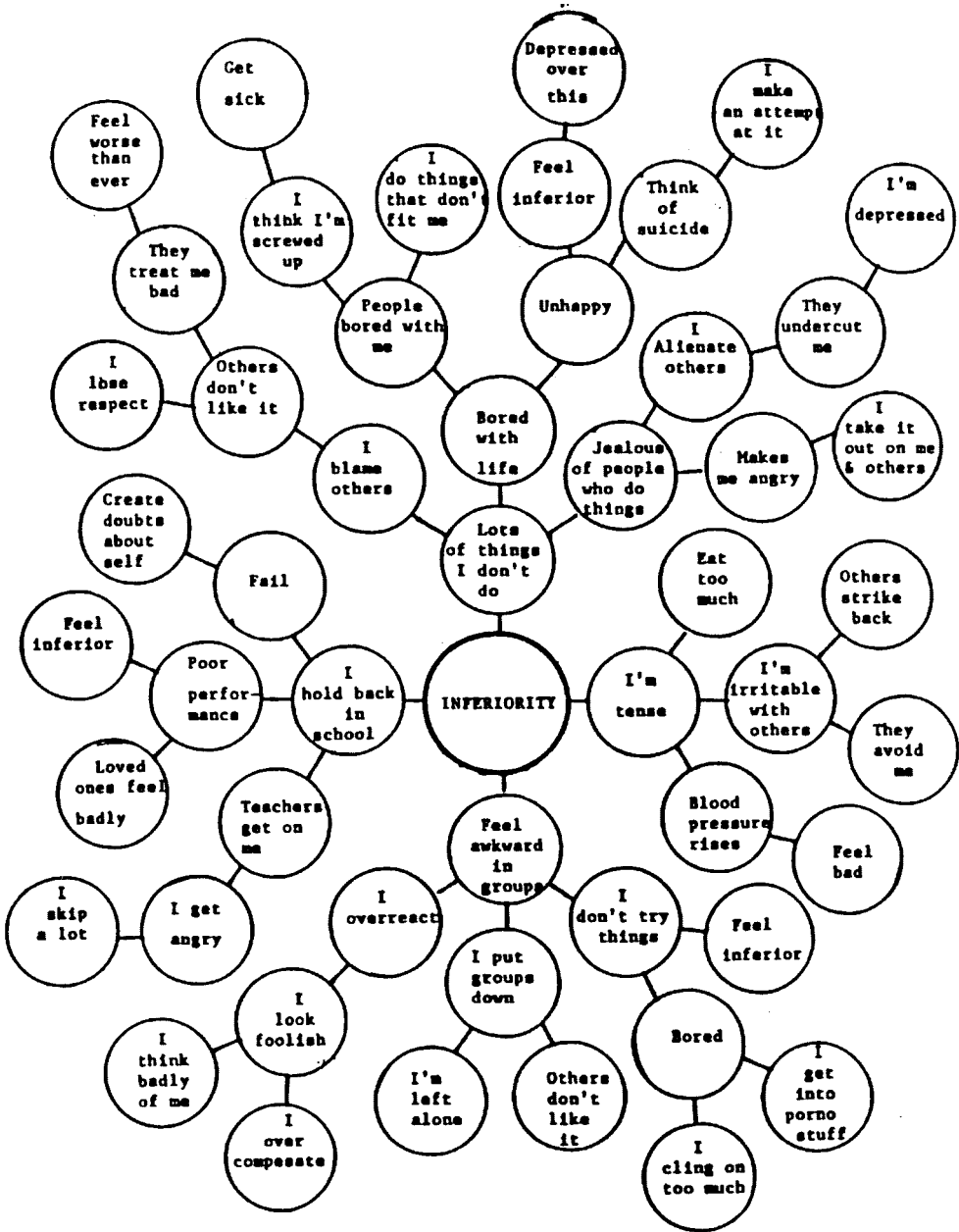
CIRCLE EXERCISE

To assist you in discovering the far reaching consequences of your SDB and life choices, do a circle exercise like the following example. Keep in mind the result categories mentioned earlier, i.e., physical, mental, emotional, social, spiritual, interpersonal, vocational, recreational, etc.

Start out by putting your most troublesome SDB in the center circle. Draw four circles off from your SDB and put defeating results in those spaces. Then record other defeating results which stem from those results, and keep doing that until your paper is all filled.

When you finish doing the exercise on one of your SDBs, do it on one of your life behaviors. You will see the opposite results. If you're in a group, talk this over with group members. This can send the message regarding results deeper into your psyche where it will help make a behavioral difference.

Keep in mind, as you do the circle exercise with the SDB in the middle, that you can use the information for or against yourself. You can look at the results, see the damage from your behaviors and feel guilty, depressed, or otherwise badly about yourself. Or, you can open yourself to the damage in such a way as to motivate replacement activities which bring about life-giving results.



Chapter 5. Why you keep doing the self-defeating behavior.

When people begin to take a more honest look at the results of both the SDB road and life road, they often think or ask the question, "Why would I keep doing something which is so hurtful to me?" It's a good question. When a person keeps a SDB in favor of using a life behavior, it is because the person believes, at a very deep level, the behavior is to their advantage. This behavioral belief (I call them conclusions) is almost always out of one's awareness and produces the direct opposite of what the person consciously wants. For instance, consciously we might think that we want to get close to others, but deep inside believe it is to our advantage to keep some distance from them. These behavioral conclusions direct us to use SDB or life behaviors. Inwardly they put pressure on us when we make a behavioral choice, pushing us in the direction of the belief.

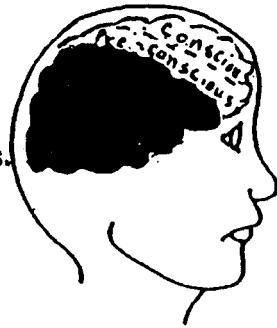
When we came into the world, we had life assumptions we were operating on. We didn't know we had these beliefs, but we did. We sent our life system out in our transactions with our world, somehow sensing that the world held life for us. We started to breathe because we sensed the air out there was to our advantage. We responded to those around us because we felt they could help meet our needs.

Through many interactions with our world, we learned the behavioral beliefs which undergird our SDBs. We learned them when the world treated us in defeating ways. For example, if we were open and honest as children and subsequently punished for it, we may have learned that hiding was to our advantage. If we got close to people and were hurt, we may have concluded that to distance ourselves from others was to our advantage. If we learned that it was in our best

interest to sell our souls to get approval, we may have done it. If we got the message that our real selves were not honored, we may have concluded that to become somewhat plastic and phony was a good thing to do because it brought about a defeating kind of approval. When we are young, we are very vulnerable and will do what we feel we have to in order to survive.

The conclusions behind our SDBs were learned and have been stored in the dark part of our mind. Our job is to get them out into the psychic light of day, out where we can replace them with life-giving conclusions.

Our behavioral conclusions are hidden in the dark area of our minds. However, they can be brought out into the psychic light of day.



I would like to suggest that these SDB conclusions can be kept alive even when there is overwhelming data in the conscious part of our mind which says the belief is not true. For example, as strange and irrational as it may seem, some people hold the belief, "It is to my advantage to destroy myself." How could this possibly be? How could a person feel that to destroy him/her self would be advantageous when obviously it is not?

Let me share one of these conclusions and explain it to my advantage to destroy myself because this will insure that I do not have to put my human self to the real test of living, and not doing my best insures that no one can really reject me because my whole self wasn't present in my transactions." Another way to state the assumed advantage is this: "It's in my best interest not to put myself out in the human arena and take the chance to see if I am worthwhile or not. By destroying myself, I avoid facing some final negative judgement." The belief here is that I'm better off if I can avoid the fear that I may be no good in my core.

Can you sense the power in these conclusions? They can be so powerful that a person would set about to destroy him/her self by operating on it and feel he/she was doing oneself a favor.

Today you need to take a fresh look and make a new decision about your SDBs. Hopefully, the following examples of SDBs and common beliefs which undergrid them will assist you in the process. Remember, these are just examples and not necessarily the exact beliefs behind your SDB.

The inner WHYs include conclusions such as:

- My SDB (perfectionism) brings approval.
- My SDB (not letting people know who I am by withdrawing) prevents rejection.
- My SDB (defensiveness) wards off hurt.
- My SDB (procrastination) helps me avoid mistakes.
- My SDB (controlling everything) helps me survive.
- My SDB (tunnel vision and closed mindedness) will prevent me from going astray and increase my chances I'll get to heaven.
- My SDB (shyness) prevents embarrassment and keeps me safe and secure.

- My SDB (worry) prepares me better to cope with life's unexpectancies.
- My SDB (inferiority) holds me back and makes my life easier.
- My SDB (substance abuse) is a good way to cope with my feelings.
- My SDB (dependency) prevents me from relying on myself and making mistakes.
- My SDB (rigidity) keeps me on the straight and narrow and from doing wrong.
- My SDB (keeping myself immature and avoiding growing up) is in my best interest because I don't have to test myself and risk seeing if I have it or not.

Life-giving behaviors are also prompted by conclusions. Here are some examples:

- My life behavior (getting close to others) is to my advantage because it helps to fulfill my needs.
- My life behavior (working to become more competent) will help me test myself and I can find my strengths and weaknesses and let this knowledge guide me in my decisions.
- My life behavior (being responsible) is to my advantage because life works out better that way.
- My life behavior(transparent and open) is good for me because it is the best way to grow.
- My life behavior (making growth an important part of my life) actually makes life easier and safer because it helps me to cope.
- My life behavior (looking on the good side of life when I have this option) makes my relationships with others better. They like being around me more which leads to my feeling fulfilled.

-My life behavior (being genuine) is good because it makes it easier to connect to others and to the whole of life. It also leads to fulfillment and peace within myself.

In the space below write down one or more conclusions which you believe you operate on when you do your SDBs. Do the same thing for your LGBs (life-giving behaviors).

State your SDB conclusions here:

State your LGB conclusions here:

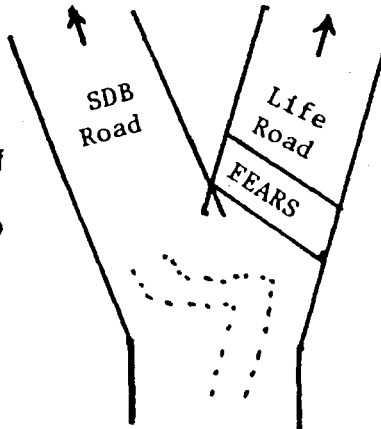
We will make use of these conclusions later in the workbook.

Chapter 6. Identifying the fear(s) which comes from your conclusions.

If you take a close look at the reasons people do their behaviors, you will see a fear or fears emerging from their conclusions. For example, in the case of worry on page 19, the belief is that worry prepares the person to cope with unexpected things. The fear, then, is that the person won't be able to cope without the worrying and life will be more difficult. It works the same way with life behaviors. Take the example of getting close to people as cited on page 19. The stated reason to use this behavior is that it will help fulfill one's needs. The fear, then, is that needs won't be fulfilled without the behavior and the person will be worse off.

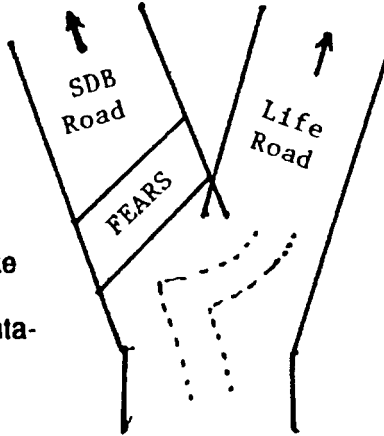
Please record the fears that emerge from your SDB conclusions:

Notice that these SDB fears close off the life road and make it difficult to meet a situation without a SDB.



Please record the fears that emerge from your LGB conclusions:

Notice that these fears close off the SDB road and make life behaviors seem more advantageous to use.



Chapter 7. Eliminating the fears and changing the reason why you continue to do your SDB.

In this section, we will concentrate on changing the reasons why you continue to use your SDBs. Once you have identified your inner reason to keep the defeating behavior, you must change it in order to free yourself from the behavior. To help change the conclusion, there are certain things to do:

a. See what the inner conclusion promises. The conclusion promises certain beneficial outcomes if you use your SDB. It promises that you will avoid rejection, you'll be safe, happiness will be yours, you will survive better, etc.

In the space below, write down what your SDB conclusion promises.

If I use my SDB, then _____

b. Proving your conclusion to be false.

I can tell you emphatically that your SDB does not deliver what your conclusion promises. To date, however, you have not let this information far enough into yourself where it counts. Intellectually you may realize that your SDB works against you, but the reality has not penetrated deeply enough inside yourself. By opening up to the results, particularly those results from the circle exercise, the impact will deepen.

To help you prove your SDB conclusion false, review your circle exercise and study the actual results of the SDB. If you did a thorough job on the exercise, you'll be able to see how this one SDB can

negatively effect your entire life. Notice how it hurts other people besides yourself, how it leads to other SDBs, how it costs you money, how it causes you to waste time and energy and talent. If you look closely you'll notice how one SDB eventually recreates itself. It becomes a vicious cycle. By looking at this exercise, you should be able to see that the behavior does just the opposite of what your conclusion promises. When this fact finally hits home, you will drop the behavior.

Complete the following using information previously gathered in this workbook:

My inner reason to keep the SDB promises that if I use

(put your SDB here)

I can avoid _____

(put the fears here)

and expect the following to occur _____

(cite what your conclusion promises, p.23)

But, what really occurs when I use my SDB is

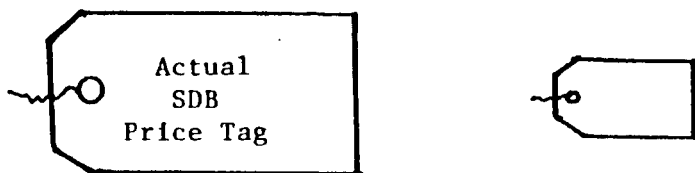
(record the results from your circle exercise

and other results you have gathered)

If you think clearly enough about your SDB, you will see that you have been deceiving yourself for as long as you have been using it. You have believed, deep inside, that the behavior was your friend and that it prevented certain fearful things from happening. You kept it going out of the belief that it protected you. Let it hit home, once and for all, that your SDB brings about the very fears you are trying to avoid by using the behavior. Begin to see that it is dumb to keep a behavior which not only fails to fulfill its promise - but in fact produces just the opposite.

Chapter 8. Quit minimizing the results of your SDBs and LGBs.

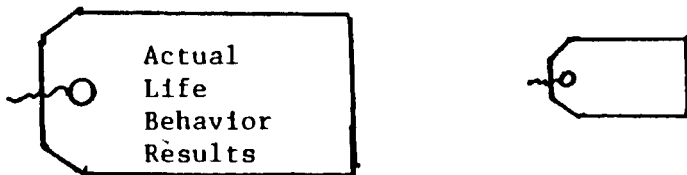
Results from our behaviors would naturally make a greater impact toward decreasing our use of SDBs and increasing our use of LGBs if we let them hit us full tilt. We often don't allow this to happen. What we do, instead, is minimize the results and make them seem less important than they really are.



The prices for doing SDBs are actually this much, but....



We make it seem like they are only this much.



The results gained from doing life behaviors are actually this much, but....



We minimize them to seem like only this much.

Use the list below to help you identify how you minimize your SDB results:

1. Joke about results so they don't seem so bad.
2. When results ruin a relationship, say, "Oh, I didn't really want to be friends with that person anyway."

3. Drink alcohol to try and drown the sorrows which are a result of one's SDBs.
4. Take drugs (prescription and/or illicit) to relieve the symptoms of a SDB depression.
5. Complain a lot to relieve the pressure of results.
6. Keep busy to avoid facing results.
7. Apologize for results to make them seem more acceptable.
8. Compare results to people worse off so one's results don't seem so bad.
9. Dismiss feedback which is accurate by saying something like, "Oh, they don't know what they are talking about."
10. Eat to try and quell tension and settle nerves which are a result of SDBs.
11. Adapt to the results and build a way of life around them.
12. Etc.

List the ways you minimize your SDB results:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

During the week, try to catch yourself at minimizing and do your best to stop it. If you do, then your SDB results can work for you instead of against you.

Use the list below to identify how you minimize your life-giving behavior results:

1. Dismiss legitimate good results by saying, "Oh, it wasn't that big of a deal."
2. Compare your good results with someone else's

and if your's aren't equal or better, dismiss your results as unimportant.

3. Look upon enjoying the good results as bragging and reject them for that reason.
4. Dismiss honest praise by questioning the motives of the giver of the praise. Say, to yourself, "I wonder what he/she is setting me up for."
5. Impose a perfectionistic standard on your results to insure that they are never worthy enough to make you feel good.
6. Take drugs (perscription and/or illicit) to interfere with your ability to emotionally, mentally, and spiritually experience the full impact of your good results.
7. Drink alcohol to do the same thing as stated in #6 above.
8. Give undeserved credit to other people or things for the good results your behavior has yielded.
9. Etc.

List the ways you minimize results of your life-giving behaviors:

- 1.
- 2.
- 3.
- 4.
- 5.

During the following weeks, catch yourself in this minimizing process in order to let the results impact you fully. They will convince your insides to use more life-giving behaviors.

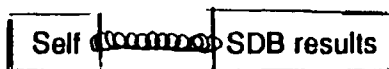
Chapter 9. Driving the results home where they count and where they will make a behavioral difference

There is one other important thing you can do to help get the message home that you would be better off without your SDBs and better off with increased use of LGBs. As long as you keep SDBs, the behaviors are connected to some inner belief and feeling which makes



the behavior seem like a friend of yours. This link must be broken. Each time you use your SDB during the next week or two (or for how ever long it takes for you to break this link) consciously notice and feel the hurtful results and link the results to your SDB. That's right! Make sure that you see the direct connection between your SDB choice and techniques and the negative results. Do the same thing with life behaviors.

A most important point is this: Don't link the results of your SDBs to your self and thereby make



Don't do this

yourself seem like a bad person. It's the SDBs that need to be seen as the enemy - not you! As you continue to link up the results with the SDB, you will know, deep inside, that the SDB is your enemy and you'll have no further reason to hang onto it.

As you proceed through your everyday life, continue to link the behavior with the results. This is an essential process. As you become more and more aware of the defeating results from your behaviors, you can approach new situations armed with the knowledge of



what will happen if you use your SDB. Such knowledge can then be used to travel the SDB route.

Chapter 10. Replacing your SDBs with LGBs

As you cut back on your use of SDBs, you can begin to use the life behaviors you already identified in this workbook. For example, if you identified that you sometimes build good relationships with people, you can merely expand on that. If you identified that you have practiced being competent at something, you can increase that activity or use it in another situation. Suppose one of your life behaviors is taking care of your health, but you also do too much drinking of alcohol. You could expand your health activities. Maybe you have been optimistic about life at times, as you drop a SDB see if you can't increase your optimistic outlook.

Some people scare themselves about dropping SDBs by thinking that they would not know what to do without the behavior. They think they will be lost, especially if they have used the behavior for a long time. That is why I suggest you start replacing SDBs with LGBs you are already familiar with. Then you can add others.

As you think about traveling the life road more and more, let your mind move to the idea of growing life in yourself. The human psyche is like a garden in which life-giving things grow. You can grow kindness, love, competence, wisdom, skills, endurance, patience, peace, closeness to living things including the creator, etc.

Humans have all kinds of methods for growing life within themselves. Get more involved in these activities. Getting to know people on the inside can feed your soul. Good music, humor and literature can do the same thing. Being in touch with nature is a great

thing to do if growing life in the self is the goal. Being open to learning grows life. There are so many things to do up the life road. The good news, too, is that no matter how old one becomes, there are things one can do to grow life within oneself.

Resolve not to spend any more time on the SDB road, but do put time and energy into growing life in yourself and traveling up the life road. You will find your life easier, safer, more fulfilling, fun, and deeply satisfyin.

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Working Notes

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