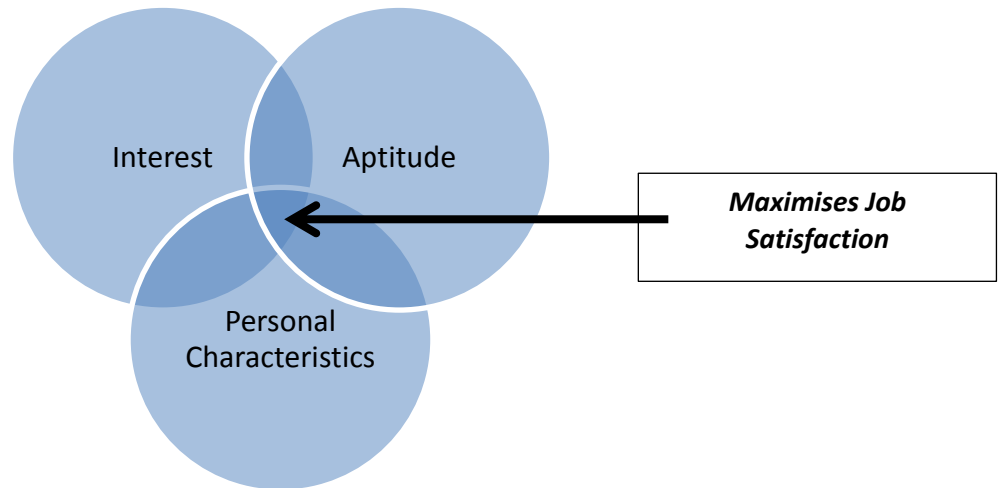


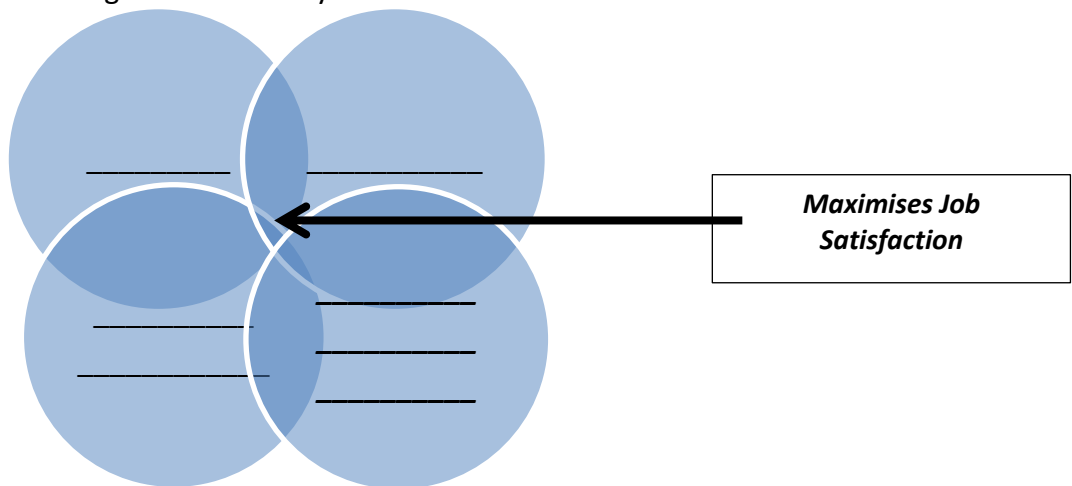
What Puts Us In Good Form Or Bad Form!

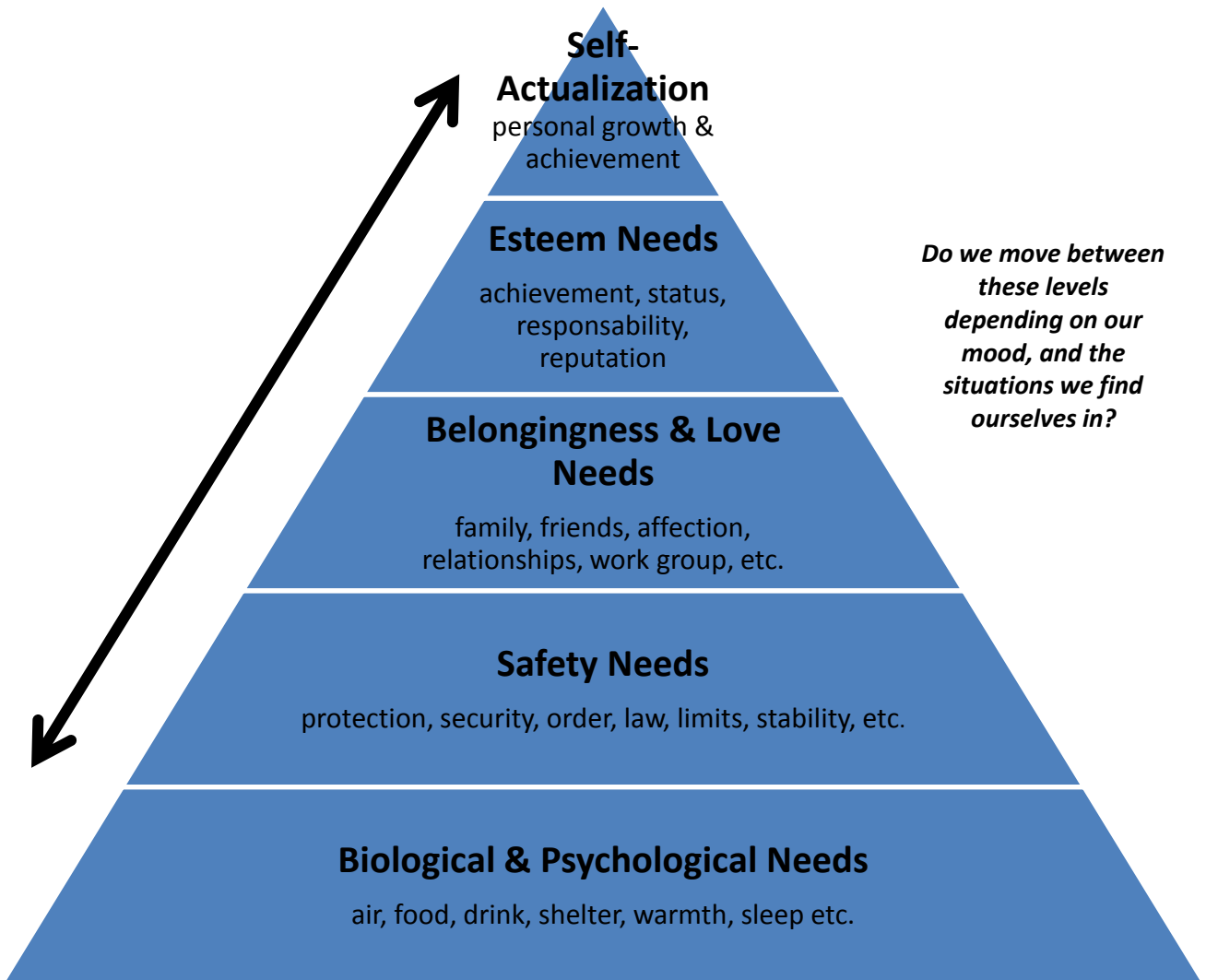
We have already seen that the greater the overlap between an individual's interest, aptitude, and personal characteristics and the characteristics and task involved in a course or occupation the greater the degree of satisfaction. The overlap may be represented as follows.



However, this illustration is misleading. It gives the impression that happiness/enjoyment of life can be achieved by finding the perfect job.

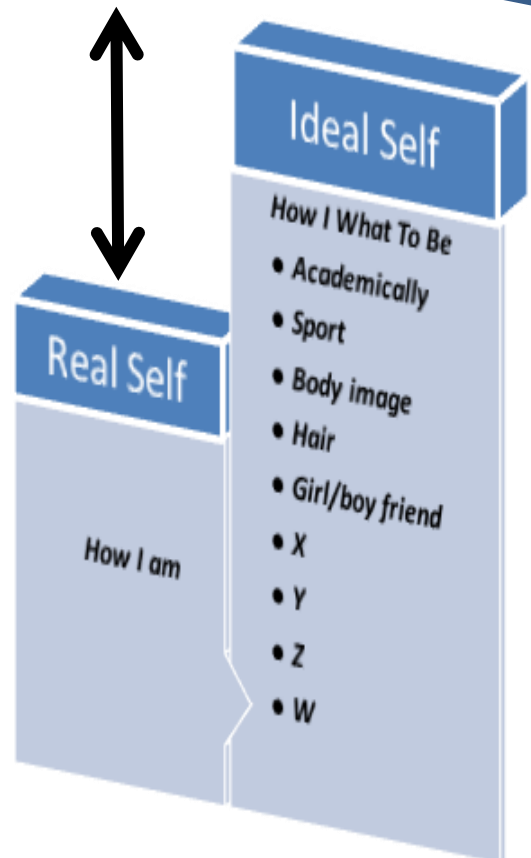
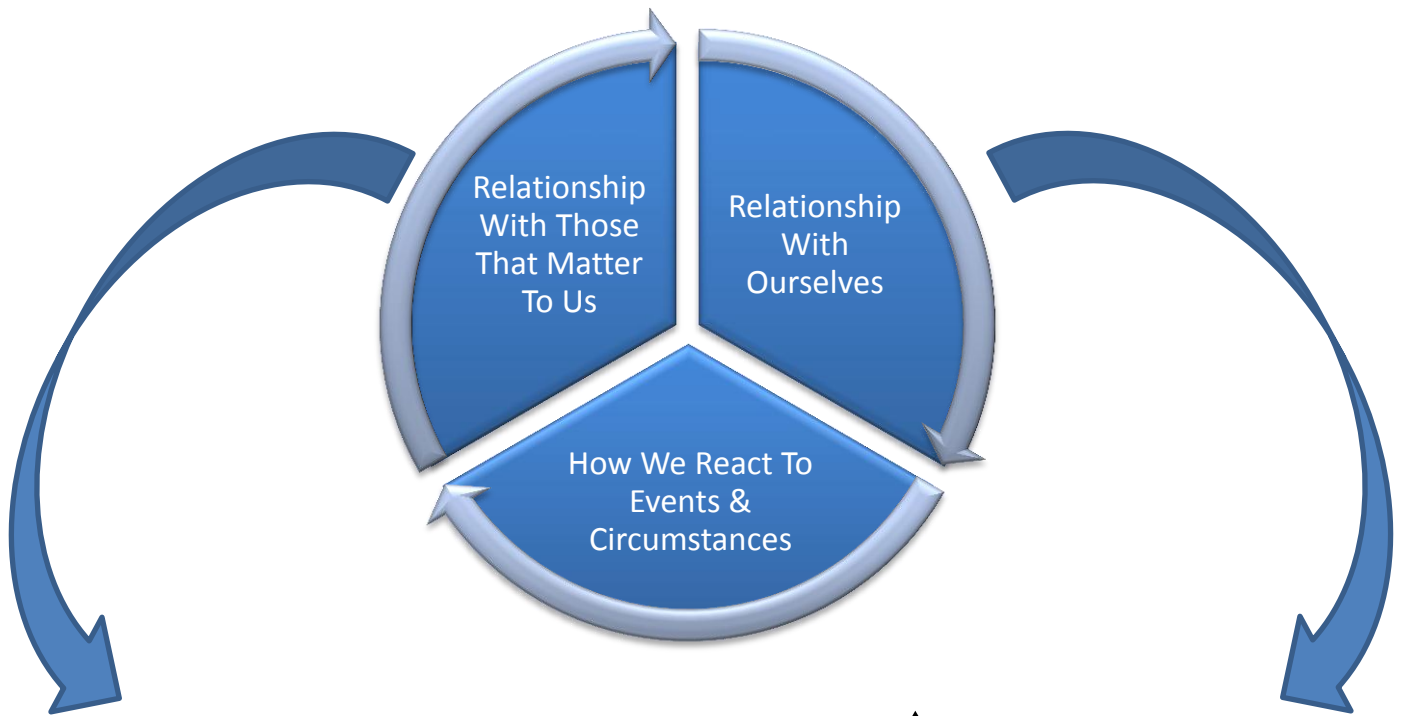
However, the following illustration may be seen as more accurate.



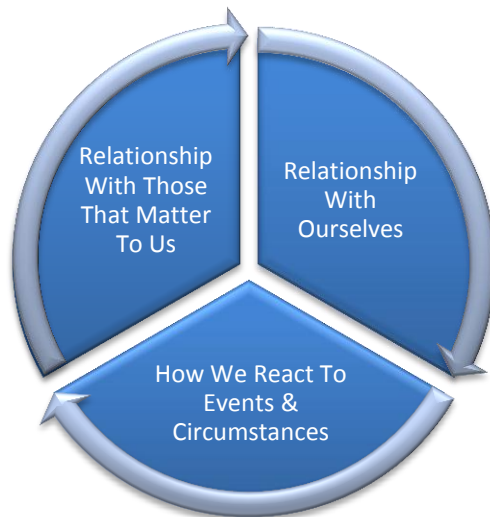


Self-Actualisation

- *Good perception of reality and comfortable with it.*
- *Accept the good and the bad, the highs and lows.*
- *Acceptance of self and others.*
- *Not hung up on being as others think he should be.*
- *Has a need to be by himself.*
- *Aware of the fact that they are not perfect and have faults.*
- *Is not consumed by wanting to be like someone else or have things others have or be like others are*
- *Is aware that there is always new things to learn and new ways to grow*
- *Looks for ways to improve himself.*
- *Can enjoy the success of others without feeling jealous or threatened.*
- *Does not try and hurt or punish others.*
- *Sensitive to people that are around them.*
- *Have a few close friends where the relationship is very strong.*
- *Sees every one as equal, e.g. the barrister is not a better person than the bin man simple because he is a barrister.*
- *Concerned with the welfare of others and the problems of society*
- *Enjoys quiet reflection.*
- *Does not need others around him all the time.*
- *Can sit with people that matter to him without the need to communicate with them. Their presence is sufficient.*
- *Capable of doing things for himself.*
- *Enjoys the simple things, e.g. sunsets, music, reading.
(as opposed to e.g. constantly needing the adrenalin rush of a computer game).*



What would life be like if the real self and the ideal self were the same?



A Activating Events	B Beliefs	C Consequences (Feelings & Action)

Unhealthy Negative Emotions	Healthy Negative Emotions
<p style="text-align: center;"><u>Anxiety</u></p> <p>A future threat to our physical or emotional safety. Reaction is avoidance or withdrawal. We behave in such a way as to get short term relief from the anxiety. We can have self-discipline problems (procrastination, drug/alcohol use etc.). Our attempts "to ward off" the threat may include use of obsessive-compulsive behaviours.</p>	<p style="text-align: center;"><u>Concern</u></p> <p>Being aware of the threat but feeling we can cope. It is associated with the rational belief "I hope that this threat doesn't happen, but there is no reason why it must not happen." When we are healthily concerned, we are aware of the inferred threat but consider we can cope with it.</p>
<p style="text-align: center;"><u>Depression</u></p> <p>A negative view of ourselves and the world. A feeling of loss and hopelessness. We consider ourselves responsible for the loss; we think "we are no good". We consider the loss is outside our control. We might withdraw from experiences that were previously valued or become immobilised and withdraw into ourselves. We can have problems with self-discipline e.g. we may start drinking more or may use other self-defeating activities to escape the pain of depression.</p>	<p style="text-align: center;"><u>Sadness</u></p> <p>Sadness is the rational alternative to loss. In sadness, we think that we have experienced a significant loss but we believe it is rational. "I didn't want this loss to occur, but there is no valid reason why it shouldn't have."</p>
<p style="text-align: center;"><u>Anger</u></p> <p>We feel anger when someone has acted badly towards us, or blocked us from achieving a goal, or breaking a personal rule, or our self-esteem is threatened. We attack - verbally or physically - the relevant source of the frustration, rule breaking or threat to self-esteem. The attack often has retaliatory intent. If it can't be direct, we may displace onto another, usually person less powerful than the original source. We seek to get even in some way. When our anger is passive aggressive, the retaliation is expressed indirectly. Overcoming anger can be difficult as anger tends to have positive short term results. Anger often helps us feel powerful and may in certain circumstances help us get what we want. Sometimes we can direct our anger inwards and it can become depression.</p>	<p style="text-align: center;"><u>Annoyance</u></p> <p>We realise other people are fallible and can make mistakes. We say "I don't like your behaviour and would prefer you didn't act this way, but there's no reason why you mustn't act this way. You are a fallible being who is acting badly, but are not damnable." When we are annoyed, we tend to remain in the situation and deal constructively by choosing assertive behaviour and requesting (but not demanding) change of behaviour from others.</p>

Unhealthy Negative Emotions	Healthy Negative Emotions
<p style="text-align: center;"><u>Guilt</u></p> <p>We commit a misdeed or omit to carry out a deed or wronged someone else or we have not followed our own moral code. This affects how we see ourselves or how others see us. We can feel disapproved of by others or we can feel responsible for what has done wrong. We seek reassurance from others, or punish ourselves. We might punish ourselves leading to self-harm or involve ourselves in activities that may cause us harm. We may attempt to medicate ourselves from the pain of guilt by taking drugs or alcohol. We may avoid taking responsibility by making defensive excuses, claiming we did nothing wrong, or blaming others.</p>	<p style="text-align: center;"><u>Remorse</u></p> <p>With remorse, we again think “I don’t like what I did, but there’s no reason why I must not have done it, I am a fallible human being who did the wrong thing, therefore not damnable.”</p> <p>When we feel remorse we are more likely to take responsibility for our actions without damning ourselves and we try to understand why we acted or failed to act. If others are involved, we may choose to communicate to them the reasons for our actions and apologise to them for “causing” them pain. We say to ourselves “I don’t like the fact that I’ve acted this way and the fact that others may think badly of me, but there’s no reason why I must not have done this or why people must not think badly of me.”</p>
<p style="text-align: center;"><u>Shame</u></p> <p>In shame, we tend to think that we have revealed a personal weakness or acted stupidly in public and that others will notice this and will evaluate us negatively.</p> <p>Shame results when we agree with the negative evaluations that we think others have made of us. “They’re right, I am worthless for revealing my weakness.” We might remove ourselves from the social spotlight or the gaze of others and avoid eye-contact. We might feel awkward “I don’t know what to do with myself” and “I wish the ground would open up and swallow me.</p>	<p style="text-align: center;"><u>Regret</u></p> <p>With regret, we still think we have revealed a personal weakness or acted stupidly in public and that others will notice and evaluate us negatively, however we think rationally by saying: “I don’t like the fact that I’ve acted this way and the fact that others may think badly of me, but there’s no reason why I must not have done this or why people must not think badly of me.” When we experience regret, we tend to consider we can focus on the humour implicit in the event, if it exists, or to apologise, without desperation, for inconveniencing others. We are also able to use the attempts of others to help us restore the social equilibrium.</p>
<p style="text-align: center;"><u>Hurt</u></p> <p>Hurt is when we or our deeds are rejected by others, especially by those that matter to us. We tend to withdraw or sulk to hurt the other person. Typically, the we infer that a significant other has acted toward us in an “unfair” manner. We might think the other person has ignored us, or disregarded our desires, or acted in a non-caring manner or betrayed us in some way. We might also think we are undeserving of such treatment. We might try to make the person feel guilt. We might expect the other person to ‘mind read’ and know we are hurt.</p>	<p style="text-align: center;"><u>Sorrow</u></p> <p>We consider how best to accept what has happened. We might think “I prefer to be treated fairly, but there’s no reason why I must be treated in the way that I prefer (even though I may deserve it). I don’t have to get what I deserve. We might also think “it’s bad, but not terrible to be treated this way.”, “being treated this way doesn’t affect my worth. I am a fallible human being no matter how I am treated.”</p> <p>When we feel sorrow instead of hurt we communicate our feelings clearly, directly and assertively to the other person.</p>

Richard is in 5th year in school and hopes to do a college course with a view to joining the Garda. He lives at home with his Dad and Mum. His Dad drinks a lot. One night his Dad drives home drunk. When parking the car in the drive his Dad drives over Richard's new bike. Richard is furious because he thinks his Dad did it deliberately and puts his fist through the glass in the door. He had to get stitches. Richard can't sleep that night. Because of his injury Richard can't play for his football team for a number of weeks. When Richard meets his team mates on the street, they are laughing. He thinks they are laughing at him. This makes Richard feel ridiculed and that they don't want him on the team anymore and he vows never to play football again.

In school Richard starts fighting with his teachers when they correct him for not doing his homework or being late. He thinks the teachers are picking on him. He feels threatened when they give out to him and he fights back. As Richard's team mates are in the same school, he avoids contact with them as he feels they don't like him anymore. This makes Richard feel isolated.

Richard finds a new group of friends who drink a lot. Richard begins to join in and enjoys the feeling of being drunk. Getting drunk with his new friends makes him feel needed. Being drunk also helps him feel grown up and helps him forget about his Dad and fighting with his team mates. Being drunk also help Richard feel happy. Richard and his new mates begin to get in trouble with the Garda. He feels the Garda are out to get him. This makes him drink more often.

Richard soon stops going to school. He feels he is too far behind and that there is no point in going to school.

A Activating Events	B Beliefs	C Consequences (Feelings & Action)

James finds academics difficult in school. He keeps getting his homework wrong. This makes him feel stupid. When his teachers help him he feels they are showing off his difficulties to everyone. This makes him feel useless. James came into school one day and finds his mates in the canteen laughing and joking. He thinks they are laughing at how stupid he is. This makes him feel he must be stupid and walks away.

Sometimes James' mates play football in the yard. As he thinks he is no good at football, he does not join in, in case they will laugh at him. James believes he is not as good as them and feels he does not belong.

One Saturday night, James builds up the courage to go to a party. There is a girl he likes at the party and he hopes to talk to her. When he sees the girl, she does not notice him. This makes James feel lonely and that he must not be a nice person.

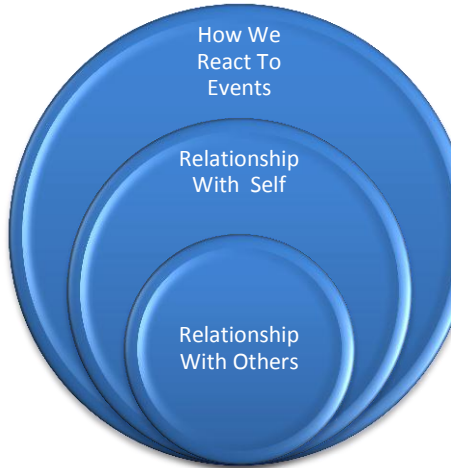
James begins to withdraw and starts smoking cannabis. This helps numb the pain and forget he feels sad.

James begins to pretend he is sick and stays in bed all day instead of going to school. After a while the effect of the cannabis doesn't work anymore. He constantly thinks he will never be as popular as his older brother and sister. James believes he deserves to be punished because he is useless and not a nice person and begins to cut himself. James soon ends up in hospital.

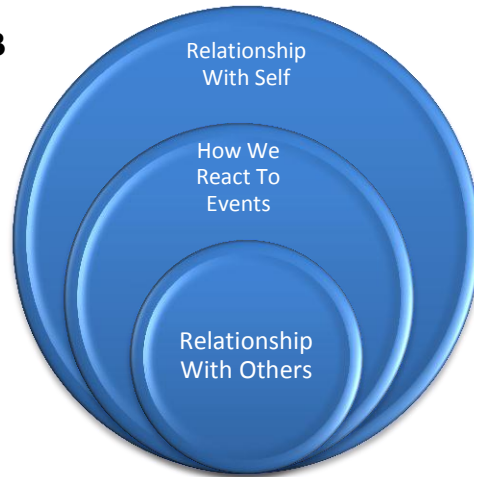
Activating Events	B Beliefs	C Consequences (Feelings & Action)

Which Sequence Fits You?

A



B



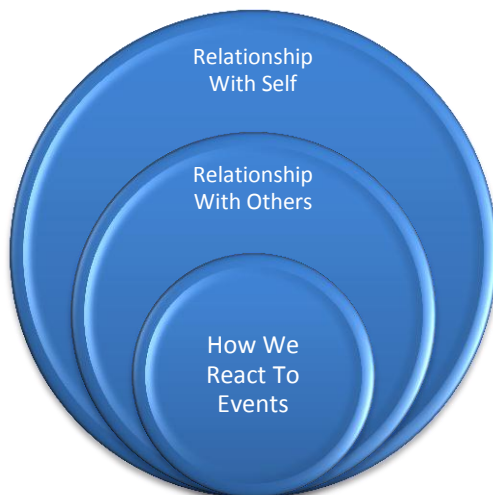
C



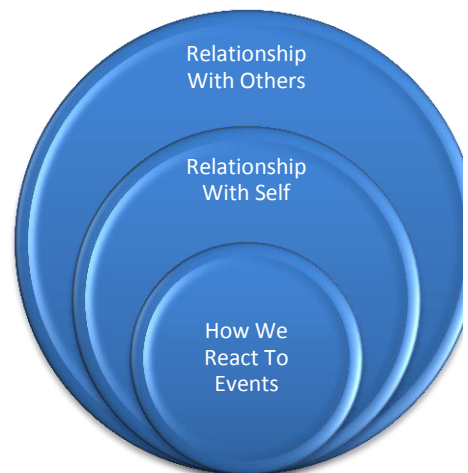
D



E



F



What do the following mean to you?

- *Don't ask for a light load, but rather ask for a strong back.*
- *Your current safe boundaries were once unknown frontiers.*
- *Education means inspiring someone's mind, not just filling their head.*
- *The true measure of a man is how he treats someone who can do him absolutely no good.*
- *The only way to have a friend is to be one.*
- *Tell me your friends, and I'll tell you who you are.*
- *The secret to happiness is not in doing what one likes to do, but in liking what one has to do.*
- *Unless we think of others and do something for them, we miss one of the greatest sources of happiness.*
- *Never look down on anybody unless you're helping them up.*
- *Never live in the past but always learn from it.*
- *If you can find a path with no obstacles, it probably doesn't lead anywhere.*
- *We find comfort among those who agree with us - growth among those who don't.*
- *Anger is a poison we drink to hurt the other person.*
- *Character is doing what's right when nobody is looking.*
- *One person can make a difference – but every person should try.*
- *The mark of a man is not the mistakes he makes – but how he fixes them.*
- *Don't wait for the storm to pass – learn to dance in the rain.*
- *What we must decide is perhaps how we are valuable, rather than how valuable we are.*
- *People are disturbed not by things, but by the views which they take of them.*

What one(s) mean most to you?