### Ways of Perceiving the World

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- **People are of unequal value.**
  - People are of equal value.
- **People dominate or submit to each other.**
  - Relationships are between equals in value.
- **Roles & status are confused and blurred with identity.**
  - Roles and status are distinct from identity.
- **Roles imply superiority and power, or minority status and powerlessness.**
  - Roles imply a function in a specific relationship at a particular time.
- **The dysfunctional view implies superiority and submissiveness.**
  - Equality is manifested in: equality of person, connection, interest, and acceptance of samenesses and differences.
- **People have power over each other and feel fear, anger, resentment, isolation, and distrust.**
  - People feel love, ownership of self, respect of others, freedom of expression, and validation.

- **A causes B in a linear, cause-and-effect fashion.**
  - Only one right way exists to do something, and the dominant person knows what it is.
- **People deny their own experiences so as to accept the voice of authority.**
  - Thinking such as “That’s the way it is” and “It’s black and white” generates manipulation and shuts down originality and discovery.
- **Any event is the outcome of many variables and events. A = B + C + D… etc.**
  - Many ways usually exist, and we can use our own criteria to choose an approach.
- **People look beyond the obvious event to understand its context and its many contributing factors.**
  - Circular thinking and a systems approach (action-reaction-interaction) generate relevance, discovery, information, order, and connection.

### Defining a Person

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- **People need to conform and obey rules, i.e. “shoulds,” for physical and emotional survival and acceptance.**
  - Each person is unique and can define him or herself from an inner source of strength and validation.
- **People are born with potential to be bad.**
  - People have an inborn spiritual base and sacredness.
- **People are expected to think, feel, and act like each other, and to live up to external norms by competing, judging, conforming, and imitating.**
  - Combining and respecting samenesses and differences, people delight in discovering themselves and others by cooperating, observing, and sharing.
- **People devalue or deny their feelings and differences.**
  - People articulate their feelings and accept their differences.

- **Security requires maintaining the status quo.**
  - People view change as undesirable and abnormal. They therefore reject and resist it.
- **The familiar is more valued than the comfortable, even if the price is painful.**
  - People judge changes as being right or wrong.
- **People get overwhelmed from fear of the unknown.**
  - People get overwhelmed with fear and anxiety when they face the prospect of change.

### Attitudes Towards Change

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- **Security grows out of confidence in the process of change and growth.**
  - People view change as ongoing, essential, and inevitable. They therefore welcome and expect it.
- **People view discomfort or pain as a signal for change.**
  - People delight in discovering new choices and resources.
  - With some fear:
    - People can take risks and opportunities to move into the unknown.
    - People can feel excitement, connectedness, and love when they encounter the prospect of change.