

Ways of Perceiving the World			
Definition of a Relationship		Defining an Event	
Dysfunctional	Healthy	Dysfunctional	Healthy
<p>People are of unequal value.</p> <p>People dominate or submit to each other.</p> <p>Roles & status are confused and blurred with identity.</p> <p>Roles imply superiority and power, or minority status and powerlessness.</p> <p>The dysfunctional view implies superiority and submissiveness.</p> <p>People have power over each other and feel fear, anger, resentment, isolation, and distrust.</p>	<p>People are of equal value.</p> <p>Relationships are between equals in value.</p> <p>Roles and status are distinct from identity.</p> <p>Roles imply a function in a specific relationship at a particular time.</p> <p>Equality is manifested in: equality of person, connection, interest, and acceptance of samenesses and differences.</p> <p>People feel love, ownership of self, respect of others, freedom of expression, and validation.</p>	<p>A causes B in a linear, cause-and-effect fashion.</p> <p>Only one right way exists to do something, and the dominant person knows what it is.</p> <p>People deny their own experiences so as to accept the voice of authority.</p> <p>Thinking such as “That’s the way it is” and “It’s black and white” generates manipulation and shuts down originality and discovery.</p>	<p>Any event is the outcome of many variables and events. A = B + C + D... etc.</p> <p>Many ways usually exist, and we can use our own criteria to choose an approach.</p> <p>People look beyond the obvious event to understand its context and its many contributing factors.</p> <p>Circular thinking and a systems approach (action-reaction-interaction) generate relevance, discovery, information, order, and connection.</p>
Defining a Person		Attitudes Towards Change	
Dysfunctional	Healthy	Dysfunctional	Healthy
<p>People need to conform and obey rules, i.e. “shoulds,” for physical and emotional survival and acceptance.</p> <p>People are born with potential to be bad.</p> <p>People are expected to think, feel, and act like each other, and to live up to external norms by competing, judging, conforming, and imitating.</p> <p>People devalue or deny their feelings and differences.</p>	<p>Each person is unique and can define him or herself from an inner source of strength and validation.</p> <p>People have an inborn spiritual base and sacredness.</p> <p>Combining and respecting samenesses and differences, people delight in discovering themselves and others by cooperating, observing, and sharing.</p> <p>People articulate their feelings and accept their differences.</p>	<p>Security requires maintaining the status quo.</p> <p>People view change as undesirable and abnormal. They therefore reject and resist it.</p> <p>The familiar is more valued than the comfortable, even if the price is painful.</p> <p>People judge changes as being right or wrong.</p> <p>People get overwhelmed from fear of the unknown.</p> <p>People get overwhelmed with fear and anxiety when they face the prospect of change.</p>	<p>Security grows out of confidence in the process of change and growth.</p> <p>People view change as ongoing, essential, and inevitable. They therefore welcome and expect it.</p> <p>People view discomfort or pain as a signal for change.</p> <p>People delight in discovering new choices and resources.</p> <p><u>With some fear:</u></p> <ul style="list-style-type: none"> - 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.

