### Emotion Focus Blueprint

#### DESTRUCTIVE CORE ATTITUDES

<table>
<thead>
<tr>
<th>Emotion</th>
<th>Focus</th>
<th>FEELINGS</th>
<th>WORDS</th>
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</thead>
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<td>空虚</td>
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<td>不安全</td>
<td>破坏</td>
<td>表达</td>
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</tbody>
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#### Depend on Others for Approval

| 空虚 | 自我 | 不安全 | 破坏 | 表达 | 无价值，不管发生什么 | 参与幽默，轻松，创造力 | 信仰和信任 |

#### Judge Self Negatively

| 空虚 | 自我 | 不安全 | 破坏 | 表达 | 无价值，不管发生什么 | 参与幽默，轻松，创造力 | 信仰和信任 |

#### Passive

| 空虚 | 自我 | 不安全 | 破坏 | 表达 | 无价值，不管发生什么 | 参与幽默，轻松，创造力 | 信仰和信任 |

#### Outward Focus

| 空虚 | 自我 | 不安全 | 破坏 | 表达 | 无价值，不管发生什么 | 参与幽默，轻松，创造力 | 信仰和信任 |

#### Make Negative Judgments of What Is

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#### Selfish

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#### Fear

| 空虚 | 自我 | 不安全 | 破坏 | 表达 | 无价值，不管发生什么 | 参与幽默，轻松，创造力 | 信仰和信任 |

#### Lose Sight of What Is True or Real

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#### Attempt to Control

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#### Self-Reliant

| 安全 | 自我 | 破坏 | 表达 | 完整和完全 | 用真实和真相告诉自己 | 信仰和信任 |

#### Accept People and Situations

| 安全 | 自我 | 破坏 | 表达 | 完整和完全 | 用真实和真相告诉自己 | 信仰和信任 |

#### Open Hearted

| 安全 | 自我 | 破坏 | 表达 | 完整和完全 | 用真实和真相告诉自己 | 信仰和信任 |

#### Give Selflessly

| 安全 | 自我 | 破坏 | 表达 | 完整和完全 | 用真实和真相告诉自己 | 信仰和信任 |

#### Reside in the Present

| 安全 | 自我 | 破坏 | 表达 | 完整和完全 | 用真实和真相告诉自己 | 信仰和信任 |

#### Keep Sight of What Is True or Real

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#### Observe, Allow, Participate, and Enjoy

| 安全 | 自我 | 破坏 | 表达 | 完整和完全 | 用真实和真相告诉自己 | 信仰和信任 |
• Do you feel stressed and overwhelmed?
• What if someone told you all of your problems stem from unexpressed sadness, anger, and fear?
• What if you could turn your life around in fewer than five minutes a day?

Attitude Reconstruction will give you the tools to bring joy, love, and peace to your life, regardless of the circumstances.

“Attitude Reconstruction really works.”
— John Gray, Ph.D. Author of Men Are from Mars, Women Are from Venus

“Jude Bijou gives direct, applied ways to transform the emotions into right understanding and love in order to bring self-healing.”
— Dr. Vasant Lad, B.A.M.S., M.A.Sc. Ayurvedic physician, scholar, founder and director of the Ayurvedic Institute, Albuquerque, NM. Author of Ayurveda: The Science of Self-Healing

“Jude Bijou’s wonderful book is a beautifully written guide to transforming your life from the inside out. Her playful spirit makes the journey exciting, thought provoking, and most of all, highly useful and effective.”
— Robert Maurer, Ph.D. Faculty, UCLA School of Medicine. Author of One Small Step Can Change Your Life

The daughter of pioneering behavioral Child psychologist Sydney W. Bijou, Jude is a licensed marriage and family therapist, professional educator and longtime student of Eastern philosophy. Her theory of Attitude Reconstruction evolved from years of working with clients to help them lead more happy, fulfilled lives.

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