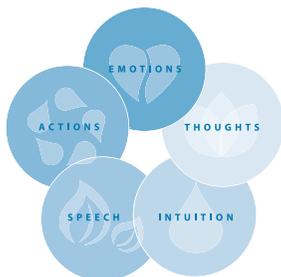


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I N T R O D U C T I O N

You picked this guide up for a reason. Maybe you're tired of feeling empty and unhappy, or you're addicted to screaming at the kids. Perhaps you're single and alone again or clueless what to do now that you just got laid off. Life's accelerator has hit the floor, and you're doing all you can just to keep hold of the wheel and not veer out of control. Having a map to navigate around the emotional roadblocks and avoid some of the dangerous potholes that keep puncturing your tires would be great about now.

Attitude Reconstruction is somewhat of a GPS for your internal navigational system, and will be an inside guide you can refer to the rest of your life. You could say that my desire to write this may have been coded in my DNA, inherited from my father, pioneer child behavioral psychologist, Sidney W. Bijou. I had a strong foundation to cull from, but something was missing. An insatiable curiosity drew me east, to the expansive silence of meditation, the contemplative studies of ancient texts, and ways of existence quite unfamiliar to my western conditioning. My understanding took quantum leaps. Just as the soil needs the honeybee to draw its flower into blossom, so the west needs the east to find its fullness. I merged these two worlds in my heart, in teaching communication, and in my practice for the last three decades as a marriage and family counselor. And the fruits of my journey culminate on these pages.

If the title, *Attitude Reconstruction* suggests you're going to have to shift your perspective, you're reading it correctly. Everything you need is within you. The original design of **YOU** is perfect. The margins just got a little blurry along the way. I'm offering what's been missing — your blue-

print, the very foundation of your inner wiring, so that you can remodel your life with joy, love and peace.

If that sounds a bit like pie-in-the-sky, new age hype, my clients and students would disagree. Using these same tools I'm about to offer you, they've created the emotional dream lives they deserve, full of satisfying relationships, authentic expression, and inner serenity.

Moving from Sadness, Anger, and Fear to Joy, Love, and Peace

The technical way to look at Attitude Reconstruction is that it's a holistic theory of human behavior. It's an approach that suggests only one thing unlocks the door to happiness — our emotions. Our poor attitudes and rocky relationships are caused by *unexpressed* anger and fear. But this is a lot more than just a theory. I've put together an accessible, step-by-step handbook to get you in touch with what you're *really* feeling so you can take appropriate action and get the results you want: more joy, love, and peace. Think of it as a map when you're about to take a detour you know ends up in an emotional ditch.

In these pages, you will learn:

- How to express and release sadness, anger, and fear physically and constructively so you can create the life you want
- How to replace habitual negative thinking with thoughts that befriend your mind
- How to access and follow your natural intuition (yes, we all have it!) in ways that honor yourself and respect others
- How to use the Four Rules of Communication to talk effectively and resolve differences smoothly
- How to take constructive action to handle seemingly “stuck” situations, achieve any goal, and banish unhealthy attitudes and addictions

About This Inside Guide

Personally, I'm a browser and don't tend to read books in order. For that reason I've organized Attitude Reconstruction to be an inside guide you can read cover to cover or begin wherever it resonates with you most. Check out the tabs or go straight to the Quick Charts.

Here is what you'll find in these pages:

- ❁ Step-by-step approach to move from the emotions of sadness, anger, and fear to joy, love, and peace in less than five minutes

- ❁ Overview of the entire Attitude Reconstruction model and blueprint of the mind for easy reference

- ❁ Breakdown of the ultimate attitudes joy, love, and peace inspire – honor yourself, accept other people and situations, and stay present and specific

- ❁ Five tools you were born with that create lasting change

- ❁ Communications strategy to talk to anyone, about any topic in an effective and kind way

- ❁ Quick charts to transform 33 destructive attitudes instantly: overcome everything from feeling unworthy or passive, to judgmental or selfish, to anxious or overwhelmed

This book is about you. As every commercial airline flight reminds us, we need to affix our own oxygen masks before offering assistance to others. Likewise, giving the gift of living in joy, love, and peace to ourselves allows us to truly contribute to our families, friends, and planet.

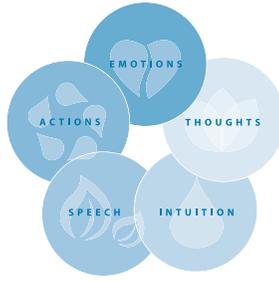
Finishing Touches

Attitude Reconstruction will get your emotional body into tip-top shape. You'll be able to handle whatever is thrown your way, while maintaining flexibility and balance.

And don't be surprised by the "divine shifts," or "aha!" moments that spontaneously occur through this process. It's in these moments when you're connected to your truest self, you know irrefutably that something is true, and that what you're doing is right. Transformation happens on a fundamental level, as if your neural pathways clear and the vital energy flows freely. You may stop calling yourself names, cease feeling intimidated, ease into relaxing, or start realizing your dreams. Each time you choose constructive action, the effects are cumulative. You'll find yourself "in the flow". Whether you call it nature, God's plan, the tao, or something else, you will know you are safe, whole, and connected.

Get ready to engage with the world in ways that naturally promote your own happiness, create goodwill with others, and actualize your true potential.

May this book be a trustworthy companion and an unfailing guide.



1

Emotions are the Key

Think of your child throwing himself on the floor, wailing in unabashed fury, pounding his hands and feet in revolt because you said ‘no’ to the candy before dinner. While his generous range of high-pitched demands may embarrass the heck out of you, your child is a model of good behavior.

I’m not saying it’s fun when customers confuse your child with a Smurf as his face turns blue from screaming. What I’m getting at is this: emotions color virtually everything we feel, think, say, and do. And expressing them and releasing them physically is as natural and as important as brushing our teeth.

Big statement? Let me take you back to when we were babies. Innocent and pure, we delighted in the world around us and marveled at being alive. We dealt with upsets by spontaneously expressing them, in the moment — crying, sobbing, screaming, shivering, wailing, jumping up and down, moaning, pounding — and then swiftly returning to our trusting, playful selves.

So if our fundamental nature is to show what we’re feeling, what happened? As we grew, our parents, schools, peers, and religions all got their two cents in for teaching us the ‘appropriate’ way to be. Express your emotions and you no longer ‘fit in.’ Read: keep your emotions under wraps.

Our families and societies had their own time and place constraints, and as adults around us struggled with unexpressed emotions themselves, discouraged from showing what was truly going on inside. We saw no other option than to model ourselves on those around us. Instead of expressing our emotions, we developed defenses and counterproductive ways of compensating.

Crying suddenly became taboo. Your childhood tears may have been met with, “Don’t be a cry-baby,” “Tears equal weakness,” “Don’t wear your heart on your sleeve,” “Stop crying or I’ll give you something to cry about.” Expressing healthy anger was also forbidden. Maybe your childhood anger prompted reprimands such as, “Put a lid on it,” “Girls aren’t pretty when they’re angry,” “We don’t yell in this family,” “You’re upsetting me,” or “You’re acting crazy again.” Or maybe expressing fear was summarily squashed with messages, “Don’t be a scaredy-cat,” “You chicken,” “There’s nothing to be afraid of,” or “Snap out of it!”

And it’s not just the ‘negative’ or ‘unpleasant’ emotions we stifle. We’ve learned to downplay the emotions, too. As children, our unbridled laughter was often disruptive to the busy routines of adults. When we squealed in sheer delight, our parents’ usually firmly told us to tone it down. And when we were peaceful and content to lie on the grass, making elephants and angels out of the clouds, many of us heard, “Don’t just sit there” or “Can’t you find something better to do?” Bust our bubble? Good moments immediately turned flat — and the cycle continues.

Recently, I saw a youngster’s utter joy at being served a huge plate of pancakes extinguished by swift reprimands to “behave” from both parents. Overt messages like these, plus observations of people around us, have cemented the notion we have to camouflage rather than express what’s true inside of us.

Because you’re a living, breathing human being, you’re guaranteed to experience countless emotionally charged events on a daily basis. However, it doesn’t even occur to us that we *could* express the emotions we’re feeling. I’m not saying we resist laughing at something funny, hugging our children, or experiencing a moment of peace while hiking in nature. But we still put on our running shoes when we need to cry, express anger,

or show fear. Expressing our emotions has become a bit foreign, and with understandable reason.

Suppressing emotions is tricky business. I agree with ancient religious traditions and philosophies worldwide that joy, love, and peace are fundamental aspects of our spiritual nature. But sadness, anger, and fear are also part of the human condition, and in the process of denying these three emotions, trying to get around them, and attempting to suppress them, we become our own worst enemies.

What We Do Instead of Expressing Our Emotions

There's a thick wad of gunk inside of each of us, jamming up our ability to process experiences. That 'stuck' emotional energy clogs up our vital life force, making us feel numb or as if we're on autopilot. Old, destructive thought patterns are 'driving the bus,' so to speak. Most of us are experiencing major burnout as overload causes us to fly off the handle, rapid firing words as ammunition. Our actions destroy, and our environments become deadly wastelands from unspoken truths.

We get really creative in masking or diverting our emotions. I'm sure you can think of a few winners, but here's a fairly common case scenario: In the middle of his 70-hour work week, a man comes home after choking down his anger all day, mumbles something about the "idiots" he's forced to take orders from and after a drink or two, lashes out at his wife and kids. Ignoring his high blood pressure and diabetes, he shovels down dinner along with two helpings of cream pie before mindlessly numbing out in front of TV to fall asleep. Tomorrow he'll get up and do it all again.

These scenarios stockpile and create a society sitting on a volcano of pent-up emotions. You see the fall-out spewed over the airwaves: suicide, domestic violence, gang warfare, road rage, juvenile delinquency, addictions, and on and on. But casualties on our personal battlefields are even more devastating: destructive, love-less and sometimes violent relationships. We can't enjoy the good times because we're worrying about what's next. We berate ourselves mercilessly for making mistakes. Stress-related illnesses eat at our bodies and create dependency on

pharmaceuticals. And our lives become inauthentic, driven by negative programs that keep our hearts in pain and our experiences vacant of joy.

So now it's time for the good news. As I've said, everything you need is inside of you. You don't need a new heart or mind, thousands of dollars in therapy or to adopt a different family. You are perfect! You just need to shift your attitudes about expressing emotions. Along with bathing and eating your veggies, releasing emotions needs to become part of our daily routines. Just like physical hygiene, "emotional hygiene" is crucial to our health and must become an integral part of our lives.

Having said that, there are precious few situations in our society where it is okay to cry, stomp, or physically show that we are afraid by shivering. But you're about to learn how to do for yourself what no one else can do; unleash your emotions in constructive, physical ways and open the door for limitless joy, love, and peace.

There's one important premise I need you to get a hold of before we move on. All emotions you experience, even if it feels like there are millions of them, break down to just six core emotions. A little hard conceptualize maybe, but I promise it's true. Think for a minute about the brilliant colors in the rainbow; light to dark, all can be made from the primary colors of red, yellow, and blue. Human emotions are just like that. The combinations can be creative but fundamentally the base is the same: sadness, anger, fear and their counters of joy, love and peace.

Each Emotion Feels and Looks Different

One minute you can't look at your emails without missing your ex and the next, you can't stop flirting with the guy at the drive-through espresso bar. Although the issues might be different, every person on the planet experiences the up's and down's of emotions. They come and go, continually shifting like the weather. Sometimes they're fickle; sometimes they're severe.

Across all cultures, human beings share the same emotions. They've been the same throughout the history of *Homo sapiens*. Cave people experienced fear, anger, and sadness as well as joy, love, and peace. The old, the young, and everyone in between experience them all.

Emotions are spontaneous physical reactions to what we experience throughout the day. They are pure sensations in our bodies that have no words. Just look at the word “emotion,” and you can see “e-motion,” or “energy in motion.” These sensations exist in pairs and follow the natural laws of opposites, like yin and yang, east and west, ebony and ivory. Sadness finds its opposite in joy; anger is opposed by love; fear’s opposite is peace. Each one of these e-motions sends a unique sensation rippling through our bodies, and they manifest in different physical expressions as well.

Your body is your most reliable clue to finding out what emotion you’re feeling. When we’re feeling sadness, we feel cold and slow, and it’s hard to speak without crying. With joy, we feel exuberant and bouncy. Anger feels hot, tight, ready to strike out and explode. With love, we feel open and warm. Fear will find us cold, shivering all over, and feeling constricted inside. Peace is tranquil and relaxed, yet alert.

The way energy moves in our bodies is different for each emotion, too. Sadness weighs us down while joy’s energy moves upward, causing us to feel elated. Anger pushes the energy outward, as we lash out and push people away. With love, the energy pulls inward, and we draw others near. Fear energy is experienced as erratic, and we feel jumpy and wired, or frozen and immobilized. Peace inhabits our bodies as feeling calm, still, and collected. See the chart showing each emotion’s bodily sensations on [page 293](#)

Each emotion is also reflected differently in our faces, posture, movements, tone, and demeanor. Even without hearing words, it’s easy to tell the difference between someone bouncing around newly accepted to the university of his choice, and someone running late who can’t find important papers for her meeting. The physical expressions of each emotion are distinctive and easy to recognize. Check out the chart on [page 293](#)

Emotions and Feelings

Although people tend to use the words, ‘feelings’ and ‘emotions’ interchangeably, there’s a big difference between the two. We use on all kinds of words to describe the same emotions depending on our history and circumstances. Emptiness, helplessness, arrogance, confusion, bliss, contentment, delight; they’re all just different labels we attach to the same wordless physical sensation. It doesn’t matter whether the source of your fear is a potential diagnosis, meeting your future in-laws for the first time, or giving a presentation in class. And it doesn’t matter whether you call what you’re feeling anxiety, stress, agitation, or panic — you’re talking about fear.

Emotions are physical. Feelings are mental. Feelings are created when we add an interpretation to the emotional physiology we are feeling in our bodies. Here’s an example: say you’ve been under the weather but dread going to the doctor. Your stomach is in knots, and your hands are freezing. You start projecting into the future. “What if I have cancer? I won’t be able to work. What will happen to the children?” You might call what you’re feeling anxiety, nervousness, or stress, but what you’re experiencing on a physical level is the emotion of fear. It’s just pure energy.

It’s easier to deal with what we’re feeling if we identify the underlying emotions. Is it sadness, anger, or fear? Is it joy, love, or peace? Check out the list — [Feeling Associated with Each Emotion on page 293](#)

Emotions Are Triggered by Specific Events

Everyone experiences all six emotions as normal reactions to specific events. As we go through life, big and little things happen that naturally evoke different emotions. Whether it’s a scene in a movie, gossip about a friend, or an upheaval at work, our emotions are continually triggered by events in our lives.

Emotional Triggers

Emotions	Specific Events
Sadness	losses and hurts
Joy	achievements, good news, creative express, beauty
Anger	injustices and violations
Love	kindness, caring, generosity, understanding
Fear	threats to our survival
Peace	safety, comfort, security, serenity

We often experience more than one emotion at a time, and sometimes one emotion masks another. They're like family. They hang out together. Anger is often a cover for sadness and fear. Joy often coexists with feelings of love and peace. You often can't separate them.

Imagine that someone you admire calls you "careless." You feel violated and angry. But it also hurts to be called names, so buried underneath your anger is probably sadness. If the person expresses hostility while blasting you, you probably feel threatened and therefore experience fear as well.

Your Emotional Constitution

Some babies are born mellow, some fussy, and some highly reactive. We each come into this world with an emotional predisposition, that colors how we interpret our experience. Sadness is dominant in some of us. Others of us have a tendency to lead with anger, and others are ruled by fear. Each of us has what I call an "emotional constitution."

You carry that emotional constitution, or leaning towards one emotion over the others, throughout your lifetime, and it affects the way you interpret the world. Visualize this for a moment: your emotional constitution is comprised of three buckets. One bucket holds sadness, another anger, and a third fear. Some people's fear bucket is overflowing, while their other buckets are nearly empty; for others, two may be overflow-

ing; for still others, all three buckets are relatively full. When you look at yourself and others from this perspective, it's easier to understand why people behave the way they do. We're all carrying around heavy bucketfuls of emotions that weigh us down and make life downright difficult!

Another way to get this concept is to look into the eyes of a mother and father. You can usually make a rough guess about what color their child's eyes will be. In the same way, your parents' emotional constitutions have an impact on which emotions are strongest for you. If both of your parents tend to have more sadness than anger or fear, there's a good chance you'll experience a lot of sadness, too. If one parent has an anger constitution and the other a fearful one, you'll get either parent's constitution or a combination of the two.

Though everyone is capable of feeling all six emotions at any moment, some emotions will naturally dominate. Take my mom. Her usual reaction to any event was fear; she constantly worried about my dad, my brother, me, and almost anything, bless her heart. Whenever my father was late getting home from work, she immediately envisioned something horrible had happened to him. She's what I call a "fear gal."

Or how about the shy college student who is turned down by a dozen sororities? It's a hurt or loss, so she feels sadness. If she doesn't allow herself to acknowledge her pain and cry constructively, she will feel rejected and begins to view herself poorly. That unexpressed sadness manifests in feeling unworthy, and shows up in every thought, word, and action. If she doesn't handle her sadness in a healthy way, that low self-esteem can become a chronic condition that colors her every move.

The idea of an emotional constitution has its parallel in Ayurvedic medicine, the ancient system of self-health and healing from India. Ayurveda proposes that all aspects of nature can be viewed in terms of three elements — Kapha, Pitta, and Vata — which correlate with the emotions of sadness, anger, and fear.

Curious about your own emotional constitution? This quiz will give you some insight. If you are going through a particularly stressful time, your results might be slightly skewed, but in general, they'll reflect your basic emotional constitution. Be as honest with yourself as possible.

The Quick Quiz: What's My Emotional Constitution?

Using the scale below, rate yourself from 1 to 5 on each item.

- 1 = almost never
 2 = occasionally
 3 = about half the time
 4 = often
 5 = almost always

	Score	Set Total
Set A		
1. I feel unworthy.	_____	
2. I depend on others for approval.	_____	
3. I make negative self-judgments.	_____	
4. I am passive.	_____	_____
Set B		
1. I focus on the outside world.	_____	
2. I don't accept people and situations as they are.	_____	
3. I make negative judgments of what is.	_____	
4. I am selfish.	_____	_____
Set C		
1. I focus on the future or past.	_____	
2. I overgeneralize.	_____	
3. I lose sight of what is true or real.	_____	
4. I attempt to control.	_____	_____

Using the same scale, rate how often you feel:

Sadness_____ Anger_____ Fear_____

Joy_____ Love_____ Peace_____

Interpreting Your Results

Add up your numbers for each set of questions. The actual numerical total for each set isn't as important as comparing the three totals to one another. If your highest total is for the first four questions (Set A), your predominant emotion is sadness. If your highest score is in second four questions (Set B), your strongest emotion is anger. If your highest total is for the last four questions (Set C), your ruling emotion is fear.

If your scores are equally high for two sets of questions, you have two dominant emotions. My dear friend Jennifer is a perfect example of a person with a fear-sadness constitution. I've rarely ever seen her angry, she's too busy getting things done, brooding, and putting an inordinate amount of pressure on herself. Some folks have a constitution equally proportioned among the three emotions. They have a sadness-anger-fear constitution and at any moment may lead with any of them.

How did you rate yourself on sadness, anger, and fear at the bottom of the [page 9](#) Do these scores correlate with the three totals above? And how about your scores for joy, love, and peace? If your rating for joy is high, your score for its opposite, sadness, will probably be low. Likewise, if your rating for love is high, your score for its opposite, anger, will probably be low. And if your rating for peace is high, your score for its opposite, fear, is usually low.

Your answers reflect the emotions you feel when dealing with life's twists and turns. When you hear that your partner got in another fender bender, do you feel blue (sadness)? Do you tend to lash out at him about what a reckless driver he is (anger)? Or do you freak out and fret that she'll lose her license (fear)?

Emotions Drive the Mind

Each emotion steers the mind in a certain predictable direction. Your emotions literally determine where you focus your attention and where it stays — on yourself, other people and situations, or time. Your primary focus will be dictated by the emotion you tend to snuggle up with most. That focus will be either destructive or constructive depending on whether you're experiencing sadness, anger, fear, or joy, love, peace.

The first pair of emotions — sadness and joy — turns our attention inward onto ourselves. When we experience sadness but don't express it physically, our minds automatically start to entertain negative thoughts about ourselves. We might regard ourselves as stupid, inadequate, and unlovable. The opposite is true when we experience joy. We naturally feel good about ourselves, happy in our skin and in our lives. We know in every cell of our bodies that we're living this life to its full potential. Remember the ecstasy you felt when finishing your first marathon (or another goal you prepared for)? What did you know about yourself then? You probably felt fabulous about your abilities and knew you could handle whatever would arise.

Anger and love's focus goes in the opposite direction — outward. Our attention is on other people and situations. We direct our unprocessed anger externally, with separating finger-pointing and negative judgments about “them” or “it.” Conversely, love's focus is outward as well but we draw others in, with respect and appreciation, while remaining expansive, receptive, and open. We're attuned to what is helpful, compassionate, and kind — and naturally do those things when feeling love, whether volunteering to serve dinner to the homeless on Thanksgiving” or becoming a big sister to a struggling teen.

Fear and peace turn our focus to time. Unexpressed fear propels us out of the present moment and into a dreaded future or dwelled-upon past. If not dealt with, fear distorts our perspective on reality so that we exaggerate dangers and minimize the potential for safety. We overgeneralize, using such words as “always,” “never,” “everybody,” and “no one.” Peace brings a welcome opposite because our attention fully resides in the present moment. We think in specifics. When we're not thinking, our minds remain alert yet still. We feel safe, knowing we'll be okay no matter what. Tap into that feeling right now. Visualize an entire day at the spa: soft, wet steam moisturizing every pour of your body; well-oiled hands gently massaging away any traces of strain; bubbling Jacuzzi with soft lavender floating in the air; luscious greens and delicate berries to nourish and sustain you. Time disappears. All your needs are met, and the world wraps you in a blanket of peace.

Core Attitudes

So, let's re-cap. Remember I told you that everything we experience boils down to six emotions — sadness, anger, fear and joy, love, peace? And that each emotion has a focus that directs our perceptions in predictable ways. In addition, each focus has some core attitudes that control our every move. Core attitudes, whether constructive or destructive, are the default settings that define our personalities, actions, and reactions. The original wiring in everyone's house is basically the same, but each of our floor plans is slightly different.

The concept that everyone's wiring is the same was like a lightening bolt. As countless clients and students shared their deepest heartaches, unresolved traumas, and what wasn't working, I realized their entire range of behaviors fell into just a few categories. No matter how outrageous or seemingly benign, the ways their destructive patterns played out could be traced back to 12 core attitudes or mental tendencies.

Unexpressed sadness, for example, always sets its focus on you and what's going on with you, what's wrong with you, what you should do, etc. If your bucket's spilling over with sadness, everything you'll be hyper aware of has to do with you.

Then comes anger, putting its steely focus on other people and situations. No matter the scenario, if your bucket's dragging on the ground with anger, it's always about he/she/it, that's doing it. They are the problem and you're the victim.

And ah, the fear factor. Time is not on your side when fear is spilling over the edges of this too-full bucket. Fear's core attitudes say there's never enough time in the day, in the moment, in your life. You live in the future or the past, but rarely in the present.

It's a good thing that everything in the material world exists in opposites. All our constructive behavior stems back to 12 core attitudes as well. There are four about ourselves associated with giddy joy; four about other people and situations associated with sweet, sweet love; and four about time associated with boundless peace. The Twelve Pairs of Core Attitudes chart can be found on [page 294](#)

Sadness

Let's take an in-depth look at sadness, first. The core attitudes or defaults associated with sadness boil down to the four ways we don't honor ourselves. Remember when I said it was about you, you, and more you? Core attitude number one is to believe deep down that you're unworthy, incompetent, and empty. You feel bad about yourself regardless of what you look like, have or achieve. This core belief is a big thief, robbing you of feeling whole and complete, no matter what. You confuse your pure, inner self — what remains constant — with accomplishments, qualities, and characteristics.

Emotion	Focus	DESTRUCTIVE CORE ATTITUDES		
		Expression	Attitude	FEELINGS
S A D N E S S crying sobbing wailing frowning	YOURSELF	UNWORTHY		
		Empty Inadequate Unlovable	<ul style="list-style-type: none"> I'm no good. I'm not enough. There's something wrong with me. 	<ul style="list-style-type: none"> Think and talk poorly about yourself Create false impressions Feel disconnected from who you are
		DEPEND ON OTHERS FOR APPROVAL		
	Lonely Insecure Needy	<ul style="list-style-type: none"> Show me you love me. I'll do anything to keep you happy. Tell me I'm okay. 	<ul style="list-style-type: none"> Please others at own expense Cling to other people Seek validation and compliments 	
	Don't honor yourself	JUDGE SELF NEGATIVELY		
		Self-loathing Stupid Ashamed	<ul style="list-style-type: none"> I should have known or done better. I'm stupid. I'm pathetic. I hate myself when I make mistakes. 	<ul style="list-style-type: none"> Set unrealistic expectations for yourself Put yourself down and beat self up Demand perfection from yourself
PASSIVE				
Helpless Incapable Unassertive	<ul style="list-style-type: none"> Poor me. I can't do anything about this. I don't know how. It's bigger than me. 	<ul style="list-style-type: none"> Play the submissive victim Fail to follow through Avoid confrontation 		

That super shaky sense of true self-worth causes an endless search for validation and satisfaction, from anyone or anything that tells you you're okay. This is the second mental tendency — you depend on others for approval. You'll sacrifice your wants, needs, and beliefs just to keep other people happy, usually because you don't want them to react negatively. They have to approve of you, they have to! You can't handle rejection or abandonment, and you'll do almost anything to keep it from happening.

Sadness' third core attitude is to judge yourself negatively and feel bad about what you've done, said, or thought. You're mercilessly hard on yourself, especially when you make a mistake. "I'm a loser." "I'm dumb." Those negative assessments are laced with unrealistic expectations and "shoulds," such as, "I shouldn't have done that" or "What made me say that?"

Lastly, when you fail to express sadness constructively, the person you're staring at in the mirror becomes a passive nobody, and so that's what you become. You feel insignificant and find it hard to speak up and take action. For example, say you've been looking for a new apartment for several months. Several places you thought were perfect were given to other people. You feel more and more like a helpless victim, at the mercy of the big, cruel world. Before you know it, you've quit exercising, started binging on comfort food, and stopped following up on housing leads.

Anger

When anger is your thing but you're not in touch with it, you spray it all over other people, things, and situations in four predictable, negative ways. Your mind is always thinking something or someone "out there" is the cause (of your pain, of your stress, of your 'whatever'). You drown everyone in the blame game and no one wins. When your car breaks down, it's the mechanic's fault. When you have a falling out with your cousin, it's because she's jealous you have a boyfriend.

The second default anger attitude locks onto is refusing to accept people and situations as they are. You hang on to the notion that he, she, it, or they "should" be different. You do a good impression of a Tasmanian devil, raging when your unrealistic expectations aren't met. You think, "They shouldn't have said what they did" or, "It shouldn't be this way."

Unprocessed anger spawns a third mental prison: you negatively judge and label what you don't accept because it doesn't conform to your point of view. "It's not okay," you righteously rage, "It's not fair." You label what you don't like as "bad," "silly," or "wrong".

Emotion	Focus	DESTRUCTIVE CORE ATTITUDES			
		Expression	Attitude	FEELINGS	WORDS
A N G E R hot aggressive hitting stomping shouting pounding	PEOPLE AND SITUATIONS	OUTWARD FOCUS			
		Jealous Blaming Alienated	<ul style="list-style-type: none"> You make me so mad. You are the problem. What do they have? say? think? 	<ul style="list-style-type: none"> Blame / ridicule / justify Make "you" statements Compare yourself to others 	
		DON'T ACCEPT PEOPLE AND SITUATIONS			
	Intolerant Disappointed Frustrated	<ul style="list-style-type: none"> You should be different. It's not supposed to be like this. I don't believe it. 	<ul style="list-style-type: none"> Have unrealistic expectations Give unsolicited advice / opinions Reject others and withhold yourself 		
	MAKE NEGATIVE JUDGMENTS OF WHAT IS				
Refuse to accept people and situations	Resentful Critical Disgusted	<ul style="list-style-type: none"> You are a loser. Right-Wrong / Fair-Unfair / Good-Bad It's not enough. 	<ul style="list-style-type: none"> Expect the worst Label people and things negatively Be sarcastic / critical / cynical 		
SELFISH					
Stubborn Rebellious Arrogant	<ul style="list-style-type: none"> Me. Me. Me. My way or I won't play. I'm special. 	<ul style="list-style-type: none"> Act as if you are more important Be vain / pushy / insensitive Don't listen / opinionated 			

Anger's final death grip is believing you are entitled to get whatever you want and that you know better than anyone else. (Here is where the ego resides.) You're your own center of the universe, and by the way, why isn't everyone bowing at your feet? You selfishly look out for your own interests at the expense of others. And they had better listen to you — you know what's best for them and their lives!

Just like emotions don't exist in isolation, often you're under the influence of several core attitudes simultaneously. Let's say you've just finished a frustrating telephone conversation with your mother-in-law. You walk into the room where your teenage daughter is sitting. Without even looking at her, you launch into a bitching session of how pathetic her grandmother is (the first core attitude associated with anger: directing your energy outward on to other people and situations).

Your daughter is worried about her test tomorrow, doesn't agree, and responds by whining about her homework. You tell her to shut up (the second core attitude associated with anger: don't accept people and situations), and then call her a "crybaby" (the third mental tendency: make negative judgments). When she pushes back, you say if she'd just listen to you and taken lower level classes, she might actually get above a C and stop costing you so much in tutoring (the fourth core attitude: self-

ishness). Didn't take long to blow through every one of anger's ugly core attitudes, did it? One conversation in a matter of seconds got it handled.

Fear

Fear is a bit of a time traveler. Maybe you're the leap first, ask questions later type of gal. Or people might say you're the motor-mouth filling up air space so no one else can. Regardless of which fits, being a space case, living in regret or sleeping with your Blackberry, means you're in the la-la land delusion of maxed out fear.

Emotion	Focus	DESTRUCTIVE CORE ATTITUDES		
		Expression	Attitude	FEELINGS
F E A R cold shivering quivering laughing nervously breathing irregularly	TIME Live in past or future, and over- generalize	LIVE IN THE FUTURE OR PAST		
		Worried Anxious Distracted	<ul style="list-style-type: none"> • What if... • I don't want to feel this feeling. • I've got to get out of here. 	<ul style="list-style-type: none"> • Avoid expressing emotions • Be speedy / impulsive / busy • Escape reality through addictions
		OVERGENERALIZE		
		Dramatic Overwhelmed Scattered	<ul style="list-style-type: none"> • It's always like that. • This is too much. • Nothing ever works out. 	<ul style="list-style-type: none"> • Go on tangents • Exaggerate or minimize issues • Jump to conclusions
		LOSE SIGHT OF WHAT IS TRUE OR REAL		
		Indecisive Confused Conflicted	<ul style="list-style-type: none"> • Maybe this, maybe that. • I don't care. It doesn't matter. • I'll handle it tomorrow. 	<ul style="list-style-type: none"> • Doubt excessively • Procrastinate / fail to take action • Act without regard for consequences
ATTEMPT TO CONTROL				
Impatient Rigid Panicked	<ul style="list-style-type: none"> • If I don't do it, it won't get done. • Things are out of control. • I've got to be in charge. 	<ul style="list-style-type: none"> • Dominate or manipulate • Behave obsessively / compulsively • Plan excessively 		

When you don't deal with the physical energy of fear, your thoughts are like a pool full of piranhas that haven't eaten in weeks. Frenzied, frantically jumping helter-skelter through time, forwards, backwards, anywhere but the present! And according to your favorite catch phrase, it's always this way, every time.

Residing in the past or future is the first core attitude. You ruminate about the past or attempt to outguess the future. You're a ball of agitation, and it's not hard to spot. Everything that comes out of your mouth sounds like a record from back in the day or a list of 'must-do's' that better get done or the world is going to explode! You might act rashly. You can't stop talking, or you freeze into confused silence. Your thoughts run at hyper speed or blank out from overload. You jump to future what ifs

and if onlys, or go wading into the murky waters of the past by rehashing and analyzing, and regretting what was.

Another of fear's core attitudes is to overgeneralize. Always, never, and everyone makes up a large part of your vocabulary. You assume all experiences will be like this one; you weren't good at hockey so you can't play soccer, that kind of thing. All liberals are tree-huggers; blonds have the most fun. You get the picture.

You also become a master at what I call "lumping," dragging other topics into a current situation and drawing sweeping conclusions, such as "everything's always difficult." And if someone's going to argue with you, they better take notes. You'll bring up about 23 topics when only one small thing happened, and by the end of the conversation, neither of you knows what the heck you're talking about. You've brought in dozens of issues and handled none.

The saying should be, 'fear is blind' not love is blind. Because fear causes you to lose sight of what is true or real (the third core attitude), you forget that the current feeling or situation will pass. You forget what you were certain of at an earlier time and place. For example, you might happen to overlook the fact that the double chocolate fudge cake you're about to eat has at least six hundred calories and isn't on your Weight Watchers menu. Or you stay up until two in the morning playing on the computer, forgetting you won't feel sharp for that early-morning staff meeting.

And the fight for control, that's the legacy of fear and the final core attitude. It doesn't matter whether its telling your wife which parking space is better (when you're in the back seat) or hanging out in the right lane ten miles slower than allowed to avoid crazy drivers, you do everything you can to maintain the illusion of control. That uncomfortable, scary, free-falling feeling comes from realizing that some force bigger than you is ultimately running the show. You're not happy about that, so you categorically deny it could be true in all the little ways you can. You delude yourself by having a spotless desk, hiding a microphone in your teenager's messy room, or researching safety records of every airline you fly on.

Joy

Joy’s core attitudes spring forth, really honoring who you are from the inside-out. You possess unshakably high self-esteem, and feel gratitude in the smallest of things like the songbird singing you awake in the morning or the hot cup of joe your honey made for you. You feel worthy, knowing you’re okay and perfect as you are deep down. You hold your head high and ride the tide of changing circumstances like the champion you know you are. Money doesn’t make or break you. You stay grounded in the knowledge that you’re whole and complete.

Emotion	Focus	CONSTRUCTIVE CORE ATTITUDES		
Expression	Attitude	FEELINGS	WORDS	ACTIONS
<p style="text-align: center; font-size: 2em; font-weight: bold;">J O Y</p> <p>smiling bubbling sparkling laughing exuberantly tears</p>	<p>YOURSELF</p>	WORTHY		
		<p>Happy Full Lovable</p>	<ul style="list-style-type: none"> • I am whole and complete. • I’m okay no matter what. • What I am seeking is within me. 	<ul style="list-style-type: none"> • Identify with your true self • Know you are not your actions, roles, traits, and body • Think well of yourself
		SELF-RELIANT		
	<p>Independent Confident Authentic</p>	<ul style="list-style-type: none"> • My job is to take care of myself. • Only if I take care of myself can I truly take care of you. • I am alone and I am connected. 	<ul style="list-style-type: none"> • Fulfill your own needs and desires • Speak and act in line with your intuition • Enjoy independent activities 	
	APPRECIATE AND RESPECT SELF			
	<p>Honor yourself</p>	<p>Self-accepting Self-respect Delighted</p>	<ul style="list-style-type: none"> • Life is for learning. We all make mistakes. • I did the best I could at the time. • I love / accept myself unconditionally. 	<ul style="list-style-type: none"> • Celebrate accomplishments • Learn from mistakes • Be gentle with yourself
SPEAK UP AND TAKE ACTION				
		<p>Powerful Assertive Capable</p>	<ul style="list-style-type: none"> • My views are equally important. • I am responsible for what I do, think, say, and feel. • I can do this. I can handle this. 	<ul style="list-style-type: none"> • Set goals and follow through • Speak up about what’s true for you • Face obstacles head on

The second core attitude associated with joy is self-reliance and independence, following your inner wisdom regardless of others’ opinions. Rather than seeking validation, which puts you at the mercy of real and imagined external pressures, your heart leads the way so sadness can’t set up shop. You live your life committed to honesty and personal integrity.

Joy’s third mental tendency is to accept, respect, and appreciate yourself even if something sad happens or you do something you regret. When you slip or fail, you deal with your humanness, take it as a lesson learned, and move through it with compassion. You remain your closest ally.

The last core attitude that joy delights in giving you is a willingness to take personal responsibility. You may not always take the easy road, but you do always take the high road. You courageously speak up and take action in line with what you know comes from a place of integrity and honesty. It's not about hanging on to what's familiar. It's about rising up to the best version of who you can be.

Love

You've got a love connection. You're wholeheartedly connected to other people, things, and situations when you're in love — with life. I'm not talking about the gooey-eyed, sticky love fest that happens when you're blinded by that someone special. General feelings of love for everyone and everything is what you get when you operate from an open heart, the first core attitude. Your inner compass guides the journey and decisions come from inside instead of outside, unrelated to what others think or need.

Emotion	Focus	CONSTRUCTIVE CORE ATTITUDES		
Expression	Attitude	FEELINGS	WORDS	ACTIONS
L O V E warm open soft tone happy eyes smiling	PEOPLE AND SITUATIONS Accept people and situations	OPEN HEARTED		
		Honest Centered Genuine	<ul style="list-style-type: none"> • My focus is myself. My domain is me. • What is most loving? What is the high road? • What does my intuition tell me? 	<ul style="list-style-type: none"> • Obey your intuition • Speak honestly about yourself • Act with integrity
		ACCEPT PEOPLE AND SITUATIONS		
		Satisfied Tolerant Forgiving	<ul style="list-style-type: none"> • People and things are the way they are. • This is the way it is. • We are all on our own paths. 	<ul style="list-style-type: none"> • Have realistic expectations of others • Give opinions only with permission • Encourage others
		APPRECIATE AND RESPECT WHAT IS		
		Kind Compassionate Grateful	<ul style="list-style-type: none"> • I love you. I like you. • We are all connected. • Thank you. 	<ul style="list-style-type: none"> • Be kind to people and things • Offer praise and show gratitude • Attend to the positive
GIVE SELFLESSLY				
Humble Caring Generous	<ul style="list-style-type: none"> • How can I help? What can I do? • Your viewpoints and needs are as important as mine. • I wish you well. 	<ul style="list-style-type: none"> • Listen lovingly • Serve / support / cooperate • Show friendliness and affection 		

And what an easier life you're living accepting people and things as they are — even someone's insensitivities, shady political maneuvers, or blatant disregard for another's well-being. That's core attitude number two. No one can call you a pushover. You're just a lover, not a fighter! This doesn't mean you agree with everyone, but it does mean that you

fully understand their point of view. Standing in true acceptance, your foundation finds and increases love in every situation. It can't help itself.

Love's third core attitude is valuing everyone and everything that exists as we do ourselves. You work with a global consciousness mentality, appreciating that we're all connected and loving and the value each of us provides. You see beauty in our differences, knowing we flavor the world with our diverse backgrounds, ideas and expressions. Coming from the fluid space that all people are fundamentally the same, you flow in respect, treating others as equals, focusing on similarities, and looking for the good in your world.

And when you're feeling love, it naturally gives rise to selflessly, seeking win-win solutions, and giving without expecting anything in return. How cool is that? Doesn't matter the dispute or situation or issue at hand. You share without any ulterior motive besides generating and feeling more love.

Remember that earlier scene, where you and your daughter had an unpleasant exchange over her homework? That was so the old you! This is what your brand spanking-new self would do when you're feeling love instead of anger: Okay, your mother-in-law was a little testy on the phone, but it's understandable. You remember she's been sick for days (first core attitude associated with love: openheartedness). When your daughter whines, you know she's just feeling anxious (the second core attitude associated with love: accept people and situations) and therefore, choose to view her homework frustration with compassion (the third mental tendency: appreciate and respect other people and situations). You give her a big hug, and then decide to put off dinner for a bit so you can help write a paper on reducing U.S. dependency on foreign oil (the fourth core attitude: selfless giving).

Peace

Finally, we rest on peace. Not 'in' peace, on peace. We're not gone yet. We fully relish the moment and see life in terms of specifics. The first core attitude when we feel peace is that we reside in the stillness, beauty, perfection, and miracle of the present moment. We move gracefully

through life, soaking in the smallest of details, not rushing the moment or longing for something else. Connected to our inner knowing, our lives flow gently and smoothly through whatever troubled waters come our way.

Emotion	Focus	CONSTRUCTIVE CORE ATTITUDES		
		Expression	Attitude	FEELINGS
P E A C E calm silent still alert aware smiling breathing fully	TIME	RESIDE IN THE PRESENT		
		Calm Content Alert	<ul style="list-style-type: none"> • Everything is / will be all right. • This feeling is temporary. This situation will pass. • Stop. Breathe. Slow down. 	<ul style="list-style-type: none"> • Deal with emotions constructively • Calmly handle whatever happens • Pause to hear your intuition
	Stay present and specific	STAY SPECIFIC		
		Clear Focused Effective	<ul style="list-style-type: none"> • One thing at a time. • I'll handle the future in the future. • Be concrete. What's the specific? 	<ul style="list-style-type: none"> • Think and speak in concrete terms • Focus on one thing at a time • Make and take small doable steps
	KEEP SIGHT OF WHAT IS TRUE OR REAL			
	Stable Committed Directed	<ul style="list-style-type: none"> • This is what's true for me. • I am responsible for my experience. • My actions have consequences. 	<ul style="list-style-type: none"> • Stay motivated to accomplish goals • Persevere • Act with conviction / passion 	
OBSERVE, ALLOW, PARTICIPATE, AND ENJOY				
Patient Trusting Flexible	<ul style="list-style-type: none"> • I am part of a greater whole. • Everything is unfolding in its time. • There is enough time. 	<ul style="list-style-type: none"> • Feel centered and safe no matter what happens • Participate with humor, levity, creativity • Show faith and trust 		

Razor sharp focus on what is specific is an efficient by-product, and second core attitude of peace. Life is so much more manageable when you remain concrete and break things down into a series of small doable units. Whether it's balancing your checkbook or learning to twirl fire, by keeping things manageable, you can accomplish almost anything, and successfully discuss any topic. Instead of biting your kid's head off when he complains about helping with dishes, you let him focus on the utensils while you get the big stuff.

When you decide something is good for you, you stick with it. You're firmly grounded in what you know and keep your eyes on the goal. The third mental tendency of peace is that anchor in reality, regardless of what's going on. Even if you find a class boring and the assignments unreasonable, you finish them so you can graduate.

You hold fast to your goal of getting in good shape, even when you feel like being a couch potato instead of going to the gym.

Spontaneous participation in our precious lives is the gift of the last core attitude, and with it comes a sense of playfulness combined with responsibility. With equanimity, humor, and passion, you enjoy and make something meaningful out of whatever comes your way. Unexpected minor surgery gives you time to catch up on all those trashy novels you love. A death in the family reconnects you to the sacredness of life, and you finally tell your son what you've always needed to say. You miss a flight, start getting chatted up by a handsome stranger stuck in the airport with you, and marry him two years later. Being fired from your job allows you to pursue your true dream of sculpting lawn art. Every moment is an opportunity.

The Ultimate Attitudes

By now you've discovered I like to reduce things to their most powerful essence.

Remember I took you through the six emotions that rule the life you've created (sadness, anger, fear; joy, love, peace). Then I introduced the supporting cast of attitudes that keep those emotional programs in syndication (the 12 core attitudes). And now, drum roll please... I'm going to take you to the heartbeat, the pearl inside of the oyster: the ultimate attitudes.

An ultimate attitude is a universal truth: an all-encompassing statement that beats the heart and breathes the breath. There are only three!

Joy: Honor yourself

Love: Accept people and situations

Peace: Stay present and specific

By deduction, you understand if you're caging the beasts of sadness, anger, fear, you're going to live the exact opposite of these ultimate attitudes. So you're continuing the journey that leads you down the path to the gold at the end of the rainbow. With each page, one foot will follow the other, and you'll get more tools to bushwhack the weeds and widen the road. We'll do it together.



2

Creating Joy, Love, and Peace

In the last chapter, you saw far-flung examples and close to home scenarios of the ways unexpressed sadness, anger, and fear penetrate every nook and cranny of life. You assessed your own emotional constitution and learned about the destructive core attitudes holding you back. You're painfully aware now of what's dimming your light and what's keeping you from shining your brightest self. That's probably a huge revelation.

You're moving to higher ground now. Soon you'll be learning about tools to turn those destructive core attitudes around, for good. You want a grand life, and it's yours for the taking. But before we go further, I want to share the capstone of my work, the Attitude Reconstruction Blueprint. I've included it here in case you want to skip the explanations and just get the skinny on how to address challenges a.s.a.p.

The Attitude Reconstruction Blueprint

From the baseboards to the pitched roof, remodeling your emotional dream home requires careful, meticulous planning. Oh, and did I mention a lot of details? The Attitude Reconstruction Blueprint lays out the common wiring we all share. The familiar six emotions with their core attitudes are there, along with an entire scope of feelings, words, and actions associated with them. Explore it. Open to it. Study it or just randomly cruise around and see what pops out at you.

ATTITUDE RECONSTRUCTION® BLUEPRINT

Emotion	Focus	DESTRUCTIVE CORE ATTITUDES		
Expression	Attitude	FEELINGS	WORDS	ACTIONS
S A D N E S S crying sobbing wailing frowning	YOURSELF	UNWORTHY		
		Empty Inadequate Unlovable	<ul style="list-style-type: none"> I'm no good. I'm not enough. There's something wrong with me. 	<ul style="list-style-type: none"> Think and talk poorly about yourself Create false impressions Feel disconnected from who you are
		DEPEND ON OTHERS FOR APPROVAL		
	Lonely Insecure Needy	<ul style="list-style-type: none"> Show me you love me. I'll do anything to keep you happy. Tell me I'm okay. 	<ul style="list-style-type: none"> Please others at own expense Cling to other people Seek validation and compliments 	
	Don't honor yourself	JUDGE SELF NEGATIVELY		
		Self-loathing Stupid Ashamed	<ul style="list-style-type: none"> I should have known or done better. I'm stupid. I'm pathetic. I hate myself when I make mistakes. 	<ul style="list-style-type: none"> Set unrealistic expectations for yourself Put yourself down and beat self up Demand perfection from yourself
PASSIVE				
Helpless Incapable Unassertive	<ul style="list-style-type: none"> Poor me. I can't do anything about this. I don't know how. It's bigger than me. 	<ul style="list-style-type: none"> Play the submissive victim Fail to follow through Avoid confrontation 		
A N G E R hot aggressive hitting stomping shouting pounding	PEOPLE AND SITUATIONS	OUTWARD FOCUS		
		Jealous Blaming Alienated	<ul style="list-style-type: none"> You make me so mad. You are the problem. What do they have? say? think? 	<ul style="list-style-type: none"> Blame / ridicule / justify Make "you" statements Compare yourself to others
		DON'T ACCEPT PEOPLE AND SITUATIONS		
	Intolerant Disappointed Frustrated	<ul style="list-style-type: none"> You should be different. It's not supposed to be like this. I don't believe it. 	<ul style="list-style-type: none"> Have unrealistic expectations Give unsolicited advice / opinions Reject others and withhold yourself 	
	Refuse to accept people and situations	MAKE NEGATIVE JUDGMENTS OF WHAT IS		
		Resentful Critical Disgusted	<ul style="list-style-type: none"> You are a loser. Right-Wrong / Fair-Unfair / Good-Bad It's not enough. 	<ul style="list-style-type: none"> Expect the worst Label people and things negatively Be sarcastic / critical / cynical
SELFISH				
Stubborn Rebellious Arrogant	<ul style="list-style-type: none"> Me. Me. Me. My way or I won't play. I'm special. 	<ul style="list-style-type: none"> Act as if you are more important Be vain / pushy / insensitive Don't listen / opinionated 		
F E A R cold shivering quivering laughing nervously breathing irregularly	TIME	LIVE IN THE FUTURE OR PAST		
		Worried Anxious Distracted	<ul style="list-style-type: none"> What if... I don't want to feel this feeling. I've got to get out of here. 	<ul style="list-style-type: none"> Avoid expressing emotions Be speedy / impulsive / busy Escape reality through addictions
		OVERGENERALIZE		
	Dramatic Overwhelmed Scattered	<ul style="list-style-type: none"> It's always like that. This is too much. Nothing ever works out. 	<ul style="list-style-type: none"> Go on tangents Exaggerate or minimize issues Jump to conclusions 	
	Live in past or future, and over- generalize	LOSE SIGHT OF WHAT IS TRUE OR REAL		
		Indecisive Confused Conflicted	<ul style="list-style-type: none"> Maybe this, maybe that. I don't care. It doesn't matter. I'll handle it tomorrow. 	<ul style="list-style-type: none"> Doubt excessively Procrastinate / fail to take action Act without regard for consequences
ATTEMPT TO CONTROL				
Impatient Rigid Panicked	<ul style="list-style-type: none"> If I don't do it, it won't get done. Things are out of control. I've got to be in charge. 	<ul style="list-style-type: none"> Dominate or manipulate Behave obsessively / compulsively Plan excessively 		

Emotion	Focus	CONSTRUCTIVE CORE ATTITUDES		
Expression	Attitude	FEELINGS	WORDS	ACTIONS
J O Y	YOURSELF	WORTHY		
		Happy Full Lovable	<ul style="list-style-type: none"> I am whole and complete. I'm okay no matter what. What I am seeking is within me. 	<ul style="list-style-type: none"> Identify with your true self Know you are not your actions, roles, traits, and body Think well of yourself
		SELF-RELIANT		
		Independent Confident Authentic	<ul style="list-style-type: none"> My job is to take care of myself. Only if I take care of myself can I truly take care of you. I am alone and I am connected. 	<ul style="list-style-type: none"> Fulfill your own needs and desires Speak and act in line with your intuition Enjoy independent activities
		APPRECIATE AND RESPECT SELF		
		Honor yourself	Self-accepting Self-respect Delighted	<ul style="list-style-type: none"> Life is for learning. We all make mistakes. I did the best I could at the time. I love / accept myself unconditionally.
smiling bubbling sparkling laughing tears	Honor yourself	SPEAK UP AND TAKE ACTION		
		Powerful Assertive Capable	<ul style="list-style-type: none"> My views are equally important. I am responsible for what I do, think, say, and feel. I can do this. I can handle this. 	<ul style="list-style-type: none"> Set goals and follow through Speak up about what's true for you Face obstacles head on
		OPEN HEARTED		
		Honest Centered Genuine	<ul style="list-style-type: none"> My focus is myself. My domain is me. What is most loving? What is the high road? What does my intuition tell me? 	<ul style="list-style-type: none"> Obey your intuition Speak honestly about yourself Act with integrity
		ACCEPT PEOPLE AND SITUATIONS		
		Satisfied Tolerant Forgiving	<ul style="list-style-type: none"> People and things are the way they are. This is the way it is. We are all on our own paths. 	<ul style="list-style-type: none"> Have realistic expectations of others Give opinions only with permission Encourage others
L O V E	PEOPLE AND SITUATIONS	APPRECIATE AND RESPECT WHAT IS		
		Kind Compassionate Grateful	<ul style="list-style-type: none"> I love you. I like you. We are all connected. Thank you. 	<ul style="list-style-type: none"> Be kind to people and things Offer praise and show gratitude Attend to the positive
		GIVE SELFLESSLY		
		Humble Caring Generous	<ul style="list-style-type: none"> How can I help? What can I do? Your viewpoints and needs are as important as mine. I wish you well. 	<ul style="list-style-type: none"> Listen lovingly Serve / support / cooperate Show friendliness and affection
		RESIDE IN THE PRESENT		
		Calm Content Alert	<ul style="list-style-type: none"> Everything is / will be all right. This feeling is temporary. This situation will pass. Stop. Breathe. Slow down. 	<ul style="list-style-type: none"> Deal with emotions constructively Calmly handle whatever happens Pause to hear your intuition
P E A C E	TIME	STAY SPECIFIC		
		Clear Focused Effective	<ul style="list-style-type: none"> One thing at a time. I'll handle the future in the future. Be concrete. What's the specific? 	<ul style="list-style-type: none"> Think and speak in concrete terms Focus on one thing at a time Make and take small doable steps
		KEEP SIGHT OF WHAT IS TRUE OR REAL		
		Stable Committed Directed	<ul style="list-style-type: none"> This is what's true for me. I am responsible for my experience. My actions have consequences. 	<ul style="list-style-type: none"> Stay motivated to accomplish goals Persevere Act with conviction / passion
		OBSERVE, ALLOW, PARTICIPATE, AND ENJOY		
		Patient Trusting Flexible	<ul style="list-style-type: none"> I am part of a greater whole. Everything is unfolding in its time. There is enough time. 	<ul style="list-style-type: none"> Feel centered and safe no matter what happens Participate with humor, levity, creativity Show faith and trust
calm silent alert aware smiling breathing fully	Stay present and specific	RESIDE IN THE PRESENT		
		Calm Content Alert	<ul style="list-style-type: none"> Everything is / will be all right. This feeling is temporary. This situation will pass. Stop. Breathe. Slow down. 	<ul style="list-style-type: none"> Deal with emotions constructively Calmly handle whatever happens Pause to hear your intuition
		STAY SPECIFIC		
		Clear Focused Effective	<ul style="list-style-type: none"> One thing at a time. I'll handle the future in the future. Be concrete. What's the specific? 	<ul style="list-style-type: none"> Think and speak in concrete terms Focus on one thing at a time Make and take small doable steps
		KEEP SIGHT OF WHAT IS TRUE OR REAL		
		Stable Committed Directed	<ul style="list-style-type: none"> This is what's true for me. I am responsible for my experience. My actions have consequences. 	<ul style="list-style-type: none"> Stay motivated to accomplish goals Persevere Act with conviction / passion
OBSERVE, ALLOW, PARTICIPATE, AND ENJOY				
Patient Trusting Flexible	<ul style="list-style-type: none"> I am part of a greater whole. Everything is unfolding in its time. There is enough time. 	<ul style="list-style-type: none"> Feel centered and safe no matter what happens Participate with humor, levity, creativity Show faith and trust 		

I'll walk you through the Blueprint now. Check out the left side: locate the emotions of sadness, anger, and fear. On the right: their opposites: joy, love, and peace. Fairly straightforward, right? You'll also find the three foci — yourself, other people and situations, and time — as well as the core attitudes associated with each emotion and samples of feelings, thoughts, and actions that derive from each one.

Think of the left side as the 'wrong' side (that is unless you're driving in London). Living on the left, or destructive, side of the Blueprint keeps you on the hamster wheel of trouble that brought you here. Leaning to right, regardless of your political beliefs, in this case is a good thing! The right or constructive side, builds joy, love, and peace. Anytime you feel "off," simply locate what you feel, think, or do on the left side of the Blueprint, and get the 'fix' on the right.

Say, for example, you feel overwhelmed. You scan the left side of the Blueprint, and find "overwhelmed" listed as a feeling associated with fear. On closer inspection, you'll see that feeling overwhelmed falls under the core attitude of "overgeneralize." You think, "Hmmm, I do tend to lose track of time, and Billy's always teasing me about saying, 'always' or 'never' for everything!" You'll also discover some of the thoughts that fill your mind when you're overwhelmed, as well as some ways you behave when in the grip of that feeling.

Now slide on over to the right side of the Blueprint. You'll see that the opposing mental tendency, "stay specific," is associated with peace. Feelings that come from staying specific sound almost impossible right now: clear, calm, or steady. Your fingers settle on the new thoughts, which you begin to whisper to yourself. **"One thing at a time." "I'll handle the future in the future."** After a deep breath, you repeat again. And finally, looking to the "action" list, you start relaxing, little by little. The steps are small and doable, and you know this time is going to be different.

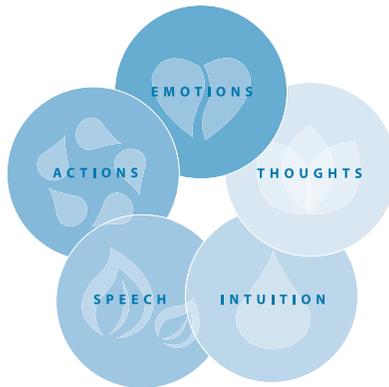
Your Toolkit

You're a master builder who needs high quality tools to craft a life of beauty, abundance, and happiness. If you were an electrician, you wouldn't show up on a job without cords, plugs, and wires. Likewise,

you have to come to work armed with the appropriate tools for creating happiness. You've actually had them since birth. They're powerful. You've seen how destructive they are when handled inappropriately. Now you're going to use them to build a better life.

We innately possess the ability to experience our world. Milky blue skies and the smell of a salty ocean; frosty beer, and a baby's giggles. Sun-soaked skin and gasoline fumes. Without our five senses, we couldn't experience any of these. Sight, hearing, taste, smell, and touch are the doorways into the world of sensation. From subtle to overpowering, they help us perceive and process our environment.

At birth we were also given five tools with which to interact with our world: emotions, thoughts, intuition, speech, and actions. In each moment we use one or several of them.



Our senses and tools are vastly different. Our senses are involuntary. Our five tools are voluntary. In each moment, our senses take in a constant barrage of stimuli. We hear a couple arguing on the corner or see a homeless person huddled under a thin cardboard box. With our tools, we interpret what we take in through our senses. Do we snap at our secretary after hearing the couple or do we tell her how much we appreciate

her hard work? Do we think poorly about the transient or do we leave half a sandwich next to him?

The Five Tools

- 1. Emotions**
- 2. Thoughts**
- 3. Intuition**
- 4. Speech**
- 5. Action**

With these five tools, we choose to express an emotion, ignore or consult our intuition, make a remark, or act out what we're feeling. We've been misusing these remarkable instruments to perpetuate sadness, anger, and fear. Now, we can use them to produce joy, love, peace.

Here's a situation you might actually encounter: say you're marched into a conference room and told that your company is going to downsize. If you want to keep your job, you're going to have to move to another state. Your senses are heightened. Life seems to be in Hi-Def. You smell the musty room. You hear your boss's words. Your heart is pounding, and a wave of nausea rises in your stomach.

How are you going to react? You can burst into tears, withdraw and zone out, become shell-shocked and despondent, or resist and counter-attack. You can tell yourself, "I knew this job was too good to last" or complain to your friends, "I'll never find another position with such good benefits." You can light up a cigarette, have a stiff drink, or decide not to show up to work the next day. Or, you can start thinking about a creative solution, ask copious questions, and make a plan. At every moment, you choose which tools to use and how you'll use them, destructively or constructively.

The first tool, your emotions, seems to be a sticky point for many. It's probably a bit of a new concept, but the healthy way to express these emotions is to emote, physically and constructively. That doesn't mean you get to poison a loved one with your venom. It means you allow the pure energetic sensation to move out of your body. What does that look

like? It could involve crying, pounding, or shivering. You're just looking to release pent up emotions so you don't have an internal nuclear meltdown that burns you, and the atmosphere, with toxic waste. Physically expressing your emotions in a healthy way is the fastest method to get rid of the energy and halt the destructive core attitudes.

Thought is your next tool. You can stay in your old rut, or you can replace your negative thoughts with new ones that are unequivocally true, such as **"People are the way they are,"** or **"We all make mistakes."** You'll keep yourself from sinking by repeating helpful thoughts, interrupting destructive chatter, and expressing any emotions. I only half-jokingly tell clients that one hundred thousand repetitions will bring the new concepts into focus and offset all the times they've told themselves the contrary. Repeating constructive truths eventually works magic, even if it just feels like repeating formulas for calculus right now. Just be sure that you're focusing on something that contradicts the old and is indisputably true.

Next is that nebulous thing called intuition. Consulting this well of wisdom allows you to tap into your heart and find what's indisputably true, at lightning speed. It's an unfailing guide for making sound decisions. Intuition helps with everything from simple things, such as what you really want for dinner, to the heavy hitters such as breaking up with your girlfriend after ten years. It's the knowing in your gut of what's right, right now. For example, perhaps you know that even if your company downsizes and offers relocation 400 miles away as the only option, you can't leave your aging parents and move, no matter how lucrative the offer.

Tool number four is your speech. The words and tone you use will either cause separation and fear or create connection and solutions. When you feel upset or off center, your communication skills can go out the window. What can be done to prevent this? Rather than accusing the company of being heartless, you can calmly talk about the implications this turn of events has for your situation.

Finally, with your actions — the last tool in the box — you can counteract those worn out and harmful ways of behaving by taking little

steps toward more joy, love, and peace. In the example of the layoff there are several possibilities to consider: you might offer to take a cut in pay, put in applications at other firms, start checking the classified ads, or consider job retraining.

Cycling Through All Five Tools

If you're used to hanging out in the dark emotional corners but find it's getting lonely in there, move to the light side in a flash by using any one of the five tools. For maximum results, whenever you're stuck, cycle through all five. By first using emotions and thoughts (tools one and two) as a base, you can easily hear your intuition (tool three), which will reveal the truth you know within. Then it's easy to speak up and take action (tools four and five). As a result, feel the joy, love, and peace pour into your world.

If you don't have the desire or time to emote (that is, to express your emotions physically), find freedom by aligning your thinking with what is constructive, or by pausing for a minute to consult your intuition. If you already know what you need to communicate, you can just speak up, as long as you abide by the Attitude Reconstruction rules for good communication. If a certain tool isn't working for you, go back around to an earlier one and take it from there.

How to Use Each Tool to Create Joy, Love, and Peace

You get the basic idea now that there are five tools at your disposal in every moment. The rest of this chapter gives an overview of how to put those tools in motion to neutralize sadness, anger, and fear. Each time you contradict old ways of being, you're staying present and specific, accepting what is, and honoring yourself.

You have a silent wellspring inside called pure being, Self, essence, higher self, authentic self, true nature, spirit, or soul. There are many ways to describe this expansive state beyond words, where you are centered, balanced, clear, and on the top of your game. When connected to your true self, you know you're whole and complete, and that nothing is lacking. Using any of these five tools can get you there, if you use them as they were originally intended.

Using Your Tools to Build Joy from Sadness

If you're constantly beating yourself up, not speaking up, or feeling hopeless, chances are your emotional constitution is sadness. Sadness is a natural reaction to hurts and losses. When not expressed constructively, it silently eats at your heart until joy has to pack its bags and move out. Your mind turns against itself. How can you turn the tide and truly honor who you are (the ultimate attitude of joy)? You can use any of the five tools.

On the level of the emotional energy, you can express sadness purely by allowing yourself to cry. Big, wet tears — the more, the better. But while you're crying, keep your mind quiet and clear. Ignore those mean voices, "I'm a loser. I'll never get this right." The emotion of sadness has no words, so if you think anything, it needs to be something simple, something like, "**I just feel sad. It's okay to feel sad.**" Crying in this manner allows the sadness to pass. You'll come back to your wonderful self, and sadness' negative influence will vanish.

Crying cleanly (without indulging any destructive thoughts) is the most direct route to joy, but it isn't the only one. The second tool that moves out sadness is your thinking. First you have to identify the unproductive thoughts you're telling yourself. For example, say you routinely don't assert yourself and believe the views and needs of others are more important than yours. Determine the constructive opposite: **My viewpoints and needs are as important as yours.** Contradict that old thinking and claim your personal power by repeating, "**My viewpoints and needs are as important as yours. My viewpoints and needs are as important as yours.**" Don't worry if you don't believe what you're saying at first.

Some other great truths are: **“I’m whole and complete,”** **“My job is to take care of myself,”** and **“I’m responsible for myself.”** Thinking and saying kind things about yourself focuses on the half-full jar and offsets the countless times you’ve tended to the half-empty one.

To restore more joy, the third tool of intuition also comes in handy. We often give too much power to what others say and do, automatically assuming how they’ll react and basing our behavior accordingly. We’re not connected to our inner wisdom unless we’re checking in. If this is your challenge, take the time to look within. You often find solutions to situations you were convinced kept you in a stalemate.

Rather than repeating “I don’t know,” take a moment to pause and ask yourself, “What’s true for me about this situation? What does my heart tell me I need to do about this?” Listen to the answer. You do know! And this answer, if it comes from a still place — not from your mind — will be in line with the three constructive ultimate attitudes. That is your “I.”

Looking within for answers is a habit you’ll be happy you’ve developed. It helps you in every aspect of your life, in every moment. You may have to put in some effort to plug into it. Maybe that will involve slowing down, shivering, or taking a couple of full breaths, so you can listen to your heart rather than your head. When you say aloud what you hear, it will resonate within you when it’s correct, and bring a joyous, peaceful feeling. If it’s not ringing all the way true, modify it until it does. If you can’t hear anything at all, maybe have a good cry, then ask again.

The fourth tool to catch the joy train is communicating what is true for you in a kind way. Rather than asking other people what they want, refocus, find your “I” about the specific topic at hand, and then talk about just that. You can still listen to others. You aren’t being egocentric. You’re just taking responsibility for yourself and voicing what’s in line with your personal integrity.

Questions to ask yourself could be: “What do I need to say about this specific topic?” or “How can I talk about what is true for me?” When you’re clear on what that is, the task is to confidently speak your “I.” It’s time to stop being the perpetual nice guy or unavailable woman. When

you assert yourself with kindness and say, “I don’t want to do that right now” or “I need this to happen before I’m willing to do that,” you are honoring yourself. You’ll be amazed by how empowering it feels.

Action is the fifth and final tool to break into living the joy factor. Rather than acting in old familiar ways, you choose to align your behavior with those things on which you are clear. Clarify your goal for a given situation; translate it into small, doable steps and then take those steps one at a time.

Remember the wise adage of Lao Tzu: “A journey of a thousand miles begins with a single step.” If you crave a mate, for instance, write out a list of different ways to put yourself into circulation. Decide on a first little step, such as investigating online dating services. When you find a site that seems good, sign up. If that’s too much, too fast, determine what actions are in your comfort zone, and take them. Maybe it’s enlisting a friend who is also looking for ‘Mr. Right’ instead of ‘Mr. Right Now’. The two of you could join a coed softball team together or sing in the community choir. Praise and appreciate yourself as you venture into new territory, and you’ll experience a double shot of joy.

Using Your Tools to Build Love from Anger

Anger bites and barks and tears away at anything it can sink its teeth into, whether it be your stomach, your heart, or any innocent bystander within a hundred mile radius. No one escapes the feelings of anger. Even revered Zen Buddhist monk Thich Nhat Hanh tells a story about his struggle to stay centered while angry, and this guy is the epitome of peace! It’s in everyone’s emotional constitution to one degree or another. It oozes out in big and little ways, no matter how valiant the attempt to disguise it. It shows up when you act mean-spirited, inconsiderate or bossy, or when everything you say has a negative spin to it. Maybe you attempt to change other people, get huffy when things don’t go your way, or just find yourself frustrated about almost everything. When you don’t express the anger constructively, you focus outward on people, things, and situations without accepting them — the second destructive ultimate attitude. The result is always the same: you end up feeling dis-

connected, separate, alienated. Unkind looks, words, and actions follow.

It's human to feel angry when experiencing an injustice or violation. For instance, if a coworker takes all the credit for a project you did, your hackles are going to rise. Anger hits everybody at one time or another, no matter how peachy the upbringing. Think about the injustice you felt when it was obvious your mother favored your sister over you. What did you do when Sis got more new school clothes and you were "too old" to have a tantrum?

Transforming your anger takes surrendering your pride and going for it. The first tool is dealing with the emotion itself by moving the hot, surging, wordless energy out of your body constructively. Think about a small child in the supermarket. When he's denied the sugar cereal he saw on television — an injustice in his eyes — he flops on the floor and throws a tantrum. He doesn't say, "Excuse me, mother dear, I'm feeling angry and need to do some exercise or regulated breathing." He spontaneously moves that energy out of his body in whatever loud and outrageous way it comes. Mother is totally embarrassed (a feeling associated with fear), but the child is just taking care of himself. If his mother takes him somewhere safe, like the car, and allows him to express the anger physically, the energy passes. At some point, it's over. He cries, falls asleep, or gets absorbed in something else. He's then back, fully present with no lingering after taste.

Adults need a physical way to move anger energy, as well. To expel this emotion, you need to do something where you can safely let go, such as yelling into a pillow, stomping around, or pushing against a doorjamb. What is important is that you don't destroy anything of value (including yourself) while getting rid of the physical sensations. Make hard and fast movements with total abandon until you experience a noticeable shift and feel the anger energy dissipate.

What you think and say to yourself while pounding is crucial. Blaming or cursing others will heat things up. Other people and situations are just convenient targets. To move the energy constructively, you need to own it as residing within you. While pounding or pushing, make primal sounds, grunt or growl or say, "**I feel angry. I feel so frustrated.**"

Your thinking will neutralize your anger if you can fully accept people, things, and situations. Refocus on what you can do to feel more love. Negative thoughts about external things are born from anger and only perpetuate more. To break the cycle, think the opposite of what you usually tell yourself. Instead of thinking “You shouldn’t act like that,” or “He should be more considerate of my feelings,” remind yourself, **“People and things are the way they are, not the way I want them to be.”**

This profound sentence contradicts the “shoulds” and me-me-me thinking that people with anger constitutions have likely repeated to themselves for a long, long time. Think your acceptance thoughts anytime, but especially when you realize you’re not thinking well of someone, when you feel like pulling away, or when you’re ranting. Then you can remind yourself, **“My focus is myself.”**

Use your intuition rather than blaming the world for the conditions you find yourself in. Turn your attention around one hundred and eighty degrees, and ask yourself: **“What’s true for me about this situation? What do I need to do here to feel more love?”** If you come back to yourself and listen to what your inner knowing tells you, rather than giving credence to your vindictive mind or self-centered ego, you’ll get clear about where you really stand and what you need to say or do.

Find a way to communicate what is true for you, and do it in a kind way. Anger awards us a Ph.D. in telling other people about themselves, so it may seem nearly impossible. But focusing negatively on others doesn’t bring love, it only gets you more disconnected and accentuates differences. Rather than fuming over how other people are, how they should be, or what they should do, refocus. Speak about yourself — that is, speak your “I.” It’s not, “What’s your problem?” It’s “I was angry when I couldn’t catch you on the phone.” You don’t have to remove the word “you” from your vocabulary. You just have to keep your attention on talking about what’s true for you about you.

Another surefire way to move through anger and increase love with your speech is to give appreciations and praise to others, emphasizing the bright side, and voicing your gratitude. The more of this, the better.

Action — as in genuine acts of giving — melt anger and fuel love. Frequently ask yourself, “**What can I give? How can I help?**” Then follow through. Give undivided attention by listening lovingly. When you become the devil’s advocate or offer unsolicited advice, you provoke anger. When you listen in order to understand, people feel respected, and you’ll feel more love. There’s many ways you can give: a greeting card, money, time, or expertise. You can cooperate, compromise, or gracefully give up your preference and do something the other person’s way.

Choose any or all of your five tools to move you from anger to love in any situation. As you go along, you see the bright light at the end of the tunnel, drawing you closer to the treasure: the second ultimate attitude of accepting people and situations. Love brings you back to your true centered self. You live in your heart and come from a space of openness and expansion. It’s impossible not to love and accept people and situations when you’re truly connected to all that is.

Using Your Tools to Build Peace from Fear

Peace is fleeting, especially for those with fear constitutions. Being able to relax into a moment, to feel calm when sitting in traffic, or to experience ease in new situations is probably a foreign concept. Instead, your heart races, stomach tightens, legs jiggle, and sleepless nights are the norm. Held-in fear is the root of the anxiety so prevalent in our culture today. We burn ourselves out, trying to squeeze in just one more errand in the day, speeding from one thing to the next, multitasking, and end up agitated, spaced out, or exhausted.

Fear is a normal reaction to threats to our survival. It is a highly useful emotion to keep us safe and out of harm’s way, whether it’s a lurking stranger in the parking lot or driving in a neighborhood we know we shouldn’t be in after dark. In general, stepping into any unknown situation naturally elicits fear. But that fear takes on new meaning for people with fear constitutions. They react to little events as if they were life threatening, and to them, most events genuinely feel like life or death.

If we want to live in peace we need to embody the ultimate attitude associated with it, and stay present and specific. In situations that push

our fear, pulling out the five tools and attacking it from all angles moves us closer to dealing with what's required in the moment, to becoming a witness, and enjoying what life has dealt us.

How can you deal with fear on an emotional level? Here's a hint: think about what your dog looks like when you take him to the vet's office. He cowers and shivers. He trembles and pees in the corner. That's what being scared looks like. Have you ever been in an automobile accident or earthquake? In those threatening situations, your body sends a message to the brain that your survival is threatened. As stress hormones surge, the body starts shaking uncontrollably. Quivering out the fear, rather than tightening up, frees your mind from survival-mode thinking and enables you to deal with the situation.

Expressing fear physically releases the agitated energy zipping through your body. When you're afraid, the body temperature drops, your stomach flip-flops, and your voice quivers. People who have panic attacks know the sensations. To get in touch with that feeling, imagine you're about to give a speech in front of five hundred people. Are your knees knocking? Hands freezing? Is your stomach in your throat?

On a purely physical level, you can dissipate the fear energy by shivering and trembling with wholehearted vigor. Move the energy up your spine, through the jaw, into your neck, down the arms and out the hands, the legs and the feet. Don't tighten up against it. Don't fight it. Shiver it out instead. If you need encouragement, put on music and dance to release the fear energy.

You must be vigilant while quivering and quaking to not give in to fear's core attitudes. Make high-pitched squeals or name what you are experiencing: **"I just feel scared. It's okay. This feeling will pass. I just need to shake."** Sometimes all that's required is a two-second shudder before you focus on whatever needs attention. Shuddering may be something you've only heard joked about or think only happens in vampire movies. But it's exceptionally helpful — and something real — to use right now. I know it sounds a bit strange, but if you try it — especially if you are lying awake in the middle of the night or facing something that feels intimidating — you'll experience the benefits first hand.

Each time you replace the skewed thoughts about the past, future, or present that your mind tries to convince you of, you'll feel calmer and more relaxed. Two of the best phrases to use are **"Everything is all right"** and **"Everything will be all right."** When the mind chimes in and says, "Oh no, it won't," take a strong stance and remind yourself, "Yes it will. **Everything will be all right. This situation is temporary.**" When you're feeling nervous or anxious, relentlessly repeat such thoughts as **"One thing at a time. I'll do what I can, and the rest is out of my hands."**

Thinking in specifics also helps to reduce fear. What do I mean about specifics? Be exact. Precise. Here's why: when worrying about the future, your mind usually rotates in circles. The tires are spinning but you aren't going anywhere. If you identify the issue in concrete terms, rather than being hazy and vague, you can deal with what's frightening you. For example, if you have to take a test to qualify for a promotion, instead of freaking out and telling yourself that you'll never pass, make a list of the skills you need to review and set a reasonable study schedule. It doesn't matter what you're doing, as you go through the day, brushing your teeth, drinking your coffee (which you need to go light on because it will agitate you more), or driving your car, repeat: "I'll do what I can, and the rest is out of my hands."

Intuition neutralizes the debilitating influence of fear. Pause and check in with your heart about what is true for you. Instead of doubting your decision to go on an exotic vacation, ask yourself, "What's true for me about this specific situation? What do I need to do?" If you ask yourself specific questions, you'll hear specific answers. When you know precisely where you stand, hold on to what's true for you and proceed.

And remember when I said to focus on specifics when thinking? What comes out of your mouth should also only be about specifics. We rely on specifics in almost every field of endeavor — cooking, architecture, computers, gardening, and so on. If you stay concrete in your words, other people can more easily understand what you're talking about. Using vague or abstract terms, it's easy to get confused or frightened. Instead of saying, "We need to talk," you'll open up communication channels if you say, "I want us to set a time to talk about what you said to my brother last

night.” Instead of “This situation is out of hand,” say, “I want us to look at our budget this weekend, because I’m concerned we can’t pay our bills this month.” You give more information that way.

Talking in labels like carelessness, immaturity, inconsiderate, or trust invites breakdown and fracture. Focus on specific topics to come up with workable solutions. The more clear you can be about boundaries, requests, consequences, and solutions, the less ambiguity and more safety you will create.

Finally, use your actions to increase peace by zeroing in on exactly what needs attention. Make your steps small and doable, and then take them one at a time. You’ll stay out of overwhelming or intimidating situations, and successfully complete each project before entertaining the next. If you want to quit smoking, focus on making another choice when the impulse arises just for one day. Just take one minute, one hour, one day at a time. In this way, you can string together a series of victories and eventually accomplish your goals. I know it sounds a bit strange, but if you try it — especially if you are lying awake in the middle of the night or facing something that feels intimidating — you’ll get tangible proof about the effectiveness of physical expression.