

Step 4
Info

Turn-Arounds

"We were prepared to look at (the list) from an entirely different angle."
"Where were we to blame?"
(We were on a collision course; examine event structures, core beliefs)

Selfish:

- What did I want?
- Why? Where was I selfish?

Dishonest:

- The lie I told, e.g., How I changed reality, How I edited reality (told half-truths)
- Lies of omission. What was really taking place?
- Was I silent? Not express my feelings?
- Did I judge?
- Was a half-truth involved?
- Did I lie to myself? Denial, Deception; deny the effects of their behavior on me
- Did I try to get my self-esteem from others?
- What was the lie I believed?
- What is the truth that I failed/refused to see?
- How did I set the ball in motion?
- How do I continue to feed into_____?
- Exaggerating the effect of an event, comment, or incident
- My inability to hear another persons perspective or,
- Deny a person's right to their own opinion or perspective
- Cheating. Stealing. Keeping secrets.
- Participating in illegal activities.
- Doing things that are rude and unacceptable
- Rationalizing. Not being willing to admit when I'm wrong.
- Distorting the truth. Pretending, etc.
- Pretending an emotion or a response.
- Was it any of my business?
- Did I put myself in that position?
- Did I do the same thing myself?
- Am I being responsible for other people's actions?
- Am I controlling?
- Was I playing God? Do I think I know what's best for others?
- Did I have false expectations?
- Was I imposing my will?
- Did I do the same thing I dislike in others?
- Unreasonable expectations for others
-

Self Seeking: [self-determined goal, self determined outcome]

- What action did I take to get what I wanted? [e.g.; drink, drug, sex, food, distraction, delay]
- Behavior used to get what I wanted
- Required people to respond to me in a way to make me feel o.k.
- Swearing, Cursing
- Backstabbing
- Gossiping
- Mocking
- Quarreling
- Blaming
- Using scare tactics intended to intimidate, e.g., threats, flying into a rage
- Using the "if you only knew" argument
- Recruiting people to affirm my perspective- getting people to agree with me
- Recruit sympathy
- Ignoring a person and/or Not giving them their due, shun, cold shoulder
- Trying to make the other person feel responsible and/or guilty for what happened
- Retribution, retaliation
-