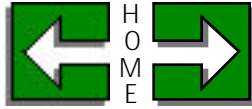


CHECK-UP QUESTIONS

CIRCLES



1. **QUESTION:** WAS THE WORD BITTER HER WORD SHE USED TO DESCRIBE HER FEELINGS OR WAS IT JIM CAMPBELL'S WORD HE USED TO LABEL HER AS A BITTER PERSON?

ANSWER: HER WORD SHE USED TO DESCRIBE HER OWN ATTITUDE.

2. **QUESTION:** THE FOUR WORDS, MAD, ANGRY, SAD AND DEPRESSED WERE CALLED WHAT?

ANSWER: COMPONENTS OF THE BITTERNESS.

3. **QUESTION:** WHY DID JIM TAKE THE COMPONENTS OUT OF THE BITTERNESS - TO SHOW WHAT?

ANSWER: WHAT SHE WAS DOING. YOU'RE RIGHT WHEN YOU SAY IT SHOWS MORE SPECIFICALLY WHAT SHE WAS FEELING, BUT WE ARE LOOKING PRIMARILY AT THE CHOOSING PROCESS - OR WHAT HER ACTION OF CHOOSING TO BE BITTER AS A MANIPULATIVE BEHAVIORAL DISPLAY WAS DOING.

4. **QUESTION:** IN HER FIRST PERCEPTION, OR BEFORE SHE BECAME INVOLVED IN A COMMUNICATIONS LEARNING EXPERIENCE, WHAT KIND OF ARROWS WERE POINTING FROM HER TO THE THREE HUSBANDS? BLAMING OR PUSHING?

ANSWER: BLAMING. IN HER FIRST PERCEPTION, SHE THOUGHT OTHER PEOPLE MADE HER BITTER. THE CONCLUSION SHE HAD IN HER THOUGHT PROCESS WAS THAT OTHER PEOPLE MADE HER UNHAPPY, SO THEREFORE, OTHER PEOPLE HAD CONTROL OF MAKING HER HAPPY, TOO.

5. **QUESTION:** WAS HER CONCLUSION THAT OTHER PEOPLE CONTROL HER LIFE A REALITY CONCLUSION OR AN ILLUSION CONCLUSION?

ANSWER: AN ILLUSION CONCLUSION. HER PERCEPTION MUST SHIFT TO THE REALITY CONCLUSION - THAT SHE IS IN CONTROL OF HER LIFE AND THE FEELINGS IN WHICH SHE IS LIVING.

6. QUESTION: IN HER SECOND PERCEPTION, OR AFTER COMPLETING A COMMUNICATIONS LEARNING EXPERIENCE, WERE THE ARROWS POINTING FROM HER TO THE THREE HUSBANDS BLAMING ARROWS OR PUSHING ARROWS?

ANSWER: PUSHING ARROWS. CONSTANTLY BEING MAD,. ANGRY, SAD OR DEPRESSED AT HER HUSBANDS AND BLAMING THEM FOR HER BAD FEELINGS WAS ACTUALLY CONDITIONING THEM NOT TO WANT TO COME HOME OR NOT TO BE AROUND HER.

7. QUESTION: WAS IT HER INTENT TO PUSH HER HUSBANDS AWAY FROM HER OR CONDITION THEM TO NOT TO WANT TO COME HOME? WAS IT HER INTENT TO PARTICIPATE IN THE DISINTEGRATION OF THE FAMILY?

ANSWER: NO. SHE WAS TRYING THE ONLY WAY SHE KNEW TO GET THINGS GOING RIGHT.

8. QUESTION: SINCE GETTING MAD, ANGRY, SAD AND DEPRESSED AND BLAMING OTHERS WAS WORKING THE OPPOSITE OF HER INTENT, WHY DID SHE DO IT?

ANSWER: SHE WAS NOT REALLY AWARE OR HAD NOT LEARNED TO COMMUNICATE EFFECTIVELY. SHE HAD NEVER HAD ADEQUATE MENTAL HEALTH INSTRUCTION.

9. QUESTION: WHO BUILT THE WALL BETWEEN HER AND THE THREE HUSBANDS? SHE OR JIM?

ANSWER: JIM BUILT THE WALL TO ISOLATE HER FROM OTHER SO HE COULD ASK HER FIVE KEY QUESTIONS.

10. QUESTION: WHAT WERE THE FIVE KEY QUESTIONS?

ANSWER:

1. WHO'S LIV_____ IN THE BITTERNESS?
ANS: LIVING
2. WHO'S EX_____ THE BITTERNESS?
ANS: EXPERIENCING
3. WHO'S LIFE IS BEING CON_____ BY THE BITTERNESS?
ANS: CONTAMINATED
4. WHO'S TRAN_____ THE BITTERNESS?
ANS: TRANSMITTING
5. WHO'S LOS_____?
ANS: LOSING

11. QUESTION: THERE ARE TWO ROUTES FROM THE BLOCK TO BITTERNESS. THE TOP ROUTE IS THE JUSTIFIED ROUTE. DO PEOPLE ONLY RUN PATTERNS WHEN THEY ARE JUSTIFIED?

ANSWER: NO.

12. QUESTION: DO PEOPLE ONLY GET UPSET OR RUN PATTERNS WHEN THEY ARE JUSTIFIED?

ANSWER: NO.

13. QUESTION: DO PEOPLE ONLY RUN PATTERNS OR GET UPSET WHEN IT IS FAIR TO RUN A PATTERN?

ANSWER: NO.

14. QUESTION: WHAT CAUSES PEOPLE TO RUN A PATTERN?

ANSWER: GETTING BLOCKED OFF BY PERSONS OR CIRCUMSTANCES FROM GETTING THEIR NEEDS, WANTS, OR WAYS FILLED.

15. QUESTION: IF WE PRESENTED HER WITH A PLAQUE, MEDAL OR CERTIFICATE THAT SAID SHE WAS JUSTIFIED IN BEING BITTER, WOULD IT ALTER HER CONDITION OR IMPROVE HER OUTLOOK ON LIFE?

ANSWER: NO.

16. QUESTION: DO PEOPLE TEND TO WANT TO CLING TO BAD PATTERNS OR BAD FEELINGS IF THEY FEEL THEY ARE JUSTIFIED?

ANSWER: YES.

17. QUESTION: HOW MANY STEPS IN PROCESS?

ANSWER: FIVE.

18. QUESTION: DO THEY ALWAYS OCCUR IN THE SAME SEQUENCE?

ANSWER: YES.

19. QUESTION: WHAT IS THE FIRST STEP IN PROCESS?

ANSWER: DEVELOPING A NEED, CHOOSING TO WANT SOMETHING OR TRYING TO GET YOUR WAY - WHAT THE PERSON IS AFTER OR ATTEMPTING TO ACHIEVE.

20. QUESTION: WHAT STORY DID JIM TELL ABOUT THE BLOCK TO EMPHASIZE THAT SOMETIMES A RATIONAL ANSWER DOES NOT STOP A PERSON'S ATTEMPT TO GET HIS WANTS FILLED?

ANSWER: THE BOY IN THE CANDY STORE.

21. QUESTION: WHAT STORY DID JIM TELL ABOUT THE PRICE A PERSON COULD PAY BY BLASTING OR FIGHTING THEIR WAY THROUGH THE BLOCK TO GET THEIR WAY?

ANSWER: THE STORY ABOUT THE FATHER WHO WANTED THE HOUSE CLEAN.

22. QUESTION: WHAT STORY DID JIM TELL TO ILLUSTRATE THAT NOT ONLY PEOPLE CAN BLOCK US OFF BUT CIRCUMSTANCES CAN ALSO CAUSE US TO RUN PATTERNS OR EXPERIENCE STRESS?

ANSWER: THE GUY IN THE CAR AT THE RAILROAD CROSSING.

23. QUESTION: WHEN DO PEOPLE BEGIN TO EXPERIENCE STRESS?

ANSWER: WHEN ANYTHING BLOCKS THEM FROM GETTING THEIR NEEDS, WANTS, OR WAYS FILLED.

24. QUESTION: WHAT DO THE NUMBERS 4,5,6,7,8,9,10,11 AND 12 MEAN?

ANSWER: PEOPLE SELECTED AT RANDOM.

25. QUESTION: WHAT DID THE PEOPLE SELECTED AT RANDOM ILLUSTRATION INDICATE?

ANSWER: THAT A PERSON WITH A PATTERN WOULD REACT THE SAME WAY WITH EVERYONE AS THAT IS THEIR PATTERN OF INTERACTING OR COMMUNICATING.

26. QUESTION: IF IT IS NOT OTHER PEOPLE'S FAULT SHE WAS BITTER - THEN WHO'S FAULT IS IT?

ANSWER: IT'S NO ONE'S FAULT. SHE WAS NOT TRULY AWARE HER BEHAVIOR WAS PUSHING OTHERS AWAY FROM HER - BUT SHE IS STILL RESPONSIBLE FOR HER CONDITION. TO SAY IT'S HER FAULT IS TO IMPLY SHE IS GUILTY OF SOMETHING AND THE ONLY THING SHE WOULD BE GUILTY OF WOULD BE NOT KNOWING.

27. QUESTION: IN HER FIRST PERCEPTION, WHO DOES SHE THINK BUILT THE CAGE OF BITTERNESS OR TRAPPED HER IN THE BITTER FEELINGS?

ANSWER: OTHER PEOPLE - AND ESPECIALLY THE THREE HUSBANDS.

28. QUESTION: IN REALITY, WHO BUILT THE CAGE?

ANSWER: SHE DID.

29. QUESTION: IN HER SECOND PERCEPTION, OR AFTER SHE UNDERSTANDS WHAT WE ARE TALKING ABOUT, WHO DOES SHE THINK BUILT THE CAGE OR IS TRAPPING HER IN HER BITTER FEELINGS?

ANSWER: SHE DID!

30. QUESTION: THE THREE LINES TO THE RIGHT OF THE CAGE REPRESENT WHAT?

ANSWER: JOY.

31. QUESTION: THE FOUR LINES TO THE LEFT OF THE CAGE REPRESENT WHAT?

ANSWER: HAPPINESS.

32. QUESTION: BEFORE BECOMING INVOLVED IN A COMMUNICATIONS LEARNING EXPERIENCE, OR COUNSELING EFFORT, WHAT CONCLUSION DOES SHE HAVE THAT KEEPS HER FROM HAVING A MORE JOYFUL OR HAPPY LIFE?

ANSWER: THE CONCLUSION OR PERCEPTION THAT OTHER PEOPLE HAVE CONTROL OF HER FEELINGS AND HER LIFE.

33. QUESTION: WHAT IS THE FIRST THING THAT MUST OCCUR FOR HER TO GET OUT OF THE CAGE?

ANSWER: LEARN. TO BECOME AWARE, RECOGNIZE OR UNDERSTAND WHAT WE ARE SAYING SHE MUST GO THROUGH A LEARNING EXPERIENCE.

34. QUESTION: AFTER SHE LEARNS OR SHARES THE NEW CONCLUSION OR PERCEPTION, WHAT IS THE SECOND THING SHE MUST DO TO START EXPERIENCING MORE JOY AND HAPPINESS.

ANSWER: UNPRACTICE. STOP THE OLD BEHAVIOR THAT WAS SELF-DEFEATING, CHOOSE HOW TO RESPOND IN THE FUTURE, START USING THE NEW BEHAVIOR AND EVALUATE THE RESULTS TO MAKE SURE THE CHANGE IS EFFECTIVE.

35. QUESTION: DID DIVORCE FROM HER FIRST HUSBAND SOLVE ANY OF HER PROBLEMS?

ANSWER: NO.

36. QUESTION: IF A PERSON IS EXPERIENCING 30 POUNDS 4 OUNCES OF CONDEMNATION TOWARD ANOTHER PERSON FOR ANY REASON, EVEN IF THEY ARE JUSTIFIED, WHO IS LIVING IN, EXPERIENCING AND TRANSMITTING THE JUDGEMENTAL FEELINGS?

ANSWER: THEY ARE.

37. QUESTION: DOES THIS PRESENTATION ONLY APPLY TO WOMEN?

ANSWER: NO. IT APPLIES TO EVERYONE.

38. QUESTION: FROM THE PRESENTATION CALLED DISTORTION GAP, COULD THERE BE A GREATER DIFFERENCE IN OUT INTENT AND OUR BEHAVIOR THAN WE ARE NORMALLY AWARE OF?

ANSWER: YES, SIGNIFICANTLY

39. QUESTION: DOES THE FIELD OF COMMUNICATION FOCUS MORE ON TALKING AND LISTENING SKILLS OR THOUGHT PROCESS?

ANSWER: BOTH, AS BOTH ARE EQUALLY IMPORTANT.

40. QUESTION: WHICH IS MORE IMPORTANT, MENTAL FITNESS OR PHYSICAL FITNESS?

ANSWER: BOTH ARE EQUALLY IMPORTANT.

41. QUESTION: CAN ANYONE IN ALL OF ETERNITY LEARN FOR YOU OR UNPRACTICE FOR YOU?

ANSWER: NO.

42. QUESTION: IF YOU DON'T LEARN TO COMMUNICATE EFFECTIVELY, WHAT ARE SOME THINGS YOU COULD LOSE?

ANSWER: MY FRIENDS, MY JOB, MY FAMILY AND THE JOY AND HAPPINESS OF LIFE.

43. QUESTION: HOW MUCH TIME AND EFFORT SHOULD YOU PUT INTO A GOOD COMMUNICATIONS LEARNING EXPERIENCE?

ANSWER: WHATEVER IS REQUIRED TO BECOME AN EFFECTIVE COMMUNICATOR.

THE END OF CHECKUP QUESTIONS

