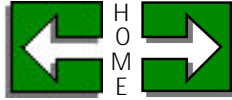


CHECK-UP QUESTIONS FOR EQUAL VALUE TRANSACTIONS



1. QUESTION: WHAT IS THE DEFINITION OF A LEVEL TRANSACTION?

ANSWER: A LEVEL TRANSACTION IS ONE WHERE YOU PLACE AN "EQUAL VALUE" ON EVERYTHING THE OTHER PERSON THINKS, SAYS, FEELS OR DOES.

2. QUESTION: WHAT WAS THE ILLUSTRATION USED BY THE NARRATOR TO BALANCE A LEVEL TRANSACTION?

ANSWER: THE SCALES OF JUSTICE.

3. QUESTION: HOW MANY PEOPLE START OFF LIFE IN A NEGATIVE GROWTH MODE?

ANSWER: EVERYONE.

4. QUESTION: IS IT THE PARENTS FAULT THE CHILDREN START OFF IN A NEGATIVE GROWTH MODE.

ANSWER: NO.

5. QUESTION: WHAT DOES NEGATIVE GROWTH MEAN?

ANSWER: NEGATIVE GROWTH IS THE TERM USED TO DESCRIBE THAT AS INFANTS WE HAVE NO VOCABULARY OR POWERS OF REASONING. WE MERELY LEARN TO USE VARIOUS BEHAVIORAL DISPLAYS TO GET OUR NEEDS, WANTS AND WAYS FILLED WITHOUT HAVING AN AWARENESS OF THE CONCEPT OF "EQUAL VALUE".

6. QUESTION: WHAT IS THE FIRST STYLE OF TRANSACTION EVERYONE LEARNS TO MAKE?

ANSWER: DOMINANT HOSTILE AND SUBMISSIVE HOSTILE.

7. QUESTION: WHAT IS THE SECOND STYLE OF TRANSACTION WE LEARN TO MAKE?

ANSWER: CONDITIONAL.

8. QUESTION: WHY CAN CONDITIONAL TRANSACTIONS SOMETIMES BE HOSTILE?

ANSWER: BECAUSE SOMETIMES OUR POSITIVE REGARD OR LOVE FOR OTHERS BECOMES CONDITIONAL. IF THEY DO NOT DO WHAT WE WANT, WE STOP LOVING THEM AND START HATING THEM -- WHICH IS A HOSTILE BEHAVIORAL DISPLAY.

9. QUESTION: WHAT DOES THE WORD HOSTILE MEAN AS WAS USED IN THE LEVEL TRANSACTION PRESENTATION?

ANSWER: A TRANSACTION WHERE "EQUAL VALUE" IS NOT PRESENT.

10. QUESTION: WHAT HAS TO OCCUR FOR A PERSON TO BE ABLE TO CHANGE FROM THE NEGATIVE GROWTH TO THE POSITIVE GROWTH MODE AND MAKE "EQUAL VALUE" MATURE OR CARING TRANSACTIONS?

ANSWER: GO THROUGH THE LEARNING BARRIER TO HAVE A LEARNING EXPERIENCE THAT RAISES THE LEVEL OF AWARENESS TO WHERE A PERSON BECOMES CONSCIOUS OF THEIR UNINTENDED HOSTILE BEHAVIORAL DISPLAYS.

11. QUESTION: WHAT IS A POSITIVE GROWTH MODE?

ANSWER: ONE WHERE A PERSON BECOMES AWARE OF THE PROCESS OF HOW THEY RELATE WITH OTHERS AND IS CONSTANTLY SEEKING FEEDBACK SO THEY CAN CHOOSE TO ADJUST THEIR OWN BEHAVIOR SO THEY ARE GETTING THE RESULTS THEY WANT IN THEIR INTERACTIONS OR WHERE THEIR BEHAVIORAL DISPLAYS MORE CORRECTLY REFLECT THEIR INTENT.

12. QUESTION: WHAT IS THE MOST SELF-CENTERED BEHAVIORAL DISPLAY A PERSON CAN MAKE?

ANSWER: MURDER! A PERSON IS NOT PLACING ANY VALUE ON THE OTHER PERSON'S EXISTENCE WHICH IS THEIR MOST VALUABLE POSSESSION.

13. QUESTION: WHAT CAUSES "PAIN" IN RELATIONSHIPS?

ANSWER: UNLEVEL TRANSACTIONS OR BEHAVIORAL DISPLAYS THAT DO NOT PLACE AN "EQUAL VALUE" ON THE OTHER PERSON.

14. QUESTION: AS "PAIN" BUILDS UP FROM A SERIES OF UNLEVEL OR HOSTILE TRANSACTIONS, FEELINGS OF LOVE AND POSITIVE REGARD CHANGE TO HATE OR LACK OF REGARD. IF PEOPLE LEARNED TO START MAKING "EQUAL VALUE" TRANSACTIONS, COULD THE FEELINGS OF LOVE AND POSITIVE REGARD BE REESTABLISHED OR CHANGE BACK TO THE FEELINGS THEY STARTED WITH?

ANSWER: YES, JUST LIKE THEY GREW INTO A PAINFUL POSITION THEY CAN GROW BACK OUT TO A LOVING OR MORE PLEASANT RELATIONSHIP.

15. QUESTION: WHICH IS MORE HOSTILE - DOMINANT OR SUBMISSIVE BEHAVIORAL DISPLAYS?

ANSWER: THEY ARE SIMILARLY HOSTILE AS THEY BOTH REFLECT A PERSON ATTEMPTING TO GET THEIR NEEDS, WANTS AND WAYS FILLED.

16. QUESTION: IS A PERSON MORE RESPONSIBLE FOR THEIR ACTIONS OR REACTIONS?

ANSWER: THEY ARE EQUALLY RESPONSIBLE FOR BOTH AS THEY LIVE IN THE FEELINGS THEY CHOOSE AND THE RESULTS THEY OBTAIN.

17. QUESTION: WHAT IS AN APPROPRIATE RESPONSE?

ANSWER: AN ASSERTIVE BEHAVIORAL DISPLAY THAT IS NOT ACTIVELY OR PASSIVELY AGGRESSIVE, ONE THAT PLACES AN "EQUAL VALUE" ON ONESELF AND OTHERS. ONE WHERE A PERSON STANDS UP FOR HIMSELF OR HERSELF AND EXPRESSES THEIR OWN TRUE FEELINGS, DOES NOT ALLOW OTHERS TO TAKE ADVANTAGE OF THEM BUT AT THE SAME TIME REMAINS CONSIDERATE OF OTHER PEOPLES' NEEDS, WANTS AND WAYS.

18. QUESTION: IS "CAVING IN" A CARING OR NON-CARING WAY TO TREAT CHILDREN IN THE EARLY YEARS OF LIFE - AND WHY?

ANSWER: NON-CARING. BECAUSE IT TENDS TO REINFORCE WHAT MAY BE A HOSTILE BEHAVIORAL DISPLAY PATTERN THAT MAY CAUSE A BREAKDOWN IN THEIR INTERPERSONAL RELATIONSHIPS THROUGHOUT LIFE.

19. QUESTION: FROM THE ILLUSTRATION OF THE FATHER AND DAUGHTER USING THE CAR - WHAT IS THE DIFFERENCE THE NARRATOR WAS TRYING TO HIGHLIGHT WHEN MAKING "EQUAL VALUE" TRANSACTIONS?

ANSWER: THE "EQUAL VALUE" OR MORE "LEVEL TRANSACTIONS" CONTAINED A PHRASE, CLAUSE OR SENTENCE IN EACH PARAGRAPH THAT "TRANSMITTED" TO THE OTHER PERSON THE KNOWLEDGE "EQUAL VALUE" WAS BEING PLACED ON THEM.

20. QUESTION: WHAT ARE SOME THINGS A PERSON COULD LOSE IF THEY CONTINUE THROUGH LIFE IN A NEGATIVE GROWTH MODE?

ANSWER: FAMILY, FRIENDS, JOB ETC.

21. QUESTION: HOW LONG DOES THE PROCESS OF "UNPRACTICING" TAKE?

ANSWER: THE REST OF ONES LIFE.

22. QUESTION: WHAT IS A "TRIGGER MECHANISM"?

ANSWER: ANYTHING THAT "BLOCKS" US OFF FROM GETTING OUR NEEDS, WANTS AND WAYS FILLED.

23. QUESTION: WHAT IS AN "EMOTIONAL DISCONNECT"?

ANSWER: ANY INTENSE EMOTION THAT IS ALLOWED TO CONTINUE OUT OF CONTROL. NORMALLY AN AUTOMATIC REACTION THAT IS A PATTERN OF BEHAVIOR THAT WE MUST "CHOOSE" TO CONTROL AND "UNPRACTICE".

24. QUESTION: WHAT DOES "CONTROL LINE" MEAN?

ANSWER: THE INTENSITY ZONE WHERE IT IS NORMAL TO EXPERIENCE EMOTIONS WITHOUT LOSING CONTROL OF THEM OR BEING CONCERNED ABOUT THEM. WE NEED TO BE CONCERNED ONLY WHEN EMOTIONAL PATTERNS HAVE BEEN PRACTICED AND REINFORCED TO THE POINT THEY ARE NO LONGER NORMALLY "IN CONTROL".

25. QUESTION: AS WE "UNPRACTICE" OUT OF AN "EMOTIONAL DISCONNECT" PATTERN, WHAT HAPPENS TO OUR "STRESS" LEVEL?

ANSWER: WE CAN STAND MORE AND MORE "STRESS" OR PRESSURE IN MORE SITUATIONS WITHOUT RUNNING AN "EMOTIONAL DISCONNECT".

26. QUESTION: IS IT DIFFICULT TO ACTUALLY "ACTUALLY " TAKE CONTROL" OF A RUN AWAY, OUT OF CONTROL EMOTION THE FIRST FEW TIMES?

ANSWER: YES. IT TAKES A TREMENDOUS CONSCIOUS EFFORT THE FIRST FEW TIMES BUT THE MORE EFFORT THAT TOES INTO THE "UNPRACTICING" MODE THE FASTER THE IMPROVEMENT AND GROWTH.

27. QUESTION: WHAT KIND OF STATEMENT DID JIM SAY YOU SHOULD NEVER MAKE TO A PERSON THAT IS "SUICIDAL" OR "HOMICIDAL"?

ANSWER: "HIGH RISK" STATEMENTS SUCH AS - "GO AHEAD AND SHOOT ME IF YOU HAVE THE GUTS" OR "DON'T KILL YOURSELF IN THE LIVING ROOM - PLEASE GO TO THE BATHROOM SO THE MESS WILL BE EASIER TO CLEAN UP."

28. QUESTION: WHAT SHOULD YOU DO IF YOU COME IN CONTACT WITH "SUICIDAL" OR "HOMICIDAL" PERSONS?

ANSWER: DON'T THINK YOU CAN CURE THEM BY JUST TALKING TO THEM - GET THEM TO A COUNSELOR.

29. QUESTION: WHAT QUESTIONS DO YOU HAVE OVER ANY OF THE MATERIAL WE HAVE COVERED UP TO THIS POINT?

