

**THREE TELL-TALE SIGNS that YOU
Are Betraying Your Own Sense of what is TRUE.
“All Your Troubles are in the J A R.”**

	Unhealthy Life Patterns	Healthy Life Patterns
Direct-Control Problems (YOU) <i>Solution:</i> Change Your Habits	<i>Justifies Self</i> <i>Closed Minded</i> <i>Need to “Be Right”</i> <i>Self-Centered</i> <i>Deceptive</i> <i>Bails Out</i>	<i>Admits to Mistakes</i> <i>Open to Possibilities</i> <i>Willing to Yield</i> <i>Empathic & Humble</i> <i>Honest</i> <i>Keeps Commitments</i>
Indirect-Control Problems (OTHERS) <i>Solution:</i> Change Your Approach	<i>Accusing & Critical</i> <i>Quick to Anger</i> <i>Demanding</i> <i>Suspicious</i> <i>Defensive</i> <i>Nagging</i>	<i>Kind & Loving</i> <i>Easy to Be With</i> <i>Patient</i> <i>Trusting</i> <i>Vulnerable</i> <i>Invites & Gives Space</i>
Non-Control Problems (EVENTS) <i>Solution:</i> Change Your Attitude	<i>Resentful & Unforgiving</i> <i>Pessimistic & Negative</i> <i>Tendency to Worry</i> <i>Doubtful & Fearful</i> <i>Dwells upon the Past</i> <i>Horribilizes the Future</i>	<i>Accepting & Forgiving</i> <i>Optimistic & Positive</i> <i>Constructive Concern</i> <i>Hopeful & Faithful</i> <i>Lives in the Present</i> <i>Being in the Moment</i>

A Goal Within Your Control: Becoming Loving & True , Matt Moody Ph.D.