

Checking in with Yourself on Danger Signs

Questions to ask yourself	Example answers
1. What is the problem or event?	To be well informed, I need to buy newspapers.
2. How did it develop?	The people I have admired in the past, whom I consider well informed, read and referred to many newspapers.
3. When did it develop? What keeps it going? What prevents me from resolving it?	Throughout my childhood, I refused to explore other information sources or online tools such as Google searches, keyword searches, RSS feeds, bulletin boards, and so on.
4. What thoughts, ideas, beliefs, and values do I have that support it?	I am not good with computers. I can't afford a computer. All information online is suspect. It is easier just to buy a newspaper.
5. What meaning or reactions do I assign the problem or event? How do I translate through my behavior the meaning I assign: <ul style="list-style-type: none"> <input type="checkbox"/> emotionally--What feelings do I invest? <input type="checkbox"/> behaviorally--How do I choose to act? 	<ul style="list-style-type: none"> • Using a computer will always be beyond me. I am what I am, and it will never change. I enjoy the experience of reading the hard copy newspaper. I buy numerous newspapers because I believe that is the best way to reconcile competing opinions.

Questions to ask yourself	Example answers
<input type="checkbox"/> physically, i.e., bodily reactions--How do my physical choices and reactions add power to my assigned meaning?	<ul style="list-style-type: none"> • Emotionally I feel secure with my choice. • I have a routine that I believe works for me. • I find it satisfying and comforting to sit with and read my newspapers, even just partially. I feel good knowing that I have them as a reference source and can read and reread them at my leisure.
<p>6. What outcome do I create?</p>	<p>Because I restrict myself to hard copy news sources, with no expectation that I need to finish reading my newspapers and no deadlines for discarding old copies, I create piles of paper that limit my safe mobility throughout my rooms and increase the fuel load, creating a fire hazard.</p>

Checking in with Yourself on Danger Signs – Blank Worksheet

Questions to ask yourself	Answers
1. What is the problem or event?	
2. How did it develop?	
3. When did it develop? What keeps it going? What prevents me from resolving it?	
4. What thoughts, ideas, beliefs, and values do I have that support it?	

Questions to ask yourself	Answers
<p>5. What meaning or reactions do I assign the problem or event? How do I translate through my behavior the meaning I assign:</p> <ul style="list-style-type: none"><input type="checkbox"/> emotionally--What feelings do I invest?<input type="checkbox"/> behaviorally--How do I choose to act?<input type="checkbox"/> physically, i.e., bodily reactions--How do my physical choices and reactions add power to my assigned meaning?	
<p>6. What outcome do I create?</p>	