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Emotion

Focus

#### ATTITUDE RECONSTRUCTION<sup>®</sup> BLUEPRINT

Focus		DESTRUCTIVE CORE AT	TITUDES		
Attitude	FEELINGS	WORDS	ACTIONS		
		UNWORTHY	<u>-</u>		
	Empty Inadequate Unlovable	<ul> <li>I'm no good.</li> <li>I'm not enough.</li> <li>There's something wrong with me.</li> </ul>	Think and talk poorly about yourself     Create false impressions     Feel disconnected from who you are		
YOURSELF	DEPEND ON OTHERS FOR APPROVAL				
	Lonely Insecure Needy	<ul> <li>Show me you love me.</li> <li>I'll do anything to keep you happy.</li> <li>Tell me I'm okay.</li> </ul>	Please others at own expense     Cling to other people     Seek validation and compliments		
	JUDGE SELF NEGATIVELY				
E Don't S honor	Self-loathing Stupid Ashamed	• I should have known or done better. • I'm stupid. I'm pathetic. • I hate myself when I make mistakes.	<ul> <li>Set unrealistic expectations for yourself</li> <li>Put yourself down and beat self up</li> </ul>		
yourself			• Demand perfection from yourself		
	PASSIVE				
	Helpless Incapable Unassertive	<ul> <li>Poor me.</li> <li>I can't do anything about this.</li> <li>I don't know how. It's bigger than me.</li> </ul>	<ul> <li>Play the submissive victim</li> <li>Fail to follow through</li> <li>Avoid confrontation</li> </ul>		
	OUTWARD FOCUS				
PEOPLE AND SITUATIONS	Jealous Blaming Alienated	<ul> <li>You make me so mad.</li> <li>You are the problem.</li> <li>What do they have? say? think?</li> </ul>	Blame / ridicule / justify     Make "you" statements     Compare yourself to others		
	DON'T ACCEPT PEOPLE AND SITUATIONS				
	Intolerant Disappointed Frustrated	<ul> <li>You should be different.</li> <li>It's not supposed to be like this.</li> <li>I don't believe it.</li> </ul>	Have unrealistic expectations     Give unsolicited advice / opinions     Reject others and withhold yourself		
	MAKE NEGATIVE JUDGMENTS OF WHAT IS				
Refuse to accept	Resentful Critical Disgusted	<ul> <li>You are a loser.</li> <li>Right-Wrong / Fair-Unfair / Good- Bad</li> <li>It's not enough.</li> </ul>	Expect the worst     Label people and things negatively     Be sarcastic / critical / cynical		
people and	SELFISH				
situations	Stubborn Rebellious Arrogant	• Me. Me. Me. • My way or I won't play. • I'm special.	<ul> <li>Act as if you are more important</li> <li>Be vain / pushy / insensitive</li> <li>Don't listen / opinionated</li> </ul>		
	LIVE IN THE FUTURE OR PAST				
	Worried Anxious Distracted	<ul> <li>What if</li> <li>I don't want to feel this feeling.</li> <li>I've got to get out of here.</li> </ul>	<ul> <li>Avoid expressing emotions</li> <li>Be speedy / impulsive / busy</li> <li>Escape reality through addictions</li> </ul>		
TIME	OVERGENERALIZE				
	Dramatic Overwhelmed Scattered	<ul><li> It's always like that.</li><li> This is too much.</li><li> Nothing ever works out.</li></ul>	<ul> <li>Go on tangents</li> <li>Exaggerate or minimize issues</li> <li>Jump to conclusions</li> </ul>		
Live in past		LOSE SIGHT OF WHAT IS TRUE OR REAL			
or future, and over-	Indecisive Confused Conflicted	<ul> <li>Maybe this, maybe that.</li> <li>I don't care. It doesn't matter.</li> <li>I'll handle it tomorrow.</li> </ul>	Doubt excessively     Procrastinate / fail to take action     Act without regard for consequences		
generalize	ATTEMPT TO CONTROL				
	Impatient Rigid Panicked	• If I don't do it, it won't get done. • Things are out of control. • Ive got to be in charge.	Dominate or manipulate     Behave obsessively / compulsively     Plan excessively		
	YOURSELF Don't honor yourself PEOPLE AND SITUATIONS Refuse to accept people and situations	YOURSELF       Empty Inadequate Uniovable         YOURSELF       Empty Inadequate Uniovable         Don't honor yourself       Self-loathing Stupid Ashamed         POOL Helpless Incapable Unassertive       Self-loathing Stupid Ashamed         PEOPLE AND SITUATIONS       Jealous Blaming Alienated         Refuse to accept       Jealous Blaming Alienated         PEOPLE AND SITUATIONS       Resentful Critical Disgusted         Refuse to accept       Note Situations         Situations       Vorried Anxious Distracted         Itable Conficed Conficed Indecisive Conficed       Indecisive Conficed Conficed         Live in past or future, and over- generalize       Indecisive Conficed Conficed         Itable Imatic Conficed       Indecisive Conficed         Imatic Imatic Conficed       Indecisive Conficed	YOURSELF         Empty Inadequate Uniovable         · I'm no good. · 'I'm not enough. · There's something wrong with me.           POURSELF         Empty Inaceure Needy         · I'm not enough. · There's something wrong with me.           Don't honor yourself         Self-loathing Stepid Ashamed         · I should have known or done better. · I'll do anything to keep you happy. · Tell me I'm okay.           Poor it honor yourself         Self-loathing Stepid Ashamed         · I should have known or done better. · I'm stupid. I'm pathetic. · I hate myself when I make mistakes.           PEOPLE AND SITUATIONS         · Poor me. · I can't do anything about this. · I can't do anything about this. · I don't know how. It's bigger than me.           PEOPLE AND SITUATIONS         · You make me so mad. · You are the problem. · Vou are the problem. · You should be they have? say? think?           Refuse to accept people and situations         · You should be to be like this. · I don't befieve it. · I don't befieve it. · I don't want to be like this. · I don't want to be like this. · I don't want to feel this feeling. · I'w got to get out of here. · I'w got to get out of here.           TIME         · Writed Anxious Distracted         · What if · May ay or I won't play. · T'm special.           Live in past or future, and over- generalize         · I'f always like that. · Oversthelmed Scattered         · I'f always like that. · I'don't do it, it won't get done. · I'li handle it tomorrow.           Live in pastient rigid         · I'l don't do it, it won't get done. · I'linange are out of control. · I'li handle it tomorrow. </td		

Emotion	Focus		CONSTRUCTIVE CORE A			
Expression	Attitude	FEELINGS	WORDS	ACTIONS		
		WORTHY				
_		Happy Full Lovable	<ul> <li>I am whole and complete.</li> <li>I'm okay no matter what.</li> <li>What I am seeking is within me.</li> </ul>	<ul> <li>Identify with your true self</li> <li>Know you are not your actions, roles, traits, and body</li> <li>Think well of yourself</li> </ul>		
J		SELF-RELIANT				
0 J	YOURSELF	Independent Confident Authentic	<ul> <li>My job is to take care of myself.</li> <li>Only if I take care of myself can I truly take care of you.</li> <li>I am alone and I am connected.</li> </ul>	<ul> <li>Fulfill your own needs and desires</li> <li>Speak and act in line with your intuition</li> <li>Enjoy independent activities</li> </ul>		
T			APPRECIATE AND RESP	ECT SELF		
	Honor yourself	Self-accepting Self-respect Delighted	<ul> <li>Life is for learning. We all make mistakes.</li> <li>I did the best I could at the time.</li> <li>I love / accept myself unconditionally.</li> </ul>	<ul> <li>Celebrate accomplishments</li> <li>Learn from mistakes</li> <li>Be gentle with yourself</li> </ul>		
niling		SPEAK UP AND TAKE ACTION				
bubbling sparkling laughing tears		Powerful Assertive Capable	• My views are equally important. • I am responsible for what I do, think, say, and feel. • I can do this. I can handle this.	<ul> <li>Set goals and follow through</li> <li>Speak up about what's true for you</li> <li>Face obstacles head on</li> </ul>		
		OPEN HEARTED				
L	PEOPLE	Honest Centered Genuine	<ul> <li>My focus is myself. My domain is me.</li> <li>What is most loving? What is the high road?</li> <li>What does my intuition tell me?</li> </ul>	Obey your intuition     Speak honestly about yourself     Act with integrity		
0	AND	ACCEPT PEOPLE AND SITUATIONS				
v	SITUATIONS	Satisfied Tolerant Forgiving	<ul> <li>People and things are the way they are.</li> <li>This is the way it is.</li> <li>We are all on our own paths.</li> </ul>	<ul> <li>Have realistic expectations of others</li> <li>Give opinions only with permission</li> <li>Encourage others</li> </ul>		
E		APPRECIATE AND RESPECT WHAT IS				
_	Accept	Kind Compassionate Grateful	• I love you. I like you. • We are all connected. • Thank you.	<ul> <li>Be kind to people and things</li> <li>Offer praise and show gratitude</li> <li>Attend to the positive</li> </ul>		
rm	situations	GIVE SELFLESSLY				
open situations soft tone happy eyes smiling	Humble Caring Generous	<ul> <li>How can I help? What can I do?</li> <li>Your viewpoints and needs are as important as mine.</li> <li>I wish you well.</li> </ul>	Listen lovingly     Serve / support / cooperate     Show friendliness and affection			
		RESIDE IN THE PRESENT				
P F		Calm Content Alert	<ul> <li>Everything is / will be all right.</li> <li>This feeling is temporary. This situation will pass.</li> <li>Stop. Breathe. Slow down.</li> </ul>	Deal with emotions constructively     Calmly handle whatever happens     Pause to hear your intuition		
E	TIME	STAY SPECIFIC				
A C		Clear Focused Effective	<ul> <li>One thing at a time.</li> <li>I'll handle the future in the future.</li> <li>Be concrete. What's the specific?</li> </ul>	<ul> <li>Think and speak in concrete terms</li> <li>Focus on one thing at a time</li> <li>Make and take small doable steps</li> </ul>		
	Stay	KEEP SIGHT OF WHAT IS TRUE OR REAL				
m ent	present and specific	Stable Committed Directed	<ul> <li>This is what's true for me.</li> <li>I am responsible for my experience.</li> <li>My actions have consequences.</li> </ul>	Stay motivated to accomplish goals     Persevere     Act with conviction / passion		
ert		OBSERVE, ALLOW, PARTICIPATE, AND ENJOY				
ware miling reathing		Patient Trusting Flexible	<ul> <li>I am part of a greater whole.</li> <li>Everything is unfolding in its time.</li> <li>There is enough time.</li> </ul>	<ul> <li>Feel centered and safe no matter what happens</li> <li>Participate with humor, levity, creativity</li> <li>Show faith and trust</li> </ul>		

CONSTRUCTIVE CORE ATTITUDES

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The daughter of pioneering behavioral Child psychologist Sydney W. Bijou, Jude is a licensed marriage and family therapist, professional educator and longtime student of Eastern philosophy. Her theory of Attitude Reconstruction evolved from years of working with clients to help them lead more happy, fulfilled lives.



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# ATTITUDE Reconstruction



# A Blueprint for Building a Better Life JUDE JUDE BIJOU, M.A., M.F.T.

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