

ATTITUDE RECONSTRUCTION® BLUEPRINT

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Emotion	Focus	DESTRUCTIVE CORE ATTITUDES		
Expression	Attitude	FEELINGS	WORDS	ACTIONS
SADNESS crying sobbing wailing frowning	YOURSELF	UNWORTHY		
		Empty Inadequate Unlovable	<ul style="list-style-type: none"> I'm no good. I'm not enough. There's something wrong with me. 	<ul style="list-style-type: none"> Think and talk poorly about yourself Create false impressions Feel disconnected from who you are
		DEPEND ON OTHERS FOR APPROVAL		
	Don't honor yourself	Lonely Insecure Needy	<ul style="list-style-type: none"> Show me you love me. I'll do anything to keep you happy. Tell me I'm okay. 	<ul style="list-style-type: none"> Please others at own expense Cling to other people Seek validation and compliments
		JUDGE SELF NEGATIVELY		
		Self-loathing Stupid Ashamed	<ul style="list-style-type: none"> I should have known or done better. I'm stupid. I'm pathetic. I hate myself when I make mistakes. 	<ul style="list-style-type: none"> Set unrealistic expectations for yourself Put yourself down and beat self up Demand perfection from yourself
ANGER hot aggressive hitting stomping shouting pounding	PEOPLE AND SITUATIONS	OUTWARD FOCUS		
		Jealous Blaming Alienated	<ul style="list-style-type: none"> You make me so mad. You are the problem. What do they have? say? think? 	<ul style="list-style-type: none"> Blame / ridicule / justify Make "you" statements Compare yourself to others
		DON'T ACCEPT PEOPLE AND SITUATIONS		
	Refuse to accept people and situations	Intolerant Disappointed Frustrated	<ul style="list-style-type: none"> You should be different. It's not supposed to be like this. I don't believe it. 	<ul style="list-style-type: none"> Have unrealistic expectations Give unsolicited advice / opinions Reject others and withhold yourself
		MAKE NEGATIVE JUDGMENTS OF WHAT IS		
		Resentful Critical Disgusted	<ul style="list-style-type: none"> You are a loser. Right-Wrong / Fair-Unfair / Good-Bad It's not enough. 	<ul style="list-style-type: none"> Expect the worst Label people and things negatively Be sarcastic / critical / cynical
FEAR cold shivering quivering laughing nervously breathing irregularly	TIME	LIVE IN THE FUTURE OR PAST		
		Worried Anxious Distracted	<ul style="list-style-type: none"> What if... I don't want to feel this feeling. I've got to get out of here. 	<ul style="list-style-type: none"> Avoid expressing emotions Be speedy / impulsive / busy Escape reality through addictions
		OVERGENERALIZE		
	Live in past or future, and over-generalize	Dramatic Overwhelmed Scattered	<ul style="list-style-type: none"> It's always like that. This is too much. Nothing ever works out. 	<ul style="list-style-type: none"> Go on tangents Exaggerate or minimize issues Jump to conclusions
		LOSE SIGHT OF WHAT IS TRUE OR REAL		
		Indecisive Confused Conflicted	<ul style="list-style-type: none"> Maybe this, maybe that. I don't care. It doesn't matter. I'll handle it tomorrow. 	<ul style="list-style-type: none"> Doubt excessively Procrastinate / fail to take action Act without regard for consequences
JOY smiling bubbling sparkling laughing tears	YOURSELF	WORTHY		
		Happy Full Lovable	<ul style="list-style-type: none"> I am whole and complete. I'm okay no matter what. What I am seeking is within me. 	<ul style="list-style-type: none"> Identify with your true self Know you are not your actions, roles, traits, and body Think well of yourself
		SELF-RELIANT		
	Honor yourself	Independent Confident Authentic	<ul style="list-style-type: none"> My job is to take care of myself. Only if I take care of myself can I truly take care of you. I am alone and I am connected. 	<ul style="list-style-type: none"> Fulfill your own needs and desires Speak and act in line with your intuition Enjoy independent activities
		APPRECIATE AND RESPECT SELF		
		Self-accepting Self-respect Delighted	<ul style="list-style-type: none"> Life is for learning. We all make mistakes. I did the best I could at the time. I love / accept myself unconditionally. 	<ul style="list-style-type: none"> Celebrate accomplishments Learn from mistakes Be gentle with yourself
LOVE warm open soft tone happy eyes smiling	PEOPLE AND SITUATIONS	OPEN HEARTED		
		Honest Centered Genuine	<ul style="list-style-type: none"> My focus is myself. My domain is me. What is most loving? What is the high road? What does my intuition tell me? 	<ul style="list-style-type: none"> Obey your intuition Speak honestly about yourself Act with integrity
		ACCEPT PEOPLE AND SITUATIONS		
	Accept people and situations	Satisfied Tolerant Forgiving	<ul style="list-style-type: none"> People and things are the way they are. This is the way it is. We are all on our own paths. 	<ul style="list-style-type: none"> Have realistic expectations of others Give opinions only with permission Encourage others
		APPRECIATE AND RESPECT WHAT IS		
		Kind Compassionate Grateful	<ul style="list-style-type: none"> I love you. I like you. We are all connected. Thank you. 	<ul style="list-style-type: none"> Be kind to people and things Offer praise and show gratitude Attend to the positive
PEACE calm silent alert aware smiling breathing fully	TIME	RESIDE IN THE PRESENT		
		Calm Content Alert	<ul style="list-style-type: none"> Everything is / will be all right. This feeling is temporary. This situation will pass. Stop. Breathe. Slow down. 	<ul style="list-style-type: none"> Deal with emotions constructively Calmly handle whatever happens Pause to hear your intuition
		STAY SPECIFIC		
	Stay present and specific	Clear Focused Effective	<ul style="list-style-type: none"> One thing at a time. I'll handle the future in the future. Be concrete. What's the specific? 	<ul style="list-style-type: none"> Think and speak in concrete terms Focus on one thing at a time Make and take small doable steps
		KEEP SIGHT OF WHAT IS TRUE OR REAL		
		Stable Committed Directed	<ul style="list-style-type: none"> This is what's true for me. I am responsible for my experience. My actions have consequences. 	<ul style="list-style-type: none"> Stay motivated to accomplish goals Persevere Act with conviction / passion
FEAR cold shivering quivering laughing nervously breathing irregularly	TIME	OVERGENERALIZE		
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		ATTEMPT TO CONTROL		
		Impatient Rigid Panicked	<ul style="list-style-type: none"> If I don't do it, it won't get done. Things are out of control. I've got to be in charge. 	<ul style="list-style-type: none"> Dominate or manipulate Behave obsessively / compulsively Plan excessively

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- Do you feel stressed and overwhelmed?
- What if someone told you all of your problems stem from unexpressed sadness, anger, and fear?
- What if you could turn your life around in fewer than five minutes a day?

Attitude Reconstruction will give you the tools to bring joy, love, and peace to your life, regardless of the circumstances.

"Attitude Reconstruction really works."

— **John Gray, Ph.D.** Author of *Men Are from Mars, Women Are from Venus*

"Jude Bijou gives direct, applied ways to transform the emotions into right understanding and love in order to bring self-healing."

—**Dr. Vasant Lad, B.A.M.S., M.A.Sc.** Ayurvedic physician, scholar, founder and director of the Ayurvedic Institute, Albuquerque, NM. Author of *Ayurveda: The Science of Self-Healing*

"Jude Bijou's wonderful book is a beautifully written guide to transforming your life from the inside out. Her playful spirit makes the journey exciting, thought provoking, and most of all, highly useful and effective."

—**Robert Maurer, Ph.D.** Faculty, UCLA School of Medicine. Author of *One Small Step Can Change Your Life*

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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