

Dr. Connolly's Definitions

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| Acceptance | The willingness to take another person or yourself exactly as they are without expectation, criticism or judgment. |
| Anger | Failure to handle emotions appropriately. Basically giving up your strengths. Normally secondary to another emotion. |
| Adult | A person who sees what needs to be done (Judgment) and is willing to do it (Discipline). |
| Argument | Loss of fairness in the desire to be right. The usual outcome is making an enemy, as both arguments and fights are selfish |
| Assertiveness | The ability to be passionate and devoted to balance and fairness in relationships. |
| Blame | The attempt to instill guilt. |
| Boundary | The creation of personal space or area of responsibility. |
| Commitment | The willingness to resolve conflict. |
| Conflict | A difference between two people (see Fight). Usually a difference of opinion. |
| Congruent Action | When your behavior matches your principles. |
| Contrition | Feeling badly enough for failing in responsibility that one doesn't do it again. |
| Courage | The willingness to act when you are afraid or have something to lose. Courage cannot be utilized without a state of fear existing. The use of love in the face of fear. |
| Discipline | See Adult. |
| Discussion | The attempt to resolve a conflict by agreeing on a fair solution. |
| Elements of Self Esteem | Acceptance, limits on behavior, and mastery of tasks. |
| Expectations | My fantasy of how things "should" be other than dealing with how they are. Virtually always toxic. (See Standards and |

Goals)

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| Fair | Balanced between the objectives of the parties involved. |
| Faith | My decision to believe in another's promises or statements. |
| Fight | A difference between two people plus disrespectful behavior that both engage in. Usually started by a person losing an argument |
| Forgiveness | Understanding the other person's limitations. Not the same as forgetting. |
| Goal | An activity that is definable, doable, and done.(Measurable) The source of motivation. |
| Guilt | The failure to assess accurate responsibility in a given situation. |
| Happiness | The condition of living without fear. |
| Health | A system in balance. |
| Hurt | The intentional infliction of pain. |
| Judgment | See Adult. |
| Lie | The intentional statement of something known to be untrue. |
| Limits | The willingness to control one's own behavior or to set boundary on the behavior of others insofar as it affects oneself. |
| Love | Feeling good in the presence of the other. The combination of passion, acceptance and commitment. |
| Mastery | The willingness to devote energy into accomplishment for self or assistance of others. |
| Pain | The experience of imbalance. |
| Passion | The willingness to devote interest or energy to another person or activity. |
| Passive-Aggressive | The quiet form of aggressive behavior. |
| Path of Wisdom | That place between the two swamps (see Swamp) characterized by the creation of safety and Congruent Action. |

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| Philosophy | A set of guidelines for the conduct of life. Everybody needs one, or congruence is not possible. |
| Politics | The intelligent management of human relationships. |
| Responsibility | The antidote to shame, blame and guilt by simply owning what is in your control, and refusing what isn't. |
| Safety | Physical, emotional, sexual and interpersonal sense of well being in the presence of others. |
| Self Esteem | The value I place on the decisions I've made in the last 24 hours. (See Elements of Self Esteem) |
| Shame | The acceptance of guilt. |
| Standard | Mutually agreed upon minimum forms of behavior. |
| Swamp of Right | That place reserved for people who buy into the illusion that they will be safe if they are right, in control or better than others. Leads to argument. |
| Swamp of Wrong | That place reserved for people who lose the hope of being safe with another and therefore don't care what they do. Leads to apathy, passive-aggressive behavior. |
| Trust | The ability to predict another person's behavior 80-90 percent of the time in a given situation. Nobody's perfect. |
| Truth | The overlap of two perceptions. Each person has their own version. |
| Wisdom | The creation of mutual safety; also the product of self esteem. |
| Worry | What we do when we want to control something and we can't. |