

COGNITIVE ACCOUNTABILITY DEFINITIONS

PGS: Personal Guidance System. Conscience. Moral compass to guide me on the path to happiness. The part of my mind that makes moral judgment of right or wrong to determine if my choice violates the Golden Rule.

FEAR: The name of the feeling when my mind sends me a warning to direct my focus and attention to a perceived threat. Anticipation and/or expectation of pain.

GUILT: A type of FEAR. The PGS part of my mind is warning me I am about to say or do something (or already have) that violates the Golden Rule. It is FEAR of the pain resulting from the loss (or risk of loss) of what I love and value.

SHAME: FEAR of trusting my own conscience. Feels like GUILT though I've not violated the Golden Rule. Self doubt which blocks and interferes with making choices of INTEGRITY. Caused by cultural (peer) pressure to say or do something I know is wrong in order to "fit in". It is FEAR of being inadequate (not good enough) thus I'll be embarrassed, humiliated, and/or rejected.

ABUSE: Anything I say or do that violates the Golden Rule.

INTEGRITY: When I choose to say or do the right thing. My conscience and my actions are integrated. Acting according to the guidance of my conscience in order to protect and keep what I love and value.

POWER: The ability to get what I want. Two types:

1. Power achieved through ABUSE (FEAR, intimidation, humiliation, disrespect).
2. Power achieved through INTEGRITY (compassion, consideration, kindness, love).

PRIDE: Feeling good and a sense of accomplishment for acting with INTEGRITY.

FALSE PRIDE: A form of SHAME, it is FEAR of admitting FEAR.

CRAVING: Overwhelming feeling of anticipation, expectation, want, and/or desire for a feeling of pleasure.

OBSESSION: Total focus of thoughts.

BLAME SHIFTING: (aka "Thinking in the Red", Denial, "Stinking Thinking") Thinking that blames another person, place, or situation for my abusive actions. Thinking I use to fool and deceive myself into believing I have no control over my own THOUGHTS, FEELINGS, or ACTIONS. Thinking I use to justify abusive actions or minimize the severity of my abuse. Thinking I use to shift responsibility for my abusive actions away from myself and place the blame instead, upon another person, place, or thing (often upon a person I abuse). Thinking I use that results in feeling VICTIMIZED, JUSTIFIED, BETRAYED, CHEATED, and/or MISTREATED instead of feeling GUILTY for my abusive actions.



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"There is nothing another person can say or do that can make me say or do something I know in my conscience is wrong."