

JANUARY DRILLS

MONDAY (TU) Eat more slowly during each meal.

TUESDAY (FFH) Forgive a trivial error, either your own or someone else's, that would normally rile you up and cause irritation.

WEDNESDAY (TU) Be mindful to eliminate knee jiggling and finger tapping.

THURSDAY (FFH) Just before you are about to say something critical of someone, resist the urge.

FRIDAY (M/R) Be on the lookout for the beautiful, manmade or from the natural world. Stop. Admire. Enjoy.

SATURDAY (EW) Ask a family member (or friend), "What were the thorns" and "roses" of your day?" (Don't try to "fix" the thorns.)

SUNDAY (EW) Recall two to three people for whom you are irreplaceable.

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

JANUARY APHORISMS

1. "Life is mostly froth and bubble, / Two things stand like stone, / Kindness in another's trouble, / Courage in your own." Adam Lindsay Gordon
2. "Common sense and a sense of humor are the same thing(s) moving at different speeds."
William James
3. "No man can justly censure another because no man truly knows another." Sir Thomas Browne
4. "The sorrow which has no vent in tears may make other organs weep." Henry Maudsley

Wisdom from Meyer Friedman

"Even if you free yourself for no more than a day from slavery to your hostility, there is a chance that your experience of the beautiful and the joyful could so illumine your life that you would be liberated for good."

Wisdom from Gina Price

"We have no control over what comes in from the world; we have a great deal of control over how we respond (emotionally and behaviorally) to what comes in."

AT LEAST ONCE THIS MONTH: Tell someone, in person or by email, that his/her love has touched your life.

All Month: PRACTICE TYPE B ACCEPTANCE OF TRIVIAL EVENTS

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

FEBRUARY DRILLS

MONDAY (TU) Seek a long line and choose it. (Bank, grocery store).

TUESDAY (FFH) Purposely say, "Maybe I'm wrong," several times in your conversations.

WEDNESDAY (TU) Linger at the table once the meal is over.

THURSDAY (FFH) Eliminate all profanity from your speech today.

FRIDAY (M/R) Remember and contemplate your past achievements.

SATURDAY (EW) Find a way to tell someone in your inner circle, "I believe in you and I am proud of you."

SUNDAY (EW) Reflect on, "Who will love me for the rest of their lives?"

****TU**-Time Urgency, **FFH**-Free Floating Hostility, **M/R**-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

FEBRUARY APHORISMS

1. "As for disputatious persons, they get victory sometimes, but they never get goodwill, which would be more use to them." Benjamin Franklin
2. "He that wrestles with us strengthens our nerves and sharpens our skill. Our antagonist is our helper." Edmund Burke
3. "The art of being wise is the art of knowing what to overlook." William James
4. "The majority of men are subjective towards themselves and objective towards all others; terribly objective sometimes—but the real task is to be objective towards oneself and subjective towards all others." Soren Kierkegaard

Wisdom from Meyer Friedman

"...realistically aware of their intrinsic shortcomings they (type B's) feel no pointless shame."

Wisdom from Gina Price:

"Type A's are willing to wreck today with the expectation that it will be fine later."

AT LEAST ONCE THIS MONTH: Impose on a friend by asking for time just for you with him or her.

All month: *BE A WARM AND ACCEPTING TYPE B TO ALL WHOM YOU MEET*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

MARCH DRILLS

MONDAY (TU) Find a long line and stand in it. Look about you and wonder about the lives of the other people in line.

TUESDAY (FFH) Remember Dr. Friedman's words today, "sweetness is not a weakness," and let them be your guide when you are tempted to feel irritated.

WEDNESDAY (TU) Avoid driving in the fast lane or crowding someone's bumper in front of you.

THURSDAY (FFH) Leave a larger than normal tip in a restaurant or cab today, especially if the service has been less than of a superior nature!

FRIDAY (M/R) Pause and look at the plants and trees about you. They all have names.

SATURDAY (EW) Let someone know with words how important he or she is to you.

SUNDAY (EW) Remember there are people in the world who are comforted by your presence. Be a comfort to someone.

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

MARCH APHORISMS

1. "Common sense is wisdom applied to conduct."
William James
2. "Life is full of beginnings." St. Teresa of Avila
3. "It is not happiness that makes us grateful, but gratefulness that makes us happy." Fr. Matthew Stanley
4. "If you break your neck, if you have nothing to eat, if your house is on fire, then you've got a problem. Everything else is an inconvenience. Life is inconvenient. Life is lumpy. A lump in the oatmeal, a lump in the throat and a lump in the breast are not the same kind of lump. One needs to learn the difference." Robert Fulgrum

Wisdom from Meyer Friedman

"It is because of the essential incompatibility of hostility and love that so many Type A's find it very difficult to receive or give love gracefully."

Wisdom from Gina Price

"Perfection is not the goal, progress is. If we don't relapse, we don't learn how to recover from a relapse."

AT LEAST ONCE THIS MONTH: Send flowers or buy a small gift for someone for no special reason.

All month: *LOOK FOR TYPE B INDIVIDUALS*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

APRIL DRILLS

MONDAY (TU) Slow down and stop for yellow lights rather than dash through at the last moment.

TUESDAY (FFH) At the end of your workday, remind yourself how much you love the people in your life and how much they depend on you emotionally. Be prepared to be affectionate when you arrive home.

WEDNESDAY (TU) At least once say to someone, "Please don't hurry. I have all the time in the world."

THURSDAY (FFH) Silently forgive someone for a small infraction during this day.

FRIDAY (M/R) Recall the face and voice of a nurturing person from your past. Enjoy.

SATURDAY (EW) Tell someone that he or she greatly adds to your life and is a source of gratitude for you.

SUNDAY (EW) Be mindful of how good it feels to be in the presence of someone who loves you. Remember, you have the same effect on those you love.

****TU**-Time Urgency, **FFH**-Free Floating Hostility, **M/R**-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

APRIL APHORISMS

1. "Nothing is good nor ill, but thinking makes it so."
William Shakespeare
2. "If you can't forgive a person, it's like letting them live in your head rent-free." Former Senator Alan Simpson
3. "We may be in the universe as dogs and cats are in our libraries seeing the books and hearing the conversation; but having no inkling of the meaning of it all." William James
4. "Persons appear to us according to the light we throw upon them from our own minds." Laura Ingalls Wilder

Wisdom from Meyer Friedman

"Common sense often appears fantastic to those who have lost their own."

Wisdom from Gina Price

"When you are listening to the voice in your head, if it is not being compassionate, don't believe it."

AT LEAST ONCE THIS MONTH: Invite a friend to lunch or dinner and make that person's interests the center of your attention.

All month: *THINK OF ALL THE PEOPLE WHO BENEFIT FROM YOU BEING MORE TYPE B*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

MAY DRILLS

MONDAY (TU) Drive a slower, more scenic route to a destination.

TUESDAY (FFH) Surprise someone today with your flexibility.

WEDNESDAY (TU) Listen to at least one person without interrupting or hurrying his/her speaking.

THURSDAY (FFH) Speak to a number of people with a warm inflection in your voice.

FRIDAY (M/R) Recall the first time you ever fell in love. Spend a few minutes there.

SATURDAY (EW) Tell someone in your family or inner circle, "you are very important to me and I depend on your presence in my life."

SUNDAY (EW) Contemplate Jim Gill's words, "The title, 'World's warmest and most accepting person,' is still up for grabs."

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

MAY APHORISMS

1. "I see you've mastered the art of staying so busy that you can avoid all enjoyment of life." James J. Gill, S.J.
2. "For every minute you are angry you lose 60 seconds of happiness." Ralph W. Emerson
3. "Three grand essentials to happiness in this life are something to do, something to love, and something to hope for." Joseph Addison
4. "People who are brutally honest enjoy the brutality more than the honesty." Fr. George Aranha

Wisdom from Meyer Friedman

"Most 'so-called' idealists are frustrated and angry little gods who have taken upon themselves to draw up their own 'rules' for life's living and get angry when other people pay no attention."

Wisdom from Gina Price

"What are you putting off as you are waiting for things (life) to settle down? "

AND ONCE THIS MONTH: Either put a new roll of toilet tissue on the "wrong way" or change an existing role from the "right way" to the "wrong way."

All month: *WHEN IN DOUBT, PRETEND YOU ARE A TYPE B*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

JUNE DRILLS

MONDAY (TU) Resist all urges to walk quickly while going about your daily activities.

TUESDAY (FFH) Make restitution for a past slight or injury to someone.

WEDNESDAY (TU) Eat slowly.

THURSDAY (FFH) Let something pass today that ordinarily would have irritated or distracted you.

FRIDAY (M/R) Recall one of the most beautiful places on earth you have personally seen. Let yourself "be there" for a few moments.

SATURDAY (EW) Reflect on your own passing. Who will put a picture of you on his or her wall as a source of solace and warmth?

SUNDAY (EW) As you listen to someone today, do your best to practice empathy with what is being said whether it seems important to you or not.

****TU**-Time Urgency, **FFH**-Free Floating Hostility, **M/R**-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of **ASAS**:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

JUNE APHORISMS

1. "Nothing is more dangerous than an idea when it's the only one you have." Emile Chartier
2. "Through others, we become ourselves." Lev Vygotsky
3. "We shall begin in exploration, and the end of all our exploring will be to return to the place where we started and know it for the first time." T.S. Elliot
4. "One is happy as a result of one's own efforts once one knows the necessary ingredients of happiness: simple tastes, a certain degree of courage, self denial to a point, love of work, and above all, a clear conscience." George Sand

Wisdom from Meyer Friedman

"Regarding hostility: The issue is recognition, whether it is an expressive male or an unexpressive female. If it is recognized it can be released. This is the only way."

Wisdom from Gina Price

"We are our primary caretaker and everyone else is secondary. The amount of resentment we feel is related to how we do or don't take care of ourselves."

AND ONCE THIS MONTH: Tell someone you care for outside your immediate family just how much he or she means to you.

All month: ASK THE QUESTION, "HOW WOULD A TYPE B HANDLE THIS?"

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

JULY DRILLS

MONDAY (TU) Walk, talk and eat more slowly.

TUESDAY (FFH) Using your Monitor, notice how frequently hostile thoughts will whisk across your brain. Catch them and change them.

WEDNESDAY(TU) Listen in real time and do not allow yourself to jump ahead to finish someone else's sentence or to move the subject along.

THURSDAY (FFH) To anyone who slights you today, silently say to yourself, "I forgive you."

FRIDAY (M/R) As you go through your day, remember the voice of someone in your past who admired you.

SATURDAY (EW) Speak with conscious tenderness to someone you love. Soften your voice as if soothing someone who is injured.

SUNDAY (EW) Use the words, "I love you" with someone today, especially if this is not ordinary behavior for you.

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

JULY APHORISMS

1. "I'm still a type A, but as I am now, I'm a type A tortoise." Meyer Friedman, when asked by Robert Sapolsky if he had become a Type B.
2. "Count no day lost in which you waited your turn, took only your share and sought advantage over no one." Robert Brault
3. "Confronted by outstanding merit in another, there is no way of saving one's ego except by love."
Johann Goethe
4. "He who would live in peace and ease must not speak all he knows nor judge all he sees."
Benjamin Franklin

Wisdom from Meyer Friedman

"A collector of things worth having gets his real satisfaction by counting his things. A possessor of things worth being receives his satisfaction by noting the maturation of his sensibilities."

Wisdom from Gina Price

"What blesses one blesses all."

AND ONCE THIS MONTH: Ask a good friend to recommend a favorite book to you. Procure it and read it.

All month: REMEMBER THE MOST NATURAL TYPE B "LENS" IS THAT OF ADMIRATION

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

AUGUST DRILLS

MONDAY (TU) Drive slowly, at or near the speed limit. Take note that you arrive just as efficiently at your destination.

TUESDAY (FFH) Smile at work associates and strangers on the street as you pass by them.

WEDNESDAY (TU) Stand in a long line and recall how often in your life you have felt impatient.

THURSDAY (FFH) Look in a mirror and study your face. Are the crinkles going up from smiling or down from frowning?

FRIDAY (M/R) Practice smiling as you recall two to three happy events.

SATURDAY (EW) Take care not to be dominant in conversation and remember your goal is to be connected to the ones you love.

SUNDAY (EW) Do your best to be fully present to someone and think of yourself as a gift to this person.

****TU**-Time Urgency, **FFH**-Free Floating Hostility, **M/R**-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

AUGUST APHORISMS

1. "Don't cry over anything that can't cry over you."
Fr. Tom Madden
2. "The bonds of affection are as real as the sympathies between electrons and protons."
MacNeile Dixon
3. "Everything is a blessing or a blessing in disguise." Fr. Bernie Bush, SJ
4. "The great thing about getting older is that you don't lose all the other ages you've been."
Madeleine L'Engle

Wisdom from Meyer Friedman

"Your task (in looking at a painting) is to appreciate, not appraise (it). Once more be advised that before you declare such paintings boring, you should ask again about who's boring whom."

Wisdom from Gina Price

"As type A's we are over-socialized to what we believe is successful behavior, but rarely ask if this is what we want to be doing."

AND ONCE THIS MONTH: Plan a future vacation involving loved ones; or some other future pleasurable event.

All month: *RECALL THAT A TYPE B PERSON CAN SEE HIS/HER OWN ABSUDITY AND LAUGH*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

SEPTEMBER DRILLS

MONDAY: (TU) Be very mindful not to speed up anyone's speech as they talk to you.

TUESDAY: (FFH) Use the phrase, "Maybe I was mistaken," at least once today.

WEDNESDAY: (TU) Do nothing in your driving that would seem to be hurrying someone else. Make no exhortations under your breath for anyone to hurry up, including yourself.

THURSDAY: (FFH) Notice when free floating hostility emerges (even slightly) and then correct it with an apology (especially if the person you apologize to is you).

FRIDAY: (M/R) Consciously indulge in daydreaming. Let your imagination roam about.

SATURDAY: (EW) Be very kind to yourself by being forgiving, understanding and accepting.

SUNDAY: (EW) Practice smiling and softening your face while looking in a mirror.

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of **ASAS:**

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

SEPTEMBER APHORISMS

1. "Religion is for people who are afraid of going to hell. Spirituality is for people who have been there." Annie Lamott
2. "The foundation of all mental illness is the unwillingness to experience legitimate suffering." Carl Jung
3. "If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm all hostility." Henry Wadsworth Longfellow
4. "Hubris is quenched by the justice of the gods." Herodotus

Wisdom from Meyer Friedman

"You can provide a stimulus to your spirit by thinking over beauty you have seen or experienced in the past. If you find that your memory is empty of such things, this should prove to you that you have already wasted too much of your life on trash events and numbers."

Wisdom from Gina Price

"Is how you are living your life right now having any damaging effects on your life?"

AND ONCE THIS MONTH: Enjoy a day while remembering Susan Ertz's words: "Millions long for immortality who do not know what to do with themselves on a rainy Sunday afternoon."

All month: *PRETEND YOU ARE A TYPE B*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

OCTOBER DRILLS

MONDAY (TU) During the day ask yourself kindly, "What's your hurry?" and then slow down; whether in thinking or performing.

TUESDAY (FFH) Apply the three rules of communication: Do I have something important to say? Is this the right time to say it? Does the other person want to hear it?

WEDNESDAY (TU) Eat more slowly. Linger at the table.

THURSDAY(FFH) Make this an expletives-free day. Soften your voice.

FRIDAY (M/R) Look at your home as if a stranger and take note of all the interesting items it contains, especially those that contain beauty.

SATURDAY (EW) Ask a friend or family member of his activities and listen without interrupting.

SUNDAY (EW) Protect your loved ones by making no critical remarks, whether they be about the news, politics, someone's behavior or your pet peeve.

****TU**-Time Urgency, **FFH**-Free Floating Hostility, **M/R**-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

OCTOBER APHORISMS

1. "Columbus, who, by using subjective assumptions, a false hypothesis, and a route abandoned by modern navigation, nevertheless discovered America." Carl Jung
2. "Did the Almighty, holding in His right hand truth, and in His left search for truth, deign to offer me the one I might prefer—in all humility but without hesitation, I should request—search for truth." Lessing
3. "Money is human happiness in the abstract: he, then, who is no longer of capable of enjoying human happiness in the concrete devotes his heart entirely to money." Arthur Schopenhauer
4. "What we hope ever to do with ease, we must learn first to do with diligence." Samuel Johnson

Wisdom from Meyer Friedman

"Charm is (much) more powerful than hostility."

Wisdom from Gina Price

"The Golden Rule of marriage is this: Do unto your spouse the way she wants you to do unto her!"

AND ONCE THIS MONTH: Seek out and reconnect with a dear friend who has fallen away due to neglect or an over-busy schedule.

**All month: *REMEMBER TYPE B INDIVIDUALS
TEND TO PUT CURRENT EVENTS INTO
PERSPECTIVE***

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

NOVEMBER DRILLS

MONDAY (TU) Drive in the slow lane of the freeway, allowing other cars to pass you.

TUESDAY (FFH) As you are about to be irritated with someone, imagine that this person lost their dog today and is a close friend.

WEDNESDAY (TU) Linger after a meal today.

THURSDAY (FFH) Make amends especially if the infraction is very small: I blew it; I'm sorry; I hope you can forgive me.

FRIDAY (M/R) Take time to look at a beautiful piece of art and Imagine what the artist was trying to communicate.

SATURDAY (EW) Say to someone, "Thank you for being part of my life. I can't imagine my life without you."

SUNDAY (EW) Consider how few people hold your unconditional love. Tell one of them about this love.

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

NOVEMBER APHORISMS

1. "Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you." William Arthur Ward
2. "You know you've created God in your own image when you are sure he hates all the same people you do." Naomi Watts
3. "Envy is ignorance and imitation is suicide." Ralph Waldo Emerson
4. "There are three things in life that are important: 1) The first is kindness, 2) the second is kindness, and 3) the third is kindness." William James

Wisdom from Meyer Friedman

"The issue is not becoming successful that creates type A behavior, but maintaining that level of success."

Wisdom from Gina Price

"You can be important in many places in life, but where is it that you are irreplaceable?"

AND ONCE THIS MONTH: Buy a small, thoughtful gift for your spouse or other family member.

All month: *BELIEVE THAT TO BEHAVE LIKE A TYPE B MEANS YOU GET TO KEEP YOUR PRE-FRONTAL CORTEX IN STRESS SITUATIONS*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

DECEMBER DRILLS

MONDAY (TU) Eat each meal slowly, swallowing one bite before taking another.

TUESDAY (FFH) Note to yourself signs of hostility that you can see on the faces of people you encounter.

WEDNESDAY (TU) For each red light you encounter, be thankful that your pell-mell rush through life has been interrupted and breathe.

THURSDAY (FFH) Purposely say, "Maybe I'm wrong," several times in your conversations.

FRIDAY (M/R) Practice smiling as you remember two to three happy events of the past.

SATURDAY (EW) Invite a friend or family member to take a leisurely walk with you.

SUNDAY (EW) Compliment a friend or family member about something you admire in him or her.

****TU**-Time Urgency, **FFH**-Free Floating Hostility,
M/R-Memory/Reflection, **EW**-Emotional World

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

ANGER, IRRITATION, AGGRAVATION AND IMPATIENCE

Being replaced by the state of **ASAS**:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself.

DECEMBER APHORISMS

1. "It is easy in the world to live after the world's opinion; it is easy in solitude to live after our own; but the great man is he who in the midst of the crowd keeps, with perfect sweetness the independence of solitude." Ralph Waldo Emerson
2. "God gave us memory so we can have roses in the winter." Percy B. Shelley
3. "If only I may grow firmer, simpler, quieter, warmer." Dag Hammarskjold
4. "A society grows great when old men plant trees whose shade they shall never sit in." Greek Proverb

Wisdom from Meyer Friedman

"If you took all the knowledge accumulated by psychology and psychiatry in the last 100 years and distilled it into a fifteen minute speech, you would have the Beatitudes (The Sermon on the Mount)."

Wisdom from Gina Price

"The most common trait of type A men is their lack of awareness of their importance to their families."

AND ONCE THIS MONTH: Find a picture of yourself as a young person. Look at it with affection and admiration.

All month: *DON'T JUST PRETEND TO BE A TYPE B, PRETEND TO BE A REALLY WARM ONE*

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

SPECIAL HOLIDAY TRIGGERS AND DRILLS*

Good Drills for the Holidays

For each day, choose one drill. Live it.

1. Look at your present and proposed future activities. Consider if they augment or detract from the meaning this holiday has for you.
2. Accept it all as it is and let it be enough.
3. Let the only pressure on you be the pressure to keep yourself quietly separated from the materialistic demands of the season.
4. Laugh at the lines and use them as opportunities to restore calmness.
5. Stay sensitive throughout the day to the pressure to do more and more.
6. Enjoy the rituals.
7. Reflect on how you are going to bring out in your life the meaning this holiday season has for you.
8. Remind yourself: enough is enough.
9. Ask yourself the questions during the day, "How much is enough?" and "What matters?"
10. Declare a day "off" and rest and reflect.
11. Live out the meaning of love for you from your highest sense of good.
12. Have fun.

CHANGING ATTACKS OF AIAI TO ASAS

The immediate feelings of:

**ANGER, IRRITATION, AGGRAVATION AND
IMPATIENCE**

Being replaced by the state of ASAS:

ACCEPTANCE of the trivial errors of self/others

SELF ESTEEM is confidence in my resiliency

The acceptance of **AFFECTION** is life saving

SERENITY is the skill to soothe myself

POSSIBLE HOLIDAY TRIGGERS OF TYPE A BEHAVIOR

1. Pressure to do more and more.
2. Desire to have everything be just right.
3. Desire to make everyone happy.
4. Interacting with extended family or grown children who are returning for the holidays.
5. Bittersweet memories from yesteryear, including childhood.
6. Heavier traffic congestion.
7. Long lines.
8. Travel derangements.
9. Extra drinking
10. Feeling envy of others
11. Feeling lonely
12. Feeling overwhelmed
13. Bombarded by traditions not your own
14. Too many activities
15. The temptation to be cynical
16. Competition for parking spaces

REMEMBER

All of the above triggers are "HOOKS!"
If you can say the phrase, "THAT IS A HOOK!" inside your mind with the image of a "LIGHTBULB!" coming on, that immediately gives you a choice of how to behave: to choose ASAS or AIAI

MAKE THIS A SEASON OF ASAS

The process of transforming Type A Behavior is simply the creation of choice in place of our ancient and instant AIAI reactions. John McNeel

*With recognition for the work of Virginia Price, Ph.D.
Copyright John R. McNeel 2018. www.aspiringtokindness.com

SUSTAINING YOUR MONITOR

THE FORMULA FOR SAYING "NO"

1. Express Appreciation.
2. Say "no" without any explanation.
3. Give affirmation and encouragement.

THE FORMULA FOR WHEN TO SPEAK

1. Do I have something important to say?
2. Is this the time to say it?
3. Does the other person want to hear it?

THE THREE MAJOR CAUSES OF ANGER IN THE TYPE A HOME

1. Sense of loss of control.
2. The attitude: "My way is the right way."
3. The belief that the home should be efficient (Like work).

SEEK ALWAYS TO DO THESE THINGS SLOWLY IN ORDINARY TIME

1. Walk. 2. Talk. 3. Eat. 4. Drive. 5. Listen.

THE FORMULA FOR MAKING AMENDS

1. I blew it.
2. I'm sorry you felt harmed-no excuses.
3. I hope you can forgive me.

PLACING AN EVENT IN PERSPECTIVE

1. Will I remember it five years from now?
2. Is it worth my peace of mind or the atmosphere of affection in my home?
3. Is it worth my life?

SUSTAINING YOUR MONITOR

HOOKS TO WATCH FOR: FIVE I's

Insult, Injury, Injustice, Interruption & Incompetence-
they aren't personal.

INVEST IN THE LIVING: THE THREE P's

People, Pets, and Plants-plus the Planet.

THE FORMULA FOR HOSTILITY

Hostility is a **QUICK** reaction to a **SMALL** and
UNEXPECTED event.

CHANGING AIAI TO ASAS

From Attacks of AIAI

ANGER

IRRITATION

AGGRAVATION

IMPATIENCE

To being able to choose ASAS

ACCEPT the trivial errors of self and others.

SELF ESTEEM as resilient confidence.

The acceptance of **AFFECTION**.

SERENITY is an ability to soothe oneself.

ASK YOURSELF EVERYDAY

What matters? How much is enough?

ASK YOURSELF FREQUENTLY

What is or should be the essence of my life?

PRETEND YOU ARE A TYPE B

REMEMBER

We are not in control of what comes in, but we have a lot of control over our response to what happens. V. Price

Time is my friend. M. Friedman

Hostility always harms, never heals. Love always heals, never harms. J. McNeel

Do unto your spouse the way she wants you to do unto her. V. Price

Sweetness is not a weakness and charm is more powerful than hostility. M. Friedman

Best definition: "Patience is the act of enjoying waiting." V. Price

The things worth being are more important than the things worth having. M. Friedman

More never-never-never leads to enough. J. Ortberg

For every minute you are angry you lose 60 seconds of happiness. R. W. Emerson

The process of transforming Type A Behavior is simply the creation of choice where there was once only our instant AIAI responses. J. McNeel

You can be important in many places, but where is it you are irreplaceable? V. Price

God gave us memory so we can have roses in the winter. P. B. Shelly

The art of being wise is the art of knowing what to overlook. W. James

He who would live in peace and ease must not speak all he knows or judge all he sees. B. Franklin

Things don't matter. People do. Anon.

We are here because we realize we all need more help than we can give ourselves. We need each other. So may all our efforts together be of benefit to each one and may friendship and love bring enrichment to our lives and to all whose lives are in our care. We acknowledge this gratefully. Amen

J. Gill, S. J.