



Workbook 1

The purpose of the workbook is to give you a medium for contemplation. We experience things very different when we have to write it down. It is like seeing yourself or your situation through different eyes. The workbook is your personal work. You may follow the instruction or doodle it doesn't matter since the only person looking at it will be you.



Exercise 1

You are given two sets of questions. The first set focus on the importance of certain aspects of your life (7 questions on the left). The second focus on the level of satisfaction you are experiencing with regards to the same aspects of your life (7 questions on the right). Look at the different sets of questions, indicate your choice within both sets by putting a ✓ the option of your preference.

1.How IMPORTANT ARE THE THINGS YOU OWN?				
not at all important	slightly important	somewhat important	very important	most important
2.How IMPORTANT IS YOUR HEALTH?				
not at all important	slightly important	somewhat important	very important	most important
3.How IMPORTANT IS WHAT YOU ACHIEVE IN LIFE?				
not at all important	slightly important	somewhat important	very important	most important
4.How IMPORTANT ARE CLOSE RELATIONSHIPS WITH YOUR FAMILY/FRIENDS?				
not at all important	slightly important	somewhat important	very important	most important
5.How IMPORTANT IS HOW SAFE YOU FEEL?				
not at all important	slightly important	somewhat important	very important	most important
6.How IMPORTANT IS DOING THINGS WITH PEOPLE OUTSIDE THE HOME?				
not at all important	slightly important	somewhat important	very important	most important
7.How IMPORTANT IS YOUR OWN HAPPINESS?				
not at all important	slightly important	somewhat important	very important	most important

1.How Satisfied are you with the THINGS YOU OWN?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted
2.How Satisfied are you with your HEALTH?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted
3.How Satisfied are you with what you ACHIEVED IN LIFE?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted
4.How Satisfied are you with your CLOSE RELATIONSHIPS WITH FAMILY/FRIENDS?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted
5.How Satisfied are you with HOW SAFE YOU FEEL?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted
6.How Satisfied are you with DOING THINGS WITH PEOPLE OUTSIDE THE HOME?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted
7.How Satisfied are you with YOUR OWN HAPPINESS?						
delighted	please	mostly satisfied	Neutral	mostly dissatisfied	unhappy	disgusted



Now, look at the results. Look at the level of importance of certain aspects of your life, how satisfied are you with each aspect? The bigger the gap between an important aspect and the level of satisfaction, the more severe the dissonance. The ideal would be that when something is important to you, you should also experience some level of satisfaction with this aspect and this would then create a positive state of mind. Say for instance your health is very important to you and you are very fit and healthy, then you would feel great about your health and your self. If however, something is very important to you, but you are not at all satisfied with this aspect, it would create a sense of dissonance and you would feel unhappy about your self. When your financial situation is very important to you, but you are not at all satisfied with your finances, you will be worried about it, you will be awake all night trying to reach a solution to the financial problem. Humans are just like that, we strive for balance or equilibrium. The dissonance between importance and satisfaction will cause discomfort until the equilibrium has been restored.

Exercise 2

What is your belief system with regards to your possessions?

What are your belief systems with regards to your health?

What are your belief systems with regards to your accomplishments?

What are your belief systems with regards to close relationships with family and friends?



What are your belief systems with regards to feeling secure and safe?

What are your belief systems with regards to social activities outside the house?

What are your belief systems with regards to happiness?

Exercise 3

How soon do you recover after a setback?

1. Do you have the feeling that you don't really care about what goes on around you?

Very seldom or never						Very often
7	6	5	4	3	2	1

2. Has it happened in the past that you were surprised by the behaviour of people whom you thought you knew well?

Never happened						Always happened
7	6	5	4	3	2	1

3. Has it happened that people whom you counted on disappointed you?

Never happened						Always happened
7	6	5	4	3	2	1



4. Until now your life has had:

No clear goals or purpose at all						Very clear goals and purpose
1	2	3	4	5	6	7

5. Do you have the feeling that you're being treated unfairly?

Very often						Very seldom or never
1	2	3	4	5	6	7

6. Do you have the feeling that you are in an unfamiliar situation and don't know what to do?

Very often						Very seldom or never
1	2	3	4	5	6	7

7. Doing the things you do every day is:

A source of deep pleasure and satisfaction						A source of pain and boredom
7	6	5	4	3	2	1

8. Do you have very mixed-up feelings and ideas?

Very often						Very seldom or never
1	2	3	4	5	6	7

9. Does it happen that you have feelings inside you would rather not feel?

Very often						Very seldom or never
1	2	3	4	5	6	7

10. Many people - even those with a strong character - sometimes feel like sad sacks (losers) in certain situations. How often have you felt this way in the past?

Never						Very often
7	6	5	4	3	2	1



11. When something happened, have you generally found that:

You overestimated or underestimated its importance						You saw things in the right proportion
1	2	3	4	5	6	7

12. How often do you have the feeling that there's little meaning in the things you do in daily life?

Very often						Very seldom or never
1	2	3	4	5	6	7

13. How often do you have feelings that you're not sure you can keep under control?

Very often						Very seldom or never
1	2	3	4	5	6	7

Add the scores from the green blocks = ___ + ___ + ___ + ___ + ___ = ___. We will call this Comprehensibility.

Question 2 6 8 9 11

Add the scores from the orange blocks = ___ + ___ + ___ + ___ = ___. We will call this Manageability.

Question 3 5 10 13

Add the scores from the yellow blocks = ___ + ___ + ___ + ___ = ___. We will call this Meaningfulness.

Question 1 4 7 12

Sense of comprehensibility: When score is closer to 35, Comprehensibility high. When score is closer to 5, Comprehensibility low.

Do you feel that you are able to understand your world, that things make sense and are not confusing?

Do you feel that your world is predictable or that certain things can be expected? In other words, do you feel like you know what's going to happen next, or that you know what's coming?



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Sense of manageability: When score is closer to 35, Manageability high. When score is closer to 5, Manageability low.

Do you feel that your world is manageable or within your control, that things can be handled or taken care of?

Do you feel you have the skills or ability, the support, the help, or the resources necessary to take care of things?

Sense of meaningfulness: When score is closer to 35, Meaningfulness high. When score is closer to 5, Meaningfulness low.

Do you feel that your life is interesting or fascinating, a source of pleasure or satisfaction?

Do you feel that things are really worth it, that there is good reason or purpose to care about what happens?

Reference:

Germano, Dominic, (1996).

Mattiuizi, Paul G., (2007).