CHAOS MAKES WAY FOR A RISING STAR

-- Nietzsche

Clients can learn vital information that will contribute to their resiliency and help them develop behaviors of increasing returns.
I volunteer at the department of corrections, adult probation and parole, Provo, Utah.

The support groups I teach are comprised mostly of non-violent felons.

Their crimes are usually committed to support an illegal drug habit.

They have all received extensive interventions and have been referred by drug court.
I can no longer be who I am – the discerning moment

I need new information of increasing returns – a break though

I need an objective that I can accomplish now – this minute -- If it is to be, it is up to me
I need a reasonable **purpose for my life**, in the present – today!

I need an ally – **If it is to be, it is up to us.**
I. There is no recovery of the past, and it is senseless to take all traumas you have experienced with you on your journey to rebounding. Take what you can change and deal with it strategically.
All animate things are in constant motion.
Life leaves evidence.
Humans change with time and experience.
Existential philosophy, humans are responsible for the meaning of their lives.
“He who has the why to live, can bear almost any how.”
Nietzsche.

Recovery is to obtain something that was lost and changed very little.
Inanimate objects are recovered. They change differently than animate objects.
A ring can be recovered once lost, then found.

NO RECOVERY, ONLY REBOUNDING

REBOUNDING

RECOVERY
II. Inspirational Psychology is the study of behavior that includes learning information, the effects of environments, spiritual metaphysical influences, physical development, and the all-inclusive effects on human endeavors--past and present.
Learning is a change of behavior
Neuroplasticity
Humans are intuitive
Humans have no instincts that compare to animals
Metaphors teach
To teach is to show, resulting in understanding (techen)
III. HUMANS CAN REBOUND FROM CHAOS

“Chaos makes way for a rising star.” – Nietzsche

- Breakthroughs from trials at all levels of life and skills
- Discerning moments
Erroneous thinking develops from a lack of information and misinterpretation of life experiences.

An erroneous personal belief is having incorrect information that miss-directs behavior.

Erroneous beliefs cause a spiritual dislocation that hold a person to myths that undermine greatness.

Validation of erroneous beliefs

We look for reasons to support discomfort.
ERRONEOUS THINKING IS METAPHORICALLY COMPARABLE TO BEING STUFFED WITH STRAW, NAILED TO A POST, AND GIVEN AN IMPOSSIBLE TASK WITHOUT A BRAIN.
CAN YOU SEE THIS? (OZ)
Constricts thinking and confuses dreams with reality

Holding on to erroneous beliefs builds defenses that are like a wall – causing distortions, blind spots, and the lack of desire to explore new options.

Failure in life is generally due to erroneous thinking and impermeable behaviors due to circumstances.
Constricts view of personal greatness

Not due to a lack of ability

Personal psych-out
The greatest breakthrough in my life is that I learned new information of increasing returns (change of behavior) that changed my attitude ... and my life.

Life is a puzzle with many facets that are always unfolding.

You are loved and expected to be great.

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Thank you for letting me be with you.

Respectfully, Al