

wRight Choice TRUTHOUGHT

GLOSSARY OF TERMS

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| Commitment | Doing whatever it takes. |
| Common Ground | A goal or way of doing something that you share with someone else. |
| Consequences | The results that follow your choices and actions. |
| Culture | Values and customs within your community or race. |
| (Sub)culture | Values and customs outside of your community or race which are destructive. |
| Expectation | Something you anticipate or count on from others or something that others anticipate or count on from you. |
| Feelings | Emotions that start in your gut. |
| Flexible | Ability to compromise and change plans in order to meet the needs and requests of others. |
| Goals | What you want for your future. |
| Higher Power | Any authority over you, but ultimately, The Final Authority outside of yourself. |
| “I’ll Try” | Often means, “I might do it, but don’t count on it.” |
| “I’ll Do My Best” | Often means, “if nothing better comes up, I might do it.” |
| “I’ll Do Whatever It Takes” | Means, “I’ll do it, no matter what.” |
| Influences | All the people and things around you that have an affect on you. |
| Intimidation | Messages you send to others that lead them to fear you, or stay away from you. |

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| Irrational | Not seeing things as they really are. Thoughts and behavior not based on reality-limited or void of truth and fact |
| Limitation | Boundaries that you set for yourself, or things you realize you cannot do. |
| Obligation | Your duty and responsibility to others. |
| Power Struggle | A disagreement where both people exert much effort against each other and both lose. |
| Rational | Seeing things as they really are and acting accordingly. |
| Reputation | How other people see your habits and patterns of living. |
| Rigid or Closed | Unwilling to change; stuck in a particular place or frame of mind. |
| Tactic | A way to get what you shouldn't have, or get out of what you should get. |
| Thinking Barrier | A way of thinking that leads to problems for you and others. |
| Thoughts | Ideas that start in your head. |
| Victim | Someone who was hurt by someone or something else. |
| Victimizer | One who harms others in any way for any reason. |
| Way of Life. | Your habits and patterns of living your life. |