



Your Abstract Reality

Identity > Ethics > Beliefs (Positive Thinking + Present Observations + Rate of Growth) > Summation of the Defined
> Perspective > Behavior

Positive Thinking comes from the Positive Inventory through Observation of your Physical Reality.

Negative Thinking comes from the Negative Inventory through Observation of your Physical Reality.

Define your Undefined Variables

What we Practice:

$X = \text{Past Observed/Experienced (Point of Relativity)} + \text{Emotional Trauma Memory } X + \text{Present Self } Y = \text{Belief}$
(The Predictor of your Future) = Discouragement

An Assumed belief that A) We do not change, B) We do not learn, C) We cannot grow therefore, it removes the Vital Variable that We change, Grow, and learn over time.

What we Need to Practice:

$\text{Present Self } Y \text{ (Point of Relativity)} + \text{Ethical Rate of Growth} + \text{Observation of Present } Y = \text{Belief (The Predictor}$
of your Future) = Hope

- Y = Present
- X = Past

Overwhelm = The Illogical Disorganization of Data. The Excess of Illogic.

Logic = The organization of Chaos



Defining Your Abstract Reality

Choose Your *Category To Define

What do you Want? _____

What are your Ethics? _____

What is Logical? (What should you do?) _____

What do you believe? _____

Concept (What Identity wants) > How you Define Your Abstract Reality (Above) > What Is your Physical Reality

*Abstract Reality Beliefs Categories:

- Love and Romance
- Career & Your Skills (And Resources)
- The Defined Self
- Politics, Ethics, and The Environment
- Friendships, Community, and Family

- Children and Parenting
- Death, The Afterlife, and Religion
- The Abstract World



Checks And balances

Break down the components that form the Belief

The Event + The Emotion + The Present Reality

Past + Present = Deductive / Conclusive Future

Past :

- Events
- Emotions Experienced

Present :

- Current Situation
- Emotions Currently Experienced

Instead of using the Past, use The Current Defined Self with the Ethical Growth with Current Situation to Conclude the Deductive / Conclusive Future



The Carousel Scale of the Self

Identity = Your Story Health, Loves, Desires, Authority, Quality, Freedom

Ethics = Your 3 Perspectives of your Ethical Combination : X-Y-Z

- X = True Ethic
- Y = Logical Ethic (Conditioned Invasive Ethics)
- Z : Environmental Ethic (Influencers)

Logical Health = Your Consistency and The Union of the Self Aligned with the Cognitive Core (Your Logical Conclusions)

Beliefs = Your Past Emotions to Events + Present Emotions to Events = The Premises Formed to Deduce your Conclusive Future

Physical Reality = The You of I (Origin of Ethics) and your They of I (Influencers of Behavior) = The Projected Defined Self