



Chapter 2:

Partial Inventory of How Screwed Up Your Thinking Is

NB: if it is not already obvious upon reading the first question.... This quiz is *not* a validated instrument. It is designed to *not* be taken too seriously and to enjoy as much as possible whilst simultaneously highlighting in a hopefully palatable manner where crevasses of pain may lie.

Quiz Question No. 1: How much pain are you personally in about your life and how intense is it?

Choose one answer, a bountiful variety of answers, or make one up. Changing your mind several times is allowed. If you are reading this on Kindle or listening to this on Audible, then if you want to write your answers down to any of these questions, and some of the later ones really only work if you write something down, then you'll need to find some other way of recording it for yourself. You can always download from the website: smartpersonsguide.com.

OK, here are some potential answers to 'How much pain are you personally in and how intense is it?':

- A) None. I am deliriously happy and ecstatic.
- B) None. I am determinedly neutral.
- C) A little bit. Kind of. Not too bad. I mean, I'm not exactly in pain about it, I mean I'm not saying things are so great, I mean it could be better...why are you asking anyway?
- D) Um, well, some.
- E) Kind of a lot. I mean, I think my life is okay other than the fact that I really really really hate it.
- F) Definitely a lot.
- G) What's it to you, you jerk? Do I look like I'm in pain? Oh yeah...well, it just so happens to be none of your dammed business, all right?
- H) Oh god help me.
- I) I would answer this question if I could ungrit my teeth.
- J) I'm in agony and someone is going to die.
- K) I'm not in pain about my life and I refuse to be because I believe in having a POSITIVE OUTLOOK and OVERCOMING OBSTACLES. Sure, some things about my life may be kind of screwed up but I AM WORKING ON THEM and I think things are really going to turn around here. Soon. Please God, please.
- L) Of course I'm happy. Now please go away or I'll have security remove you. I'm busy.
- M) None of the above. Mine is: _____



Quiz Question No. 2: How often are you personally in pain about your life?

- A) Always.
- B) Never.
- C) Sometimes.
- D) Pretty often.
- E) Chronically, constantly, often, often, often.
- F) Randomly, according to my mood.
- G) Whenever I am about to get my period.
- H) When certain pretty predictable things happen - like, I wake up.
- I) Oh I don't fucking know.

Quiz Question No. 3: When you get miserably depressed, distressed and down about your life how long does it last at a time?

- A) Less than an hour.
- B) Less than a day.
- C) A day or two.
- D) About a week, more or less.
- E) A couple of weeks or so. Maybe shorter, maybe longer.
- F) A few months, maybe.
- G) A year or more.
- H) Seems like an eternity.
- I) Actually I think I am always miserably depressed to a certain degree.

Quiz Question No. 4: How often are you personally happy about your life?

- A) Always.
- B) Never.
- C) Sometimes.
- D) Pretty often.
- E) Wonderfully, constantly, often, often, often.
- F) Randomly, according to my mood.
- G) Whenever I get off my period.
- H) When certain pretty predictable things happen - like, I wake up.



I) Oh I don't fucking know.

Quiz Question No. 5: When you get quite bubbly and happy about your life how long does it last at a time?

- A) About a second. Maybe less. My reaction time is too slow to time it properly.
- B) Less than an hour.
- C) Less than a day.
- D) A day or two.
- E) About a week, more or less.
- F) A couple of weeks or so. Maybe shorter, maybe longer.
- G) A few months, maybe.
- H) A year or more.
- I) Seems like an eternity. : D
- J) Actually I think I am generally rather cheerful, bubbly and happy to a certain degree.
- K) Aren't bubbles about champagne?

Now you can check out what your answers indicate about your thinking. IF you buy the book. :) You can also see what the other answers mean for this paradigm of ultimate personal power and responsibility we are talking about here.

Beyond the Quiz

Exercise No. 1: Make a chart of where things are screwed up in your life... or not.

Make a list of the top dozen areas of your life that are really important to you. Some possibilities are:

- 1) "Me"
- 2) Money
- 3) Family of Origin (e.g., brothers, sisters, parents, cousins, etc.)
- 4) Current Living Situation (roommates, spouse, kids, living alone, whatever. Nice place or a dump? Location. In a quiet village by the sea and you want to be in the middle of a bustling metropolis? In the middle of a bustling metropolis and you want to be in a quiet village by the sea? Include however you feel about where you live. You can do this exercise again solely around teasing out all the different factors around your current living situation, especially if you're currently looking to move.)
- 5) Love Life, Spouse, Mate, or the lack thereof, or wish you lacked thereof
- 6) Work, or lack thereof



- 7) Kids, or lack thereof
- 8) Sex Life, or lack thereof
- 9) Health, or lack thereof
- 10) Friends and Social Life, or, of course, lack thereof
- 11) Religion or Spirituality, or, lack thereof
- 12) Purpose, or, predictably, lack thereof

Make up your own categories, but I suggest you limit it to no more than a dozen. You might want to throw in an Artistic Outlet category if you are a creative type. A Parenting category. A Hobby category. Recreational Drugs category. A Doing Something Good for the World category. Or a Wardrobe category if that is compelling to you. 'My lhasa apso'. Whatever you want. It's your life, after all. Just think about limiting it to a dozen because otherwise this can get too cumbersome.

I set you up here with a chart to list and rate your categories. There's another scale on the website – it wouldn't fit neatly here. Negative ten is the worst you could possibly feel, positive ten the best. Again, if you want to keep this private, it's easy enough to redraw this for yourself in your own little notebook. Reminder that you can get these forms at www.smartpersonsguide.com.

Inserted Thing 1. Chart on what's important to you (the category) and how you feel about it (the scale)

No.	Category Name (e.g. Family or Work)	Rating from -10 (as awful as it could be) to 10 (as great as it could be)
1		
2		
3		
4		



5		
6		
7		
8		
9		
10		
11		
12		

'Problem' List

Once you have a list of what you think your challenges are, feel free to think about how you relate with others about them – or not. You have space to tick if you are hiding the problem, flaunting it, or sharing it with others in a healthy way. This exercise is about looking at how you relate to others through the fog of the challenges you experience. The way you relate exposes more of the structure of your thinking regarding the understanding of the paradigm presented here. Relating to others about the issues may be considered to be in these three categories:

Hiding: You don't tell anyone about it and may even take measures to ensure it is covered up. For instance, not telling people you and your partner/spouse are going through a divorce and claiming the person is ill as an excuse of showing up alone at events and gatherings. At the end of it, one could feel isolated and unheard. One may have shame about the issue.

Flaunting: EVERYONE and their Chihuahua knows you have the issue. You gripe and reference it often. At the extreme end, manage to insert your non sequitur obsession into just about everything, as in – 'Oh, you bought a new handbag? It's big! It could fit 10 of my Scouts in there – that's my pet guinea pig – you know he just died, right? Terrible.' It's not that a pet dying is a casual thing, just that the way some people talk about it means they can't get any connection with other people about it. At the end of the interchange, a person may feel isolated and unheard. One may have an (innocently false) identity as a victim.

Sharing: You get some time to really talk through an issue of importance to you with someone you trust. At the end of it, you have some new insights and feel you have been



seen/heard/understood/met. There is an increase of intimacy with the person with whom you just spent time.

Okay, fill it out for yourself, and please be mindful of whatever future confidentiality issues you may have about writing this out. But, please don't use all the space for the problem for two reasons: firstly, you can take a few moments to summarise and condense it, can't you? Secondly, you will need the room a bit later.

Inserted Thing 1. 'Problem' List

No.	'Problem'	Hiding	Flaunting	Sharing
1				
2				
3				
4				
5				
6				
7				



8				
9				
10				
11				
12				

Make a list of your unwanted behaviours

Inserted Thing 2. Screwed Up behaviours

Unwanted Behaviour	Why does this feel like a problem? What does it appear to be costing you? Appear to be costing others in your life?



Beyond the Quiz Exercise No. 4: A chance to score some super-duper extra-special bonus Screwed Up points

Look closely at your charts and tables and categories above and see if you can find any place where you are shamelessly flaunting one problem so that you can hide another one. Let's say you made a category/'problem' of My Stupid Employees, and you are absolutely fed up with your ungrateful, slacking, stealing, sullenly disobedient employees (that couldn't have anything to do with you anyway, right?). In reality, you are doing this to hide the much more central issue of "I Don't Know How to Run My Business". That may continue: "...and I'm Going to Be Ruined



and Live on the Street and Starve to Death and Have to Take my Children out of Private School, Oh God Help Me!” Or you gave a huge Unhappiness Score to your parents (or children or spouse or all of these) but you are secretly frightened that is hiding a Big ‘Problem’ in the “I Am Unlovable” category. These super-hidden categories are the Really Screwed Up ones. And only innocently comprised of ossified – and innocently wrong – thinking.

And, just about everyone has them. Neutrality and even Happiness (if it isn’t the Super Real Deal) may often hide the Really Screwed Up categories as well.

These are often so hidden from view that it may require some trusted friend or hired help to flesh this out.

OK, if it feels right for you, gird your loins and go back to the charts and suchlike in the previous few questions with a different colour pen or pencil or marker or planned special sign like an * or whatever and write in whatever Super-Hidden Screwed Up categories of which you may be aware.