



<p>VIEW OF MYSELF</p> <ol style="list-style-type: none"> 1. Better than 2. A victim 3. Bad (not my fault) 4. Must be seen as doing well 	<p>VIEW OF OTHER</p> <ol style="list-style-type: none"> 1. No right to be there. 2. Robs me of peace 3. Selfish 4. Does not love me.
<p>FEELINGS</p> <ol style="list-style-type: none"> 1. Angry 2. Depressed 3. Bitter 4. Justified 	<p>VIEW OF WORLD</p> <ol style="list-style-type: none"> 1. Unfair 2. Unjust 3. Burdensome 4. Against me

1. Start with the View of the World box. When you betray a sense or desire, how do you see yourself?
2. Then move to the Feelings box. How do you feel when your view of the world is like that?
3. Now, move up to the View of Myself Box and list how you see yourself.
4. Next, move to the right and make a list of the View of Other, referring to the person you are "in the box" about.

To learn more about Arbing, go to www.arbingerinstitute.com.

I highly recommend the books: *Leadership and Self-Deception* and *The Anatomy of Peace* – brilliant books.