

**PRO-SOCIAL**  
**LIVING WORLD**

vs.

**ANTI-SOCIAL**  
**SURVIVING WORLD**

**SPIRITUAL (INSPIRATION)**

COMMITMENT  
LISTENING  
PRAYER  
MEDITATION  
UNDERSTANDING OTHERS

**MENTAL (CREATION)**

THOUGHT PROCESS  
POSITIVE ATTITUDE (WORLD VIEW)

**PHYSICAL (ACTION)**

PLANNING  
SUFFICIENT ENERGY

**EMOTIONAL (EVALUATION)**

AWARE OF ATTITUDE-WHAT WAS CREATED  
GRATITUDE  
EXPRESS  
GROWTH

**SOCIAL (PROSOCIAL)**

PROSOCIAL  
HEALTHY RELATIONSHIPS  
FOR THE GOOD OF SOCIETY  
DEMONSTRATES VALUE OF FAMILY

**WILLPOWER**

STICKTUITIVENESS  
IN FOR THE LONG RUN  
RESPONSIBLE  
ACCOUNTABLE

**RITUAL (DESPIRATION)**

NO COMMITMENT/ TO MANY COMMITMENTS  
TALKING  
REPEAT BEHAVIORS  
CONFUSION  
DEMANDING TO BE UNDERSTOOD

**MENTAL (RECREATION)**

NO RESPECT FOR THOUGHT PROCESS  
NEGATIVE ATTITUDE (WORLD VIEW)

**PHYSICAL (INACTION/OVERACTION)**

NO PLANNING  
+ /- ENERGY

**EMOTIONAL (RECKLESS ATTITUDE)**

CONFUSION  
EVERYBODY OWES ME.  
REPRESS/ INAPPROPRIATE EXPRESSION  
REPEAT BEHAVIORS

**SOCIAL (ANTISOCIAL)**

ANTISOCIAL  
UNHEALTHYRELATIONSHIPS  
WHAT DO I GET OUT OF IT  
BORED EASILY

**FALSE PRIDE**

NO COMMITMENT  
INSTANT GRATIFICATION  
EXPECTS PEOPLE, PLACES, THINGS  
TO BRING HAPPINESS, MEET NEEDS

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