

FEELING- INTENTION THERAPY



Kevin Everett FitzMaurice, M.S.

Feeling-Intention Therapy (FIT)

CB: Beginning of Book	13
Introduction: Chapter B	13
Title	14
<i>Feeling-Intention Therapy</i>	14
Copyright.....	14
ISBN.....	15
Dedication	16
Description	16
Notes on the Text	18
Disclaimer	19
10 Approaches to Sanity	20
C1: Rational Emotive Behavior Therapy	25
Rational Emotive Behavior Therapy (REBT).....	25
Table: REBT's ABCs of Emotions.....	26
REBT's A of A x B = C	27
REBT's B of A x B = C	27
REBT's C of A x B = C.....	28
Diagram: REBT's ABCs	29
Diagram: Response & REBT Models	30
Diagram: Response & STPHFR Models	32
Diagram: Simple Model of Feelings #1	34
Diagram: Simple Model of Feelings #2	36

C2: FIT's 2 Systems in 1.....	37
Introduction: Chapter 2	37
Preview of FIT Concepts	38
Feeling-Intention Therapy (FIT) Models.....	43
Diagram: Simple FIT Model.....	43
Diagram: Another Simple FIT Model	45
FIT's 2 System Model	46
Diagram: FIT's Response System	50
1. Event Circle	51
2. Sensing Circle	54
Six Levels of Sensing	56
3. Event-Sensations Circle	57
4. Sensation-Feelings Circle	60
5. Feeling-Intentions Circle.....	63
6. Thought-Sensations Circle	65
7. Thought-Feelings Circle	67
8. Thought-Intentions Circle	68
9. Response-Actions Circle	69
Differences Between FIT & REBT	71
Diagram: FIT's Feedback System.....	75
Sensations & Feedback	77
Feelings & Feedback.....	78
Intentions & Feedback.....	78
Thoughts & Feedback	79

Feeling-Intention Therapy (FIT)

Responses & Feedback	79
Diagram: Complete FIT System.....	81
Diagram: Sensing Contacts Event	83
Diagram: Advanced FIT Model.....	87
End-of-Chapter Note	88
C3: FIT & Intentions.....	91
What Are Intentions?.....	91
Will to Life	92
Where Do Intentions Come From?.....	94
Survival-Instinct Intentions	97
Table: Survival Responses	97
Fight Intentions Examples	98
Figure Intentions Examples.....	98
Feign Intentions Examples	99
Freeze Intentions Examples.....	99
Flight Intentions Examples	100
Survival Intentions for Ego	100
Fight Intentions for Ego Protection	101
Figure Intentions for Ego Protection.....	102
Feign Intentions for Ego Protection	102
Freeze Intentions for Ego Protection.....	103
Flight Intentions for Ego Protection	104
Maslow's Hierarchy of Needs.....	104

Diagram: Maslow's Hierarchy of Needs	106
FIT's Hierarchy of Intentions	106
4 Levels of Spiritual Needs.....	107
4 Levels of Ego Needs	107
4 Levels of Social Needs.....	108
4 Levels of Physical Needs	108
Diagram: FIT's Hierarchy of Intentions.....	109
Examples of Hierarchy of Intentions	109
4 Levels of Spiritual Needs.....	109
4 Levels of Ego Needs.....	111
4 Levels of Social Needs	113
4 Levels of Physical Needs	114
REBT Scripts & Intentions	115
Table: REBT's Must Scripts	116
FIDOC, Attention, & Intention	118
Table: FIDOC & Attention	119
Frequent Sensations (too often).....	120
Intense Sensations (too strong)	121
Long-Lasting Sensations (too long).....	121
Odd Sensations (too strange)	122
Conflicting Sensations (too combative)	122
Ukraine System & Intention	123
Table: Ukraine System	124
Looping Thoughts.....	124

Feeling-Intention Therapy (FIT)

Attaching Thoughts	125
Racing Thoughts	126
Expanding Thoughts	127
Negative Intentions	129
Self-Defeating Intentions	129
Self-Fulfilling Prophecies.....	130
Revenge Intentions	131
Results Indicate Intentions	132
Intention to Serve	133
Meditation & Attention	135
2 Attentions & FIT	136
Diagram: Theory of Planned Behavior	137
C4: FIT & Motivation	139
5 Factors Motivating Behavior	139
5 Response System Motivators.....	140
Table: 5 Motivators Influencing Behavior.....	142
12 Motivators With Feedback System.....	143
12 Factors Motivating Behavior	144
Cycle of Motivation.....	145
Diagram: 6-Step Cycle of Motivation.....	146
Step 1: Need for Payoffs (Rewards).....	147
Step 2: Desire for Payoffs (Rewards)	147
Step 3: Goals that Are Payoffs	148

Step 4: Plan to Get Payoffs	148
Step 5: Action to Get Payoffs	149
Step 6: Success of Getting Payoffs.....	150
Negative Motivation Analyzed.....	151
Denigration & Intention.....	151
Sports Psychology.....	153
Punishment & Intention	155
Self-Torture & Intention.....	156
Work Is Wonderful	157
Work Is Meaningful.....	158
C5: Phase One: Improve the Relationship	161
Introduction to Phase Work.....	161
Understanding the Relationship	162
Ideal Relationship.....	164
Social & Intimate Relationships.....	166
Make Peace Between Systems.....	167
Comparing Response & Feedback	168
Response Thinking: Now Focus.....	169
Feedback Thinking: Next Time Focus	169
Response Feeling: Now Focus	170
Feedback Feeling Examples: Past.....	171
Response Reacting Examples: Present.....	171
Feedback Reacting Examples: Past	172
Response Sensations Examples: Now	172

Feeling-Intention Therapy (FIT)

Feedback Sensations Examples: Past.....	173
Logic, Reason, & FIT Systems	174
Relationship Points	174
Heart Versus Mind.....	175
People Have 3 Powers.....	177
Addictions & Compulsions.....	177
Domestic Abuse	179
Craftsmanship & Skill	179
Why Is There Conflict?	179
Why Does Conflict Continue?	180
Relationship Points to Contemplate.....	181
C6: FIT Phase Two: Improve the Results	189
Phase 2 Work with Depression Example	191
Diagram: Response System & Depression ..	191
3Rs: Response System & Depression	192
3Rs Recognize Step for Depression	192
3Rs Remove Step for Depression.....	193
3Rs Replace Step for Depression	195
Phase 2 Work with Anxiety Example.....	197
Diagram: Response System & Anxiety.....	197
3Rs: Response System & Anxiety	198
3Rs Recognize Step with Anxiety.....	198
3Rs Remove Step with Anxiety	199
3Rs Replace Step with Anxiety	200

C7: FIT Analysis	203
Analysis Examples	204
GAADSAP Feelings Analyzed.....	204
Table: GADSAP Feelings	205
Guilt & Intention.....	205
Anger & Intention.....	207
Anxiety & Intention	209
Depression & Intention	210
Shame & Intention.....	212
Attachment & Intention	214
Pride & Intention.....	216
Many Methods of Neurosis.....	217
Thinking About FIT Systems	218
Questions to Consider Using.....	218
Interpreting Responses	219
Responses of Various Kinds	220
Fewer Responses & Feedback	222
Sensations Vary	223
CE: End of Book	225
Introduction: Chapter E	225
About the Author	226
Professional Life & Philosophy	227
Wounded Healers Can Help.....	228
Professional Credentials	229

Feeling-Intention Therapy (FIT)

Table: Books for 7 Steps to Sanity	231
Step 1: Emotional Responsibility	231
Step 2: Coping & Problem-Solving	232
Step 3: Reduce Control by Ego	233
Step 4: Rediscover Authentic Self	234
Step 5: Upgrade Thinking Skills	235
Step 6: More Responsibility & Less Ego	237
Step 7: Improve World & Communication	238
Recommended Books by Author	239
How to Read FitzMaurice's Books	256
FitzMaurice's Books	256
Book Descriptions	257
99¢ Books	257
How to Change the World	257
How to Live Maturity	257
How to Make Stress Work for You	258
How to Have a Super Attitude	258
How to End Ego	258
How to Live a Positive Life	258
How to Use CBT & REBT for Self-Help	258
How to Practice Instant Yoga	259
Enjoy!	259
Diagram: Complete FIT System.....	260