

ROCKET -MIND

(R-M)

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The main responsibility skill to master is also the one most overlooked: emotional responsibility. You will never be mature without emotional responsibility.

3. Unconditional Acceptance Skills

Most of life is beyond our control and influence. To keep producing and contributing, we must learn to accept without conditions. Unconditional acceptance is the essence of coping.

4. Switching Skills

Switching skills help you learn to stop fighting and instead to remove and replace. You really move on, not just say you are going to.

5. Problem-Solving & Coping Skills

Problem-solving and coping skills help us to do the work we can and to deal with what we cannot fix. There is a lot available to fix and a lot not available. Work on what works.

Helpful Attitudes & Practices

While the following will rarely get you to detach and switch from negative to positive-directed R-Ms, they often encourage, facilitate, and support such switching (recognizing, removing, replacing).

Please obtain an ebook copy if you want to follow all the links in this book. You can find this list with its links intact on our website in this title's "Book Extras" section.

- [3Rs \(Recognize, Remove, Replace\)](#)
- [5TP \(5 Thinking Positions\)](#)
- [Acceptance](#)
- Adaptability
- Alone time
- Authenticity or Genuineness
- Charity or Kindness
- Compassion
- [Coping](#)
- Contemplation
- Contributing or Giving Back
- [Detachment](#)
- Determination or Persistence
- [Emotional Responsibility](#)
- Exercise
- Faith
- [Feeling-Intention Therapy](#)
- Flow

- Focus
- [Forgiveness](#)
- [General Semantics](#)
- Honesty
- Hope
- [Humility](#)
- Integrity
- Learning
- [Meditation](#)
- [Mind-Moving \(M-M\)](#)
- Moderation
- Non-doing (see Taoism)
- Play
- [Prayer](#)
- [Problem-Solving](#)
- [Rational Emotive Behavior Therapy \(REBT\)](#)
- Reading Uplifting Materials
- [Recovery](#)
- Relaxation
- Reserved
- [Responsibility](#)

- Self-Care (healthy lifestyle)
- [Spiritual Skills](#)
- Spontaneous
- [Stoicism](#)
- [Taoism](#)
- Teaching
- [Thinking Skills](#)
- [Triality](#)
- [Yoga](#)

You Don't Have to Respond in Kind

Because you are experiencing or receiving negative does not mean you have to respond negatively. In most situations, you and your life will be better when you respond to negative with positive.

Even if you are physically attacked, you want to respond with positive-directed R-Ms. You will have different results with the same response depending on if it is directed with positive or negative intentions.

You do not have to respond *with* something positive, but you must respond *from* something positive.