

EMPOWERMENT COUNSELING (EC): Primary Techniques & Concepts Checklist

| NO. | TECHNIQUE OR CONCEPT | DATE | DATE | DATE | DATE |
|-----|--|------|------|------|------|
| 1. | Mind-Moving (M-M): 6 Brains vs. 1 Brain | | | | |
| 2. | 2 Healthy Options: Problem-solve & Cope | | | | |
| 3. | 3 Rs Meta-theory: Recognize, Remove, Replace | | | | |
| 4. | Garden Your Mind Weeds are WWBADD | | | | |
| 5. | Mild vs. Extreme Negative: How NOT What | | | | |
| 6. | Remove: Dispute to turn to Disgust so Stop | | | | |
| 7. | Replace: Coping/Empowering Statements | | | | |
| 8. | Aversive Versus Attractive: Self-Control | | | | |
| 9. | Mind-Moving-Detach and M-M-T | | | | |
| 10. | Emotional Responsibility: identifying, hearting | | | | |
| 11. | Emotionally Retarded: Not Learning | | | | |
| 12. | Right & Wrong Motivation for Self & Other | | | | |
| 13. | Detachment vs. Owing: Mental Strength | | | | |
| 14. | Reason over Lower and Higher over Reason | | | | |
| 15. | 4 Signal Systems: Proximity and FID | | | | |
| 16. | Roles vs. Self and Failure: Identity Issues | | | | |
| 17. | Self-rescue vs. victimhood Past vs. Self-talk | | | | |
| 18. | GADSAP Emotions 4 Primary Emotions | | | | |
| 19. | Healthy Habits: Practice New Habits | | | | |
| 20. | Survival Alarms: Anxiety & Anger | | | | |
| 21. | Communication Contact: Primary Lessons | | | | |
| 22. | Feelings First Exercise & Dancing Lessons | | | | |
| 23. | Difficult People: 7 Ways to Handle | | | | |
| 24. | 6 Rs Communication: Active Listening | | | | |
| 25. | 33 Couple Rules & Don't Argue Reality | | | | |
| 26. | Mental-Court Games: Enjoy Judge Role | | | | |
| 27. | RAP: Reflect, Affirm, Solve Communication | | | | |
| 28. | "I" Statements & Advanced Handout | | | | |
| 29. | Parenting: 8 Rules & Want 4 Want | | | | |
| 30. | Don't You Don't: Positive Directions | | | | |
| 31. | Physical vs. Ego Survival: Fight or Flight | | | | |
| 32. | USE, UAE, UOE, ULE, Universal Esteem | | | | |
| 33. | Multi-valued Thinking versus 2-valued | | | | |
| 34. | 5 Thinking Positions versus only 2 or 3 | | | | |
| 35. | What, How, and Why Questions | | | | |
| 36. | Inner-Directed & Inner-Referenced | | | | |
| 37. | Weakness needs Outside Order: God or Philosophy | | | | |
| 38. | Inner Overrides the Outer: Real Reform | | | | |
| 39. | 3 Levels of Existence: Energy, Sensation, Verbal | | | | |
| 40. | 3 Mental Channels: Neg., Pos., Doing | | | | |
| 41. | Mind is a Magnet: Power of Attraction | | | | |
| 42. | Universality: One Human Nature and UE | | | | |
| 43. | Relationships are Ego Contracts or Battles | | | | |
| 44. | 2 Attention: Self and Other | | | | |
| 45. | Knowing Sensations vs. Thoughts | | | | |
| 46. | Thought Errors: Trying, T-T, Sensation | | | | |
| 47. | Observer is the Observed: Ego is an Illusion | | | | |
| 48. | Secret of Life: Get What you Serve, Give What you Want | | | | |
| 49. | EC STEPS, STPHFR, ABCs of REBT | | | | |
| 50. | Relapse Prevention Reminder Cards | | | | |