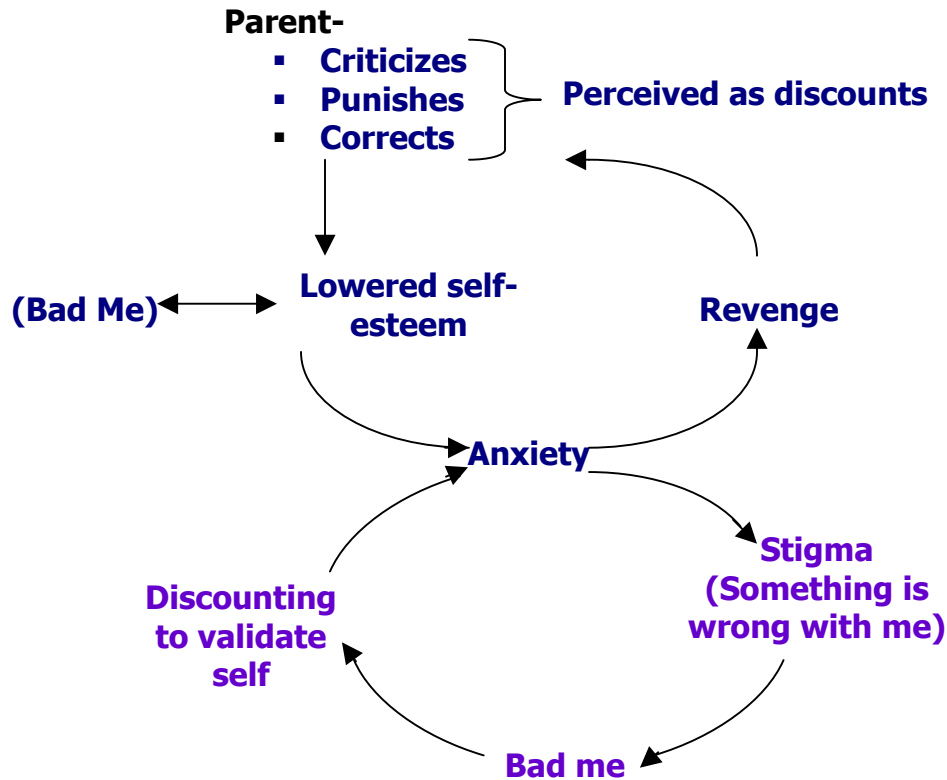


“Courage is not an ability one either possesses or lacks. Nor is courage synonymous with bravery, like falling on a grenade to save one’s buddies from injury or death. Courage refers to the willingness to engage in risk-taking behavior when either one either does not know the consequences or when the consequences might be adverse. Anyone is capable of courageous behavior provided he/she is willing.” – Adler

Etiology of Discounting

Parents discriminate. Sort out acceptable from unacceptable thinking and acting. Taken for granted as acceptable.

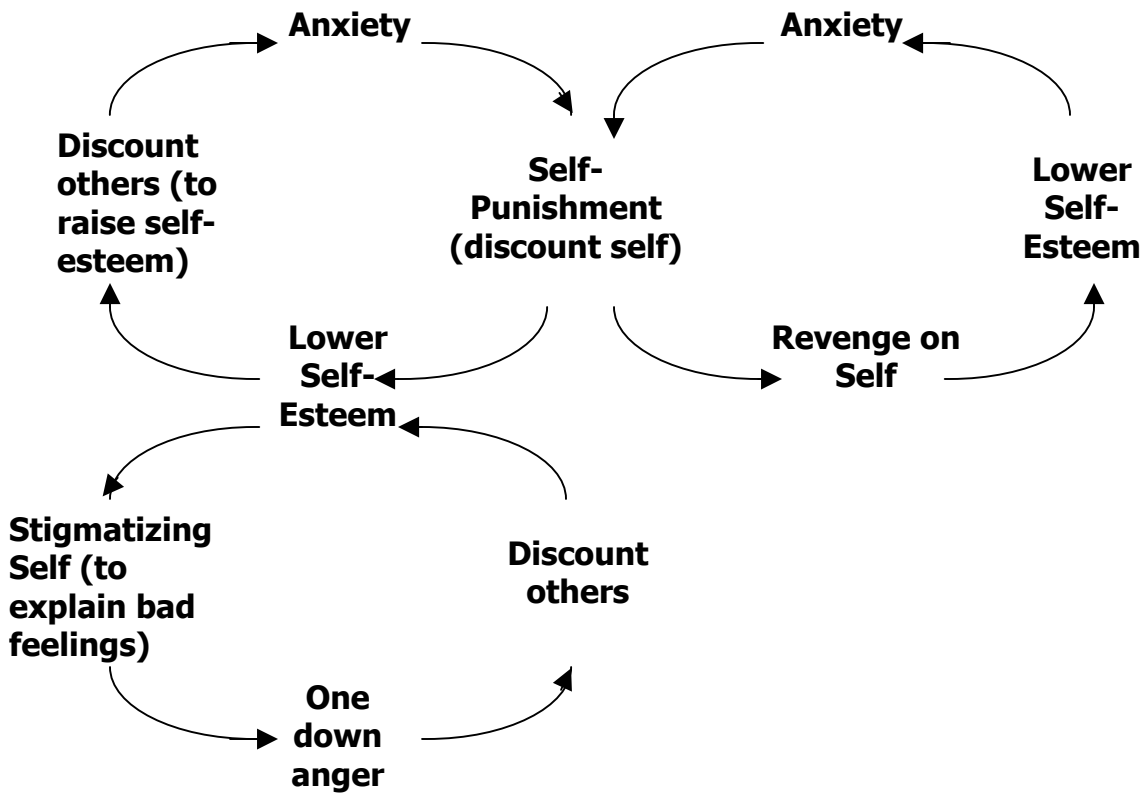


Internalizing Mode:

- One/down
- Focus on unacceptable
- Anger
- Zero sum (if you get validation, I can't)
- Anxieties
- Discounting is posture (old people less polite, this is evidence)
- Revenge
- Competitive

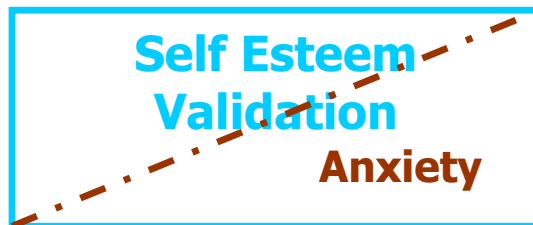
Self Censor → Self Monitor?

Discount



Self System

Is organized to obtain satisfaction with the least possible anxiety



Self-Punishment

Selective Inattention
Renders invisible many threats to self – come in when feel powerless

Revenge