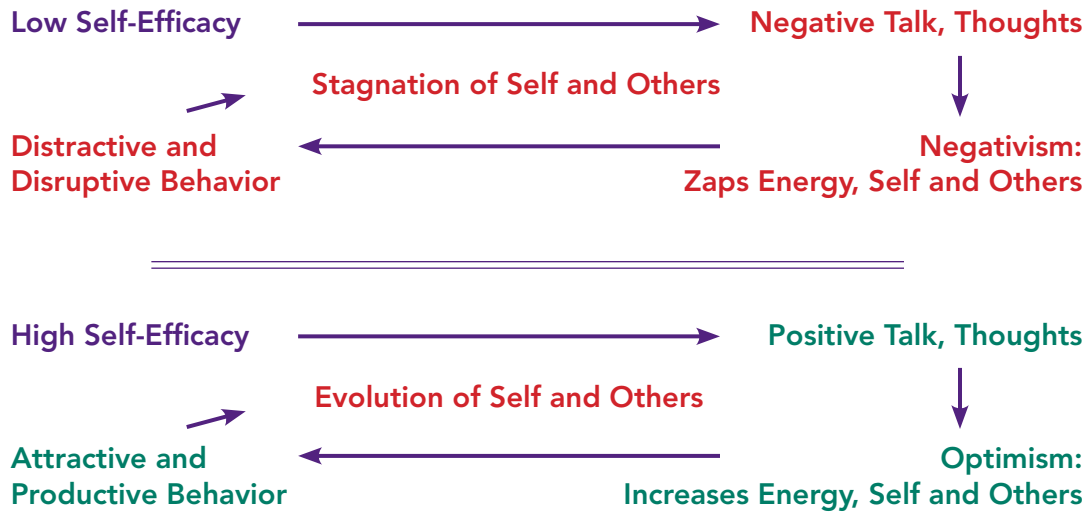


THE POSITIVE AND NEGATIVE ATTRACTION LOOP



Low Self-Efficacy	High Self-Efficacy
Failure, or gloom-and-doom syndrome.	Future-oriented.
Past-oriented overreliance on self.	Habits, and a support team to manage life's problems and disappointments.
Perfectionism.	Ability to move on and learn from mistakes or failures.
Critical tapes and messages.	Creates new tapes, messages and stories.
Chronic comparison to others.	Able to help others and accept help.
External locus of control.	Internal locus of control.
Unable or unwilling to move on from setback or disappointments.	Exhibits self-confident optimistic behaviors.
Uncomfortable asking for or giving guidance.	Gives and asks for forgiveness and guidance.
Exhibits guarded human relations skills.	Exhibits positive interpersonal skills.
Exhibits self-destructive or other behaviors.	Demonstrates positive energy and constructive behavior.