

How to use the form

This form is meant as a tool for observations of yourself for yourself. The act of observing helps focus your consciousness of how you respond to situations and interact with other people. Also, after a period of time, you can quantitatively tally the results to help pinpoint what is dominant in your practice.

There are two related concepts on the form.

1. Properties of your value (POV). The properties of your value reflect the internalization of the properties of the bourgeois values of the social system in which we live. The bourgeois values derive from the roles or methods that are useful or typical in capitalism to operate within the system. It will depend on your history and your family's history in relation to the capitalist system. Your value can be maximized or minimized in any given situation or period of life, depending on what the conditions you are in will allow or support.
2. Identity (I). Your identity reflects how you interact with people or situations. It was developed as you grew up with your parents, or rarely another dominant influence in your development. The identities reflect the basic contradictions found in physics, in the real world; and the forms these identities take in capitalism. Your PC (Personal Character) identity reflects your identity with the parent who was your primary influence. Your SC (Social Character) reflects your identity with the other parent. Since these identities are how you learned to interact with the world from an early age, you tend to recreate these in new situations as an adult.

Each identity has 2 sides that are in contradiction. You could respond with either the dominant or subordinate aspect, depending on your relationship to the situation. For example, if your identity is Interdependence, you could be acting in some situations, and reacting in others, depending on whether your POV is maximized or minimized.

To use the form, notice when your practice does not push forward a situation, or when you feel subjective in some way. Note the date, and a short description of the problem or situation and your response. In the PC column enter the number from the first list that most reflects the POV you see operating in the situation from your personal side. In the PC-I column, enter the letter from the second list that most reflects how you interact with the situation from your personal side. In the SC column enter the number from the first list that most reflects the POV you see operating in the situation from your social side. In the SC-I column enter the number from the second list that most reflects how you interact with the person(s) from your social side. It may be that for any situation, you see either your PC, your SC, or both. Usually you are acting dominantly out of one side or the other. But it could be that you see a conflict between your PC and your SC.

Once you have some understanding of how you tend to respond to situations and people, and how this can hold back progress in the situation, you can start consciously controlling

your behavior in situations. You can pick the best property/identity to set up in the situation to move it forward, as opposed to what you do from deep force of habit.

The Properties of One's Value

Your Name: Daniel

- 1) Acquire: to come to have as a new or additional characteristic, trait, or ability
- 2) Procure: to obtain by particular care and effort
- 3) Secure: to put beyond hazard of losing
- 4) Succeed: to attain a desired object or end
- 5) Win: to reach by expenditure of effort
- 6) Gain: an increase in amount, magnitude or degree
- 7) Satisfy: to make true by fulfilling a condition
- 8) Realize: to bring into concrete existence
- 9) Gratify: to please oneself
- 10) Execute: to put completely into effect
- 11) Discharge: to get rid of by performing an appropriate action
- 12) Contented: manifesting satisfaction with one's possessions, status or situation

Date	POV	Comments
2-20	4	Break off a promising political discussion because Mark wants me to check out his new car (personal reinforcement).
1-26	4	Tell teacher 'everything is okay' instead of asking questions because want to appear to have it all together.
1-17	7	Going along with a racist remark at work; don't want to cause waves.
1-29	3	Manipulate conversation at work to avoid any controversial subjects or points of struggle.
1-16	3	Eating lunch with different group at work. Fear of rejection.

The Properties of One's Value

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Date	POV	Comments
7-07-05	8 or 10	Sightseeing with family. Get frustrated because want to get going and there are so many people to coordinate. Create tension because I'm trying to move people along. S tells me to stop 'spazzing out'.
07-08-05	7	Watch sister's kids all day. Have the entire day planned and want them to have fun. One of the kids complains and whines constantly because she wants us to buy her all these toys. I react and get short with her. Want to satisfy a condition; want to please the kids. I'm afraid they will tell my sister they didn't have a good time and that I was mean to them.
07-17-05	7	Meeting with group of people that I didn't know. Offer little input; withdrawn. At one point, there was something relevant that J wanted me to say. He nudged me several times but I couldn't bring myself to say anything.
07-04-05	3	Drop off N and friends at 'L' and then drive to grocery store. Start to have anxiety: what if his car is stolen; what if he is late to work; etc etc. Get myself all worked up. Think about turning around and going home just in case there is a problem. Finally decide to ignore anxiety and complete errand.
07-23-05	10	See something that needs to be done to move the process forward and take action. Feel a sense of personal responsibility – that I have to do it. Then, react to being in leadership position; want to hide from responsibilities.

REVISÉD

PROPERTIES OF YOUR VALUE

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- 3) **Secure:** To put beyond hazard of losing.
- 4) **Succeed:** To attain a desired object or end.
- 5) **Win:** To reach by expenditure of effort.
- 6) **Gain:** An increase on amount, magnitude, or degree.
- 7) **Satisfy:** To make true by fulfilling a condition.
- 8) **Realize:** To bring onto concrete existence.
- 9) **Gratify:** To please one's self.
- 10) **Execute:** To put completely into effect.
- 11) **Discharge:** To get rid of by performing an appropriate action
- 12) **Contented:** Manifesting satisfaction with one's possessions, status, or situation

[illegible]

The Properties of One's Value

Your Name: _____

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[illegible]

The Properties of One's Value

Your Name: _____

Date: _____

Date	PC	-I	SC	-I	Comments	Properties of Your Value
						1) Acquire: to come to have as a new or additional characteris, trait, or ability
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						13) Similarity: <u>progression</u> : advance, improvement, gradation, following, succession <u>regression</u> : backsliding, retirement, withdrawal, retroaction, revert <u>quality</u> : status, distinction, feature, value, essence, substance <u>quantity</u> : size, dimensions, mass, volume, aggregate
						14) Interpenetration <u>strength</u> : force, stamina, dominance, vitality, physique <u>weaknesses</u> : inactivity, faintness, debility
						15) Interpermeation: <u>attraction</u> : gravity, drawing to, captivating, charming, inviting <u>repulsion</u> : driving from, rejection, disgust, hostility, obnoxious
						16) Unity <u>positive</u> : definite, emphatic, decisive,

						inescapable, good <u>negative</u> : unwholesome, immoral, noxious, bad, dishonorable, contrary
						17) Interdependence: <u>action</u> : function, exercise, process, procedure, performance <u>reaction</u> : response, reply, rebuttal, opposition, recall, hindrance
						18) Coincidence: <u>progression</u> vs <u>regression</u>
						19) Interconnection: <u>quality</u> vs <u>quantity</u>