**LEVEL 3 – THE RATIONALIZER**

When you’re rationalizing, you interpret situations and other people’s actions in a way that makes you feel better about yourself and others. It’s a way you cope with stress. At this level, you still judge other people, but you tolerate and cooperate with them. At Level 3, you may manipulate and perhaps take advantage of people because your goal is to win no matter what.

**CORE THOUGHT = RESPONSIBILITY**

**CORE EMOTION = FORGIVENESS**

**ACTION/RESULT = COOPERATION**

 **I’m responsible for my thoughts and feelings – Tolerance – I win. If you win too, great! – Tolerance**

1. WHAT KIND OF RATIONALIZING, OR OTHER LEVEL 3 THOUGHTS, BEHAVIORS, AND FEELINGS DO YOU DISPLAY?

This Week:

Think about the people in your life that you care about, but take advantage of, or manipulate for your own benefit. Pick one of these people and do something for that person, asking and expecting nothing in return, in your journal, record what you did and how you felt about it. (Note: When you focus on others instead of yourself, you begin to move towards higher levels of energy)