

BEing There Counseling™ Booklet #3

ISSUE-HOURS LOG



BY

BEING THERE ENLIGHTENMENT SYSTEMS, INC.

823 MEASE RD.

GRAND JUNCTION, CO 81505

www.BEingThere.net

Log # _____

This log belongs to:

Please regard the contents of this log as highly confidential.

If found, please return to:

Issue-Ho

Date	Partner	Issue
		Sub-totals from pr

Issue-Ho

Date	Partner	Issue
		Sub-totals from pr

Issue-Ho

Date	Partner	Issue
		Sub-totals from pr

Issue-Hours Definitions

D-Time Defensiveness Time. The amount of time that either partner was behaving defensively during an issues discussion. This may be expressed as time or as a percentage of the Total Time. The reduction of D-Time is in direct relation to your willingness to feel all that you feel and to deal with all that you feel. This form of discussion occurs in the Power Level of Consciousness.

E-Time Engaged Time. The amount of time where both partners are engaged in the resolution of the issue, regardless of who initiated the discussion of the issue or who may appear to be at fault. This may be expressed as time or as a percentage of the Total Time. This form of discussion is an essential part of the Intimacy Level of Consciousness. All issue-related time is either D-Time or E-Time. Maximizing E-Time creates more efficiency, and leads to faster development.

Total Time This is the total time needed for both partners to arrive at a greater Personal Truth from the starting point of someone's declaration, "I have an issue I'd like to deal with, if you are willing to." All behavior, prior to one person initiating a deliberate attempt to deal directly with an issue and the other person accepting such an invitation, is considered reaction, and is not logged.

Issue-Hour One issue/One hour. This is the basic unit of measure of personal work. Higher Consciousness is realized through the accumulation of issue-hours. It may require 10,000 issue-hours to master emotional skills. One issue = One hour.

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(Continued from front cover.)

Issue-Hours

In order to birth a greater truth for both people involved, a single issue may take only minutes or it may require many hours. If you are able to work through an issue in less than one hour, it is logged as 1 issue-hour. If it takes many hours to resolve one issue, it is counted as one issue-hour. Efficiency with emotional skills allows one to pursue ever-greater truth by dealing with more issues.

Raising any issue may quickly expand into a complex discussion of what seems like a variety of issues. Upon thorough exploration, however, and subsequent clarity, the complex of many issues often distills into one crystallized issue. Accounting of issue-hours must be taken only following this clarity.

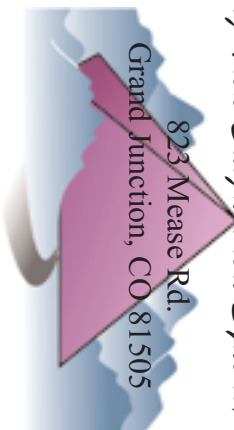
If several issues are explored, each one must foster greater Personal Truth in order to consider it for issue-hours. You would count how many hours were required for each issue: one issue/one hour.

If an issue was raised during discussion, but not resolved, then it is an issue that remains unresolved. It is not the purpose of this log to count the number of hours that an issue is felt or suffered. This log is to track the hours needed to arrive at a resolution of an issue once it is directly addressed.

Addressing issues effectively requires training in emotional skills. One undertakes this training in counseling. It is the only place known, to date, where such training occurs. Reading of certain kinds of books can assist this learning process, but it cannot substitute for the training received in counseling. BEing There Retreats™ provide essential application of emotional skills training. Several retreats address the practice of logging issue-hours, and the value of doing so. Contact BTES for more information about BEing There Retreats™.



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