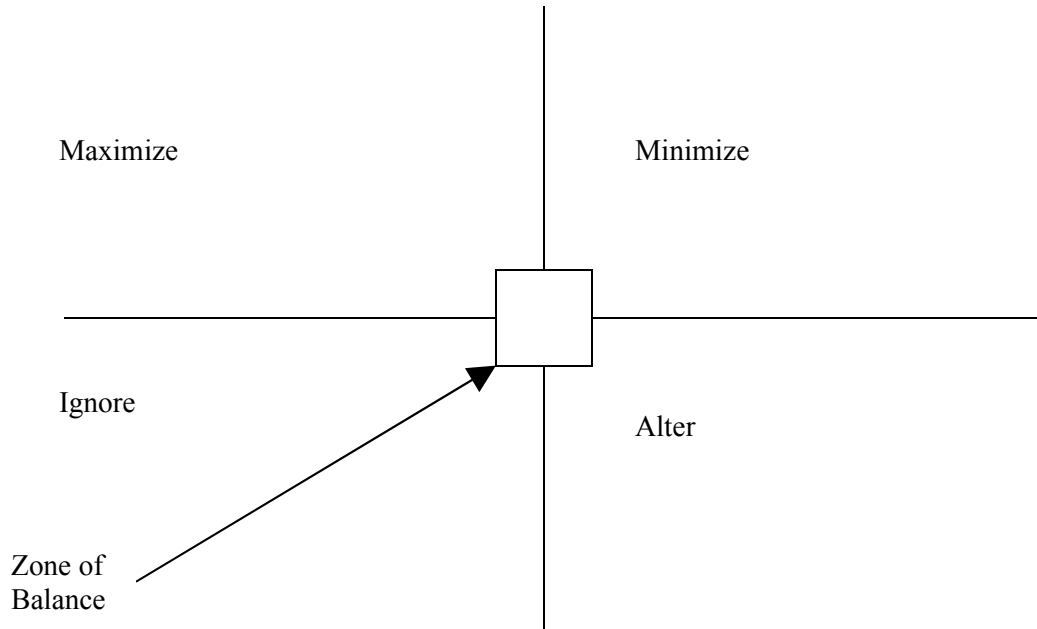


DISCOUNTING OF REALITY – MODEL



All individuals acknowledge reality in four ways. They either maximize reality, minimize reality, ignore reality or alter reality.

Thus an individual tends to locate oneself in one of the four quadrants. However each of the quadrants causes an individual to demonstrate a particular behaviour which may result in 'existential' imbalance. Therefore it is important for each individual to recognise the location of choice and move towards the centre of the quadrant which is defined as 'zone of balance,' allowing the individual to acknowledge positions taken, yet contain within oneself the extremes and thereby become functional and healthy.