

**SOCIAL TOOLS
NEWSLETTER**

MARCH 20, 2012

The following is from an unpublished manuscript titled "Social Tools" by Franklin H. Ernst Jr., M.D.

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SPECIAL POINTS OF INTEREST:

There are four types of social tools.

- Management of Self
- Dealing With Others
- Tickets, Talents, Hellos, Education, Trades, Techniques
- Money

**CLASS #1 OF SOCIAL TOOLS
MANAGEMENT OF SELF****WHAT DO I WANT TO PROVE ?**

Another consideration in the management of self some individuals have found useful is to ask themselves before taking an action

"What do I want to prove ?"

Such might include one of the following:

"Somebody is going to say I don't know what I'm talking about."

"The boss is against me."

"Somebody is going to say I don't know what I'm doing."

"Nobody listens to me."

"You (they) are always criticizing me."

"You (they) don't care what happens to me."

Example

A project superintendent on a construction site noticed that the backhoe operator was digging a hole in the wrong place. His construction plans did not show any new underground work occurring where the backhoe operator was digging. And this project superintendent also remembered the backhoe operator routinely bristled at the suggestion he did not know what he was doing.

The superintendent went over to the backhoe operator and complimented him on his excellent workmanship, the perfect smoothness of the sides, the precise squareness of the corners of the hole. Then he asked "what is it for?" Response: "For the storm drain connection." The super, with construction plans in hand, then commented "my copy of the plans don't show a storm drain connection here. Had the plans been changed?" The backhoe operator had no plans with himself, but he knew of no changes and came over to look at the superintendent's plans. The plans showed a storm drain connection 50 feet to the east. Operator saw his error, at which time he was again complimented on his excellent workmanship. Both got a laugh out of the compliment. This was followed by the correction of the backhoe operator's error.

"What I want to prove" is usually a self-fulfilling prophecy, an event brought about with the active participation of the "prover."

PERSONAL VALUES

The personal values of an individual are derived from and related to his use of his Social Tools, especially the management of himself. Personal values basically are derived from a continuing loyalty to ideals, values and principles of behavior taught in large measure by one's parents. The person is accountable for his own personal values. That person then becomes reliably predictable in the area of life in question.

SITUATIONAL VALUES

Personal values are to be contrasted with situational values. Situational values are essentially concerned with getting away with what a person thinks he can and maintaining an immediate concern for a short range goal, what will make the particular person personally "comfortable" given the particular situation.

Don became secretary of a service club. The by-laws of the club called for minutes of meeting to be mailed to members no later than 5 days before the next meeting. Don began mailing meeting minutes four days

MANAGEMENT OF SELF

(96 hours) before the meeting. Asked about this, he named the day they were mailed until the day of the meeting as the five days and claimed he was in compliance with the by-laws. He did not change this procedure, even when it was repeatedly pointed out to him that five days is 120 hours and four days is 96 hours.

[Do the math. $4 \times 24 = 96$, $5 \times 24 = 120$]

OATH OF OFFICE

The question of the personal values of those elected to government and those hired and appointed to work in government public office can be measured by their adherence to the oath of office they took prior to assuming their office.

For others, for example in entertainment and sales work, their personal values will show up in the management of their personal life.

See [Letters& Vol. 1, No. 4](#) at www.ListeningActivity.com

A report by FH Ernst Jr., MD sent to members of the California Legislature on the topic of "Dysfunctional Personality Structure", filed with Secretary of the Senate and Chief Clerk of the Assembly on 3/14/96.

PRO-LIFE OR PRO-CHOICE

Being a Pro-lifer for some is an exercise of personal values. It is in obedience to the Sixth Commandment.

Is partial-birth-abortion murder or abortion? If the life of a viable pregnancy is terminated after completion of passage through the birth canal of the mother then the one who terminates that life is liable for arrest for homicide.

With partial-birth-abortion the fact that life terminator in a premeditated manner terminates the life before child completes the last four inches of travel down its own birth canal would seem to be

Personal PARENT
A person's internal PARENT is the organ holding ones personal values, ethics, principles and is the basis for forming personal judgments. The Parent defines what's good for the person and what's not. It protects and fosters the integrity of the person and valued others (family) - social, environmental, physical, nutritional, and educational.

Adult
A person's ADULT is the organ of reasoning.

Child
A person's CHILD is the collection of child-hood experiences, the basis of one's ongoing emotional life. Your Child is inventive, imaginative. (E Berne)

“Personal judgment” is a product of personal Parent AND Adult.

the situational thread on which this situational value hangs. It is after all the birth canal of the new born. The fact is this birth canal carries out one job for the child and after completing that job, then within a few weeks remodels itself in order to resume another function.

In the case of the "Situational Personality" the personal PARENT has been replaced by the "Situational-Committee" PARENT and its "Situational" ethics, values & instructions. (& "peer review")

In the background, extensive "committee work" has gone into preparation of the unit, (deactivating personal value after personal value) and a regular testing program implemented to make sure those personality elements are not coming back to life.

“Dysfunctional Personality Structure.”
See [Letters& Vol.1, No.4](#)
A report by F.H. Ernst Jr., MD sent to members of the California Legislature.

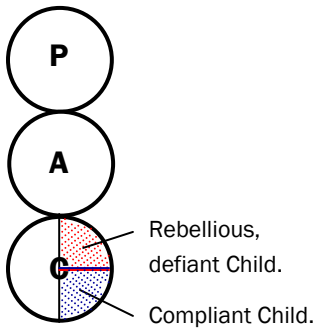
TO RESPECT AUTHORITY OR TO QUESTION AUTHORITY

Respect for authority is the path to learn from an authority, especially an authority with intact personal values.

To question authority is to dispute authority.

SELF GOVERNANCE

This is the object of a lot of the childhood training by parents. Most parents felt you would be better respected in society if you were "housebroken", had been taught to control your bowels and bladder, yourself. That is the beginning of most training to discipline yourself, the beginning of self-governing. Some parents are also successful at teaching additional social manners, like the rules of courtesy and politeness, despite other (public educational?) forces to the contrary with their program "To question authority."

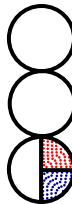


"FREEDOM OF EXPRESSION"

"Freedom of expression", "the value of self expression" and other "Outcome Based Educational" plays are designed by the myriads of psychologists employed by the U.S. Dept of Education to elevate the value and importance of the rebellious Child-like form of self-righteous "independence." The fact remains that the ability to learn requires respect for the authority from whom the learning is to take place.

Whether the respect is voluntary or coerced in a school isn't the question here. To take in new information and effectively use it with personal benefit requires an attitude of respectful compliance to the set of instructions and to the instructor.

For the most part, "in the old days" the "bad teacher" was one who stirred up (Childlike) animosity and rebellious behavior in the students of the particular class. The learning was impeded because of preoccupation with the personality of the teacher. [A high school (physics) teacher bragged about being a "socialist" in class, during class. Another teacher bragged about being a "communist" in class.] It was almost unheard of that the teacher did not know the subject material.



This is to illustrate that learning to read, write and do arithmetic, that becoming skilled in the techniques of manipulating the symbols carrying information and instructions in its use, the symbols involved in the accumulation of knowledge and skills requires a compliant submission to the will of the instructor in the classroom, control of personal emotional expressions of feeling during the instruction in order that the information imparted can be ingested, digested and stored in a useable, reproducible form.

A LEARNING EXPERIENCE OR A LEERING EXPERIENCE

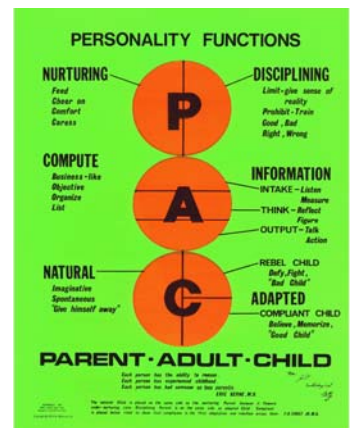
"Freedom of expression" is often the opposite of a successful learning experience. "Freedom of expression" may instead provide for a leering (sic) experience, not a learning one.

Schooling is where a person can learn that **"If all else fails read the instructions."** The successful learner has been able to submit himself and his behavior to the teaching, the will, the words and the activities of the teaching classroom teacher.



"Leering" = rebellious Child

Self governance is the object of a lot of the childhood training by parents. Most parents felt you would be better respected in society if you were "housebroken", had been taught to control your bowels and bladder, yourself. That is the beginning of most training to discipline yourself, the beginning of self-governing. Some parents are also successful at teaching additional social manners, like the rules of courtesy and politeness, despite other (public educational?) forces to the contrary with their program "To question authority."



MANAGEMENT OF SELF

LEARNING NAMES

Given the self management incentive, most people can and do remember the names of many of the others they meet especially if they write down the names shortly after meeting them.

SELF-MANAGEMENT AND DEBT:

When possible it is wise to stay out of debt to others. If this is done, the person will own more of his own time, soul, body, life. Debt reduces capacity for self management. It places your income, time, possessions and talents in the service of someone else with interest. Debt has been called slavery to the moneychangers. Mises equates interest payments to the value of a person's time. See "Human Action" by Ludwig von Mises.

Indebtedness leads to thinking in terms of justifying ones behavior to another, making excuses to another, defensiveness in actions and words.

In a number of instances continuing major indebtedness indicates a lack of ability to protect oneself, a problem with greed and temptations overtaking reasoned judgment in the management of the person's (financial) life.

TAKING CARE OF YOURSELF WHEN TALKING "CONSPIRACY"

Those who read and talk about "conspiracy" have become accustomed to the ridicule of others and/or know how to handle themselves when ridiculed. One constituent used to write regularly to his assemblyman about conspiracy matters in the legislature. He cited the specific section of the California Penal Code defining the crime and penalty for violating it. Or was he simply writing that the matter he was bringing up in his letter was a **conspiracy as defined by the California Penal Code?** He did not get dismissed as a "nut case." Personal visits to Sacramento legislature confirmed his being taken seriously.

SELF-MANAGEMENT AND DRIVING

California Driver Handbook of the Department of Motor Vehicles states that drivers are required to "**use judgment**", and "**are responsible**" for their driving behavior including emotional state of mind.

LIBERTY

"Liberty in the land of the free!" For how long is this to be the destiny of the USA?

"For the first time in human history, men had come upon a way of producing wealth in which the good fortunes of others multiplied their own", W Lippman.

To paraphrase an old maxim: "In all the ages of mankind on this globe there has been the constant struggle between being **ruled or ruling.**"

The wrinkle in that saying is evident on a bit of reflection. "Being ruled" by whom and/or "ruling" over whom? Who would you have be your master? Over whom would you be master? How about "yourself" in both instances.

FREEDOM LOVER PATRIOT ENTHUSIASM

No man with liberty will stay free who does not first govern himself. He who does not first rule and regulate his own appetites, passions and behaviors will become the subject of someone else's rule. He who does not subjugate and master his own life to a personal set of internal controls within which he maintains some friendly relationship will in time fall under the yoke of an external ruling master or be seized with the "need to rule others."

In 1776, for the first time in a long time in history men were given the chance to be self ruling, self-governing, self-regulating (UNDER GOD).

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In a number of instances continuing major indebtedness indicates a lack of ability to protect oneself, a problem with greed and temptations overtaking reasoned judgment in the management of the person's (financial) life.

**THEREFORE, ...
FIRST OF ALL, ...**

**FOR THOSE WHO WANT TO
BE FREE AND STAY FREE**

It then comes down to making the necessary decision with personal commitment attached, to become decently good at the self-regulating of personal behavior. Being free and keeping ones liberty first off requires self-discipline and **self-governance "under God"**, (per the Declaration of Independence). From this position it then becomes easier to successfully deal with the varieties of other people, personalities and behaviors one runs into in the course of a day.

Some wags are sure to try to pervert these words into selfish-discipline and selfish-government. But the truly self-governing person will spot them and be better able to avoid getting into their clutches.

BEING "FREE" OR "NOT-FREE" is a matter of whether the majority of regulating your life, disciplining your life, controlling of your life is coming from inside yourself OR if it comes from sources external to you. Every person's life is regulated, controlled, disciplined by someone. The only question is how much will come from inside you and how much will be coming from someone else.

Is your (life) planning commission mostly inside yourself or outside of you? Is the "strategic long range planning" (SLRP, pronounced "SLURPPY") of your life going to come more from you or more from your city, county, state and national governing officials?

**THE BIBLE: SELF-GOVERNED
or OTHER-GOVERNED**

1) Self-governing, this is what Jehovah was pushing Adam to do, if he could, in the Garden. But then Adam flunked Self-government 101. Adam for sure knew what the one rule there was, the one "NO! NO!" He'd been taught, after all, by the premier teacher of all teachers. But even though that "NO! NO!" was living inside himself, was a part of his own being, his self-governing gave way to self-rekidding that the "NO! NO!" did not mean NO. [See the "Self-Rekidding Diagram at the right.]

2) Then again about 2500 years later, after Jehovah had led the Israelites out of Egypt, again he pushed for the people to be self-governing. That time it worked moderately well and episodically for about 300 years. Then the people just couldn't stand freedom. They came whining to Samuel "Give us a king!" [Bible: 1 Samuel, Chapter 8]

Nothing Samuel could say would dissuade them. So they got their king and became an other-governed people. Now they no longer would have to decide what was personally best for themselves and families. Ah yes, the blessings of no longer having to make decisions, decisions, decisions about personal life. [Think about this.]

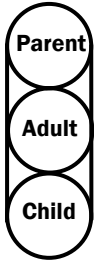
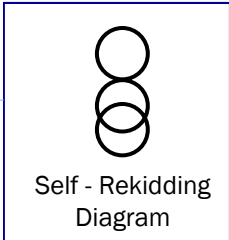
3) From the institution of Saul as King of Israel until the next self-governing experiment was about 3,000 years. Are we too, to lose our ability to be self-governing under God?

RELIGION AND FAITH

For many there is the consideration of their religion and faith. Where does God's dominion over all of us fit in here? God provided each of us with these social tools AND varying kinds of a life within which to live. He never guaranteed to anyone that what he gave that person was "fair." Some say "fairness" is a concept invented by the envious, the covetous. Specifically the 10th Commandment frowns on covetousness.

Personal Faith is part of a person's handling of himself privately and may also be a part of his handling himself within the social setting when with others. There may well be other people with whom a person deals and with whom talk about religion is appropriate.

Every person's life is regulated, controlled, disciplined by someone. The only question is, how much will come from inside you and how much will be coming from someone else.

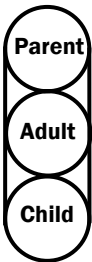


MANAGEMENT OF SELF

Parent-Adult-Child AND Religion And Faith

In the Old Testament, God spoke of the Israelites as "children." Christians could keep in mind that Jesus talked of and about his followers as "children", and talked about the importance of believing like a child does.

(CHILD)



No religion forbids thinking and behaving in a matter-of-fact manner.

(ADULT) No religion forbids providing for and protecting family against harm. **(PARENT)** No

religion forbids emotional displays. Many experience a personal protection for themselves in what they do as coming from their personal relationship to God, in their "faithing" to a personal God.

GETTING YOUR VOTE COUNTED

Talking to a Contra Costa County business man in the late 1990s, discussion of a recent election came up. With some surprise and dismay this particular businessman mentioned there were several unexpected results, as if the will of the voting public had been circumvented. This led to talk about the book "Votescam" by Collier and Collier then to the fact there is no way the public can confirm or not, the

vote count released to the public by an appointed (not elected) government employee. All vote counting is done by the County Administrator or his designee. The computer on which that one and only counting of votes takes place "belongs" to the county administrator and can only be accessed with his OK. From there talk progressed easily to paper and pencil ballots counted instead by accountable individuals at the precinct level and so on; that the solution to this quagmire of probable vote fraud lay in modification of the county ordinances and to instead call for these ordinances about vote counting to be changed.

Jim, "How do we get them to do that?" Walt, "It's up to you in your county. You can get three minutes each week in front of the County Supervisors at their meetings on Tuesday mornings to tell them about your concerns. You can get your friends to go along with you and do the same thing. It really is up to you if you want to make sure your vote is counted."

TOOLS FOR PATRIOTS

For "patriots" in particular this is important, keeping track of self, the matter of being authentically a self-governing individual as we go about the tedious job of reclaiming and holding onto our

freedoms and liberty in order for us to again become "One nation under God" (Pledge of Allegiance), become of "God fearing," "God-revering," "self-regulating," "self-governing" persons.

A self-governed person is to be compared to he who is ruled by others. Government personnel are hired and in the business of governing others. They rarely have the amount of interest in you, let alone understanding of your personal welfare that you do. Being free to be with others and free to do with others by personal choice, by personal contract, may well involve giving up some currently valued friendships because the "friend" may not share the same (personal) values. "Freedom to peacefully assemble?" Isn't this a part of the First Amendment?

Patriot freedom lovers can be seen as individuals who are one-by-one reclaiming and holding onto freedoms, liberty to exercise more personally selected choices in the regulation of their personal lives. Sometimes this may boil down to a "freedom" is more important than a (former) "friendship."

Self-governing often does come down to making a personal (hard) choice for whom you will allow to control you, whose advice you will take, who will be your friend.

Christians could keep in mind that Jesus talked of and about his followers as "children", and talked about the importance of believing like a child does.

(CHILD)

No religion forbids thinking and behaving in a matter-of-fact manner. **(ADULT)** No religion forbids providing for and protecting family against harm.

(PARENT)

KEEPING A FRIEND BY CHOICE. BY WHOSE CHOICE?

The more-free-person will be more involved in choosing and deciding who his friends will be, whose personal good-will toward him counts. The personal good-will of a person whose smile you can count on most of the time, and who means what he says, and says what he means, and does not continuously flatter you to your face, can be a friend.

ELECTIONS AND PUBLIC SAFETY

SELF-GOVERNING INCLUDES CARE IN ATTENDING TO THE ACTIONS OF THOSE TO WHOM YOU HAVE DELEGATED AUTHORITY OVER YOUR LIFE, TO WHOM AUTHORITY OVER YOU HAS BEEN GIVEN BY LAW.

While some grown people can for awhile personally side-step facing death, they are unable to avoid taxes to pay for some level of external governance. The basics of government are called "public safety." These are usually thought of as "public services" to keep us at least relatively free from (criminal) fraud, coercion and violence, plus, for urbanites, some degree of protection against fire. Once in a while it occurs to someone that **"public safety" also includes protection from those who have risen to the top of our government.**

For this reason, taxes collected for public safety include some to pay for periodic elections of the officials who are responsible for your public safety. Elections must be classified as a "public safety" function.

"Public safety" then should first include paying attention to the details of public elections. Elections can provide some of the "checks and balances" of government. Elections and vote counting should include the actions of doubly verifying the vote count of each precinct that then would go into verifiable totals. Then members of the public-at-large will be in a much better position and more assured of having a hand in which persons are in fact voted into office and who will control and appoint the officials in authority over the gun carrying police. And fire protection coming next.

To maintain liberty in a land of the free it is essential that self-governance include participation by the individual in the public safety act of the election process, and then some degree of continuing supervision or at least surveillance of those to whom governing authority has been delegated and entrusted. This is the public safety afforded by the periodic elections of those whom we-the-free would entrust to supervise those carrying the guns and wearing the badges in order to carry out the jobs of discouraging fraud, coercion,

violence and fire.

Presently all election counts are by government owned computers who serve under government appointed employees. (see "Relevance", Nov 1996, Vol.VI:6, "Pandora's Black Box"; The New Yorker of 11/7/88, pg 40, "Annals of Democracy - Counting Votes." Howard Strauss to Dan Rather on November Election Eve, 1988 stated "When it comes to computerized vote counting, there are no safeguards. It's not a door without locks. It's a house with no doors." For current update on Vote Fraud reader may go to the internet at www.networkamerica.org/chronicle.htm . Jim Condit, Jr. director of "Cincinnati Political Action Committee and Precinct Project Institute" in Cincinnati, Ohio. P.O. Box 11339, Cincinnati, OH 45211

Those supervising vote counting are non-elected appointees (County Administrators). All County Administrators are members of a subsidiary of The International City Managers Association which is headquartered in New York City.

DELEGATION OF AUTHORITY AND NEIGHBORHOOD WATCH

It could be said that the public safety in a society is only as good as its "neighborhood watch." The delegation of authority to another person to represent some aspect of a person's own life can work both to his advan-

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Mastery of the Universe is Proportional to the Symbols Man Has by Which to Represent His Universe.

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"Reach for the stars."

tage and to his disadvantage. The person to whom authority over some aspect of personal life is delegated to another, to represent him in deciding on how to regulate the community, by definition should be watched.

It should not be forgotten that the act of delegating some portion of personal self-governing authority to another as my representative, is the act of making that representative my agent. "Trust him?" Maybe to start with, but certainly keeping an eye on him about temptations that may come his way can only help his continuing trustworthiness. That's my job as part of my self-management.

SELF-GOVERNING: FREEDOM AND LIBERTY

The most prized element we each can and do contribute to the liberty and freedom of each other is our own per-

sonal emotionally based enthusiasm and uplifted, uplifting morale for personally accountable, mutually accommodative liberty and freedom. So?!

The ability of each to individually (more or less) manage himself, to manage his own **emotional enthusiasm** to the benefit of his own individual goal for liberty and freedom by **accommodating the others at hand** (use of Adult) and with whom he has joined in the meeting event, - this is when such gatherings are most productive.

Each person can develop an ability to regulate his own behaviors when with others as he accumulates experience.

PATRIOTS AND SELF-GOVERNING

For "patriots" in particular this is important, to keep track of self. The matter of being authentically self-governing individuals is emphasized as very important while we go about the tedious job of reclaiming and holding onto our freedoms and liberty in order for the country to continue to be relatively free and "One nation (of people) under God."

Patriots can be seen as individuals who are, one-by-one, reclaiming and holding onto freedoms and liberty to exercise personal choices in

the regulation of their personal lives. Sometimes this may boil down to the fact that a "freedom" is more important than a (former) "friendship" even, God forbid, a spouse. *

PERSONAL JUDGMENT compared to COMMITTEE JUDGMENT (decision, protocol)

An ethics judgment by a committee is the kind where no personal responsibility is attached. The responsibility for it is lost in the corporate nature of the committee body.

"Aviation Week and Space Technology" July 31, 1995 pg 40-44 discuss protocol (a predetermined decision based on a predetermined set of circumstances) and computer driven control of air flight taking over above pilot captain control.

Many hospitals have established that giving certain medicines shall be by protocol vs personal judgment of the individual physician; sanctions to be administered against physician who does not adhere to the written hospital protocol.

