

Movement

Implications

....openness in revealing oneself....

....insight into one's experiences....

....self acceptance....

....exercises delay and restraint before acting....

....consider the future impact of their own actions upon others, activities, and events....

....views themselves as the originator of their actions and responsible for the control over their actions....

....cares about what happens to other people....

....personal relations with others are characterized by caring, warmth, depth, stability, and meaningfulness....

(Lerner 1975, p. 350)