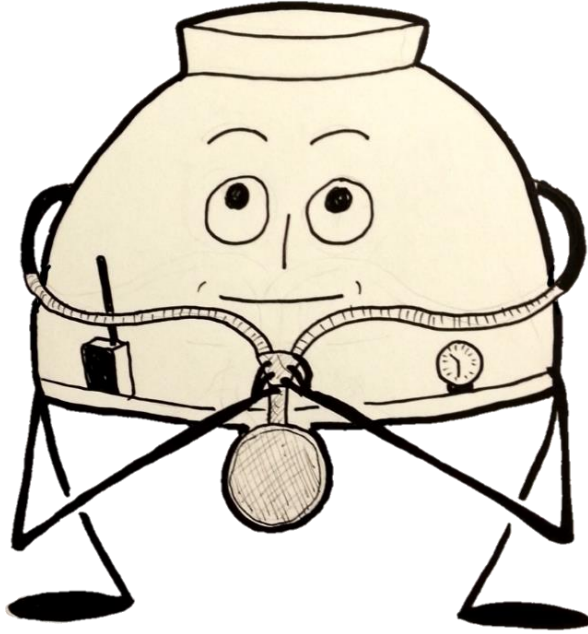


DOCTOR-ALI's



VERBARIUM

Two quizzes to find out
how you are looking after yourself
and where you might be off-colour,
using a diet of verbs for self-analysis.

CHECK-UP QUIZZ

On the following pages,
there is a summary of
each of the ten Octaikon fracALities,
and a list of verbs that can represent them.

Following these is a series of questions
which you can consider to find out
if you are using each fracALity properly.

Answer yes for success!

The list can help you
to think of other questions
that you might want to ask yourself
or someone else.



OBSERVING

*Breathe Consume Detect Examine Feel Follow
Hear Listen Note Observe Perceive Read
Regard Review See Sense Smell Survey Take
heed Taste Touch View Watch Witness*

**These are the ways in which we take in information
from the world around us using our five senses
(and maybe other senses, too!)**

Am I using my senses fully?

Am I living in the present moment?

Do I really listen to people? Do I really read books?

Do I listen to music properly?

Do I watch drama and participate when I can?

Do I properly observe the natural world?

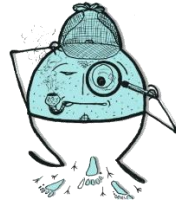
Do I keep up with current affairs?

Do I rest my senses enough?

Do I enjoy being silent?

Have I had an eye check-up?
Do I wear goggles when needed?
Do I wear sun-glasses in bright light?
Do I avoid putting my eyes under strain?
Do I have frequent rests from using the computer?
Have I had a hearing test recently?
Do I wear ear muffs when around loud noise?
Do I avoid listening to over-loud music?
Do I protect my skin from chemicals?
Do I wear safety gloves when needed?
Do I avoid getting sun-burnt?
Do I put on sun-screen?
Do I drive carefully? Do I avoid smoking?
Have I had a dental check-up?
Am I washing properly?
Am I eating a balance diet?
Am I drinking enough water?
Do I take time to enjoy my food?
Do I get enough fresh air?
Am I avoiding pollution?

NOTES



MONITORING

*Advise Advocate Assess Classify Compare
Discern Discriminate Distinguish Examine Filter
Inspect Invigilate Measure Monitor Name Plan
Register Reject Search Select Scrutinise Study
Supervise Survey*

**The ways in which we check
and filter information coming in,
rejecting what is not needed,
and finding out what is missing.**

Am I avoiding information overload?

Do I take in the right sort of data?

Do I avoid too much TV?

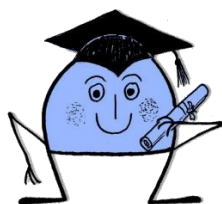
Do I have an e-mail spam programme?

Do I avoid looking at anything pornographic?

Do I read enough good books?

Am I sufficiently critical of the media?
Do I try not to be gullible?
Do I really listen when people talk to me?
Do I listen to all points of view?
Do I look for missing evidence?
Do I avoid taking things for granted?
Do I properly read a persons' body language?
Am I avoiding getting into bad habits?
Am I only eating a small amount of junk food?
Am I avoiding drugs?
Am I drinking alcohol in moderation?
Am I getting addicted to anything?
Do I avoid drawing conclusions too quickly?
Do I do enough planning?
Do I avoid buying things when not needed?
Do I repair, recycle, reuse, and reduce?

NOTES



INTERPRETING

*Calculate Compute Clarify Cogitate Deduce
Develop Deliberate Diagnose Explain Interpret
Investigate Memorise Puzzle over Rack brains
Reason Remember Recall Solve Sort out Think
about Think hard Understand Use head Work out*

**The ways in which we analyse information
using our brain (or mind), calculating
or working out answers to problems.**

Do I use my brain fully?

Do I stretch my mind?

Do I use a dictionary enough?

Do I try to use both sides of my brain?

Do I use my common sense enough?

Am I avoiding too much stress?

Do I think before talking?

Do I think about what other people may be thinking?

Do I take time off to relax?

Do I do mental exercises?

Do I follow my instincts enough?

Do I wear my seat belt (to protect my head)?

Do I wear a crash helmet when cycling?

Have I seen a doctor about frequent headaches?

Do I avoid using drugs?

Am I moderate in drinking alcohol?

Am I helping people who may have mental
problems?

NOTES



JUDGING

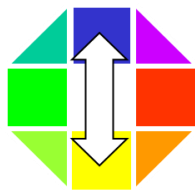
*Adjudicate Arbitrate Believe Change Choose
Confront Confess Criticize Decide Determine
Evaluate Favour Forgive Judge Pardon Prefer
Punish Prioritise Recommend Select Show bias
Show mercy Want Wish*

**The ways in which we control, choose
or make decisions, based on the information
we have analysed.**

Do I think before acting?
Am I making the right choices?
Do I avoid procrastination?
Do I take account of all the evidence?
Do I follow rules and regulations?
Am I keeping on the right side of the law?
Do I follow my conscience?

Am I disciplined enough?
Are my habits good ones?
Do I read instructions before using something?
Am I kind when I need to be critical?
Am I fair in my dealings with other people?
Am I buying fairly traded goods?
Am I being environmentally friendly?
Do I avoid being hypocritical?
Do I try not to be judgemental?
Do I understand how people use their words?
Am I avoiding drugs that mess my mind?
Am I avoiding too much alcohol?

NOTES



REFLECTING

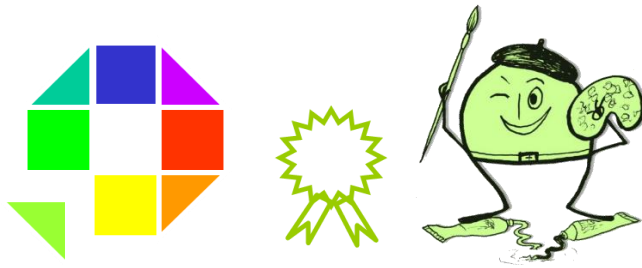
*Bear in mind Brood Chew over Cogitate Consider
Contemplate Debate Dialogue inwardly Dream
Fantasize Meditate Memorise Muse Organise
Ponder Pray Reflect Recall Ruminare Self-
examine Sympathise Test out Think over Yearn*

**The ways in which we spend time
thinking over or meditating on things
and maybe praying**

Do I take time to reflect on things?
Am I exercising my memory properly?
Do I think enough before talking?
Am I sufficiently organised?
Do I say what I mean?
Do I listen to my conscience?

Do I take account of my instinct?
Do I want to find the truth?
Am I able to forgive people?
Do I avoid bottling things up?
Do I try not to worry?
Do I control my emotions enough?
Do I avoid thinking the worst?
Do I stop my imagination running wild?
Do I have a realistic appreciation of myself?
Am I true to myself?
Am I true to others?
Do I avoid deceiving myself?
Have I got a clear goal in my life?
Do I pray enough?
Do I take time to listen to God?

NOTES



CREATING

*Act a part Beget Brainstorm Compose Conceive
Create Dance Design Entertain Esteem
Experiment Explore Have fun Humour Imagine
Innovate Inspire Invent Joke Model Paint Play
Praise Perform Sculpt*

**The ways in which we are artistic, imaginative,
humorous or creative, composing works of art or
inventing new things.**

Do I allow time to be creative?

Am I aware of the amazing potential of my body?

Do I wonder at nature – don't take it for granted?

Do I sing just for fun?

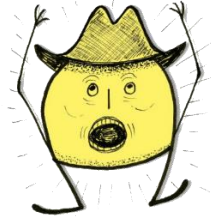
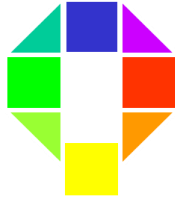
Do I relax to music?

Do I play a musical instrument?

Do I become involved in novels?

Am I trying out my artistic skills?
Do I make things when I can?
Do I go to galleries, theatre, concerts, movies?
Do I travel and take in other cultures?
Do I try to see other people's points of view?
Do I experiment with new ways of doing things?
Do I appreciate jokes?
Do I try to develop my sense of humour?
Can I see the funny side of life?
Do I laugh enough?
Am I innovative?
Am I prepared to consider other people's ideas?
Do I express my joy and happiness?
Do I listen to my intuition?

NOTES



EXPRESSING

*Affirm Assert Comment Communicate Declare
Describe Explain Express Gesture Hug Lecture
Mention Narrate Present Praise Remark Say
Show Signal Sing Speak Speak mind Thank Talk*

**The ways in which we communicate our thoughts
and ideas to ourselves or to other people.**

Am I expanding my vocabulary?

Am I using words correctly?

Do I try not to swear?

Do I avoid excessive exaggeration?

Do I keep my emotions under control?

Do I express my emotions enough?

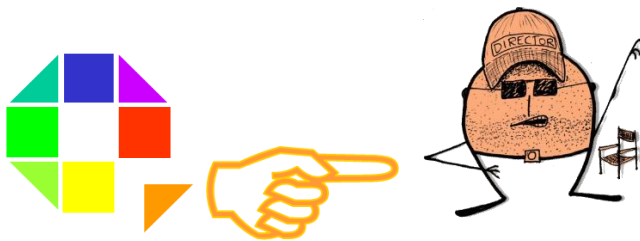
Am I honest with people?

Do I always tell the truth?

Am I learning other languages?

Do I keep myself looking respectable?
Am I modest in my behaviour?
Am I conscious of my body language?
Am I good enough at public speaking?
Do I praise or encourage people enough?
Am I avoiding smoking?
Am I moderate in drinking alcohol?
Am I avoiding drugs?
Am I avoiding having unpleasant body odour?
Do I keep my breath pleasant?

NOTES



DIRECTING

*Beckon Challenge Conduct Control Coordinate
Direct Educate Encourage Facilitate Govern
Guide Influence Lead Manage Mediate Mentor
Motivate Persuade Point Regulate Steer
Suggest Supervise Teach*

**The ways in which we guide ourselves and others
into doing what we want or need to do.**

Am I ready to make useful suggestions?

Am I acting on what I say?

Am I setting a good example?

Am I taking the lead when needed?

Am I not misleading people?

Am I practically helpful to other people?

Am I prepared to just be with people?

Do I remember to encourage others?

Do I try to facilitate action when needed?
Do I give useful practical advice when asked?
Do I help mediate when there are quarrels?
Am I a peacemaker?
Do I avoid stirring up trouble?
Do I finish things off that I start?
Am I realistically optimistic?
Do I encourage other people in what they do?
Do I try to do my best for other people?
Do I avoid procrastination?

NOTES



APPLYING

Act Administer Apply Construct Do Do-it-yourself Drive Explore Fabricate Fight Flee Handle Maintain Make happen Operate Pilot Obey Practice Put to use Repair Use Utilize Walk Work

The ways in which we practically do things, using our whole body, acting on our thoughts or what we say.

Am I proficient enough in my skills?

Am I learning new practical skills?

Do I practice enough?

Do I use my hands enough?

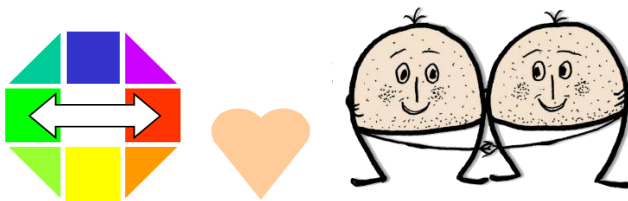
Do I do enough physical games?

Am I “doing-it-myself” when possible?

Do I take time to do things properly?

Do I do things as best as I can?
Do I avoid any form of violence?
Am I taking time to repair things?
Do I do enough outdoors activities?
Do I live enough in the real world?
Do I go for regular medical check-ups?
Do I take enough exercise?
Do I take the right type of exercise?
Am I eating a healthy diet?
Am I looking after my back?
Am I avoiding drugs?
Do I use medicines only as needed?
Am I avoiding smoking?
Am I moderate in drinking alcohol?
Do I use safety equipment where required?

NOTES



RELATING

*Affiliate Associate Befriend Collaborate
Cooperate Connect Control Develop Enjoy Feed
back Follow Heal Join Lead Learn Link up Love
Maintain Marry Restore Participate Relate
Regulate Wed*

***The ways in which we relate to others
and feedback results of what we do,
making changes as needed.***

*Am I learning from my mistakes?
Do I give feedback to others?
Do I have proper control of my life?
Am I fulfilling my responsibilities?
Do I take responsibility for my actions?
Am I faithful in my relationships?
Do I care about other people?
Am I trustworthy?*

Do I have good role models?
Do I play my role properly?
Am I setting a good example?
Do I avoid being too influenced by my peers?
Do I help others to know their rights?
Am I democratic when necessary?
When I take the lead, do I listen?
Am I a good server or team player?
Do I give to others when needed?
Am I prepared to make concessions?
Do I speak the truth lovingly?
Do I do what I think is right?
Do I love others as I love myself?
Do I love everyone, even if I don't like them?
Do I have a goal in life?
Do I follow God?

NOTES

HUE ARE YOU?

*In the following Octaikon, ten groups of verbs
(identified here by colour, compass points and “fracALity”
are paired opposite each other.*

*(e.g. around the outside, Green-West with Red-East etc.
and in the middle, Silver-poles with Gold-equator).*

*Having taken you check-up, now consider which **group**
you normally prefer to act on, for each pair
(or if you’ve really no preference).*

*The preferred outer groups will be your hues,
highlighted by one or both of the
silver or gold groups in the centre.*

Your hues may end up next to each other, or spread out.

*In this way, you could describe yourself, for example, as
“Greenish, with a touch of yellow, and silver highlights”.*

*We need to remember that the light of “perfect love”
shining through all our hues will add them together,
making for brightness, positivity and balance
for ourselves and other people around us.*

*We can improve our balance by brightening up,
or looking after better, our least preferred hues.*

*On their own, without the light of love,
our hues will tend to subtract through selfishness,
making for dullness, negativity and imbalance.*

Doctor-Ali says: Let's lighten up – it's up to hue!

