

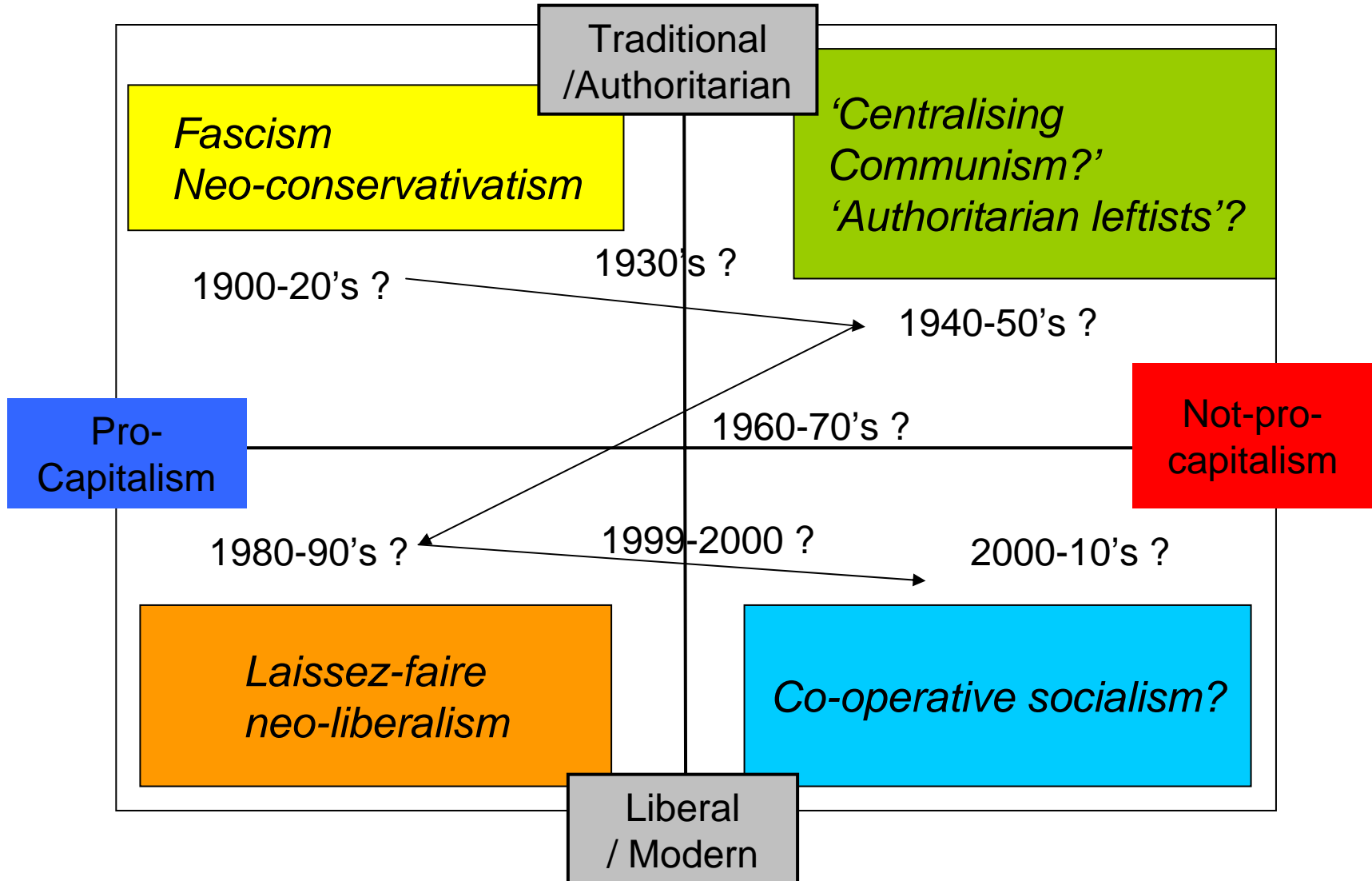
The Co-operative Movement: Emotions, Personality and Politics

*Mapping Globally-responsible,
Needs-fulfilling,
Co-operative Social-(ist) Structures*

John Courtneidge
The Fair World Project

May 2008

The Zig-zag of time?



Emotions - Feelings

Feelings

Word list from: INNER WORK, Clendon Wooldridge, Bracebridge, Ontario

afraid aggravated amazed ambivalent angry annoyed anxious
apathetic ashamed bashful bewildered bitchy bitter bored brave
calm cantankerous carefree cheerful cocky cold comfortable
concerned confident confused content crazy defeated defensive
delighted depressed detached devastated disappointed disgusted
disturbed ecstatic edgy elated embarrassed empty enthusiastic
envious excited exhausted fearful fed-up fidgety flattered foolish
forlorn free friendly frustrated furious glad glum grateful happy
helpless high hopeful horrible hostile humiliated hurried hurt
hysterical impatient impressed inhibited insecure interested
intimidated irritable jealous joyful lazy lonely loving luke-warm mad
mean miserable mixed-up mortified neglected nervous numb
optimistic paranoid passionate peaceful pessimistic playful pleased
possessive pressured protective puzzled refreshed regretful relieved
resentful restless ridiculous romantic sad sentimental sexy shaky
shocked shy sorry strong subdued surprised suspicious tender
tense terrified tired trapped ugly uneasy warm weak wonderful
worried

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foolish forlorn free friendly **frustrated furious**

glad glum grateful happy helpless high hopeful horrible hostile humiliated
hurried hurt hysterical impatient impressed inhibited insecure interested
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Feelings – Collected Word Lists - ?Negative Emotion Sets?

Part of full set from INNER WORK, Clendon Wooldridge

Feelings having to do with anger

- Annoyed
- Bitter
- Furious
- Irritated
- Pissed off
- Resentful
- Upset

Bad about self

- Crushed
- Defeated
- Discouraged
- Helpless
- Hopeless
- Inadequate
- Incompetent
- Insecure

Distanced

- Alienated
- Aloof
- Bored
- Cold
- Disconnected
- Put off

Fear/anxiety

- Anxious
- Concerned
- Horrified
- Intimidated
- Nervous
- Panicked
- Scared
- Terrified
- Uneasy
- Worried

Guilt/shame

- Apologetic
- Embarrassed
- Humiliated
- Mortified
- Remorseful
- Sorrowful

Hurt

- Betrayed
- Disappointed
- Envious
- Jealous
- Offended
- Pained
- Insulted

Left out

- Abandoned
- Alone
- Ignored
- Lonely
- Neglected
- Rejected
- Unloved

Sadness

- Blue
- Depressed
- Down
- Low
- Melancholy
- Unhappy
- Gloomy

Others

- Ambivalent
- Appreciative
- Confused
- Hassled
- Overwhelmed
- Pressured
- Frustrated
- Put out

Feelings – Collected Word Lists - ?Positive Emotion Sets?

Part of full set from INNER WORK, Clendon Wooldridge

Good about self

- Confident
- Encouraged
- Hopeful
- Optimistic
- Proud
- Strong

Joy or happiness

- Cheerful
- Contented
- Delighted
- Ecstatic
- Glad
- High
- Pleased
- Terrific
- Up
- Wonderful

Love/affection

- Caring
- Close
- Connected
- Loved
- Loving
- Warm

Sex

- Aroused (or not aroused)
- Desirable
- Horny
- Hot
- Passionate
- Sensual
- Sexy
- Turned on (or off)

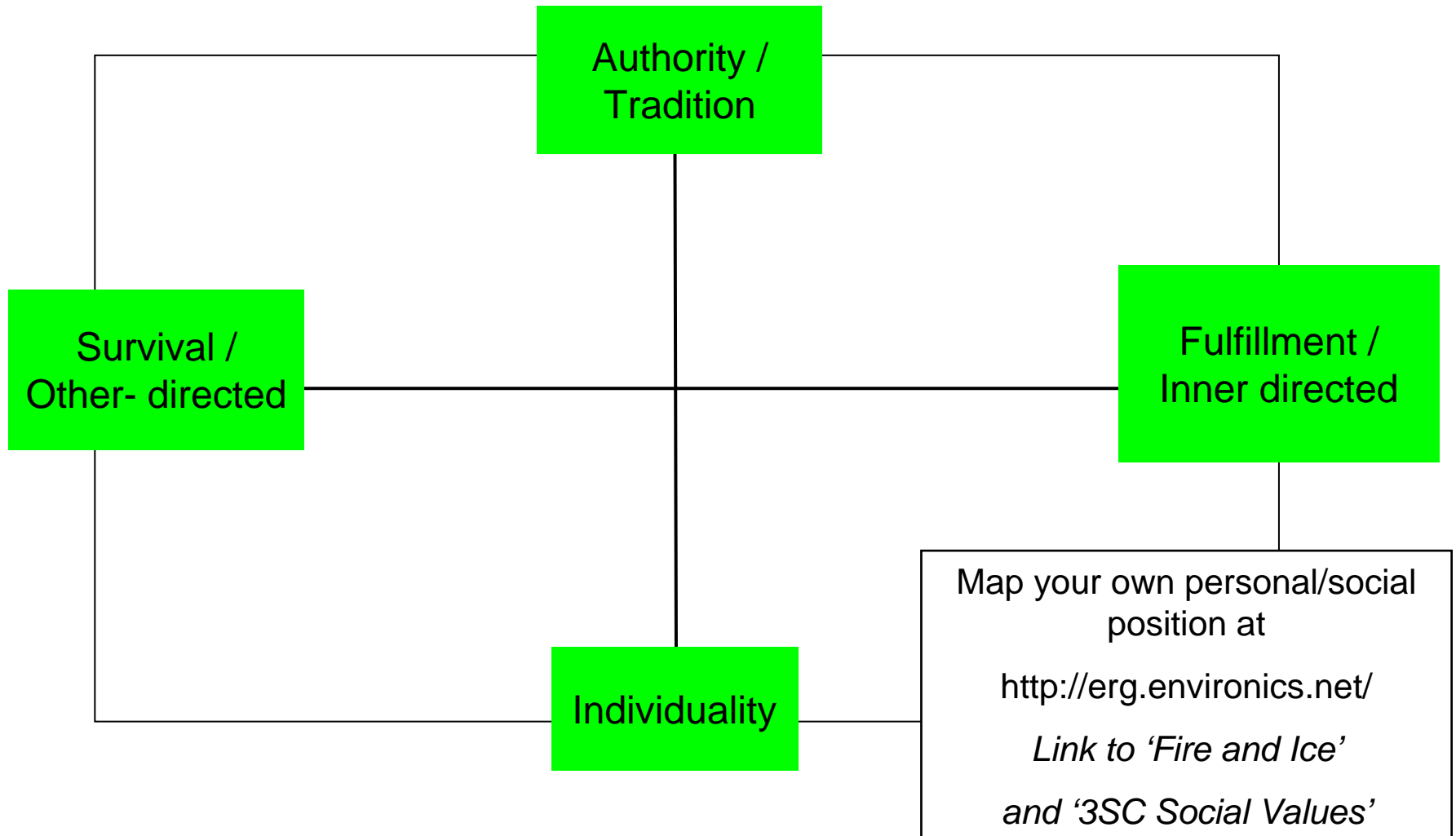
Others

- Ambivalent
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Personality

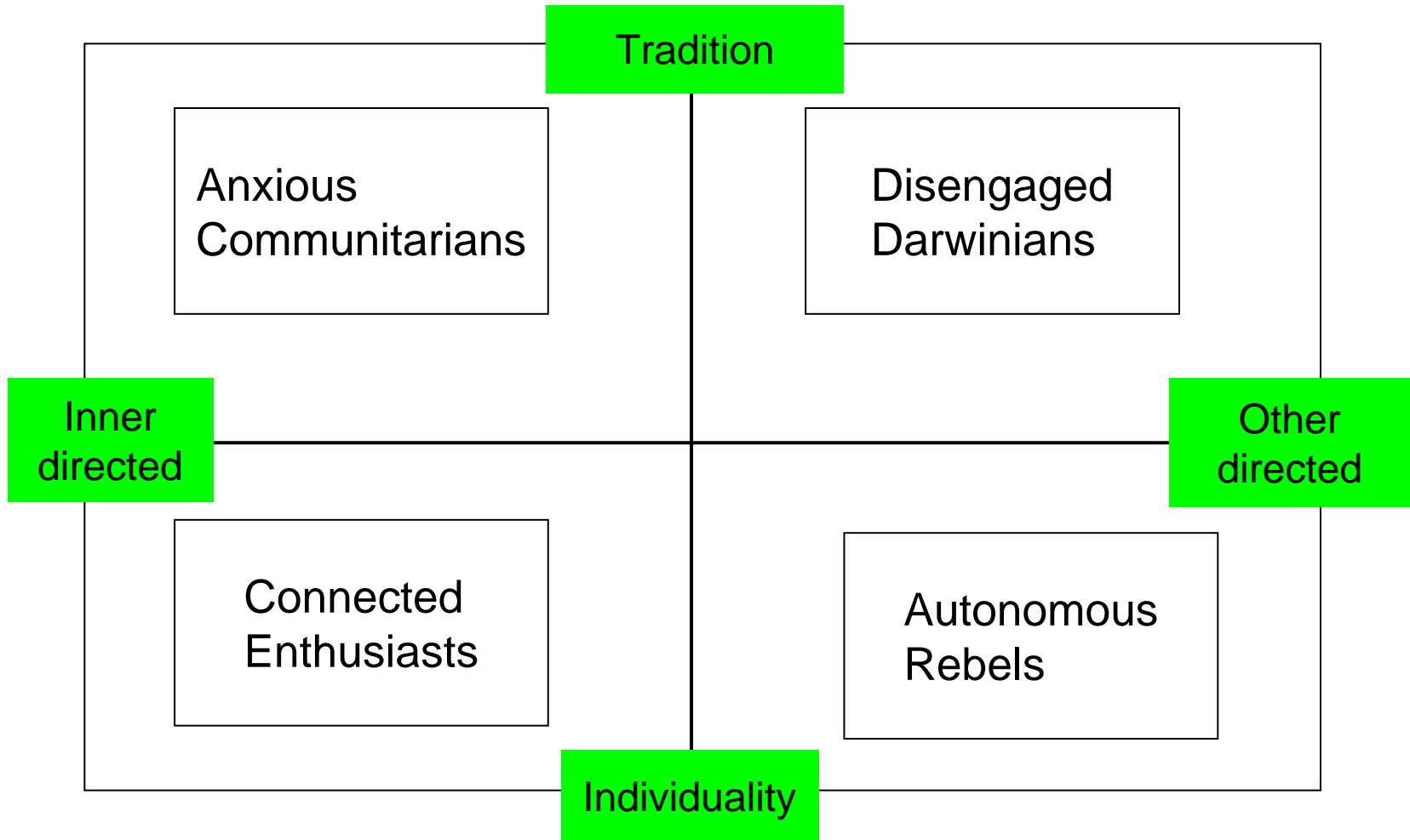
Four personality quadrants

See Michael Adams 'Sex In The Snow', 'Better Happy Than Rich', 'Fire and Ice'

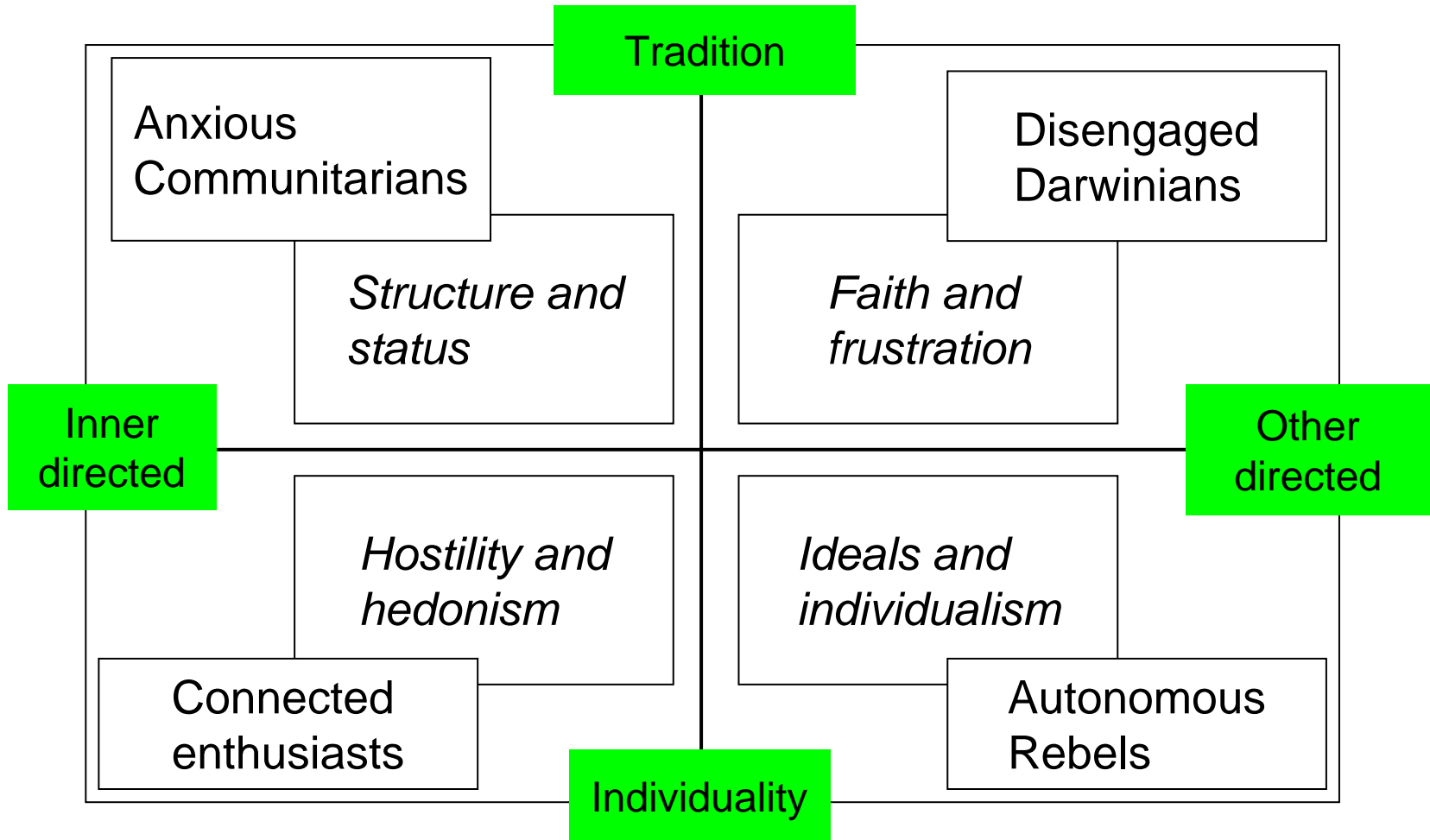


Adding personality quadrants names

Quadrant names from 'Sex In The Snow' and 'Better Happy than Rich'



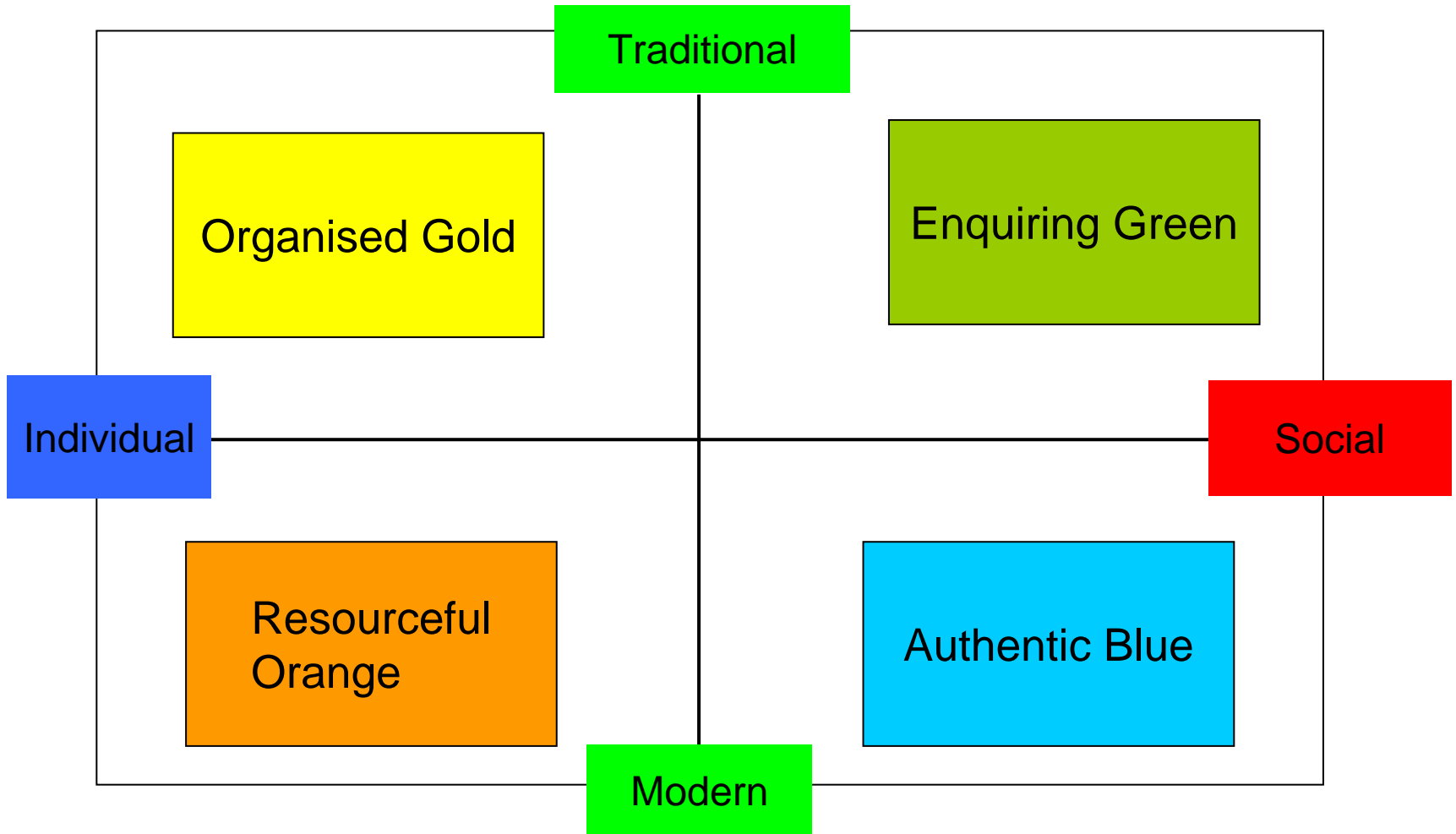
Adding Values descriptor labels



Values descriptors are from 'Sex in the Snow', page 179. **But note** that North-west/southeast Values descriptors are flipped - to those shown here

Another four personality quadrants

Developed from Personality Dimensions™* - <http://www.clsr.ca/>



* 'Personality Dimensions'
Synonym = 'True Colors'

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- Inadequate
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- **Insecure**

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- **Abandoned**
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- **Ignored**

- Neglected
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- Unloved
- Lonely

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- **Depressed**
- **Down**

- Low
- Melancholy
- Unhappy
- **Gloomy**

Others

- Ambivalent
- Appreciative
- **Confused**
- **Frustrated**

- **Hassled**
- Overwhelmed
- Pressured
- **Put out**

Organised Gold

Suggested links to
'Personality Dimensions'

Enquiring green

Feelings – Collected Word Lists - ?Positive Emotion Sets?

Part of full set from *INNER WORK*, Clendon Wooldridge

Good about self

- Confident
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- Proud
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Others

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Authentic Blue

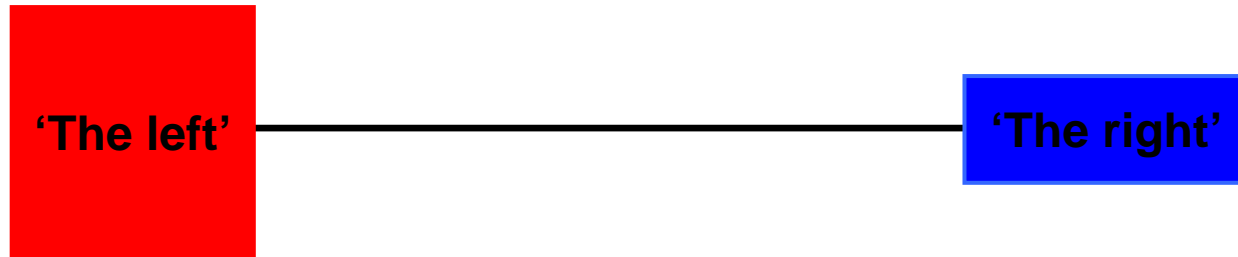
Suggested links to 'Personality Dimensions'

Resourceful Orange

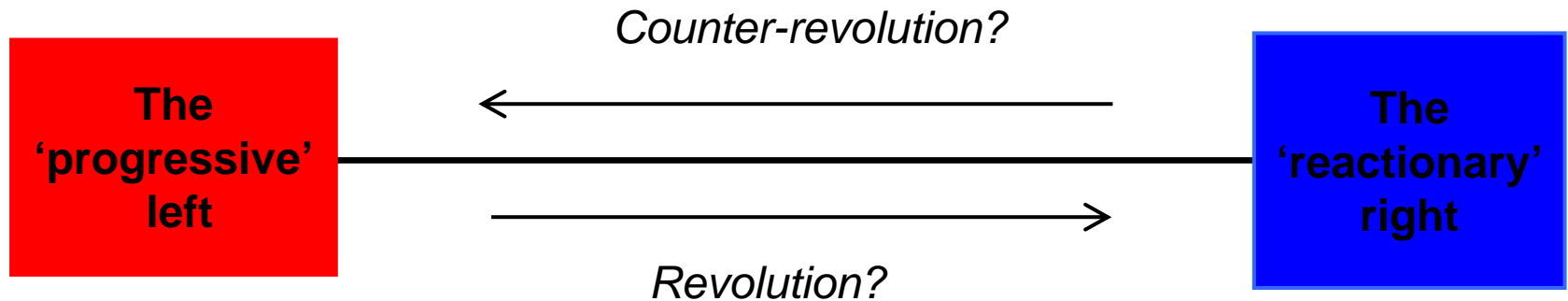
Politics

Identifying Four political quadrants

Part 1a

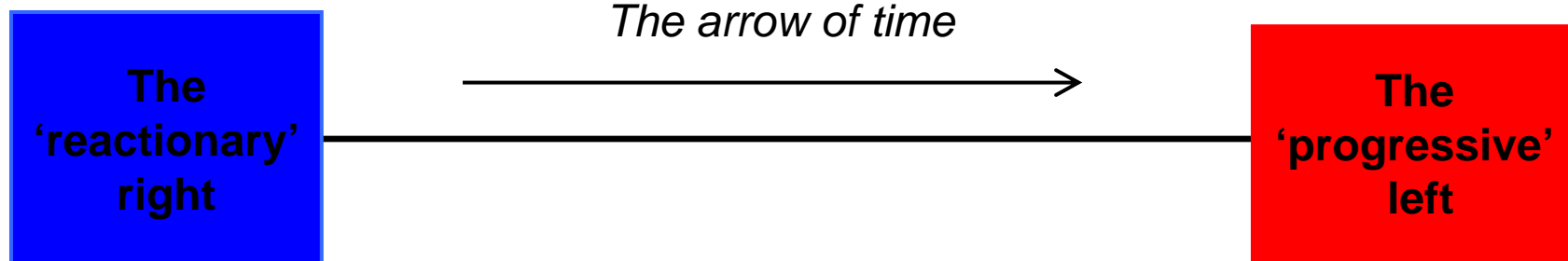
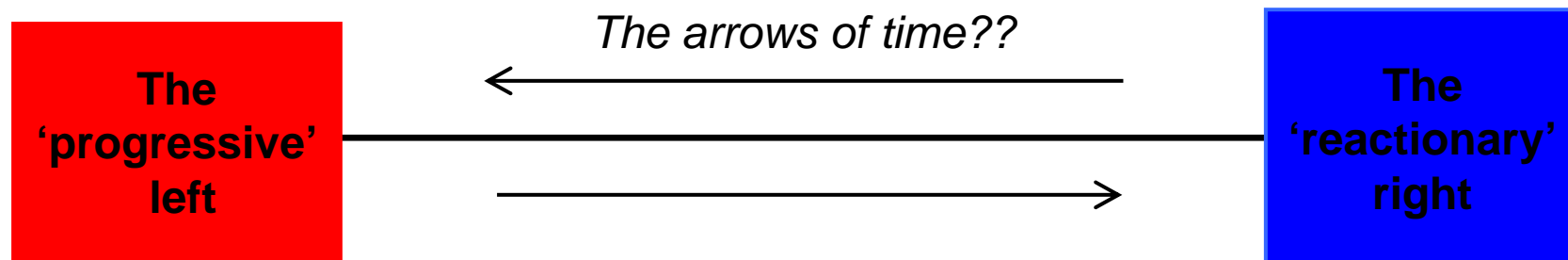
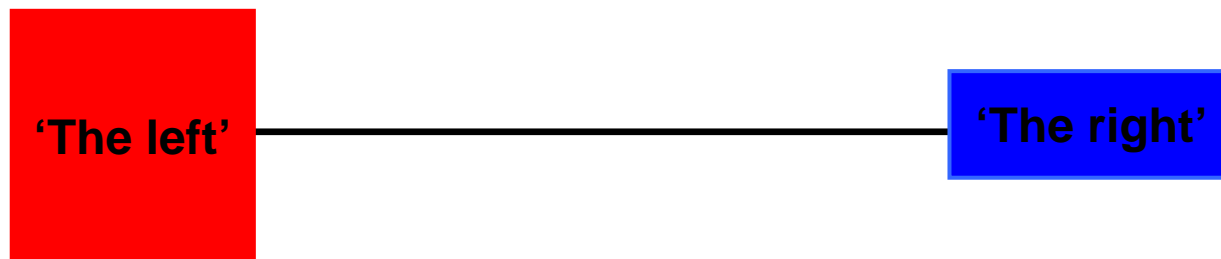


The arrows of time



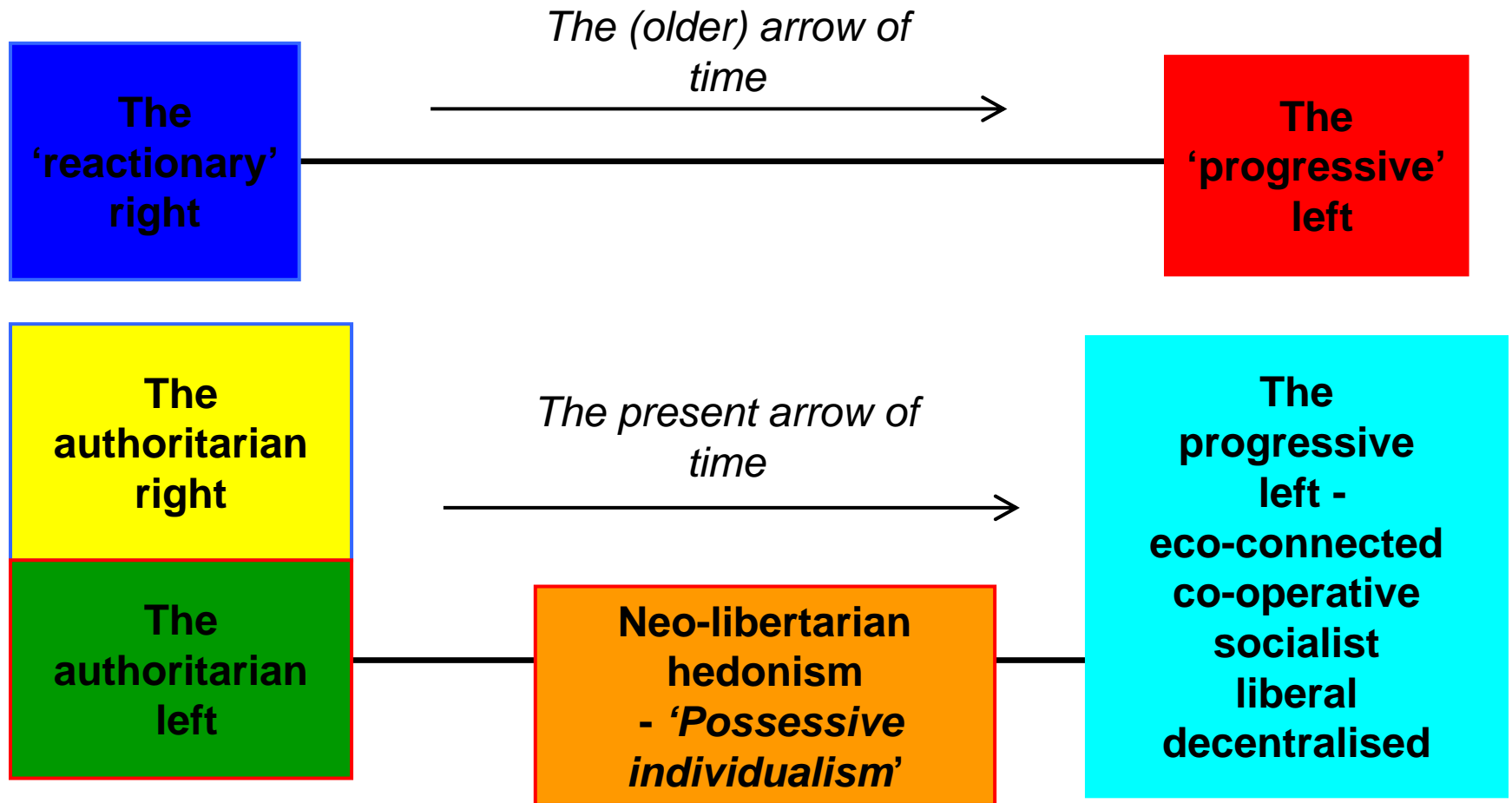
Identifying Four political quadrants

Part 1b

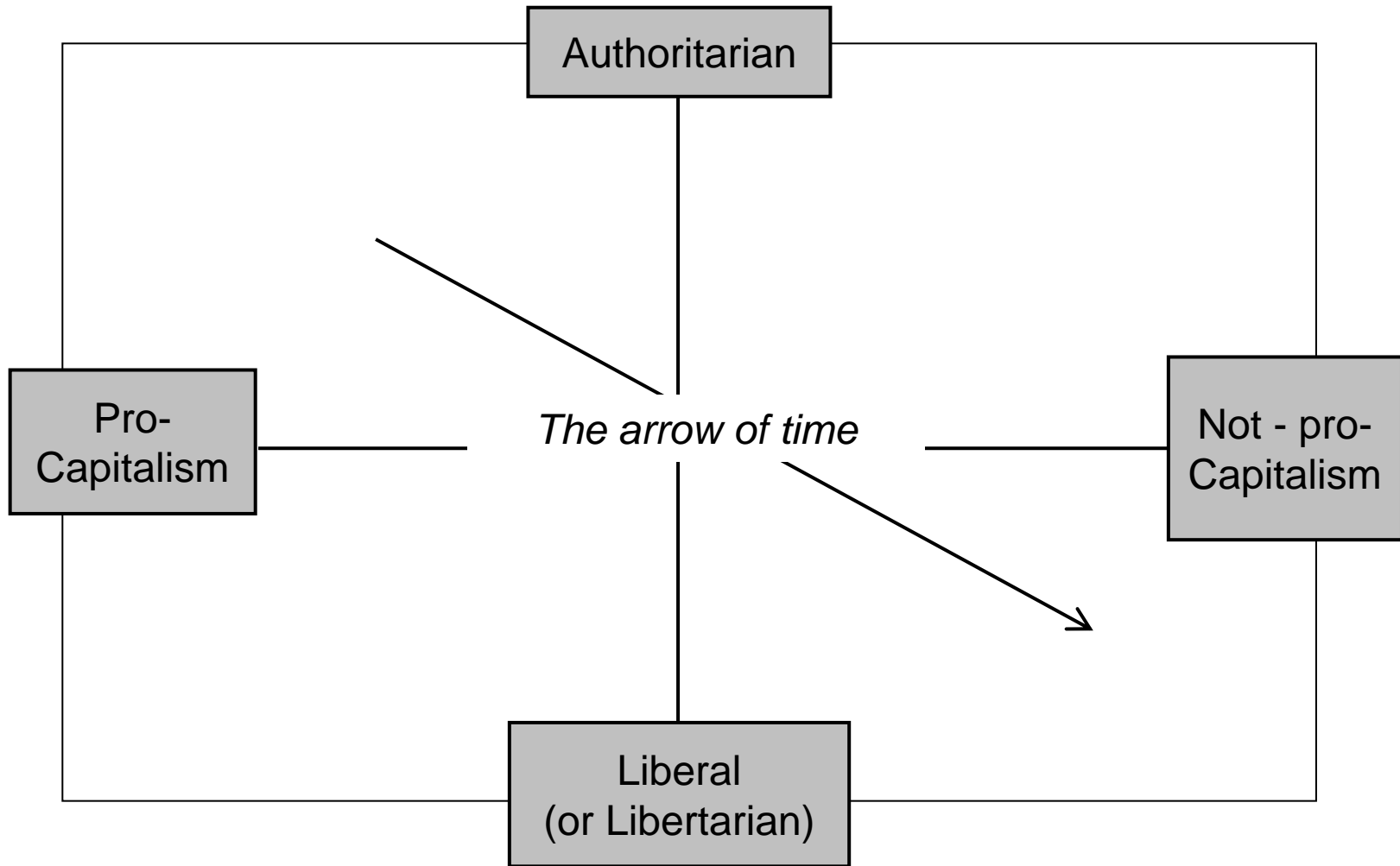


Identifying Four political quadrants

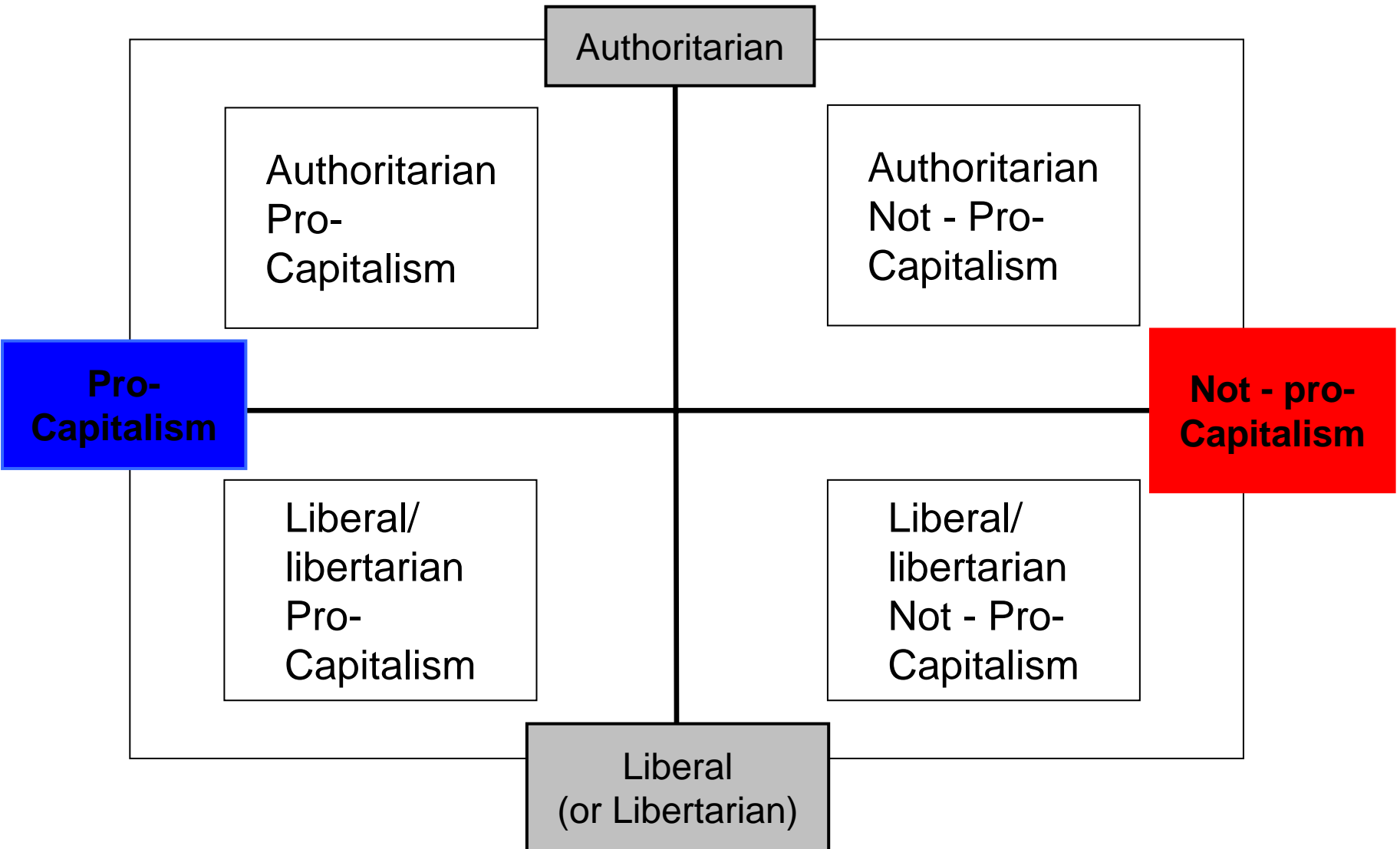
Part 1c



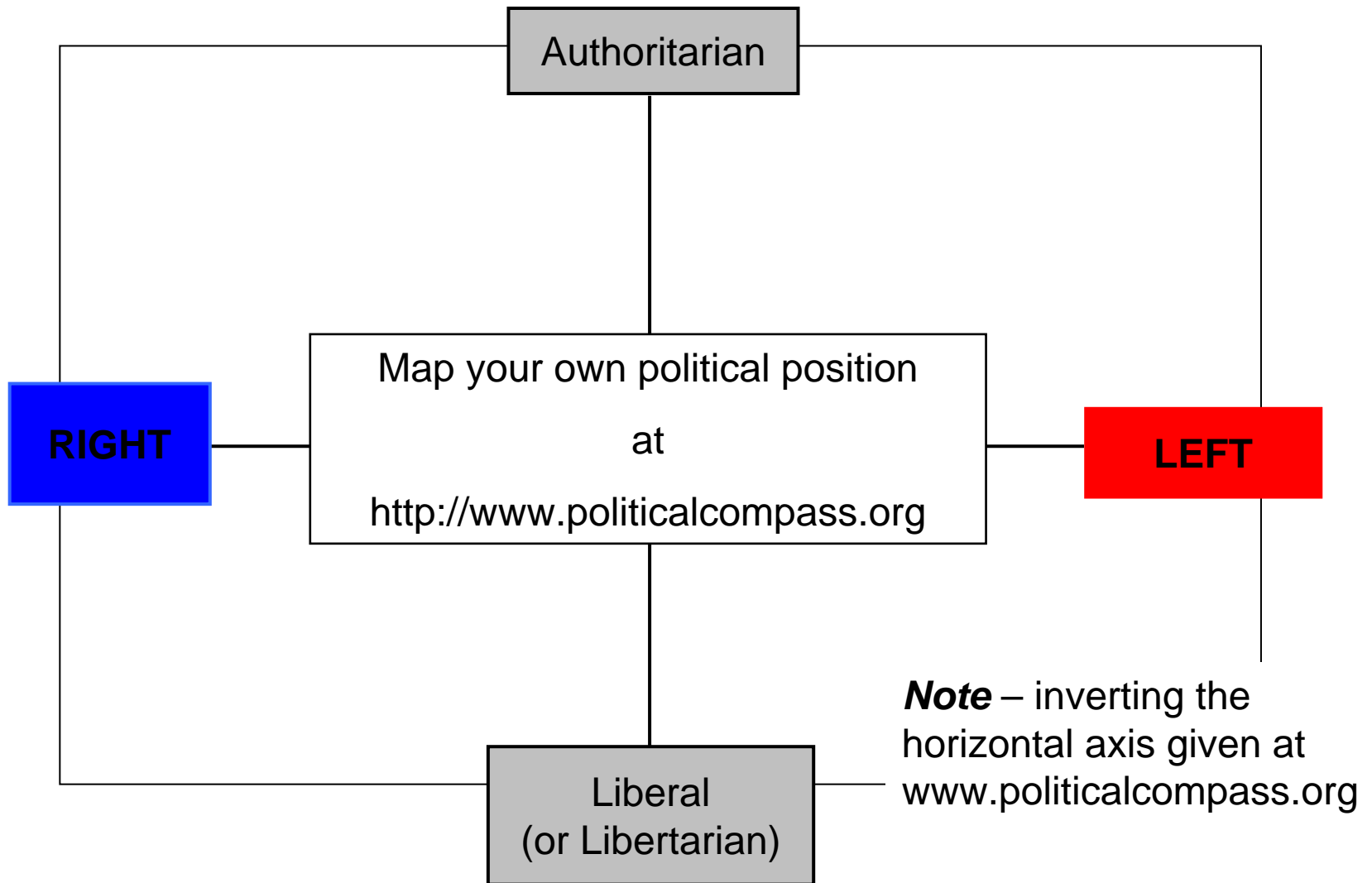
Four political quadrants – Part 2



Four political quadrants - finally

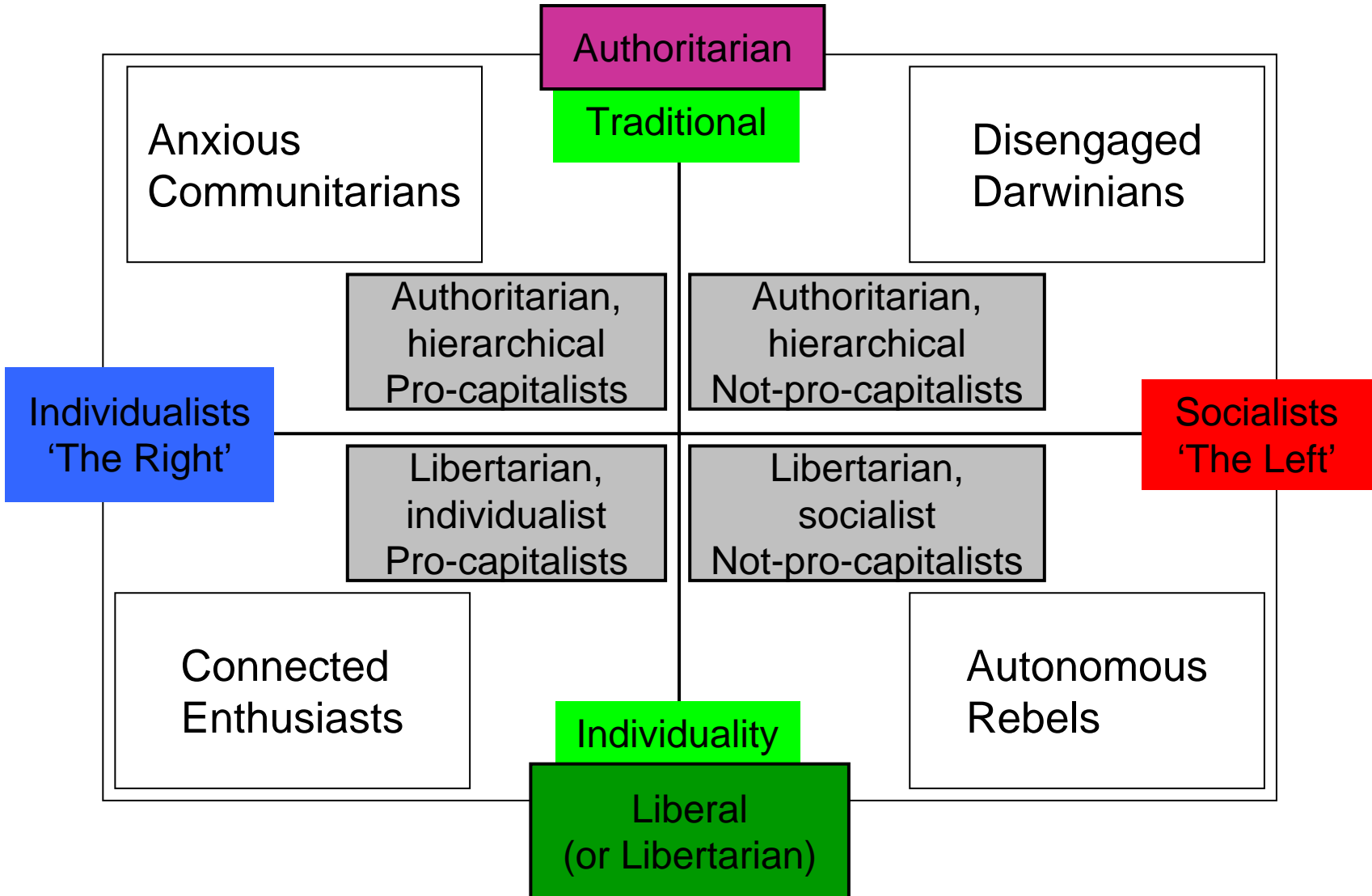


Four political quadrants

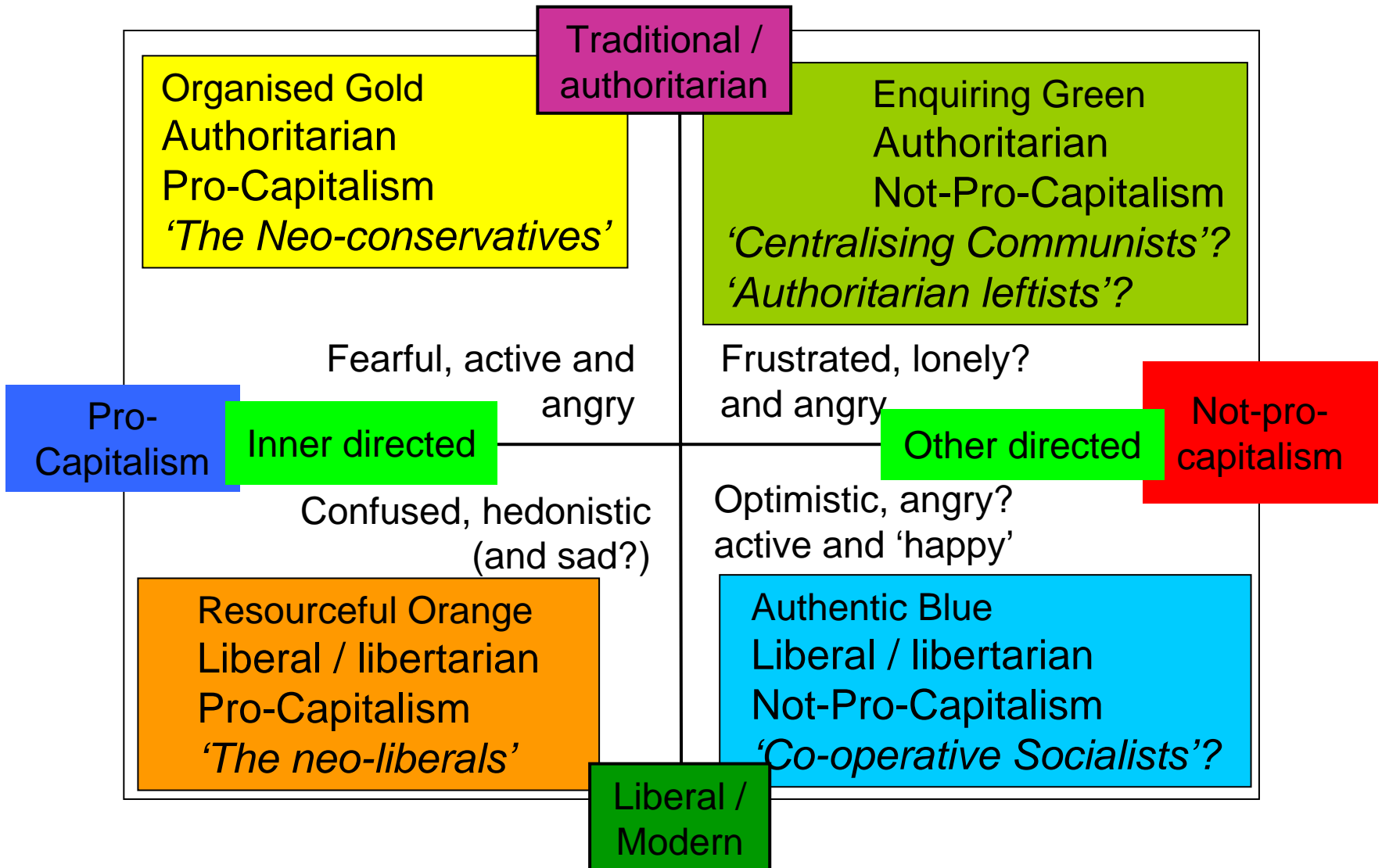


Four personality quadrants

with suggested political orientations



'The' Four political/personal/emotional quadrants?



***So, whither the Co-operative
Movement?***

An Ethic of Peace and Nonviolence

1) The Minimization of Harm

Both between humans, and in the relations of humans with not-humans

2) The Maximization of Well-being

*Of 'one within all' and 'all within one',
by 'all within all'*

The Ordinate Question of Equality

- The *'Inequality ~ Fearfulness ~ Selfishness'* spiral
- The *'Selfish needs ~ Social needs'* tension *
- Happiness = (Human) needs met *
- Happiness => Peacefulness
- Peacefulness <=> Equality <=> Co-operation
- *These impel the necessity for:*
 - *a politics / economics / sociology / ethics*
 - *with orientation and process to, and of,*
 - *equality, freedom, and self-selected, co-operative, globalised responsibility – ie: 'Co-operative Socialism'*

* See 'Four Components Needs Theory' at www.interestfreemoney.org - papers

Realizing Co-operative Socialism

A Values and Principles basis

From:

The Statement on the Co-operative Identity

The International Co-operative Alliance

(Manchester, UK 1995)

a) Definition:

A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

ICA Statement on the Co-operative Identity - Values

b) Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity.

In the tradition of their founders, co-operative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

ICA Statement on the Co-operative Identity – Principles

c) The Co-operative Principles are guidelines by which co-operatives put their values into practice.

1st Principle: Voluntary and Open Membership

. . . are voluntary organisations, open to all . . . willing to accept the responsibilities of membership, without . . . discrimination.

2nd Principle: Democratic Member Control

Co-operatives are democratic organisations controlled by their members . . .

3rd Principle: Member Economic Participation

. . . Members usually receive limited compensation, if any, on capital subscribed . . .

Members allocate surpluses . . . developing their co-operative . . . ; benefiting members in proportion to their transactions . . .

supporting other activities approved by the membership.

Continued

ICA Statement on the Co-operative Identity – Principles (continued)

4th Principle: Autonomy and Independence

Co-operatives are autonomous, self-help organisations controlled by their members. If they enter to agreements . . . they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

5th Principle: Education, Training and Information

Co-operatives provide education and training for their members, elected representatives, managers, and employees . . .

They inform the general public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

6th Principle: Co-operation among Co-operatives

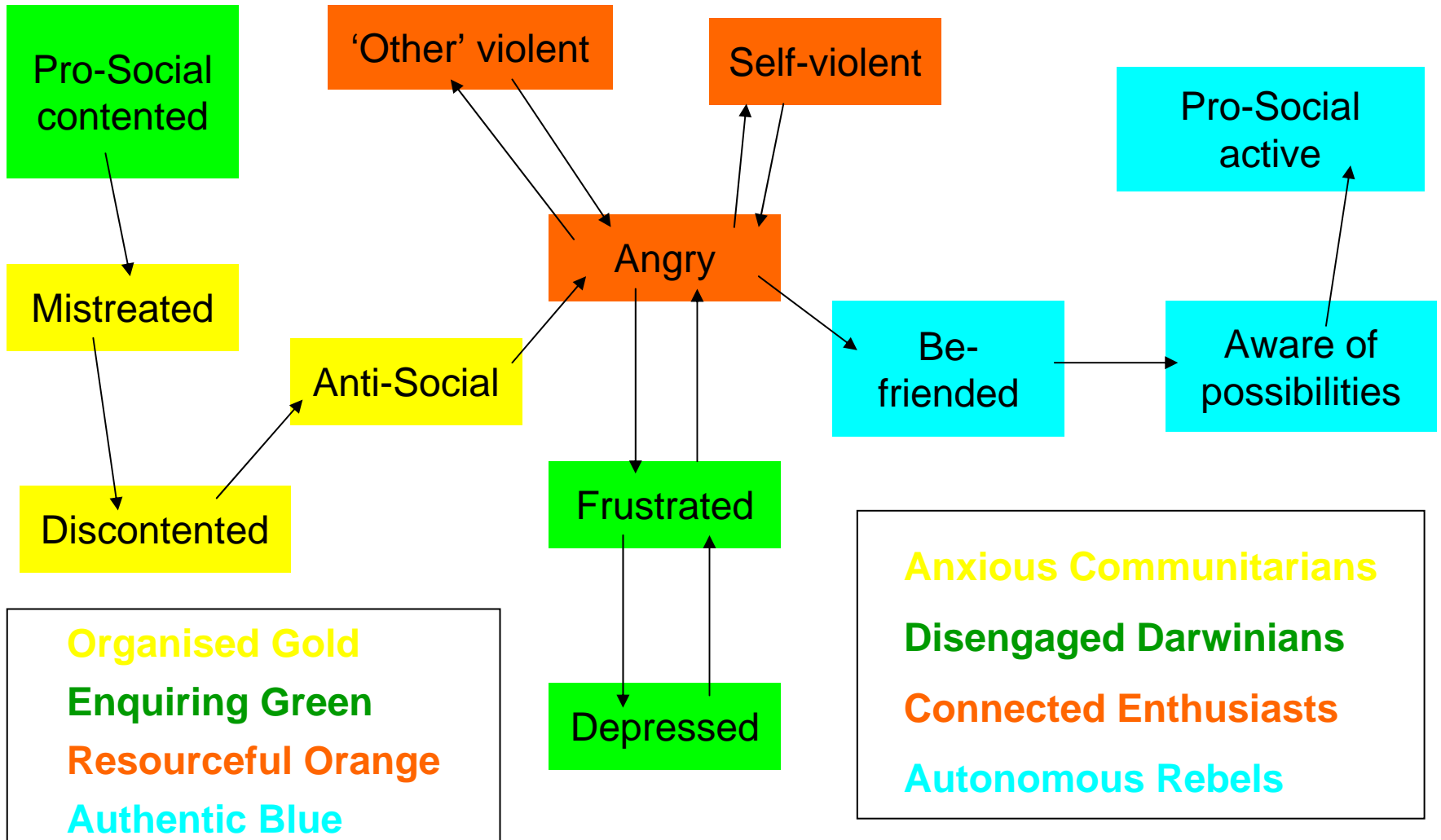
Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures.

7th Principle: Concern for Community

Co-operatives work for the sustainable development of their communities through policies approved by their members.

And, finally . . .

Mapping routes to violence - or to peace



The Zig-zag of time?

