

Problem owner:.....

The dilemma:.....

Heteronomy Authoritarian and constrained thoughts	Autonomy Systematic, critical and holistic searching
Reflexes or emotional reactions (Dominated by one automatic thought)	Valid, relevant values, interests etc. (Who is affected? What are their values?)
Dogmatic and uncritical thoughts (Fixation to one important principle)	Possible actions and values (What can be done? How are all values affected?)