

Parallel Learning Technology

Behavior (Power/Control)

Behavior is the end result of your perception, attitude, and thinking process. How you respond or react in relationships is the result of these three dimensions of human:

- **Perception:** You can either see others as equals, focusing on contributing and participating, or you can alienate others with the immature perspectives of “greater than” or “less than.”
- **Self-identity:** You can either relate to others with authenticity, allowing them to be comfortable with who they are, or you can hide who we really are from others and be content with shallow relationships.
- **Thinking:** You can reason as an adult and give others attention, respect, and appreciation, or you can live in fear, caught in the cycle of blame, anger, and apathy.

How you relate to and with others becomes the source of your self-esteem. Other people reflect ‘who you are’ back to you. You cannot have self-esteem until you have developed a true self-identity based on equality. Self-esteem comes as a result of creating successful “we” relationships without losing your “I.” This requires that you live from a perspective of Personal Power.



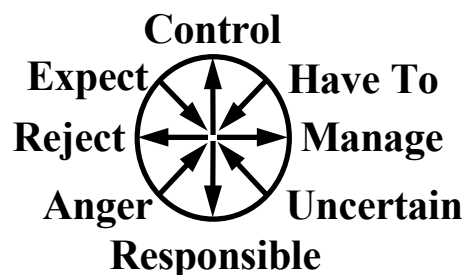
Personal Power allows you to see the world as a place full of **choices**. You make **decisions** based on seeing all of your choices and you experience a deep sense of **courage**. This enables you to **let go** of things that are not right for you. Your **love** goes beyond feelings and is grounded in your ability to receive attention, respect, and appreciation. **Acceptance** becomes something you **have** and give to others, instead of something you seek from others. You now live from a deep **faith** that all will work for your highest and best good.

Self-esteem allows you to live from a deep faith. You are now able to recognize that there are only two things you have in your power to give to another person. These are love and choices.

Love and choice **empower** another human being to:

- Make his or her own **decisions**
- Experience his or her own sense of **courage**
- **Let go** of false responsibility
- Sees others from **love** - attention, respect, and appreciation
- Give **acceptance** rather than seek it from others
- Live from a deep **faith** in him or herself
- Live from a deep commitment to **Personal Power**

You cannot have self-esteem if you live emotionally caught in the child/adolescent perspective. Instead, you get stuck in the self-perpetuating cycle of passive-aggressive control.



Your “truth decay’ keeps you focused on feelings and you see everything from the perspective of how you feel:

- You often feel like there are no real choices in your life, and everything is a “have to.”
- You often feel you have to manage other people’s outcomes and do the impossible.
- You often feel uncertain about the future and lack the courage to try things out for yourself.
- You often feel you are being made responsible for things over which you have no control.
- You often feel rejected by others and are focused on how to reject others.
- You often feel that others have too many expectations of you.
- You often feel that you are either being controlled by others or are trying to escape the control of others.

The more you live in this illusion of controlling others, the less self-control you seem to have. The sense of being **out of control** results in a need to be **in control of something** outside of you. You become excessive, compulsive, and addictive in your attempts to control others and this obsession can eventually attach to a behavior, process, or substance.

Self-esteem is the result of living in the **adult** perspective, developing a true **self-identity**, and allowing your **reasoning** process to come from love, not fear.

(Excerpts: Practical Spirituality, Chapter 6)