

Parallel Learning Technology

Attitude Truth Decay

Life is a journey of self-discovery. It is intended to be a discovery of who we are and who we are not.

This is why trying to live without a clear definition of self—a self-identity—makes life uncomfortable, at best. If we are living life without a true self-identity, we are living from our “truth decay”.

“Truth decay” is the accumulation of untruths about ourselves that interfere with creating successful and fulfilling relationships. “Truth decay” causes us to live out of step with who we really are and this places us on a path that has us living from blame, anger, abuse, and victim thinking.

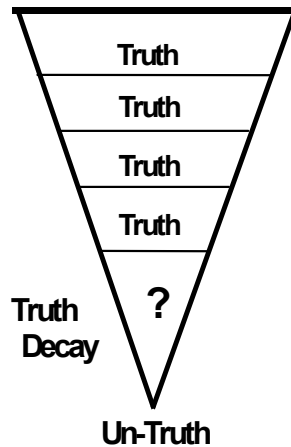
“Truth decay” is made up of the left over, unresolved feelings from childhood and adolescence. As children, we mimic and adapted to the behavior of the adults around us—each with some degree of “truth decay” running their lives.

This process set us up for accepting the judgments of others. But at an early age, we began to make decisions about ourselves that were not true. These untruths were stored in our belief structure, and created “truth decay”.

“Truth decay” is an accumulation of shame. Shame is a deep belief that, “I am wrong”. My outsides may look fine, but inside there is a deep unrest. We cover up our shame in two ways:

- We become apathetic to things in life (a numbness)
- We become overly helpful and interfering at the cost of self.

The more “truth decay” we accumulate, the more we have to do to cover it up. We becoming human doings and begin to collect degrees, labels, careers, awards, accomplishments, etc.



Of course, these things in and of themselves are good. But when used to cover up our untruths, they become empty actions that do not add meaning to our lives.

“Truth decay” results in fear and fear is expressed as anger. There are three forms of anger:

- Hostility—anger directed at others
- Depression—anger directed at oneself
- Resentment—anger that is unexpressed

The good news is, we can begin to live in a way that results in developing true self-identity and resolves “truth decay”.

We can change the ‘emotional illogic’ that generates the untruths about ourselves.

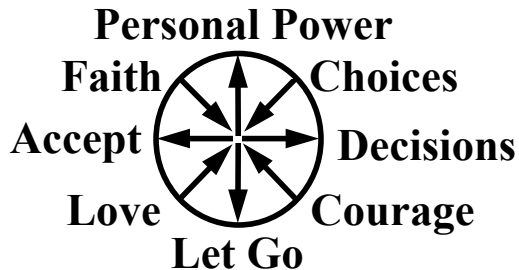
We can resolve old feelings by:

- Discovering the value and wisdom these have added to our lives
- Changing the thinking that regenerates old emotional pain

Once we resolve old feelings and establish healthy thinking:

- Our feelings become the gateway to our intuition instead of the floodgates to our past
- Our thinking integrates:
 - Self-authority - the ability to make decisions right for us
 - Self-responsibility- the ability to act on our decisions
 - Self-accountability- the ability to accept consequences

Our perspective of life becomes one in which we value the wisdom of our past, live in the present, and have faith in our future.



**(Concepts and excerpts from Journey: Resolving the Past,
Part I, Chapter 1)**