

Parallel Learning Technology

Thinking (Fear)

The way we think is a direct result of our perception. If we see ourselves as equal to others, we live from a thinking process aligned with love:

LOVE

Result

Decision

Value-Acceptance-Awareness -Empower-Attention-Respect-Appreciation

You give attention; the result is awareness of self and others

You give respect; the result is acceptance of self and others

You give appreciation; the result is a sense of value for self and others

If we see ourselves as “greater than” or “less than” others, we operate from a thinking process controlled by fear:

Fear is a feeling we experience when something threatens us. We are built with a defense mechanism in us called “Fight or Flight.” When something threatens us, we automatically choose to stay and defend ourselves or flee the situation.

When we try to live life without Emotional Self-Authority and Emotional Self-control, we live in a perpetual state of “Fight or Flight.” We feel “out of control” of our own lives and this results in a “State of Fear.

Fear causes very predictable emotions and behaviors:

Fear

Emotional

Behavioral

Shame - Guilt - Hurt - Control - Blame - Anger - Apathy

Fear drives us to try to control people, places, and things around us. The higher our fear level the greater our need

to control everything around us.

Controlling other people results in hurt. We try to get people to do things or stop doing things, and we end up feeling hurt.

We cover up our hurt with blame.

Eventually we take our hurt and we hurt someone else. Now we feel guilty.

We cover up our guilt with anger. We express anger in one or more ways:

- Hostility - We get angry AT others.
- Depression - We get angry AT ourselves.
- Resentment - We keep the anger inside and become overly helpful or non-caring.

As we accumulate guilt, our anger increases. Our life doesn't seem to be going very well and we begin to believe that there is something wrong with us. We begin to believe that we, as a person, are wrong. This is shame.

Shame is a deep belief that we are damaged in some way, as a person.

We cover up our shame with apathy. Apathy is numbness - a feeling of not caring. Sometimes boredom is an indication of apathy.

Fear becomes an "unnatural state" that we adapt to and cope with. And yet, we say that we are not afraid!

To measure our fear, we must look at its quiet devastation:

- How controlling are we?
- How controlled are we by others?
- How defensive are we?
- How often do others push our buttons?
- How focused are we on what we don't want in our life?

As fear increases, we feel more and more "out of control" of ourselves, and this drives us to control people and

things outside of ourselves, even more.

At some point, control of people, places, and things does not seem to work as well as it used to. In other words, control does not cover up our fear. We become excessive, compulsive, and addictive in our attempts to control.

We begin to control for the “sake of control.”

Sooner or later, we slip into the syndrome of, “too much is not enough.”

We can't stop ourselves from starting this control-cycle of behavior in our relationships.

(Excerpts: Passage to Adulthood, Chapter 4)