

Parallel Learning Technology

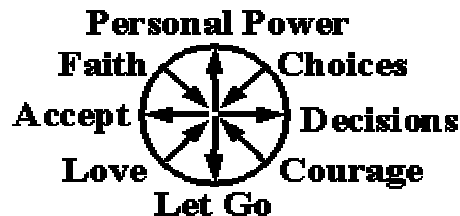
Behavior (Control)

How we behave in relationships is the result of the other three dimensions of being human:

- Perception: We can see others as equals or through the eyes of inequality (either as greater than us or less than us)
- Attitude: We can relate to others from the authenticity that comes from a true self-identity; or the shallowness that results from not knowing who we are.
- Thinking: We can use a process of reasoning based on love or hide in the distortions of our own fear.

If we do not mature emotionally and stay stuck in childhood or adolescent perspectives, attitudes, and thinking, we end up living in a self-defeating cycle of control that limits and destroys relationships.

The world of control is not natural to us. It contains behavior patterns we have learned. In fact, when we were born a world that is totally opposite of control was all we knew.



As children we saw the world as a place full of choices. We made decisions about what we needed. We felt courage and confidence as a result of these decisions. Letting go was natural whenever something was not right for us. We saw the world as a place of love. Acceptance was something we had to give. It was a way of life. How else could it be? Faith was just part of our nature.

We intuitively knew that using these perspectives would fulfill our basic human needs for: Survival, Freedom, Usefulness, Love, and Self-identity.

And then something strange happened. We began to observe and mimic the behaviors of the adults around us. This introduced us to a cycle, which ultimately led to much of the stress and conflict we experience in our relationships today.

We learned to judge other people as either right or wrong. Instead of learning how to make decisions regarding their behavior, we learned to judge people as good or bad.

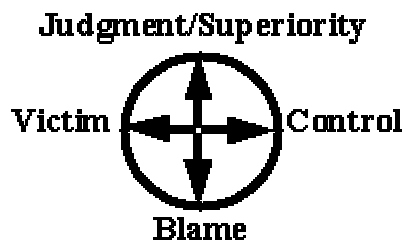
When we judged others, we experienced a false sense of “power over.” We felt superior to others. Our perception of authority began to be viewed as being “better than” others.

This false sense of “power” prompted us to learn how to insist on having things our way. We watched others and learned how to use “control over” others and manipulation to maintain this feeling of superiority.

But then reality set in and we noticed that sometimes people did not do what we wanted. We discovered the power of our anger. We learned to control others either with hostility (aggressive control) or resistance (passive control).

If anger did not work, we used an emotional tool called blame. And now the balance of our false power began to crumble.

Blame had one serious side effect. In the process of blaming someone else, we gave up our sense of “power” and superiority. Suddenly, we ended up with feelings of helplessness and hopelessness. We began feeling like a victim.



Judge others	Right/wrong or good/bad
False Power	False sense of superiority over others
Control	Insisting on your way through: * Manipulation of information * Anger in the form of hostility, depression, and resentment.
Blame	Loss of “power”
Victim	Helplessness and hopelessness

But we wanted our sense of “power” back, so we began to judge others even more harshly and learned to repeat this judgment, control, blame, and victim cycle over and over. This cycle became a habit. It contaminated our perceptions, thinking, and feelings about ourselves, others, and the world around us.

We began to see the world from the perspectives of:

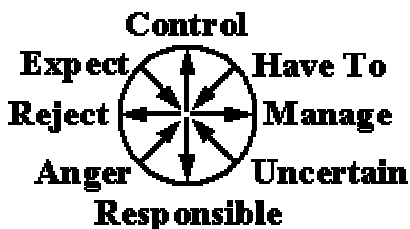
- “Have to”
- Uncertainty
- Anger
- Expectations

We learned to respond to these perspectives by:

- Managing and coping
- Feeling overly responsible or irresponsible
- Rejecting others
- Controlling others

We began to see, feel, and think from a perspective of control. Now we had to learn how to survive emotionally in a world based on controlling people, places, and things around us.

We learned to live in a cycle of control made up of the following emotional triggers and their corresponding defensive reactions:



Have To

We feel that our lives become full of “have to”. We have to grow up, get educated, get a job, get married or avoid getting married, have kids or not have kids, etc.

Manage

Our lives become an adventure in management. We feel that every outcome must be planned. We think we have to manage everything and everyone--our time, our money, our spouse, our kids, and our friends. We try to manage our pain, our worry, and our feelings of fear.

Uncertain

And while we are trying to manage everything, we notice that anything could go wrong. We could lose our job, our home, our spouse, our kids, our friends, and our money. So we try to manage all outcomes even more and become even more uncertain of ourselves.

Responsible

Suddenly we notice that we are responsible for everything and everybody. After all, we think we are in charge. People look to us for leadership. People are counting on us. We notice that our tendency towards blaming others increases.

Anger

And when we just can't do it anymore, we notice that some people don't appreciate all we do for them. We get angry. After all, we were doing our very best. Nothing is ever good enough. Life is just not fair.

Rejection

And we notice that when others don't appreciate all we do for them-- it feels like rejection. But we aren't going to let that happen. We'll reject first.

Expectation

Everyone has really let us down and we notice that other people are not meeting our expectations.

Control

We notice that we have lost our sense of self-control. Our whole life seems to be drifting with no clear direction. We decide that what is needed is more control. So we work this cycle of trying to control others even harder, more desperately, and sometimes more destructively.

This World of Control does not allow us to meet our basic human needs for survival, freedom, usefulness, love, and identity. We feel out of control of our own lives. Now we are on an emotional course that leads to a state of fear.

We may not be aware of this fear because we have learned how to manage all of the emotional residue. The more fear we have in our life, the more controlling of others we become.

Fear

Learned Emotions

Learned Behaviors

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

We manage hurt with blame
We manage guilt with anger
We manage shame with apathy

(Excerpt: Journey: Resolving the Past, Part I, Chapter 1)