

## *Parallel Learning Technology*

### **Self-Defeating Cycles**

The price we pay for living in the adult/child or adult/adolescent perspective is astronomical. These perception, attitude, thinking, and behavior patterns robbed us emotional freedom—the freedom to be ourselves.

We live from:

- The perspectives of inferiority and superiority
- The attitudes from deflated and inflated egos
- The thinking of victim and the distortions of addiction
- The behaviors of passive and aggressive control

These self-defeating cycles stunt the development of our self-identity and limit or destroy our self-esteem.

We do not learn how to meet our basic needs on an emotional and physical level. As a result, we do not experience emotional freedom and Personal Power.

Let's look closer at this issue on unmet needs. There is no standard by which we can measure their fulfillment or lack of fulfillment. Each of us determines this by our perspective and we live accordingly.

We may have the spouse, the kids, the job, the house, the car and all “the things” that make up “the good life.” But the questions we need to ask ourselves are:

- Am I comfortable within myself? Can I be at peace when “nothing” is happening (no outside stimulus)?
- Can I experience the natural emotions of fear, anger, hurt, and guilt, and resolve these feelings in an empowering manner?

We are the one who decides whether or not our needs are fulfilled. It comes down to perception:

- If we perceive that our needs are met, we live in a state of harmony and peace.
- If we perceive that our needs are not met, we live in a state of fear and control.

If our needs are not met (perceive as not met or will not be met), we do not develop the emotional freedom and Personal Power experienced as:

- Self-Identity
- Self-Esteem

The lack of emotional freedom and Personal Power show up in our behavior.

If our needs are not met (or we perceive this), we choose unhealthy “solutions” for our lives:

- Divorce can be a solution to feeling that, “I can’t be myself.”
- Abuse can be a solution to a feeling of helplessness.
- Alcohol and drugs can be instant solutions to deep feelings of fear, anger, hurt, and shame.
- Delinquency can be a solution to feeling controlled and not feeling free.
- Gang participation can be a solution to the absence of family and the feeling of not belonging.
- Crime can be a solution to believing that, “I will never have what I want and need.”

Limiting and destructive behavior comes down to one reality. The fulfillment of our basic needs is not optional. If our needs are not met, or we perceive that they are not met, we live in a predictable cycle.

When needs are not met, we experience fear. When we experience fear, we try to control the people around us. We do this with obvious hostility or with passive resistance.

The more we try to get into control of others, the more self-control we lose. The more self-control we lose, the more fear we experience. This drives our need to control others even deeper.

This self-defeating cycle of needs not met, fear, and controlling behavior becomes the root of victim living and excessive, compulsive, and addictive thinking, called the addictive mental process (AMP).

The question we have to ask ourselves is, “Do we want to change?”

We are the only ones who can decide, “Is the cost of living from my “Truth Decay” too high? Have I paid a high enough price living in the cycles of fear and control, emotionally, physically, financially, and spiritually?”

There are two logical ways to begin living in the perspective of Personal Power, freedom, and equality.

- We can change how we think
- We can allow our feelings of hurt, guilt, and shame to continue to resolve

The truth is:

- Our natural process of creativity has been eclipsed, not damaged.
- Our natural capacity for compassion has been hidden, not lost.
- Our natural ability to support has been tainted, not destroyed.

The questions remain:

- Do you want to change?
- What do you want to change?
- Are you willing to go to any lengths to make this change?

Life Skills U provides an educational solution and a coaching process that can help you answer these questions.

Change is always within your reach!

**(Excerpt: Journey: Resolving the Past, Part III, Chapter 6)**