

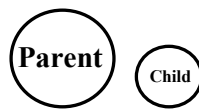
## Parallel Learning Technology

### The Missing Passage

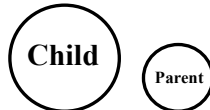
Growing up is intended to be a passage of discovery through dependence, to independence, to interdependence.

But the truth is, some of us have not completed this passage. We have grown up **physically**, but are stuck in some aspects of our lives.

We may be stuck **emotionally** in the “little circle”...



...or the “big circle.”



For the adult, these perspectives result in emotional dependency:

- My greatness becomes dependent upon your smallness.
- My smallness becomes dependent upon your greatness.

These perspectives of dependency become the soil in which the illusion of “control-over/control-under” grows and creates stress in relationships.

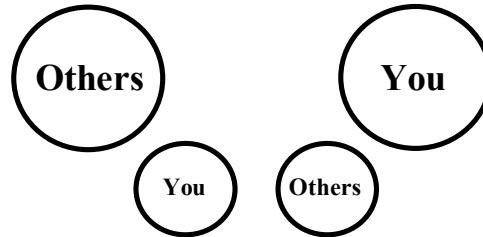
Some of us did not experience the Transitional Passage from adolescence to adulthood.

Maybe this emotional “rite of passage” did not occur in certain areas of our lives.

Maybe the teaching, approval, and unconditional love from our parents **were lacking** because they did not receive these gifts from their parents.

Maybe the teaching, approval, and unconditional love **were given** but we were not able to acknowledge these gifts.

The end result is, we stay stuck in the “control-over/control-under” model of living.



Our capacity for seeing others as “different but equal” is distorted.

We hold on to the adolescent perspective still believing, “If I am not ‘in control’ of other people, they must be controlling me.”

“How we feel” begins to dominate our decision-making process.

We think we have self-control but then something triggers our defenses and we notice:

- We don't get over things as easily or as quickly as we used to
- We lose someone or something and we are unable to fill the void and go on with life
- Hurtful experiences leave us unable to accept support and love from others
- We feel guilty and have an overwhelming desire to give and help others
- We feel full of fear and are unable to try new things
- We experience injustices and begin to notice a compulsion to be right--at any cost
- We may not always insist on being right, but we can't tolerate the accusation of being wrong

**(Excerpt: Resolving Stress and Conflict in Relationships, Chapter 2)**