

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



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A Source of Stress and Conflict in our Relationships

Each of us came into this world:

- To discover who we are (**Self-Identity**)
- To discover how to contribute and participate (**Self-Esteem**)

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”... where we think that others are greater than us; ...or the “big circle”...where we think we are greater than others.

For the adult, these perspectives result in emotional dependency:

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

We get stuck in dependency, and now we are co-dependent...

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

We learn to survive by living in a cycle of control, which results in predictable feelings and behaviors:

- If we feel hurt, we blame
- If we feel guilt, we get angry
- If we feel shame, we become apathetic

Our obsession with control becomes how we live; it becomes culturally common, and begins to feel natural to us. We have learned ready-made patterns and become the victim, persecutor, or rescuer in any relationship. But these become sources of physical and emotional stress.

We slip deeper into the perspective of inequality and stress increases. We try to have successful relationships while living in a cycle of passive-aggressive control.

Through Life Skills U’s Stop ‘N Start educational process and other courses, we help people to discover and resolve their learned perceptions, attitudes, thinking, and behaviors that cause stress and conflict in relationships.

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