

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



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Growing Up is Hard to do !...

We grow up physically according to very predictable laws of nature. But growing up emotionally is another story. We are left to the mercy of the adults around us who have reached varying levels of emotional maturity and immaturity.

The learning process most of us went through as children was limited at best. This is the result of the culture we live in.

We were taught that we are not only in a "little circle" physically, but also emotionally. We were introduced to the control-over/control-under model of life.

This perception eventually resulted in a loss of Emotional Self-control. Let's see how this perception is activated in childhood.

The child learns that the parent has control over them. Since this is an uncomfortable position emotionally, the child looks for a solution. The child begins to see that the solution is to put themselves in the big circle and the parent in the little circle.

How does the child get into the "big circle"? The first thing the child learns (by observing) is that the parent does a lot of judging. The parent determines what is right and wrong, good or bad, etc. So the child starts to judge and the first target is the parent.

And then something seemingly "wonderful" happens! The child experiences a sense of "power" when they judge others and notices that they feel "in control."

But this feeling of being "in control" does not last. When the parent does not do what the child wants, this sense of being "in control" is threatened. Now the child looks for ways to get back "in control." **The child tries to control information by exaggerating, understating or lying.**

If controlling information does not seem to work, the child gets angry or acts angry. **Anger comes in three flavors:**

- Hostility - anger directed at others
- Depression - anger directed at self
- Resentment - unexpressed anger

The child notices that the parent always responds in a predictable way to this anger and learns that anger is a way to control. But then the child notices that anger does not always work. Controlling behavior gives way to a strange reaction called blame. The child blames the parent for whatever seems to be wrong. Suddenly the child finds that they are in a strange world of helplessness.

As soon as he or she blames, the sense of power and control is gone and a feeling of being a victim sets in. The child is introduced to that helpless state called "victim." The child is now completely indoctrinated into the cycle of judgment and control on an emotional level. The physical world of "big parent/little child" is converted to an emotional world.

We begin to believe that if we are not "in control" of other people, we must be "out of control." And so we get into the **habit** of trying to control our parents, friends, teachers, coaches, employers, significant others, and other leaders.

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