



Growing a Solid-Self-II

Emotional Fusion Causes

Thoughts from Last Week

While Living Life from Inside Your Hula-Hoop this Past Week, did any Thought, Truth or Principle Stick in your Brain from Last Week's Class?

Did Anything Cause You to See Your Life and Your Relationships Differently? Did Anything "Make a Difference in Your Life?"

Did the Concept of the "Reflected Sense of Self" Make Sense to You? Did You Get the Idea of "Mind-Monitoring?"

Some Questions to Ask Yourself

1. What is the Gravitational Pull that pulls you into the orbit of another person's Hula-Hoop? The Pull to please them? The Pull to pump up your Reflected Sense of Self?
2. What types or kinds of people do you experience this from? What is it about the "importance" of that person is difficult for you to manage? Impress them because they are important? Make a private list. Identify these people and what you tend to do when you are around them.
3. What begins to happen to you when you experience this? How are you "altered?" What do you experience and how do you behave? What do you tend to do?

Some Questions to Ask Yourself

4. Giving up your self is an exchange between you and the other person. What are you “giving up” or “giving to them” and in order to get “from them?” Evaluate: Is the exchange worth it?
5. Trying to get love the most from a person least willing or unable to give it will “bind you to them.” This gravitational pull will “pull you into their orbit.” Why are you trying so hard to get this? If this person won’t give love freely, out of their own choice, your efforts will most likely be an investment in a fantasy.
6. How much time do you spend Mind-Monitoring people who are significant to you so you can determine your response to them?

Some Questions to Ask Yourself

7. How much time and energy do you spend thinking something like, “I’ve got to first and foremost think about what I think you might be thinking about so I can predict what you might think or do, so that I can decided what I’m going to do or say before I do or say it. To effectively create a relationship connection, I must focus on you, so I know who to be!”
8. Evaluate this: How much of the time is the “starting point” for your thoughts or behaviors “outside” of your Hula-Hoop versus “inside” your Hula-Hoop. How much “other-dependent” are you? How much do you think of “them” first, versus, “what do I think,” as your stating point for your interactions.

Quote

“Everything about other people that doesn’t satisfy us helps us to better understand ourselves.”

Carl Jung

But really a man becomes free only when he has attained self-mastery, whereas a man of passion seeks instead to be defeated, to lose all self-control, to be beside himself and in ecstasy.

Denis de Rougemont

Brief Review

- We gaze, gather, collect and construct a self through the reflections of our selves from others. This self is simply a “working model.” By its nature, it is incomplete – a work in progress.
- At some point in our lives, a shift toward maturity must occur. We shift away from collecting, gathering and borrowing ourselves from others (and our surroundings) to shifting toward defining ourselves according to our higher values, which sometimes involves “going against the flow” of our normal selves and others’ expectations.

Brief Review

- When by ourselves, we seem to have a reasonably clear understanding of who we are. Yet, in the presence of a significant person (or persons), our understanding of who we are (our sense of self) is challenged. We have difficulty “holding onto ourselves.”
- We then are faced with a challenge. We confront ourselves and ask, “Is this my integrity standing up on its own two feet, or is it my self-justifying immaturity using this moment to appear mature?”

Brief Review

- A Solid Sense of Self develops from confronting ourselves, challenging ourselves to do what's right, organizing our lives around our Higher Values and earning our own self-respect. It develops from inside us, rather than internalizing how others respond to us.
- Unconditional positive reinforcement (love) will not result in a solid self. Inexhaustible praise will not result in a solid self. This is because both of these approaches rely on being dependent upon external sources to feel okay about ourselves. They are important, but not sustaining. A courageous leap is required!



Emotional Fusion Causes

Over Connection. Lack of Psychological Separateness

Emotional Fusion

- Emotional Fusion occurs when each person is regulating their emotions and their reflected sense of self through their interactions with their partner, rather than handling them internally, with a solid sense of self.
- Emotional Fusion occurs whenever partners depend upon each other for a positive reflected sense of self. “Depend” is the key word.

Emotional Fusion

- Emotional fusion is equal to Siamese twins: Every move one person makes, upsets the other's emotional balance. Because there is a thick connection and emotional entanglement, any move – or lack of – from one partner impacts the other. Equilibrium equals “stuck.”
- The problem is not that you are “too close,” but that each is too dependent upon the other for their emotional balance. When all you have is a reflected sense of self, you have no choice but to attach to someone else. Emotional fusion becomes a necessity; a way of being! “Relationships” become a way of regulating self

Emotional Fusion: Ground Level

1. Living your life around the idea of “sending verbal messages to the other person.” This binds you to them!

“I have to get my truth, what’s real to me, inside your Hula-Hoop! I have to get you to GET IT so I can finally be okay!

“I have to get you to GET IT because YOU need to GET IT! If you GET IT, it will make your life (and my life) better! You really NEED to GET IT!

“I really NEED you to GET IT because then your affirmation will prove to me that I’M NOT CRAZY and that my truth is valid. You must affirm and validate what I’m saying so that I can truly be okay! I’m not going to rest until I get this from you!

Emotional Fusion: Ground Level

2. Proclaiming and announcing your “boundaries” to influence, teach, correct and effectuate change in the other Person. (Remember: Ultimatums are only binding on the person who issues them!)

“You’re not going to talk to me that way! I have boundaries!”

“I’m not going to let you get away with that behavior!”

“If you do that ONE MORE TIME, I will _____.”

Emotional Fusion: Ground Level

3. Living your life around the idea of “sending behavioral messages to the other person.” This binds you to them!

“Well, I will show you! If you are going to act that way, then I’m going to act this way! So there! Let’s see how you like it! This will teach YOU a lesson!”

“Everything I do and say will one day influence and change you. I’m investing all my time, effort and energy into this – including therapy. I need this to work!”

Emotional Fusion: Ground Level

4. Living your life around trying to bring the other person to the “Bar of Justice.” This binds you to them.

“I’m not going to let you get away with ‘lying!’ You are LYING! What you are saying is not accurate and I’m not going to sit here and let you get away with it! You need to TELL THE TRUTH!”

”I’m not going to allow you to think what you are thinking! It’s WRONG!”

“I’m not going to let you get away with thinking of me, describing me and perceiving me the way you do. It’s not true and I’m sick of it. What you describe is NOT ME!”

Emotional Fusion: Ground Level

5. Living your life constantly appealing for cooperation from others (using “we”) so that you can get done whatever it is you need to get done. This binds you to them.

“I can’t do what I want to do or what needs to get done until I get a clear answer from you and you’re not giving it to me. I am super frustrated and it’s because of you!”

“Hey! WE are in a RELATIONSHIP so get on board and start cooperating with me so WE can move forward!”

Emotional Fusion: Ground Level

6. Dependency upon Other-Validation

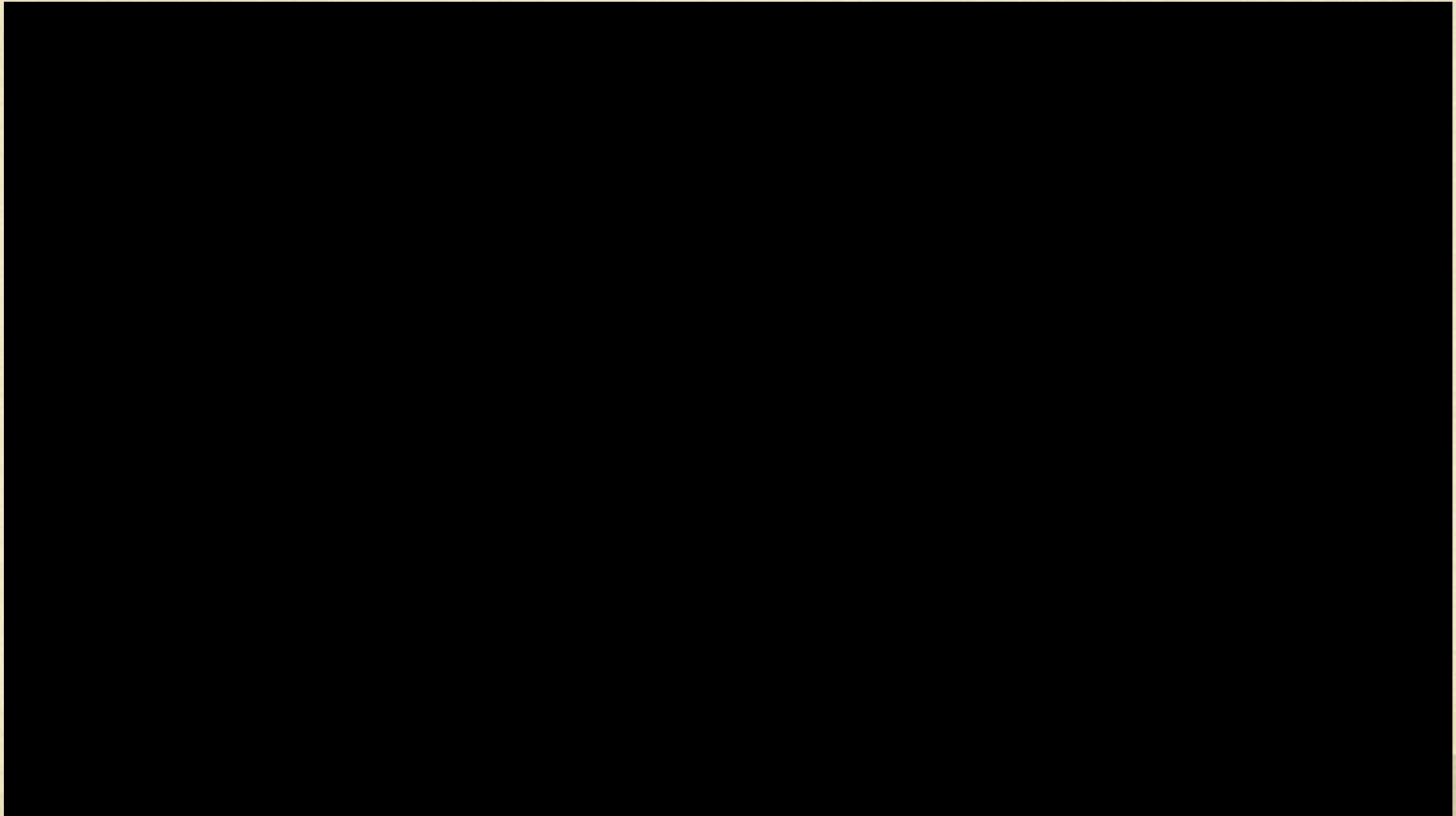
“I want (need) you to affirm and validate what I’m saying so that I know I’m not crazy!”

When two people are constantly fighting over “reality,” each are probably dependent upon other-validation. The “argument” is more about whose “reality” will become the Dominant Reality and whose anxiety and insecurity will prevail.

The Limits of Other-Validation

This phenomenon manifests itself in one person never being able to let go of an “argument” by continuing to press their point of view or by demanding an immediate apology or reconciliation.

The Limits of Other-Validation



The Limits of Other-Validation

Over time, each partner becomes *more dependent* on the other person's (perceived or real) whims, moods, expressions, emotions, actions or behaviors. (Mind Monitoring) Each are less capable of intimacy in times of stress.

When one person's "reality" not supported (perceived or real) by their partner, their own *functioning deteriorates*..

Each *require* the cooperation, validation, affirmation from the other (perceived or real) in order to "get better" or "grow."

This confuses the *destination* with the *process* of how you get there.

The Limits of Other-Validation

Other-Validated Dependency allows one spouse to manipulate or control the other spouse's reality.

(Gas-Lighting)

Other-Validated Dependency is inherently limiting because it leads to self-presentation rather than self-disclosure.

Other-Validation Dependency leads one spouse to hope that the other has his/her act together – and at the same time hope they not have it together!

The Limits of Other-Validation

Self-esteem decreases, while dependency increases.
Love/Hate and Master/Slave begin to become more pronounced.

Other-Validation, no matter how much we get, will never translate into the Inner-Validation that our souls long for.
In fact, it leaves us with a greater emptiness.

Other-Validation leaves us vulnerable to the “High-Desire/Low-Desire” relationship dynamic. The result is that the Low-Desire person winds up in the controlling position.

Emotional Fusion: Ground Level

7. Over-Personalizing the Actions, Behaviors or Words of Others.

Take this Perspective: If the other person's behavior is something that you *should* personalize, that is, their behavior really is about you, then take responsibility and own it and correct the part that is about you.

If the other person's behavior is something that is not about you, but really about them, why are YOU personalizing it?

Challenges to Growing a Solid-Flexible Self

8. Always Having an Underlying Goal to Correct, Influence or Change the Other Person (your spouse).
9. Focusing on the Other Person as the Solution to your Own Problems. (You Hold the “Key” to My Well-Being)
10. Having an Intensely Negative Focus on the Other Person: Resentment, Lack of Forgiveness.

“You are the Cause of My Unhappiness!”

Challenges to Growing a Solid-Flexible Self

11. Over-Caring / Helping / Rescuing Others
12. Viewing One's own Life through the Eyes of Others: "What will He or She think of Me?"
13. Living to "Please" Others.