

Relationship Matters

Growing a Solid-Self III

3/11/18

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Thoughts from Last Week

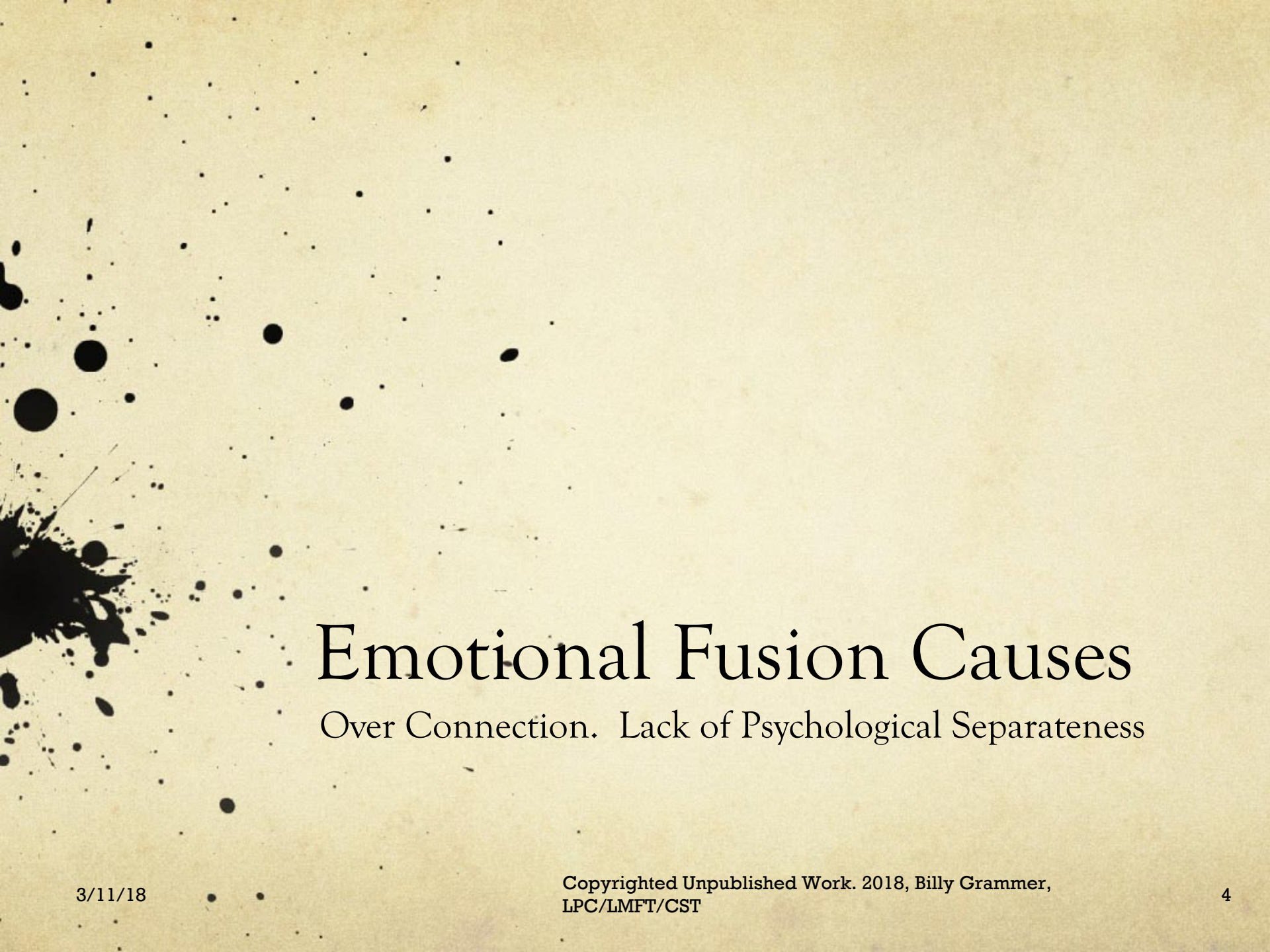
While Living Life from Inside Your Hula-Hoop this Past Week, did any Thought, Truth or Principle Stick in your Brain from Any Class We Have Had Together?

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

Did the Concept of the “Emotional Fusion” Make Sense to You? Did You Get the Idea of What Kinds of Interactions “Glues” People Together?

The Bridge

1. Other people's choices in life are 100% our responsibility. True or False
2. We can have heartfelt conversations, even exhortations, with those adults we love regarding our concerns about their choices. Ultimately, however, we are left respecting their decisions. True or False
3. Choosing not to choose is a choice. True or False
4. Every Person is responsible for their "response" to life's challenges. True or False



Emotional Fusion Causes

Over Connection. Lack of Psychological Separateness

Differentiation Diagram

High Differentiation

High Emotional Maturity

Low Emotional Maturity

Low Differentiation

Emotional Fusion



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?

Emotional Fusion: Ground Level

“I cannot allow you to think of me how I think you think of me! How I think you see me is super important to me. In fact, I cannot be free until I correct you.”

“What this person says about me is not accurate! The facts are not correct. I feel I have to set the record straight and defend myself. I feel very much misunderstood and unfairly portrayed!

This is **WRONG** and I have to correct it! I must **DEFEND** myself.”

Emotional Fusion: Ground Level

It is Difficult to Remove by Logic, an Idea not Placed there by
Logic, in the First Place.

“If a person is leaning away from you, your truth will never catch
up to them.”

Logic is not the issue. The emotionally held energy that is
driving a person’s thoughts is the issue. Whatever is
“emotionally” important for that person becomes the start of
their narrative, around which to organize their “facts.”

Do You Want to be “Right?” Or do you wish to “Understand?”

Emotional Fusion: Ground Level

8. **Always Having an Underlying Goal to Teach, Correct, Influence or Change the Other Person (your spouse).
Being an “Expert” on the Other Person.**

“I’m going to show you and prove to you that you are not living up to your own words! You say one thing and do another. You need to see this! My job is to show it to you!”

“I’m so attached to you that this drives me crazy! Your behavior jerks me around. My only solution is to communicate this to you to change you, because you are my “problem”, so changing you is my “solution!”

“I think you are just blind to your own issues! I think you have unresolved anger!”

Emotional Fusion: Ground Level

“I want the wonderful outcome of what I believe this relationship/marriage should be! I’m going to focus on this good outcome and by-pass the process of how to get it. I’m not going to let go or give up my goal of getting what I believe I should have!”

Point: You will never bring the Other Person to the Bar of Justice. You will fail.

The Significant Other will not make an Internal Shift until they decided to do so, until factors line up for them to do so!

Edwina Feels the Pressure



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100% Full Acceptance

The distance between their fantasy-fusion vision of the relationship (“expectations”) and reality = the degree of their “disappointment” and “disillusionment.”

Hoped For

Perception

Personal Fantasy



Actually Got

Reality

Objective Reality

Two Possible Responses:

Despair = Narcissism/Try Harder Grief = Maturity/Acceptance

Breaking the Fusion Cycle

Who is among you that fears the Lord, That obeys the voice of His servant, That walks in darkness and has no light? Let him trust in the name of the Lord and rely on his God.

Behold, all you who kindle a fire, Who encircle yourselves with firebrands, Walk in the light of your fire And among the brands you have set ablaze. This you will have from My hand: You will lie down in torment.

Isaiah 50:10-11

Breaking the Fusion Cycle

“You have journeyed to the king with oil And increased your perfumes; You have sent your envoys a great distance And made *them* go down to Sheol.

“You were tired out by the length of your road, Yet you did not say, ‘It is hopeless.’ You found renewed strength, Therefore you did not faint.

Isaiah 57:9-10

Making the Shift

Recognize that Other-Validation dependency is more often the result of your own failed attempts at managing your own emotional anxiety. Shift your focus to God instead of your spouse.

Pay attention to the Critical Mass that is forming in your soul. For example, you realize that you are getting weary of pretense and violating your own inner sense of integrity.

Identify and hold onto your Solid-Self. Your Solid-Self is composed of what you believe and hold most dear; your most cherished values and deepest truths.

Making the Shift

Confront yourself rather than confront your partner.

Trust God for all and who you are. Spend time meditating on the love and security you have in Christ. Soothe and calm your fears and anxieties.

Make a courageous leap of faith. Become the “hero” or “heroine” of your own story.

Accept the fact that a good portion of your growth must come without the overt Validation, Affirmation, or Acceptance from those we may long for it the most.

A Solid-Flexible Self

A Solid Sense of Self develops from confronting ourselves, challenging ourselves to do what's right, and earning our own self-respect. It develops from inside us, rather than internalizing what's around you.

1. Well-Defined Self-Boundaries
2. An Ability to Choose between Thinking and Feeling
3. Well Thought-Out Higher Values and Principles that Serve as a Guidance System for the Self

A Solid-Self

Less Altering of Self to be Accepted

Less Living Your Life Through the Eyes of Others

An Honest, Accurate View of Yourself. Begin Inside Your
Hula-Hoop

An Honest Appraisal of your Non-Negotiable Values

A Solid-Flexible Self

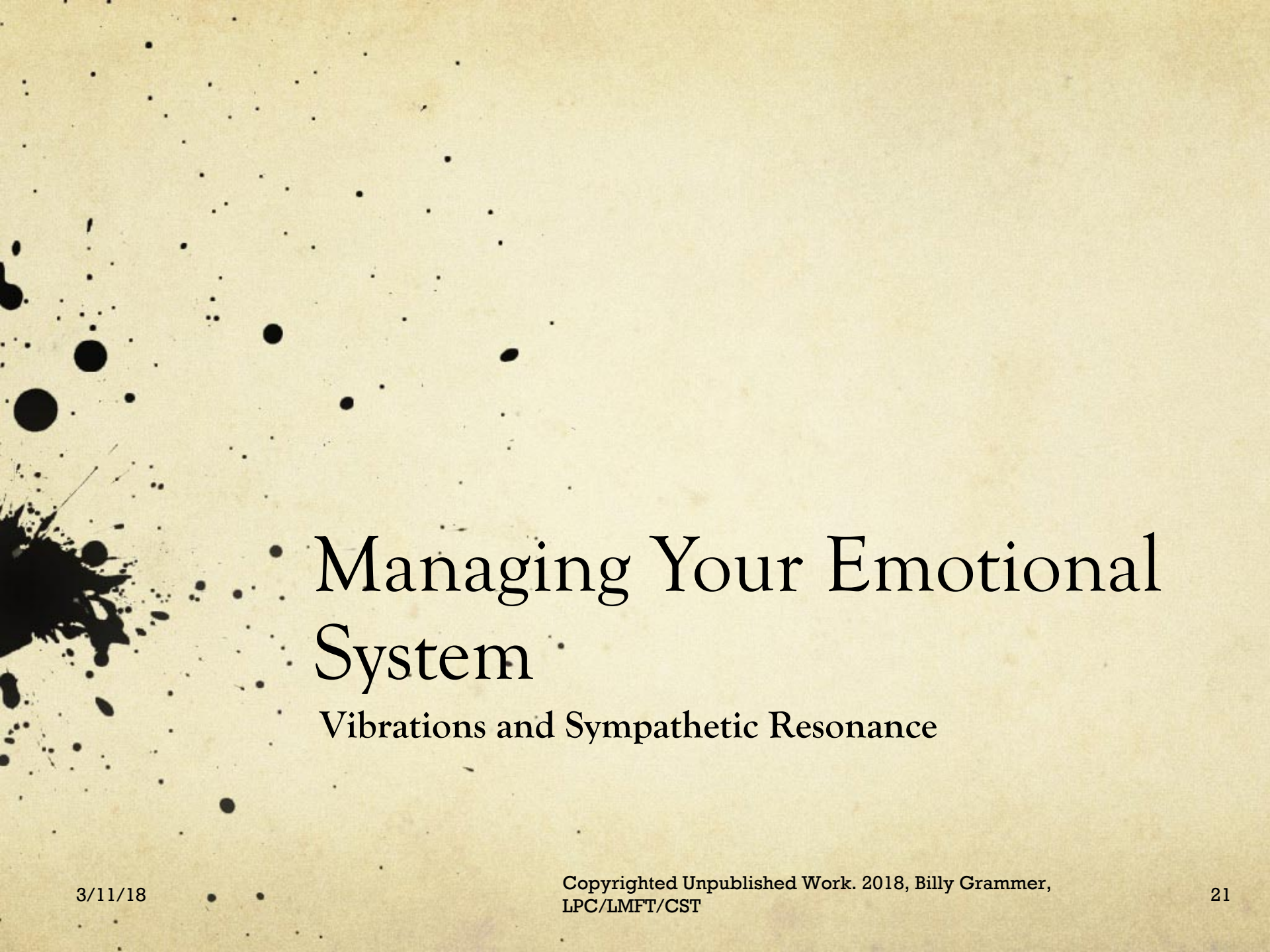
A Refusal to Get your Worth from Others

Less Over-Investment; Less Idolatry

Accept Responsibility

Embrace Humility

Embrace Your Identity in Christ, Rooted and Grounded in
Love



Managing Your Emotional System

Vibrations and Sympathetic Resonance

Edwina is Overcome with Emotion



A Thoughtful Question #1

Can You Trust Your Emotions?

Yes?

No?

Sometimes?

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The A,B,C's of Emotions

A	+	B	=	C
We Become Aware				Emotions
We Feel Affected				Feelings
Hula-Hoop Vibrates				Actions
Something Matters				Behaviors

We Naturally Think that "A" Causes "C."

We say, "You Made Me So Angry!"

Epictetus: The Stoic

The appearance of things to the mind is the standard of every action to man.

In a word, neither death, nor exile, nor pain, nor anything of this kind is the real cause of our doing or not doing any action, but our inward opinions and principles.

What disturbs men's minds is not events but their judgments on events. What distresses him is not the event, for that does not distress another, but his judgment on the event.

A Christian Perspective

For as a man thinks within himself, so is he.

Proverbs 23:7

The steadfast of mind You will keep in perfect
peace, Because he trusts in You

Isaiah 26:3

Thou wilt keep him in perfect peace, whose mind is stayed
on thee: because he trusteth in thee.

Isaiah 26:3 KJV

You Feel What Your Brain Interprets

A person's cognitive interpretation of the physiological changes in their body determines what they feel and what they experience.

Feelings are the result of the brain's appraisal of an emotional neurological (your body) state. This appraisal is influenced by one's situational context and cognition (categories of past learned experiences your brain draws from).

Therapists and “Data”

Three umpires are sitting around over a beer and one says, “There’s balls and there’s strikes and I call ‘em the way they are.” Another says, “There’s balls and there’s strikes and I call ‘em the way I see ‘em.” The Third says, “There’s balls and there’s strikes and they ain’t nothin’ until I call ‘em.”

W.T. Anderson, *Reality isn’t What It Used to Be*

The A, B, C's of Emotions

A	+	B	=	C
We Become Aware		Our Belief		Consequences
We Feel Affected		Our Interpretation		Emotions
Hula-Hoop Vibrates		Our Perception		Feelings
Something Matters		Our Glasses		
		Assigned Meaning		Actions
		Story We Tell Ourselves		Behaviors

Identifying Emotion

1. Observe and Describe the Event Prompting the Emotion, i.e. the Trigger.
2. Identify the Interpretations of the Event that Prompted the Emotion, i.e. the “Belief” Factor.
3. Observe and Describe the Actual Experience, including the Physical Sensation of the Emotion.
4. Observe and Describe the Expressive Behaviors associated with the Emotion.
5. Observe and Describe the After Effects of the Emotion on Your Functioning.

Important Ideas

Your Identity and Your Emotions are not the Same Thing.
You are Not Your Emotions.

Emotions are Usually Shared in order to Influence,
Persuade and Change Others.

Emotions Inadvertently Confirm One's Preconceived
Version of Reality. Emotions Tend to Validate One's Own
Reality. This Creates a Reciprocal Feedback Loop.

Interpretation + Emotion/Feeling + Actions

Irresponsible Sharing

“I feel this emotion and you caused it! It’s all your fault that I feel what I feel.”

“What you did hurt me. I’m just sharing what I feel!”

“My emotion is REAL and it tells me about YOU!”

It is interesting how “personally felt emotions” begin to take the forefront in a person’s story. This is simply a self-justifying platform to influence and change the other person or persons. The “problem” is external, so the “solution” is believed to be external.

A Thoughtful Question #2

When is it “Right” to Share Your Emotions?

Ask Yourself:

“What is the *Purpose* of Sharing What You are Feeling and Experiencing with Your Spouse (or Someone Else)?”

“What Do You Want to *Happen* as a Result?”

Responsible Sharing

Take Responsibility for Your Own Emotions.

Resist the Temptation to “Blame” Others for What You are
Feeling.

Share from Inside Your Hula-Hoop So as to be Known.

Your Emotions Will Tell A Lot About Your Own Life.

Share Your Life with Others without Taking Them
Emotionally Hostage!

The ABC's of Emotion

In order for a problem to be *the* problem, don't *you* become the problem.

In order for an issue to have a chance to become the issue, don't let your emotional response to the issue become the issue.

What's the real issue: You and your emotional responses to the issue? Or the issue?

What do *you want* the focus to be?

Are you trying to find a solution? Or do you simply *want* to make it “personal?”

The ABC's of Emotions

There is the “problem” and then again, there is our *response* to the problem.

We are each responsible for our response to the problem.

Our emotional response does not necessarily change “reality.” *If our emotional response does bring about change, we may have to continually have the emotional response in order to sustain the change that has been created.*