



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?"

Brief Review

1. Protesting reality by constantly thinking or saying, “This shouldn’t be this way,” is an effective way to live life! In fact, when we think or say this long enough, other people that we care about and circumstances that matter will conform to our mental picture of the way things should be – and then we will be happy! True or False
2. Attempts to influence and change others by prosecuting them and proving them “wrong” and us “right” is our God-Given right to do so! When successful, they usually are thankful and want to go to lunch with us! True or False

Brief Review

3. Finding something “right” about what seems to be going “wrong,” helps us to accept what is happening and then to formulate a response instead of a reaction. True or False
4. Growing a Solid Self allows each person to function more independently **and** interdependently; more separate **and** more connected. True or False
5. Growing a Solid Self is all about working on yourself, all by yourself, and not caring about, or connecting with your partner or others. In fact, it is very selfish to grow a self! True or False

Brief Review

6. A Solid Sense of Self develops from confronting ourselves, challenging ourselves to do what's right, organizing our lives around God/Higher Values /Personal Convictions and earning our own self-respect. It develops from inside us, rather than internalizing how others respond to us. True or False

Brief Review

7. 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 to grow a Solid Self. True or False

Quote

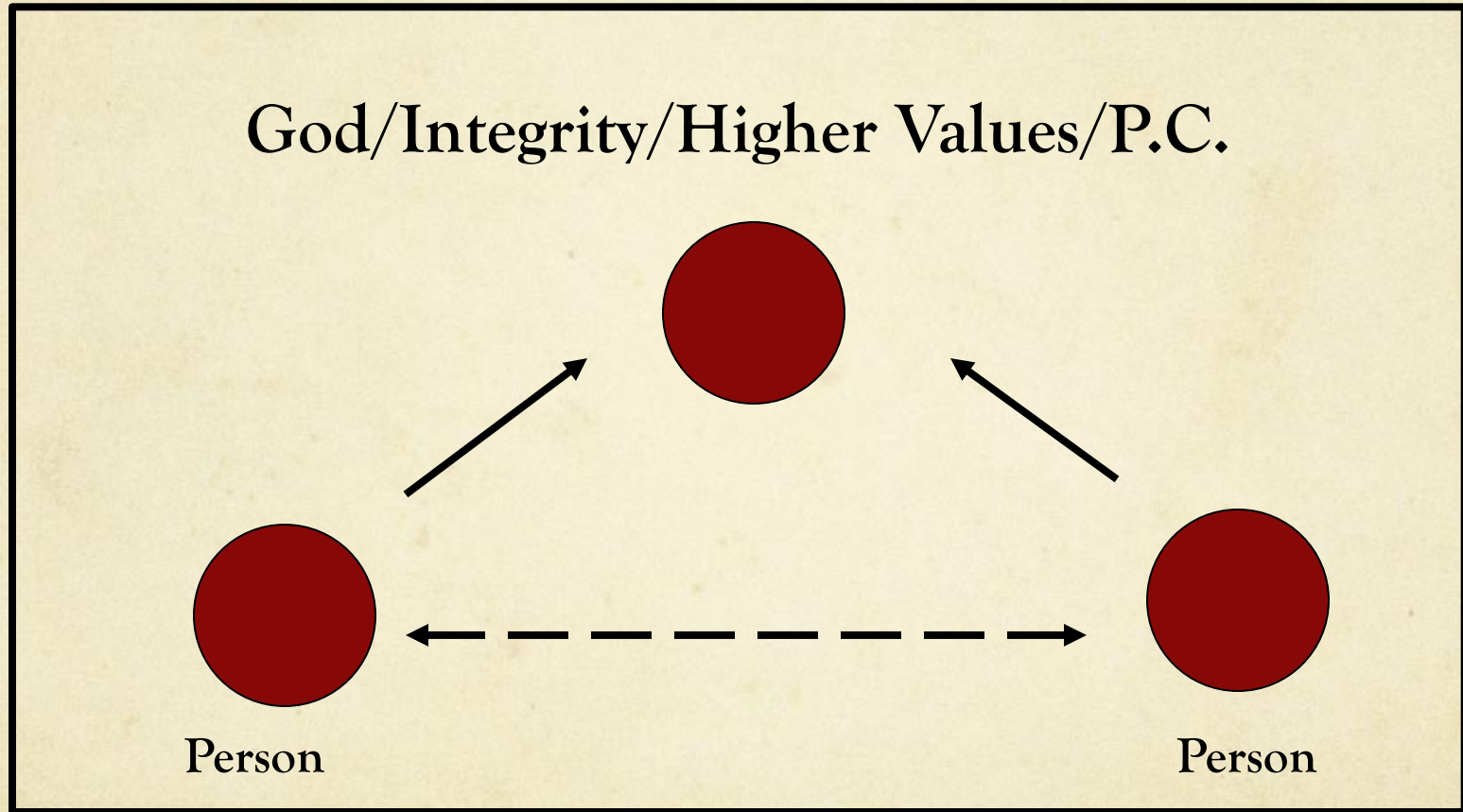
“Everything about other people that doesn’t satisfy us helps us to better understand ourselves.”

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.

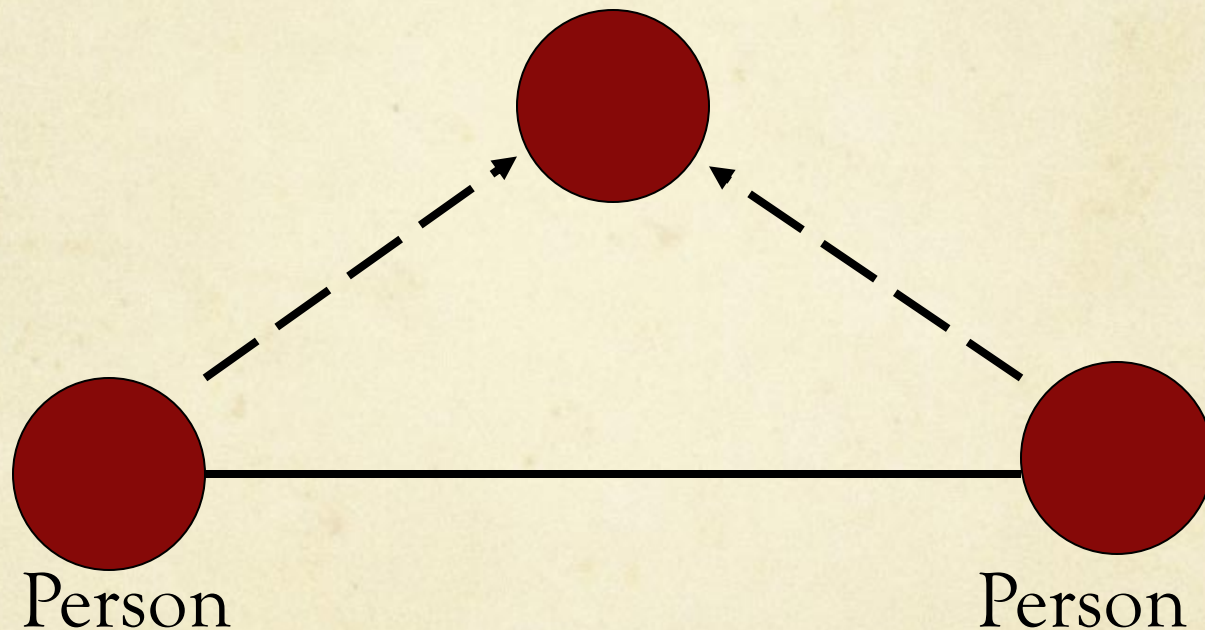
Denis de Rougemont

Relationship: Connection with Separateness



Fusion Tendency

God/Integrity/Higher Values/P.C.



A Reflected Sense of Self

Borrowed Functioning and Mind Monitoring

A Reflected Sense of Self

- A Reflected Sense of Self is the first self we develop. We see ourselves through the eyes of those that are important to us. We internalize how others see us and treat us as indications (representations) of who we are.
- From infancy, our minds look to other minds to support our own self-awareness.

Baby girls are hardwired to gaze at faces.

Eye contact and mutual facial gazing will increase by 400% in the first three months.

A Reflected Sense of Self

Girls are interested in emotional expressions, which tell them about themselves. They have a greater ability to read faces and distinguish emotional tones in voices.

Connection and Attachment helps to create a “successful self.”

Girls do “mommy checks” for approval more than boys.

Girls have a greater capacity for “empathy.”

The Problem with Boys



A Reflected Sense of Self

- Later, when we get into a relationship, we “borrow” our sense of self from the person we are attracted to and them to us. Our sense of self is like a balloon the other person inflates. When inflated, we look and act better. But sooner or later, both the donor and the borrow grow weary!
- A Reflected Sense of Self and Borrowed Functioning are natural to all human beings. The challenge is for us to not become 100% dependent upon them!

Fusion: An Over-Connection

But unhappiness comes in, because the love which 'dominates' them is not a love of each for the other as that other really is. They love one another, but each loves the other *from the standpoint of self and not from the other's standpoint*. Their unhappiness thus originates in a false reciprocity, which disguises a twin narcissism. So much is this so that at times there pierces through their excessive passion a kind of hatred of the beloved.

Denis de Rougemont, *Love in the Western World*

Other-Validated Love

“Love” is that short period of time when a person of the opposite sex holds the same opinion of us as we do ourselves.

Magdalena Samozwaniec

Mind Monitoring

- Mind monitoring means understanding another person's thoughts, feelings and motivations by studying their reactions and behaviors.
- A Reflected Sense of Self requires the ability to read and monitor other people's minds. You have to know what they are thinking to make sure you look good in their eyes to get their approval.
- If you depend upon a Reflected Sense of Self, you are constantly monitoring the other person, manipulating the other person's mind through interactions to get the positive sense of self that you want (and require)!

Mind Monitoring

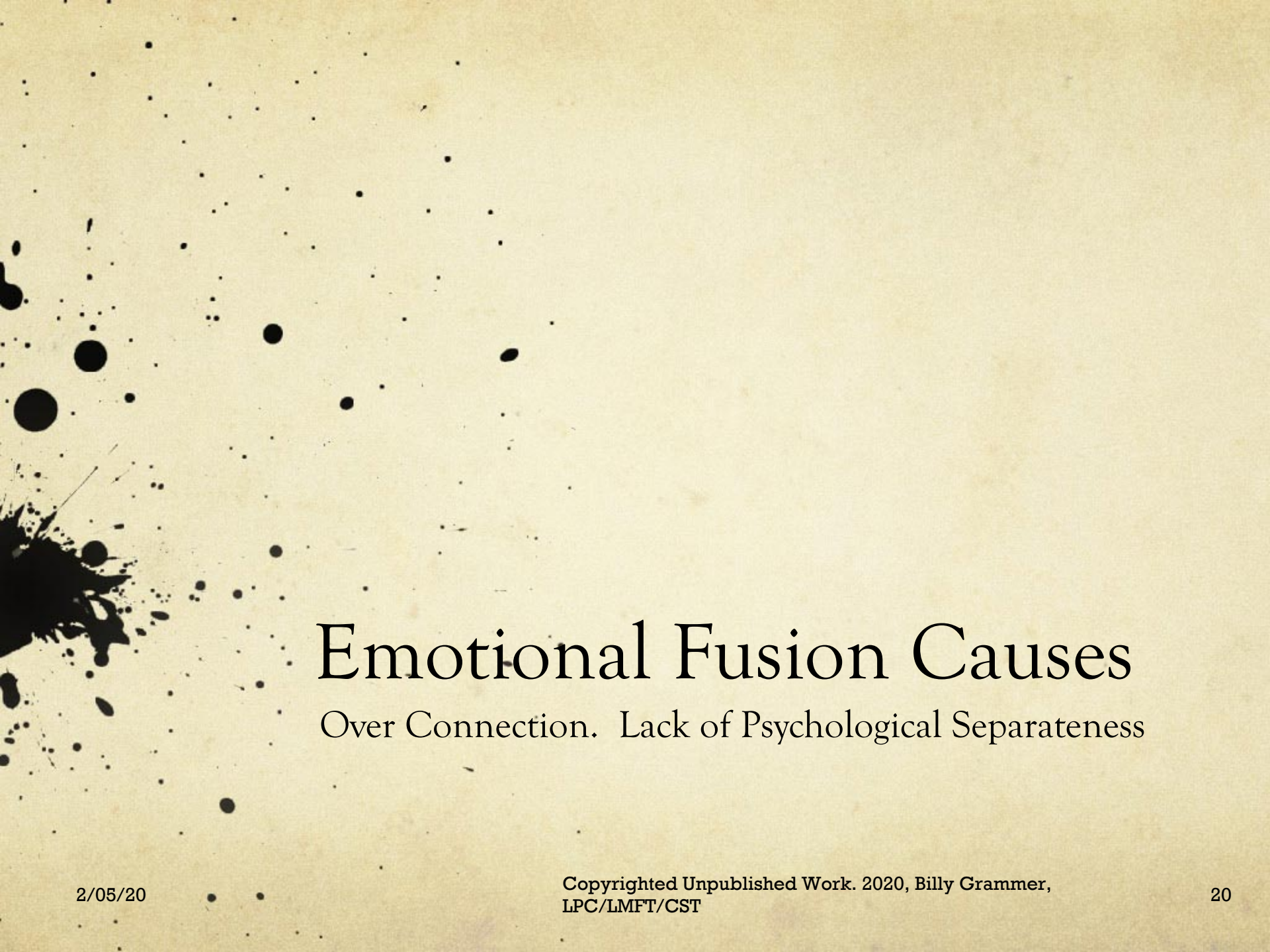
- When you rely on someone for a positive reflected sense of self, you will invariably try to influence and control them to gain the positive validation that you believe you need.
- The more the Reflected Sense of Self drives you, the more you look to others for validation, and the more others will feel oppressed and controlled. The more you try to regulate yourself through you another person, the more you trigger their refusal to submit to your tyranny. They push back. This is natural.

Growth Requires a Shift

We bring our Reflected Sense of Self into significant relationships because it got us there. Significant Relationships, especially Marriage, are an ecosystem (a pressure cooker) designed to help us become adults, by making our Reflected Sense of Self incredibly vulnerable, unsustainable, and finally untenable.

Time to Re-Calibrate

Time to Get Your Eggs and Poker Chips Back!

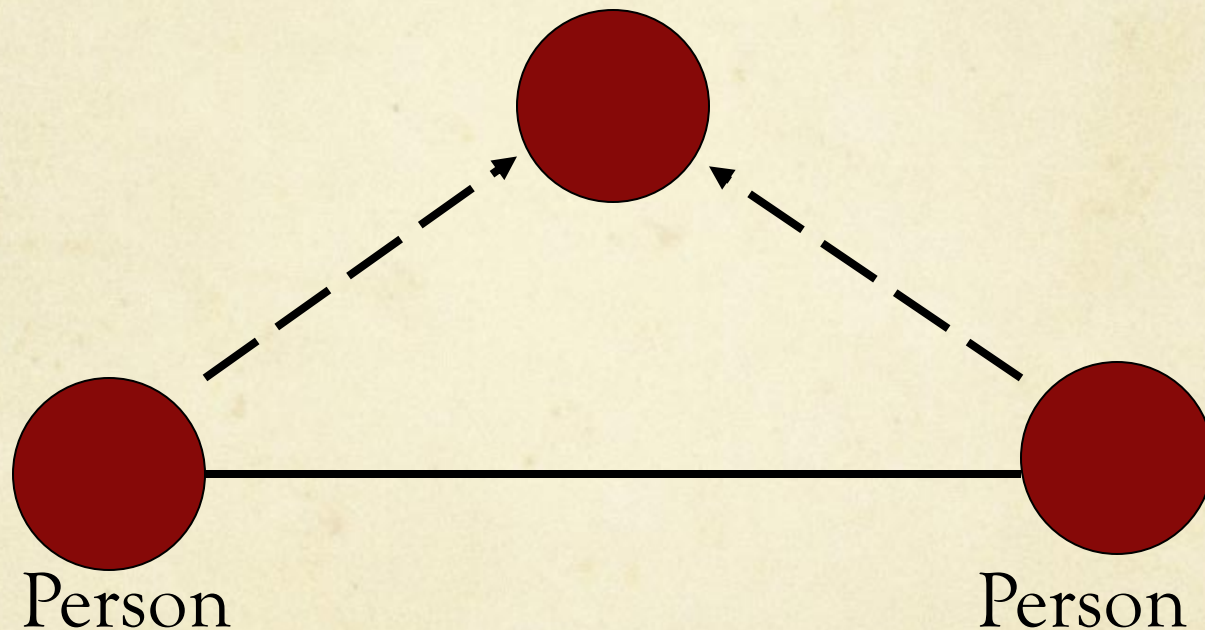


Emotional Fusion Causes

Over Connection. Lack of Psychological Separateness

Fusion Tendency

God/Integrity/Higher Values/P.C.



Edwin Friedman

It is my perception that the togetherness force is more blind to the separateness force than separateness is to togetherness. By this I mean that the movement toward togetherness seems to be more “natural.” And precisely because of this, the force for separateness must be more vigilant!

Coming together seems to be a “natural process.” There appears to be nothing in life itself that checks the togetherness force from snuffing out the separate force except the vigilance of separateness to protect itself.

Edwin Friedman

As I began to focus on emotional process, it eventually became obvious to me that the universal problem for all partnerships, marital or otherwise, is not one of getting closer. Rather, it is preserving self while in a close relationship, (something that no one made of flesh and blood seems to do very well).

I eventually came to define my marriage counseling as trying to help people separate, so they would not have to “separate.”

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 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

The Scale of Significance

The More Significant a Person is in Your Life, the More of
a Solid Self is Needed!

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Emotional Gravitational Pull / Ski Slope

Elliot's Emotional Fusion



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 ____.”

3. 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!”

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.”
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.