

Relationship Matters

Self-Justification – An Inward Journey

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?”

Brief Review

1. We can trust our emotions 100% of the time because our brain accurately interprets reality 100% of the time! True or False
2. Because our emotions are real to us, we should quickly move to whatever action or behavior that our emotions are inviting us to act out. Doing so will reduce our emotions and make things better. True or False
3. Getting things off our chest and venting helps to calm us down and feel less negative emotions. True or False

Brief Review

4. Events outside of our Hula-Hoop cause us to feel what we feel. So, to have different emotions, we have to change everything outside of our Hula-Hoop to feel better! True or False
5. People cause us to feel what we feel, so that when we tell them this, they usually cooperate and change their behavior to make us feel better! True or False

Principle #8

You Do Not Need Nor Require Anything Outside of Your Hula-Hoop to be Anything Other than Exactly What It Is For You To Be Reasonably Okay.

Rooted and Grounded Inside Your Own Hula-Hoop, You Can 100% Radically Accept Everything Outside of Your Hula-Hoop Just As It Is.

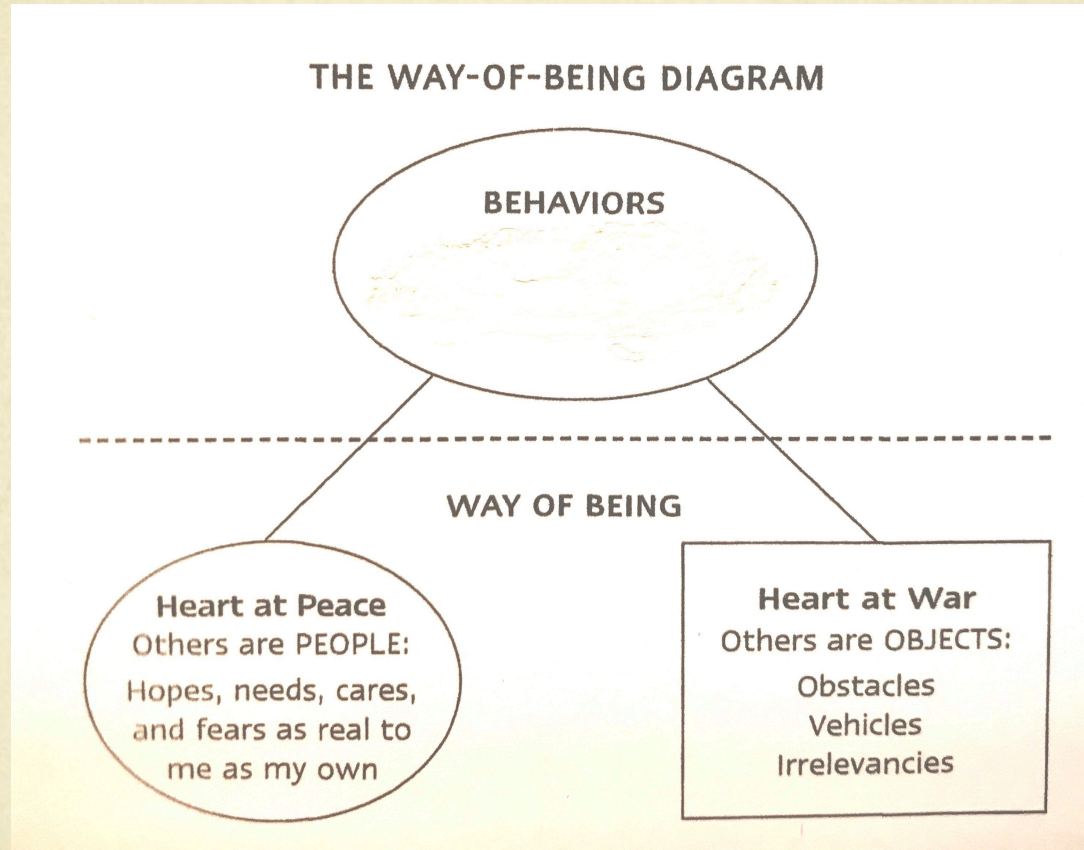
Embrace a Radical Acceptance of Everything Inside and Outside of Your Hula-Hoop.



Self-Justification

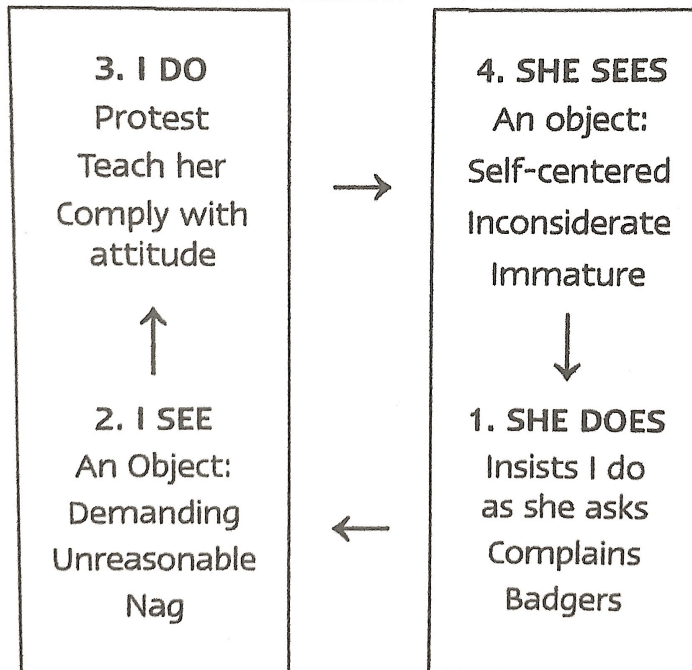
How We Create Our Own Reality and Put Ourselves
into a Box of Self-Deception

Two Positions of the Heart



Collusion

THE COLLUSION DIAGRAM



The Collusion Box

1. You act contrary to what you feel you should be or do toward another – Self-Betrayal
2. You begin to see the world in such a way that justifies your own Self-Betrayal and Wrong Doing.
3. As you look through your Self-Justifying lenses, your view of reality becomes distorted. You Perceive the world differently (in a Self-Justifying manner).
4. When you betray yourself, you enter into “the box,” i.e. the box of your own Self-Justifying Reality, i.e. Self-Deception. (Blame-Shifting, Lack of Ownership)

The Collusion Box

5. Over time, certain “boxes” (schemas/filters) become characteristic of you and you carry them with you. You don’t even notice them because they are “so you.”
6. By being in the box, you provoke others to be in the box, i.e. you elicit responses from others that “confirm” your own self-justifying reality.
7. In the box, each person invites mutual mistreatment and obtain mutual justification (fusion, other-validation dependent). Each collude (blame-shift) in giving each other reasons to stay in the box.

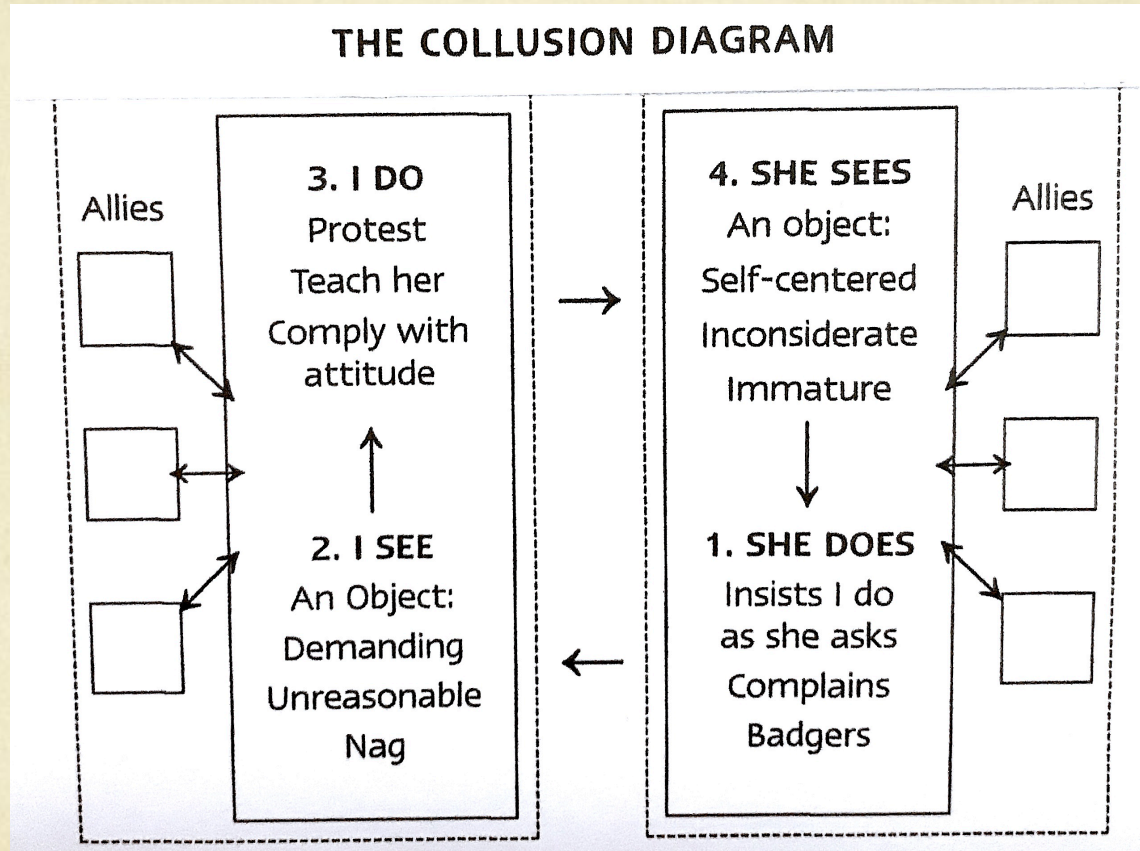
The Collusion Box

Collusion: “I’ll mistreat you so you can blame my bad behavior on me, if you’ll mistreat me so I can blame my bad behavior on you.”

By being in the Collusion Box, you provoke in others the very behavior you say you hate in them. And they then provoke in you the very behavior they say they hate in you.

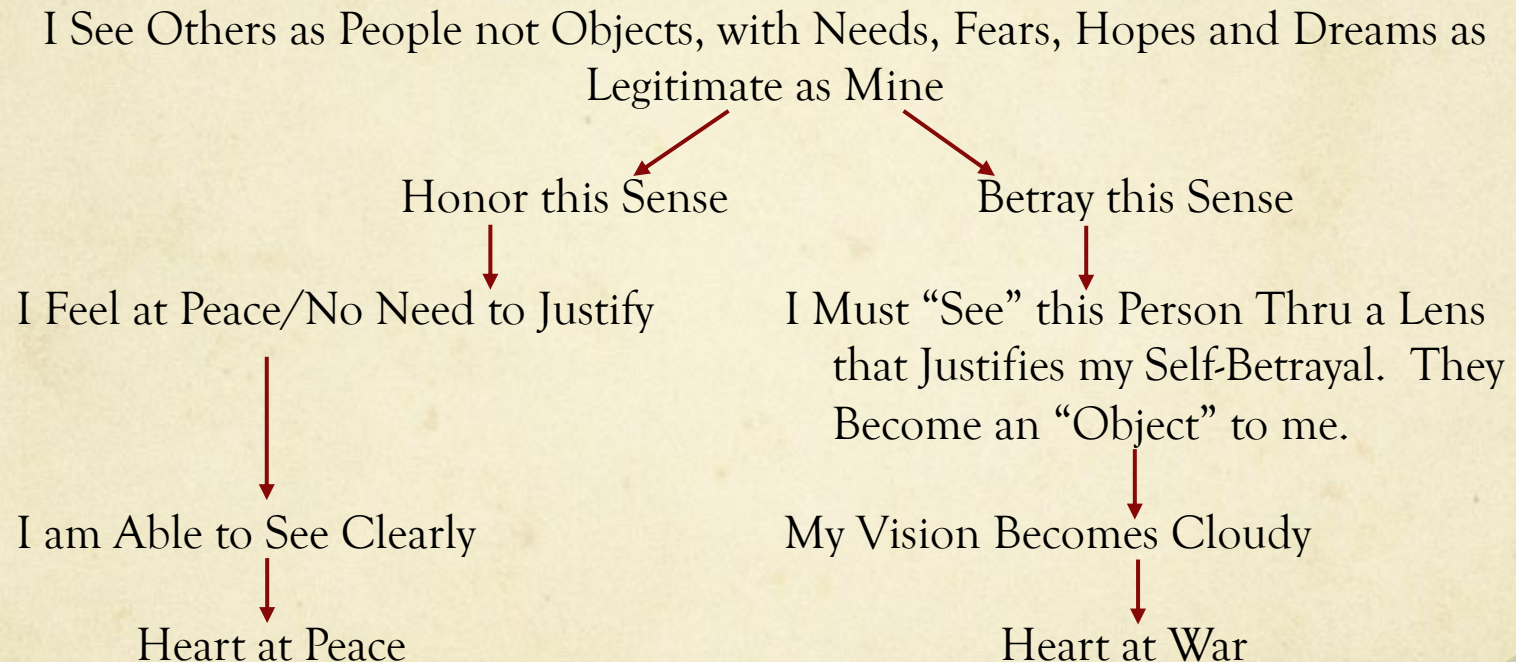
“People problems “are due to self-betrayal, not skills. In the box, every change that you can think of is just a change in your style of being in the box. Changes within the box are just more of the same box.

The Conflict Spreads



The Choice Diagram

Sense / Desire



The Self-Justifying Heart

| | |
|--|---|
| View of Yourself Better Than–A Victim Bad,(but you made me to be) | View of the Other Person Negative–Irritating – Stupid Less-Than – Inferior |
| Personal Feelings Upset – Angry – Negative Annoyed – Justified – Bitter | View of the World Unfair – Unjust – Protest Burdensome – Against Me |

Principle #9

**If a Person's Heart is Leaning Away From You –
Defended, Justified and Negative – Your Truth Will
Never Catch Up to Them!**

At this point, it's not about truth, accuracy or logic. It's about the story a person chooses to construct in their heart! Their story is a “construction” that suits the purpose in their heart! They select data that confirms their perspective and ignores data that doesn't support their perspective.

The tail wags the dog. The “cause” is not the cause!

A Downward, Negative Spiral

- Once people develop a self-justifying, implicit perspective, confirmation bias kicks in and they stop seeing evidence that doesn't fit it! They "see" only the data that supports their starting point. Their "glasses" are skewed, tainted!
- They each prefer to think the other is at fault and thus they selectively remember parts of their life, focusing only on the parts that support their own points of view.
- The self is ruled by a "totalitarian ego" that ruthlessly destroys information it doesn't want to hear. Thus, the relationship history is written to justify their actions and to make them look good and feel good about themselves.

Self-Justification Alters “Logic”!



An Ancient Story

“Indeed, has God said, ‘You shall not eat from any tree of the garden?’” And the woman said to the serpent, “From the fruit of the trees of the garden we may eat, but from the fruit of the tree which is in the middle of the garden, God has said, ‘You shall not eat from it or touch it, lest you die.’”

And the Serpent said to the woman, “You surely shall not die! For God knows in the day you eat from it your eyes will be opened and you will be like God, knowing good and evil.”

An Ancient Story

When the woman *saw* that the tree was 1) **good for food** and that it was 2) **a delight to the eyes** and that the tree was 3) **desirable to make one wise**, she **took** from its fruit and **ate**; and she **gave** also to her husband with her and he **ate**.

Genesis 3:1-6

What Happened? What Became “Altered?”

(Bonus Question #1: What “fruit” did she eat?)

(Bonus Question #2: In what context do we find these verbs in the N. Testament?)

Subjectivity & Objectivity

What Goes on Inside of Us, Influences How We “See”
and “Perceive” Thing Outside of Us!

“Lust” and “Coveting” Distort Perception

Principle #10

The More We Emotionally Invest in Something, the Less Objectivity We have.

The Greater the Investment, the Less Objectivity We Have.

The greater the emotional investment, the greater the danger for personal “blindness,” i.e. one’s inability to “objectively perceive.”

If a person voluntarily goes through a difficult or a painful experience *in order* to attain some goal or object, that goal or object becomes more attractive.

Self-Justification Box

THE BETTER-THAN BOX

| | |
|--|--|
| View of Myself Superior Important Virtuous/Right | View of Others Inferior Incapable/Irrelevant False/Wrong |
| Feelings Impatient Disdainful Indifferent | View of World Competitive Troubled Needs me |

Self-Justification Box

THE I-DESERVE BOX

| | |
|--|--|
| View of Myself Meritorious Mistreated/Victim Unappreciated | View of Others Mistaken Mistreating Ungrateful |
| Feelings Entitled Deprived Resentful | View of World Unfair Unjust Owes me |

Self-Justification Box

THE MUST-BE-SEEN-AS BOX

| | |
|--|---|
| View of Myself Need to be well thought of Fake | View of Others Judgmental Threatening My audience |
| Feelings Anxious/Afraid Needy/Stressed Overwhelmed | View of World Dangerous Watching Judging me |

Self-Justification Box

THE WORSE-THAN BOX

| | |
|---|---|
| View of Myself Not as good Broken/Deficient Fated | View of Others Advantaged Privileged Blessed |
| Feelings Helpless Jealous/Bitter Depressed | View of World Hard/Difficult Against me Ignoring me |



Getting Out of the Box

There is a Way Out!

Getting Out of the Box

1. Look for Signs of Being in the Box – Blame, Self-Justification, Negative Thoughts, Box-Styles.
2. Find an Out of the Box Place – Memories, Activities, Places.
3. Reflect and Ponder the Situation Anew – From an Out of the Box Perspective. Ask Yourself:
 - What are this person's trials, burdens, hurts, or pains?
 - How might I, or a group of which I am a part, be adding to these challenges, trials, burden's, hurts, and pains?

Getting Out of the Box

- In what ways might I have or my group neglected or mistreated this person?
 - In what ways might my self-justification boxes be obscuring the truth about others and myself and interfering with potential solutions?
 - What am I feeling/thinking I should do for this person? What might I do to be of help?
4. Act upon what I have discovered. Do what I am feeling I should do.

What Doesn't Work

1. Trying to change others, give advice, correct them.
2. Doing your best to cope with others (you still have a problem)
3. Leaving the relationship (that won't solve your internal problem)
4. More Communication (you will still have distortion in your perspective).
5. Implementing new skills or techniques (but you are still in the "box.")

Helpful skills and techniques are not helpful if they are done in the "self-justifying reality box."