Expanding the area of what is possible
In Track & Field Distance Running & Competent Self-Care in medicine and psychology

www.theetgtrackclub.com

TheETG mechanisms of a functional romantic relationship

A major part of TheETG mission is to expand the area of what is possible in competent self-care in medicine and psychology. TheETG’s primary method of achieving that is to proliferate applied science based information by way of $free packets containing plain language info for anyone seeking to move themselves or others forward in these areas.

As you continue to acquire and apply more information you continue to expand the area of what is possible. Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone. Put data ahead of dogma. Follow the data -not- the crowd.

TheETG packets attempt to address the following:

“......the benefits that US health care currently deliver may not outweigh the aggregate health harm it impuls.”
[Journal Of The American Medical Association...Volume 302 #1..July 1, 2009...page 89 - 91]

“Not enough doctors adapt appropriately to new scientific findings.....An insufficient number of medical faculty members are well prepared, effective educators, and too few medical schools prepare their students for a lifetime of learning and change.”
[J.Hilliard,et al. -- The Lancet -- Volume 385 #9969 -- February 21, 2015 -- page 672]

“......takes an average of 17 years to translate 14% of original research into benefit......average of 9 years for interventions recommended as evidence-based practices to be fully adopted.”

“......1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report.”

“It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States.”
[Centers For Disease Control -- 2015]

“Most drugs are only effective for a small percentage of people who take them.”
[Michael Leavitt -- U.S. Secretary of Health & Human Services 2005 - 2009]

“.....A recent study for example, found that only half of all cardiac guidelines are based on scientific evidence.”
[President Barack Obama -- Speech to the American Medical Association -- June 15, 2009]

“All the good things.....they don’t teach us in medical school, because the drug companies pay for our education.”
[Dr. John Sessions M.D.]

You may copy any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.
Positive functioning in Life

- competence
- functional
- independent
- interdependent
- effectiveness
- powerful person
- productive relationships

- incompetence
- dysfunction
- dependent
- compulsive
- ineffective
- self-sabbatage
- relationship sabbatage

Establishment of the upper limit of your Comfort Zone

Level of esteem you have for yourself

- self-esteem

Image you have of yourself

- self-image

Perceived Competence Self-Efficacy

- perceived level of competence and effectiveness as a person

Positive support from environment

Positive outcomes of exploratory behavior, and problem solving experiences

Positive outcomes in friendships & romantic relationships

Dependency Needs

- unconditional affection
- attention
- praise

Life Skills

- Mastery Oriented
- Logic Orientated
- Solution Oriented

Character Strengths

- integrity to behaviors of value
- unconditional kindness
- forgiveness
Humans maintain a psychological Comfort Zone that has a bottom threshold, and an upper limit. Generally, we seek to acquire, move toward, and allow to stay in our lives the kinds of life experiences, environments, relationships, and friendships that fit within the upper limit and bottom threshold of our Comfort Zones. The bottom threshold makes us seek to avoid or move away from people and experiences that are below that minimum threshold. The upper limit makes us seek to avoid or move away from people and experiences that are above that upper limit. How we are treated by parents, coaches, and family environment when growing up has an impact on how we see ourselves now. The bottom threshold and upper limit of our Comfort Zone is set by this image we have developed of ourselves (self-image), formed primarily by our parent/family environment between the ages of 1 - 16 years old......which determines what we are “used to” and “comfortable with”. We are thus, products of how we were treated by our parents and other care takers when growing up. The intensity, frequency, and consistency of criticism and punishment experienced from parents and others causes long term damaging effects, lowering the Comfort Zone. The things that we now choose to believe and reinforce about ourselves combined with our daily self-talk and conditioning, continue to shape that image.

**Comfort Zone Set High**
Accepting of high levels of achievement into your life,
low to no levels of self-sabotage,
Accepting of abundant happiness in relationships,
low to no levels of relationship sabotage,
low to no levels of instability and distrust created by you,
low to no levels turmoil and stress created by you

**Comfort Zone Set Low**
Rejecting of high levels of achievement in your life,
Relatively high levels of self-sabotage,
Rejecting of abundant happiness in relationships,
Relatively high levels of relationship sabotage,
Relatively high levels of instability and distrust created by you,
Relatively high levels of insecurity and poor attachment created by you,
Relatively high levels turmoil and stress created by you
Relatively high levels of attraction to being in an abusive environment

**Raise your Comfort Zone**

**Upper limit**
The upper limit makes us seek to avoid or move away from people and experiences that are above that upper limit.

**Lower limit**
The bottom threshold makes us seek to avoid or move away from people and experiences that are below that minimum threshold.
The brain is a computer.
The self-image is the programming.

If you aren't constantly and intentionally throughout your life improving it and moving it forward, it'll keep you where you are. Or worse, it'll return you to where you've been following an experience of a level of success or achievement that exceeds what your brain's programming will allow to stay in your life. In your life experiences, your job and career, your finances and money issues, your romantic relationships, it'll have you sabotaging, pushing away, or avoiding every bit of success and achievement that is beyond what your brain is programmed to acquire, accept, and embrace.

In sport, in business, in life in general, you'll see this phenomena occurring everywhere you look. There's a reason so many lottery winners and pro athletes end up back to where they were financially. There's a reason so many people get in, stay in, and/or return to bad or abusive relationships.

The brain is a computer.
The self-image is the programming.
Constantly and intentionally throughout your life improve it, move it forward so that you can acquire, accept, and embrace all the great things that can or do come into your life.
Major Mechanisms of a Functional Romantic Relationship

1. Stability, Security, Expectations
Commitment is a verb, reflected in one’s planned and purposeful actions to create stability, secure attachment, and emotional security.
--- Both people must be committed to making deposits and investments into each other, major withdrawals avoided.
--- Identify and share up front, major principles and ideals that each person values and lives by. Several major values must be common to both people, and each person must commit and have integrity to the common value system.
--- Discuss expectations each person has of the other, and there must be a commitment to meet reasonable expectations each person has of the other.
--- Create an environment of unconditional attention, affection, and praise.

2. Self-Development
Invest in your own self-development. Accept the challenge and opportunity to become more powerful within yourself. Avoid seeking to use your relationship as a distraction from yourself. Choose to never pick your relationship partner based on his/her ability or willingness to be a co-conspirator or facilitator in you maintaining your weaknesses, faults, personal problems, etc.
And always remember, there can be no relationship, without friendship. If there can be no friendship without the relationship, this highlights something within yourself, and is most likely a large part of why the relationship will have difficulty. There should never be a time before, during, or after the relationship when one says, “We can’t be friends.” I can never see you again”, “I will never speak to you again.”

3. Resolving Conflicts
Commitment to logic, reason, and rationality as the highest priority during conflicts. Commitment to creating solution oriented win-win situations in solving conflicts. Show kindness and love...always...no matter what! Remember that love is a verb. Never repay, evil for evil. Always do what is good for building up yourself, and your relationship partner.
Avoid......
--- entering the typical contest of seeing which person can hurt the other more, or which person can make the other more jealous.
--- using “the silent treatment” to communicate. Letters or other written communications are usually best, in that they allow you to speak uninterrupted, and express everything you want to communicate. Speak directly. Avoid using sarcasm and statements intended to hurt or shame.
--- using “put-downs” to defend your hurt. Speak openly and directly to the person about what you feel....“especially” if you feel hurt or frustrated. Be strong by giving yourself permission to feel hurt by what the person has said and/or done.

The Science Of Love
Love is a force in the universe, a law of nature which therefore, can be studied as a science. This research into this science allows all of the following to be stated;
--- Never allow envy, loneliness, self-esteem, or social conditioning to determine the type of person with whom you will enter into a romantic relationship.
--- Choose to have the things that you value most, make your decisions for you.
--- When you decide on the type of person with whom you will have a relationship, decide also, what you will contribute, what changes, self improvements, and deposits you will make in the relationship. In what ways will you contribute to the growth of the relationship. Have courage, show love to yourself.... make a list.
Relationship Psychology 101

How we are treated by parents, coaches, and family environment growing up has an impact on how we see ourselves now. This image we have developed of ourselves [the self-image] is formed primarily by our parent/family environment between the ages of 1 - 16 years old. All the things we have heard about ourselves the most from that environment growing up and have accepted as truth, contribute to our self-image. The intensity, frequency, and consistency of criticism and punishment experienced impacts the self-image. The things that we now choose to believe and reinforce about ourselves combined with our daily self-talk and conditioning, continue to shape that image.

The self-image creates a "comfort zone" that has a bottom threshold and an upper limit. A poor self-image puts the Comfort Zone at a low level such that negative experiences, low non-functional and destructive relationships are sought after because that is where the comfort zone is, they fit in above the bottom threshold of the Comfort Zone. Positive relationships are avoided or pushed away because those experiences are above the upper limit of the Comfort Zone, thus outside the Comfort Zone. When kids become used to being treated poorly by their parents and others they develop lowered expectations of self, beliefs of being inadequate and incompetent. They develop lowered levels of esteem and respect for themselves and others. As they reach teenage years and adulthood they will gravitate toward relationships where they will be treated in the same manner. We can overcome the fact that we have been conditioned/programmed early on to be accepting of dysfunction in our lives. We can pursue self-improvement to improve how we see ourselves and thus raise our Comfort Zones. Our Comfort Zone can be set at a high level such that positive and highly functional relationships are sought after and negative ones are avoided or pushed away. We can take responsibility for how we treat ourselves and thus, for getting ourselves into powerful relationships and friendships. We must learn to accept and embrace all good things that come into our lives. We must train ourselves to surrender to them and offer no resistance or sabotage. We must move the upper limit of our comfort zones. We can have great things happen in abundance.

Relationship Sabotage

People with low level Comfort Zones who manage to enter into a relationship that breaches the upper limit of their Comfort Zone may engage in Relationship Sabotage in order to keep the relationship within their Comfort Zone. As the level of security and stability increase within the relationship, the need to "create" insecurity and instability will increase as well...since security and stability are outside their Comfort Zone. The person will gravitate towards and surround him/herself with like minded people who are "Facilitators", those who reinforce or do not object to the sabotaging and denial of responsibility for their actions. Friends and romantic partners who won't cooperate will be pushed away. They will be covertly manipulated to react to her/him in a manner that is consistent with how he/she is used to being treated (the Comfort Zone). Turmoil, stress, and/or emotional violence is what they are "used to", thus it is sought after within the relationship. It is highly likely to lead to dissolution of what might otherwise be a strong and productive relationship. Self-sabotage will also be a consistent behavior pattern. They will sabotage their friendships and relationships with people who treat them well because those are outside of their Comfort Zone.

Pursuit Of Self-Improvement Or Lack Thereof May End A Relationship

It is unwise to stay in a relationship with someone who values their job, their drug, or their unwillingness to pursue self-change and improvement, more than they value you. Relationships tend to end when one of the two people decide that self-change and improvement is not an option they are willing to choose in order to maintain the relationship. People tend to enter relationships, carrying with them the expectation that their relationship partner will not choose self-sabotage or relationship sabotage over pursuing self-change and improvement. Broken expectations often lead to broken relationships.

If you grew up in an unstable, insecure family environment.......

--- In your adult relationship, as the level of stability and emotional security increases in your relationship environment, the more instability and emotional insecurity you will seek to create.

If you grew up in an anxiety filled family environment.......

--- Relaxation and normalcy will create relaxation induced anxiety. In your adult relationship, as the level of order and turmoil-free living increases in your relationship environment, the more disorder and turmoil you will seek to create.

If you grew up in a low self-image family environment.......

--- In your adult relationship, as the level of good feeling and enjoyment increases in your relationship environment, the more you will seek to create bad feeling and distress to bring your relationship experience down to the level of your self-image.

If you chose to avoid stopping yourself and resolving your "issues" you will pour your behaviors onto your relationship partner. If your instability creating, emotional insecurity creating, disorder creating, turmoil creating, relaxation induced anxiety, bad feeling creating, distress creating behaviors are sufficiently toxic to your relationship partner, your relationship will likely end eventually after your partner gives up trying to fix you. People engaged in these behaviors met their problems long ago. They've have lived with and known their problems far longer than they've known their relationship partner. When the time comes where they have to choose between keeping their problems or keeping their relationship, some choose their problems rather than their relationship.

Show courage. Pursue growth rather than no growth. Do the work within yourself.

Relationship Contract

Written from your side, given to a potential relationship partner to read and consider. Reflects what you intend to get from the person with whom you enter into a relationship and suggests what you intend to give in return.

1. relationship partner pursues Self-Mastery as a way of life
2. actively move your self-image forward and raise the upper limit of your comfort zone
3. stop yourself if you engage in relationship sabotage
4. make constant deposits into our relationship
5. actively seek to create stability in the environment within our relationship
6. actively seek to build emotional security
7. make constant deposits by being there intellectually, emotionally, and physically
The brain is a computer.
The self-image is the programming.

If you aren't constantly and intentionally throughout your life improving it and moving it forward, it'll keep you where you are. Or worse, it'll return you to where you've been following an experience of a level of success or achievement that exceeds what your brain's programming will allow to stay in your life. In your life experiences, your job and career, your finances and money issues, your romantic relationships, it'll have you sabotaging, pushing away, or avoiding every bit of success and achievement that is beyond what your brain is programmed to acquire, accept, and embrace.

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The self-image is the programming.
Constantly and intentionally throughout your life improve it, move it forward so that you can acquire, accept, and embrace all the great things that can or do come into your life.
ETG Self-Mastery

Positive functioning in Life

competence
functional
independent
interdependent
effectiveness
powerful person
productive relationships

incompetence
dysfunction
dependent
compulsive
ineffective
self-sabotage
relationship sabotage

Establishment of the upper limit of your Comfort Zone

Level of esteem you have for yourself
self-esteem

Image you have of yourself
self-image

Perceived Competence Self-Efficacy
perceived level of competence and effectiveness as a person

positive support from environment
positive outcomes of exploratory behavior, and problem solving experiences
positive outcomes in friendships & romantic relationships

Dependency Needs
unconditional affection
attention
praise

Life Skills
Mastery Oriented
Logic Orientated
Solution Oriented

Character Strengths
integrity to behaviors of value
unconditional kindness
forgiveness
Social Attachment Disorder

- Confirmed Negativity Condition
  -- person attempts to alienate her/himself from people who show them unconditional love
  -- precedes anorexia/bulimia/obesity...each of these is a symptom of
  Confirmed Negativity Condition

- insecure persons who grow with insensitive attachment figures may experience recurrent bouts of dysfunctional anger
- insecure infants behave more aggressively toward their mothers than secure infants
  --- were rated as more aggressive in the classroom at age 5

- insecure adolescents reveal more dysfunctional anger during interactions with mothers than secure adolescents, and score higher on measures of hostility than secure adolescents
- insecure adults react to stressful events with higher symptoms of hostility than secure adults
  ---- showed higher memory of anger episodes and use more violent imagery than secure adults

- Mothers of insecure infants are insensitive
- infant engages in "self-soothing" behavior while being ignored by parent
- when exploratory behavior is suppressed, anger and frustration results (expressed via crying)

  ---- characterized by insecurity concerning others’ intentions
  ---- preference for emotional distance
  ---- adopt distancing strategies for coping with distress
  ---- parents of avoidant children are often
    - rejecting
    - aloof
    - uncomfortable with bodily contact
    - withdraw support when their children most need it in times of distress

  ---- defined by insecurity concerning others responses
  ---- strong desire for intimacy
  ---- high fear of rejection
  ---- engage in ruminative worry in coping with distress
  ---- display signs of maladjustment
    ---- parents of anxious children are
      - self-preoccupied
      - more sensitive to their own needs
      - intrusive - inconsistent

- perceived social support = major predictor of future health
- perceptions of parental caring predict later physical health across a variety of disorders
- there is 60% difference in sickness rates observed between subjects who rated their parents both high in caring compared to subjects who rated both parents low in caring
- extent to which social relationships are perceived as strong and supportive........related to health
- social support is related to duration of post heart attack survival
- social support reflects the size, structure, qualities, and intensities of loving, caring relationships in people’s lives
- “feeling loved” is as predictive of future health than support network size, structure, and quality
Self-Image
Are you willing to improve it?

Comfort Zones & Self-Sabotage.....

In you're life, are you **willing** to let yourself have the things that you say you want.

If not, are you **willing** to do something about that.

-- Is the image you have of yourself, setting your comfort zone at a level where you will let yourself have the things that you say you want.

-- Is the image you have of yourself setting your comfort zone at a level where you will sabotage and reject the things that you say you want.
Humans maintain a psychological Comfort Zone that has a bottom threshold, and an upper limit. Generally, we seek to acquire, move toward, and allow to stay in our lives the kinds of life experiences, environments, relationships, and friendships that fit within the upper limit and bottom threshold of our Comfort Zones. The bottom threshold makes us seek to avoid or move away from people and experiences that are below that minimum threshold. The upper limit makes us seek to avoid or move away from people and experiences that are above that upper limit. How we are treated by parents, coaches, and family environment when growing up has an impact on how we see ourselves now. The bottom threshold and upper limit of our Comfort Zone is set by this image we have developed of ourselves (self-image), formed primarily by our parent/family environment between the ages of 1 - 16 years old.....which determines what we are “used to” and “comfortable with”. We are thus, products of how we were treated by our parents and other care takers when growing up. The intensity, frequency, and consistency of criticism and punishment experienced from parents and others causes long term damaging effects, lowering the Comfort Zone. The things that we now choose to believe and reinforce about ourselves combined with our daily self-talk and conditioning, continue to shape that image.
“People plan big weddings, but not big marriages.”

Oprah Winfrey
Marriage is.....

Marriage is the relationship, the love energy invested into the relationship, and the deposits each partner makes into the emotional security of the other. Marriage is a state of life companionship created by the love and mutual consent of the two involved.

The state of being married is created not by vows, promises, or laws of the State, but by the actions of love, the commitment to being together, living together, and investing one's love energy into the relationship.

Commitment is a verb.....thus marriage is not an exchange of vows, a ring, or a ceremony....it is the actions of giving oneself to another, and the mutual commitment to building and maintaining the relationship.

Love is a verb.....love is a way of treating people, acts of kindness, acts of doing good works, the giving of self.
Relationships

Develop the Life Skills of being Mastery Oriented, Logic Oriented, and Solution Oriented.

1. The skill of -- Self-Mastery
-- Live a principle oriented life style focused on developing self-mastery.
-- Inner-strength. Apply the belief that there are no set backs or side treks, there are only experiences along the path to where you choose to go. Recognize that you can let go of anything and be ok (ie. aversive situations, difficulty in relationships, bad grade). Accept that when you let go.....you will be ok. Those who surrender themselves, find inner-strength.
-- Inner-calm. Release the need to defend your ego, be defenseless. Display the serenity to accept the things you cannot change. Invest no energy into worry. Learn through meditation/autogenic relaxation to let go of the body... the shell that houses our spirit. Provide down time each day to have silence in the mind. Be Zensational. Apply the concept of timelessness.....we live forever in one form of energy or another.
-- Identify behaviors you value and become a function of them. Accept responsibility to choose your actions, behaviors, and thoughts. Give that priority over your moods, feelings, and emotions. Allow yourself to be held to a set standard of behavior to which you are accountable.
-- Program yourself to engage in self-developing behaviors that are good for building up yourself and others. Hold yourself to behaviors that build and reinforce your own level of competence and trustworthiness.
-- Patience. Patience is a trainable skill to be developed in an intentional manner. It is a value to hold in high esteem and worth. With patience, you can be a more secure person....patience enhances inner-security.
-- Set goals, make plans, and take action. Overcome behaviors that impair proactivity (self-handicapping, fear of success and fear of failure). "Begin with the end in mind" [Stephen Covey]

2. The skill of -- Logic Oriented
-- Make logic, reason, and rationality a healthfully valued way of life. Implement the process of purposefully programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns, and determining your quality of life. Develop logical thought processes and apply logic in all problem solving situations by focussing on identifying the underlying mechanisms of a set topic/issue, be vigilant in holding yourself to this in aversive situations.....especially in highly emotional situations.

3. The skill of being – Solution Oriented
-- When problems arise, invest no energy into emotions and reactions......invest all energy into finding solutions. Train to be responsive, and response - able, rather than reactive. Train to be prepared for the unexpected or undesired. Place a high value on being able to adapt to change quickly, and easily.
-- Focus on planning ahead, actioning ahead, taking prior action rather than procrastination or reaction.
-- Empathic Awareness. Value, and make it a priority, to be aware of the other people's needs. Develop the skill of being aware of and decoding non-verbal messages.
-- Communication in Conflict Resolution. Be solution oriented and focus on creating win/win situations. Focus on solving conflicts...fix problem rather than blame. Drop defenses and establish rationality as a set in stone bottom line boundary that neither person is allowed to cross during discussion/argument over a problem.
-- Replace the word “Anger” in your vocabulary with the word hurt, frustrated, or frightened.
   “Anger = an offense that is defending something.”
   “Experience it......without discharging it, repressing it, or covering it”. [Gangaji]
Relationships

Our character strengths create the environment for our friends and romantic partners which can influence their behavior in a positive and productive manner. Our character weaknesses reinforce undesired behaviors in our friends and romantic partners. Improve your relationships by improving yourself. The underlying mechanism of all broken relationships is conflicting expectations usually having to do with expected behavior, or expected behavior changes.

- - - - Develop the Character Strengths - - - -

1. Integrity To Behaviors Of Value
-- Identify behaviors you value and become a function of them. Accept responsibility to choose your actions, behaviors, and thoughts. Give that priority over your moods, feelings, and emotions. Allow yourself to be held to a set standard of behavior to which you are accountable.

-- Program yourself to engage in self-developing behaviors that are good for building up yourself and others. Hold yourself to behaviors that build and reinforce your own level of competence and trustworthiness.

-- Be proactive rather than reactive, and stay out of the stimulus-response pattern of behavior.

2. Unconditional Kindness
-- When someone “pushes your button”, take it as an opportunity to choose your response based on what you value, and to respond in a manner that is consistent with your value system. Never repay evil for evil.

-- Make constant deposits into all relationships.

-- Increase your level of responsiveness....immediate action make deposits into the other person’s “emotional bank account”. Be aware of and limit the number of withdrawals. Acknowledge when you have taken withdrawals and make immediate deposits to cover them.

3. Forgiveness
-- Forgive others....give to them as before. Grow to value the inner strength and security that comes from letting go of the need for the person to acknowledge that he/she has wronged you, or owes you an apology. Let go of the need for the person to be punished in some way. Never allow bitterness to take root in your behavior towards the person you have “forgiven”. Choose to be controlled by kindness and love, not anger and frustration. “The extent to which we can trust other people is equal to the extent that we trust ourselves with the ability to deal with their fallibility”. [Dr. Phil McGraw] Let go of the need for the past to be different...work on making your present function better with that person by utilizing your 5 Outlets of Power ------ What you are, what you do, what you give, what you say, what you pray. You have power, you are not helpless...there are things within your influence, if not within your control.

-- Direct yourself and never allow yourself to be directed by the behaviors of others, the conditions you’re in, or your old programming. Become independent of other people’s weaknesses to avoid becoming enmeshed in their dysfunctioning. By avoiding/breaking free from being enmeshed in another person’s weaknesses, you empower yourself to improve your situation by taking a new action on your own behalf.
Relationship Sabotage......

There is no way of accurately predicting when feeling loved, feeling content, and giving love periodically triggers one to go into rejection mode.

That's a lethal weapon against stability in a relationship.

Obviously, in a relationship both people have a responsibility to do certain things. What's not so obvious is that this rule applies to the person that's holding up their end when the other person isn't.

If the other person isn't gonna deal with him/her self, that's something --both-- of you need to be confronted with now, and deal with now, not later.

You're obligated to ask and demand that he/she deal with these.....

--- he/she won't let themselves feel loved without periodically sabotaging it or pushing it away

--- he/she won't let themselves feel content with the good things in their life without periodically sabotaging it or pushing it away

--- he/she won't give love without periodically withdrawing it after feeling loved, feeling content, and giving love
When day to day levels of stress, turmoil, and chaos fall below that basal level, they do things to create more. When day to day levels go too high above that basal level they take action to reduce it.

Solutions to problems tend to be avoided in an effort to maintain elevated stress, turmoil, and chaos.

Grow to grant yourself permission to aggressively pursue living with ever increasing levels of rest, calm, peace, and stability in your life and ever decreasing levels of unrest, stress, turmoil, and chaos.

“The unexamined life is not worth living”  [Socrates]
Statement made at his trial for corrupting the youth by urging them to challenge the accepted beliefs of their time.

"Competence at introspecting and indentifying one's own mental processes has to be acquired; it has to be learned. Most people have not formed the habit of seeking to account to themselves for the reasons of their beliefs, emotions and desires; consequently, when they do attempt it, they frequently fail--and do not persevere."
[Nathaniel Brandon, Psychology Of Self-Esteem]

"To assume reponsibility for choosing the values that guide one's life, the principles by which to act, the goals in which to seek happiness---- to make such judgements alone, relying solely upon one's own reason and understanding-- is to practice the ultimate from of intellectual indepence, the one most dreaded by the overwhelming majority."
[Nathaniel Brandon, Psychology Of Self-Esteem]

"Nothing is given automatically. Neither knowledge, nor self confidence, nor inner serenity, nor the right way to use your mind. Every value you need or want has to be discovered, learned, and acquired."
[Ayn Rand, Philosophy Who Needs It]

Implement the process of purposely programming yourself with the beliefs, philosophy, values, and self-image that you want guiding your behavior patterns and determining your quality of life and sport performance.
[Human Psychology packet section, ETG track club]

The goal of Applied Psychology is to empower people to achieve Self-Mastery. "Mental Health Professionals" should practice more "mental health" and less pharmacology.

Mind-body medicine is founded on the basic principle that the brain controls or influences the function of all cells in the body by direct connection to them via the nervous system, or via chemical interaction via release of hormones or substances called neuro-peptides.

Hence the importance of and awareness of the existence of mind-body medicine. And the importance of utilizing mind-body medicine and integrating into the practice of medicine in the United States.
"It is how you think about yourself. One thought delivers you from hopp'in around in the failures of your past, to standing up and saying I'm going to be defined by what's in front of me and not what's behind me. What is behind me will not control me. I will break the chain on my yesterday. Do you have the courage to think something beyond where you are."

"Your past life is too small to fit you as you grow into the fullness of all you were meant to be. To hold on to it is an expression of your constant need to see all things from the small perspective of a previous experience."

[Rev T.D. Jakes...leader of a church called The Potter's House, Dallas Texas]
The self-image is the programming of the brain. If you aren't --constantly-- throughout life, developing it and moving it forward it'll keep you where you are or return you to where you've been after a specific level of success or achievement.

"Once you greet your life without resistance, you can determine what you need to change in order to create the circumstances and experiences that you desire."

[Gary Zukav]
We must learn to accept and embrace all good things that come into our lives. We must train ourselves to surrender to them and offer no resistance or sabotage. We must remove the upper limit of our comfort zones. We can have good things happen in abundance.
LOVE

“Love is a command to rise to one's highest potential. The best and noblest vision of ourselves. Love is a reward, the greatest we can earn, granted to us for the moral qualities we have achieved in our lives.” [Ayn Rand]

“Love suffers long. Love is kind; it is not jealous. Love does not brag and is not puffed up; it does not behave unbecomingly and does not seek its own things; its is not provoked and does not take account of evil; it does not rejoice because of unrighteousness, but rejoices with the truth; it covers all things, believes all things, hopes all things, endures all things. Love never falls away. Now there abide faith, hope, and love, these three; and the greatest of these is love.” [Corinthians 13]

“Acting in kind and loving ways, causes us to have kind and loving feelings. Love the feeling, is the fruit of love the verb. Love is a value that is actualized through loving actions.” [Stephen Covey]

“Of all the trails in this life, there is one that matters most. It is the trail of a true human being. I think you are on this trail, and it is good to see.” [Kicking Bird, from the movie “Dances With Wolves”]
Love

[Unconditional]

My love for you is greater than anything you do that bugs me.

Stephen Covey

Unconditional love requires an ability to Trust. There is no how, who, if, or when.

The extent to which we can Trust other people is equal to the extent that we Trust ourselves with the ability to deal with their fallibility. Dr. Phil McGraw

Love is a way of treating people.

Love the feeling...is the fruit of love...the verb.

Stephen Covey
Relationship Breakups

Always Keep These 2 Issues Separated
1. Unconditional Love
2. Staying in a relationship
Kindness = love. This you should give unconditionally.
Staying in a relationship, this you should give conditionally.

Staying in a bad relationship is never an expression of unconditional love.
Your first obligation is to show love and kindness to yourself.
You should be committed to creating a productive relationship, rather than being committed to commitment.
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There should never be any such thing as a “bad break-up”.
If you cannot be kind and loving toward the other person, without being in a relationship with them, then you know you have some work to do within yourself. Emotions generated from feeling hurt, frustrated, or frightened, should never be given power over the choices you make, or the actions you take in your behavior towards the other person.

Progressing Through Relationship Dissolution;
The intensity and duration of emotional distress following a break-up will be affected by;
1. level of self-esteem
2. breakup perceived as out of one’s control
3. degree to which you still want to be in the relationship
4. access to, and quality of social support
5. ability to cope with stressful life events

It is important to know that anger can color the feelings one has towards the other partner. This inherently creates situations where one or both partners go through a cycle of their emotions toward the other. A partner who once desired to end the relationship may “cycle back”, and choose to re-inter the relationship. A large percentage (~30-50%) of all divorces end in re-marriage to the same partner.

Loss of a relationship, loss of a friend, loss of a spouse, loss of a family member…..Avoid engaging in the avoidance of legitimate suffering.
Show patience to yourself and to the persistence of the pain you’re in, and grant yourself permission to feel, experience, work through -everything- that presents itself. Progress forward through the emotional fire with all senses present and fully engaged. The objective is -not- to avoid pain but to bravely find and progress your way through it.

"Feelings buried alive don't die."
[Iyanla Vanzant]

Accept the challenge and opportunity to become more powerful within yourself;
1) Invest yourself into spending more time with your friends, rather than seeking to distract yourself from hurt and the person by seeking out other relationship partners.
2) Invest yourself into improving yourself, rather than on seeking out another relationship partner. What you are about as a person attracts others who are that way as well. Growth and self-improvement continually attract to yourself the type of people who are right for you.
3) Show kindness and love...always...no matter what! There can be no relationship, without friendship. If you cannot be friends without being in a relationship.....then this is most likely a large part of why the relationship is having difficulty.

Never repay, evil for evil
* Always do what is good for building up yourself, and the person.
* Avoid entering the typical contest of seeing which person can hurt the other more.
* Avoid entering the typical contest of seeing which person can make the other more jealous.

A) Speak openly and directly to the person about what you feel..... “especially” if you feel hurt or frustrated. Avoid using “the silent treatment” to communicate. Letters or other written communications are usually best, in that they allow you to speak uninterrupted, and express everything you want to communicate. Speak directly. Avoid using sarcasm and statements intended to hurt or shame.

B) Avoid using "put-downs" to defend your hurt. Be strong by giving yourself permission to feel hurt by what the person has said and/or done. The only weakness or shame is in avoiding the acknowledgement that you want the relationship, and are hurt by what the person has done.
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Legitimate Suffering

Trying to avoid going through the emotional misery that comes with relationship breakup is among the things that can keep one enmeshed in the dysfunction of trying to salvage the relationship.

The avoidance of legitimate suffering is what prevents one from letting go.

The story people tell themselves is that letting go is the end of attempts to salvage the relationship, and giving up on salvaging the relationship is -not- something they are ready to do.

Letting go is a part of getting oneself to a place where any attempts to salvage the relationship will come in a functional rather than dysfunctional manner.

It's ok to let go and when you let go you will be ok.

Grieve the loss of a relationship that you wanted. Allow yourself to experience the emotions of sorrow, anger, frustration that come with that. Grant yourself permission to fully enter into legitimate suffering so that you can come out on the other end and advance yourself forward into a better position.
Deal With Anger....Productively

"Anger = an offense that is defending something. Experience it......without discharging it, repressing it, or covering it".  [Gangaji]

"Anger comes from deprivation of what you want. You aren’t responsible for having anger, you are responsible for what you do with it.”  [Gerald Mann]

Replace the word “Anger” in your vocabulary with the word

--- hurt

--- frustrated

--- or frightened

Use a healthy expression of anger......tell the person

--- what you interpreted
--- what you feel
--- and what you want

Use “I” messages -- I perceive, I feel --
rather than “you” messages -- you did this, you did that.

Avoid using shaming adjectives.
Hopes and dreams are just hopes and dreams until you learn how to achieve them and grant yourself permission to aggressively implement what you’ve learned.

Marshall Burt