TheElite Training Group track club

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

TheETG info
understanding serial rapist, killer, child molester

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.

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.
"Psycho-path/Socio-path Behavior"

Psychological Programming ----
We are psychological and physiological products of how we are treated, how we treat ourselves, and how we treat others. We know that 1 - 5 year olds who are not consistently shown kindness and love, will become self-destructive to some relative degree. In extreme cases they will become "psychopaths-sociopaths", destructive towards themselves and others, if left un-helped.

Kids who are hurting will "eventually" hurt themselves and/or others. This may not occur till late adolescent or early adulthood, but it will happen at some point if things are not changed.

"Normal" Behavior

Insecure Attachment → Treated "not so well"

Emotional Problems → Physical & Emotional Abuse - Emotionally Violent environment → Physical & Sexual Abuse

Psychopath/Sociopath Behavior → Serial Killer/Serial Rapist/etc....
Mechanisms Of

“Psycho-path/Socio-path

Behavior

Psychological Programming ---- Children go through stages of psychological growth. There are specific things a child needs to get from the people on whom he/she is dependent, in order to move from one development stage to the next. The four major developmental dependency needs are: unconditional love, attention, affection, and appreciation. Parents who never get their dependency needs met when they were children tend to be inconsistent or unable to provide them for their kids. Long term exposure to this type of environment results in relatively consistent shaming experiences, and a self-image of being flawed defective, and inadequate. These problems manifest themselves in the lowering of one’s “comfort zone”... in that the child becomes “used to” being treated poorly. Being treated poorly is the norm from his/her perspective, and is considered by them to be normal. Being treated well falls outside his/her “comfort zone”, and is therefore something that will be rejected, unless or until their comfort zone is changed. A Comfort Zone is set by the image your child has developed of him/herself, formed primarily by the family environment and life experiences he/she had between the ages of 1 - 16 years old. All the things a child has heard about him/herself the most and has accepted as truth during this time period, contribute to that image. The intensity frequency, and consistency of criticism and punishment experienced from parents and care givers causes long term damaging effects, and a lowering of one’s comfort zone.

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Kids who are hurting will “eventually” hurt themselves and/or others. This may not occur till late adolescent or early adulthood, but it will happen at some point if things are not changed.

In parenting and care giving, nothing is free......someone will pay for their failure.

Children are products of how they are treated. How they are treated by parents and family environment affects how they see themselves......and how they will treat themselves and others. If they have no respect for their own lives, they will have no respect for the lives of others. Their hatred of themselves can, and probably will, be easily projected onto others.

“In the case of the man we are considering, the irrationality to which he was exposed as a child was not the expression of intentional cruelty or ill-will. It was simply the “normal” manner of functioning, on the part of his parents, which most adults take for granted.

It was not the trauma of a single moment or episode, but a accumulation of blows delivered to a victim who was not yet able to know he was a victim, or of what.

Now as an adult, he has learned to “accept” human irrationality. “Acceptance”, in this context, does not mean the knowledge that a great many men behave irrationally and that he must be prepared to meet this problem; it means he accepts irrationality as the normal and natural, he ceases to regard it as an aberration, he does not condemn it.”

Nathaniel Branden
Psychology Of Self-Esteem
An abused child...gone unhelped, is likely to become an adult, who is in someway, an abuser.....who will have a child.....who, gone unhelped, is likely to become an adult, who is in someway, an abuser.....who will have a child.....who, gone unhelped....................
Rape, Child Molestation, Etc.

"The most dangerous place in America for a child is the American family"
[John Bradshaw]

----- We know its likely that in our society, few rapists didn’t have some significant childhood “issues”.

----- We know its likely that in our society, few men/women who engage in physical and/or emotional abuse of children didn’t have some significant childhood “issues”.

----- We know its likely that in our society, few men/women who engage in spousal abuse didn’t have some significant childhood “issues”.

----- We know its likely that in our society, few child molesters were not molested as children.

Thus, collectively these are largely situations where;
--- a group of people in our society is in some way shape or form involving others in their problems and/or where one generation of adults is passing on their problems to the next generation [ie. kids who may become the next group of rapists, domestic violence perpetrators, child molesters, etc, etc].

This suggests that we could at some point as a country, choose to collectively and aggressively step in and effectively resolve this situation.

At some point, given what we know, we will have to ask adults and teenagers [in a highly public way] to look at themselves and their own personal history on this planet.

The questions will have to be asked…

Does that history include some sort of abuse, and if the answer is yes;
--- are you unwilling to take it out on somebody else
--- are you unwilling to pass it on to somebody else
--- are you unwilling to create and/or pass on unnecessary trauma in the life of somebody else
--- are you willing to heal and regenerate from your wounds
“The most dangerous place for a child in America is the American family.”

[John Bradshaw, Bradshaw On Home Coming]
“......attributes violent and abusive behaviors displayed by adults to learning through direct or vicarious prior exposure to such behaviors during youth.”

S. Chandler
Rate Of Prior Verbal, Physical, Sexual Abuse Among College Students
Research Quarterly For Exercise & Sport......Volume 69 #1......March 1998

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“......violent abusive behaviors are learned from prior exposure......Intervention efforts should target parents and guardians of young children as well as young adults contemplating having children.”

S. Chandler, J. Ramsey
Rate Of Prior Verbal, Physical, Sexual Abuse Among College Students
Research Quarterly For Exercise & Sport......Volume 69 #1......March 1998

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“Adolescents maltreated early in life......had levels of aggression, anxiety/depression, dissociation, post-traumatic stress disorder symptoms, social problems, thought problems, and social withdrawal that were........higher than those of their non-maltreated counterparts.”

“......maltreatment predicts adolescent psychological and behavioral problems, beyond the effects of other factors associated with maltreatment. Undetected early physical maltreatment in community populations represents a major problem worthy of prevention.”

J.E.Landsford, et al.
A 12 Year Prospective Study Of The Long-Term Effects Of Early Child Physical Maltreatment On Psychological Behavioral And Academic Problems In Adolescence
Archives Of Pediatrics & Adolescent Medicine......Volume 156......2002......page 824-830
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
Kids who are hurting will hurt themselves & others

May a finger poke in the eye of every parent who does not "see" the hurt they have passed on to their own children

If you won't, or can't show unconditional attention, affection, praise, and kindness to your kids...give them to someone who will. In parenting, nothing is free......someone will pay for your failure. There is nothing one can experience during childhood, that allows an excuse to perpetuate dysfunction as an adult (a parent), and pass it on to one's kids.

The result of self-improvement is a higher love for oneself. Self-improvement provides more things about yourself to love. Parents must implement the process of purposely programming themselves with the beliefs, philosophy, and values they want guiding their behavior patterns and detemining the quality of their kid's childhood.

That which was in your great grand parents was passed to your grandparents, which was passed to your parents, which was passed to you. Get right with yourself so you can do right by your kids.

You are not the worst things your parents have ever said to you, about you. You are not required to be the negative things they said to you most frequently. As an adult now, you are no longer your environment. You have the responsibility at this point in your life to "re-parent" yourself. The process of truly becoming a mature person is to overcome the experiences that have taken power from you, convinced you that you are less than you are.

Develop a strong sense of "I".

When confronted with a negative truth about ourselves, it is not for us to take the position that change is not an option. It is for us to take the position that change....is the "only" option. When confronted with themselves, many people will run away, or push others away, rather than choose to change. This is an act of self/relationship-sabbatage, in an attempt to maintain the boundaries of one’s comfort zone. Two assumptions that can be made about life in the context of Human Psychology:

1. The purpose of life is not to see how many “inner-child” personal problems we can choose to deny or do nothing about as adults.
2. The purpose of life is not to see how many limitations we can set or accept for ourselves.
Children are products of how they are treated.

How you treat them does matter!

How they are treated by their parents and their family environment affects how they see themselves.

How they are treated affects how they will treat themselves, and how they will treat others.

Emotionally wounded parents raise up emotionally wounded kids.
“The present study compares community-based minor-attracted persons with and without histories of sexual activity with children.”

“Minor-attracted actors (N = 342) were significantly older than non-actors (N = 223), with longer duration of pedophilic attraction, more antisocial traits, greater attraction to boys, greater difficulty controlling their attraction, and more positive attitudes toward adult-child sexual activity:

“Additionally, more minor-attracted actors reported prior mental health treatment, nonsexual offenses, and childhood sexual and nonsexual abuse.”

“Over a third of the whole sample reported chronic suicidal ideation.”

“These findings support the existence of minor-attracted persons who successfully refrain from sexually engaging with children, identifying multiple protective and risk factors.”

L Cohen, N.Ndukwe, Z.Yaseen, I.Galynker
Comparison of Self-Identified Minor-Attracted Persons Who Have and Have Not Successfully Refrained From Sexual Activity With Children
Journal Of Sex & Marital Therapy – Volume 44 #3 – page 217

“The recurrent use of child sexual abuse images for sexual arousal is considered a valid indicator for the existence of a pedophilic preference, which in turn represents a significant risk factor for committing contact offenses against children.”

“Treatment programs for (potentially) sexually delinquent men endeavor to reduce the risk to offend by addressing relevant risk factors and emphasizing functional and socially acceptable alternative behaviors. Users of child sexual abuse images are a particular target group for prevention services and it has been suggested that the primary treatment focus should be on sexual self-regulation deficits.”

A.Konrad, T.Amelung, K.M.Beier
Misuse of Child Sexual Abuse Images: Treatment Course of a Self-Identified Pedophilic Pastor
Journal Of Sex & Marital Therapy – Volume 44 #3 – page 281
"To assume responsibility 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 form of intellectual independence, the one most dreaded by the overwhelming majority..."

Nathaniel Brandon, Psychology Of Self-Esteem

"Competence at introspecting and identifying 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

"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.

Elite Training Group, Training To Live Training For Life Packet (Human Psychology)