



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 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 imparts."
[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."
[M.Tinkle, et al -- Dissemination and Implementation -- Nursing Research and Practice -- Volume 2013]

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."
[Nature Medicine -- Volume 12 #9 -- September 2006 -- page 984 - 985....News In Brief]

"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.]

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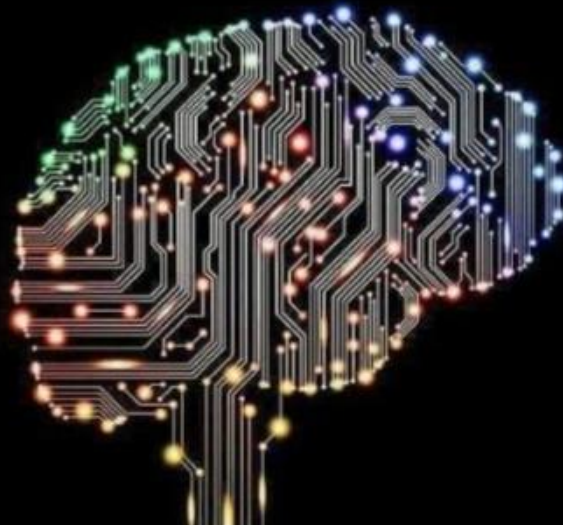
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**“People plan
big weddings,
but not
big marriages.”**

Oprah Winfrey

Your brain works
just like a computer
so make sure you're the
only one programming it.

| TheMindsJournal



The Age Of
ENLIGHTENMENT 

**The brain is a computer.
The self-image is the programming.
How you see yourself....the self-image is everything.**

What you'll accept and what you'll reject.

Where you will and won't go.

What you will and won't do.

What you will and won't pursue.

What you can have but won't let yourself have, pursue, or keep.

Achievement you'll pursue, then undermine, sabotage, push away, and/or destroy.

Relationships you'll seek, then undermine and/or destroy.

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. Everybody has a responsibility to themselves in their adult years to improve the way they see themselves.

To move their self-image forward.

To fix their self-talk.

To develop and create more things about themselves to hold in high esteem.

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.

Overcome yourself, the status quo, resistance to change. Do the work within yourself. In the pursuit of your goals, remove all potential self-created limitations from your path.

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.

Be aggressive.

Create an unstoppable juggernaut.

Standardize excellence.

You are powerful. You are in this world to discover that, to overcome the distractions from it, to grow into living it, and to help others do the same.

Human Psychology 101.....

About 6 of every 10 lottery winners of \$10 million or more have lost most or all of it within 5 years.

Lottery winners are more likely to be bankrupt within 3 to 5 years than other Americans.

About 50% of NFL players have lost most or all money within 3 to 5 years after leaving the league.

The brain is a computer.

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What you'll accept and what you'll reject. Where you will and won't go. What you will and won't do. What you will and won't pursue. What you will achieve and what you will fail. What you can and can't have. What you'll get but won't let yourself keep.

The self-image....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.

"Self-image congruence".....When one's achievements or the goals one sets and pursues are beyond the self-image, thus outside the upper boundary of the comfort zone, some sort of sabotage of one's success or goal achievement is inevitable.

It is the boundaries of your comfort zone, the vehicle of your success, the anchor slowing your movement, the 4 walls of a prison cell keeping you in place. In a world packed with self-hating, self limiting, self-sabotaging humans, everybody has a responsibility to themselves in their adult years to improve the way they see themselves. To move their self-image forward. To fix their self-talk. To develop and create more things about themselves to hold in high esteem.

In this area, self-responsibility is the engine of change.

Overcome yourself, the status quo, resistance to change. Be responsible for the choices you make and the actions you take to move forward, to stand still, to stay stuck, to move backward.

Do the work within yourself. In the pursuit of your goals, remove all potential self-created limitations from your path.

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[yanla Vanzant]---"When something unbelievably phenomenal is happening in your life and you don't believe you are good enough to have it, you will consciously or unconsciously find a way to sabotage your dreams come true."

.....
"...what people are seeking is not the answers to problems, but the reassurance that no answers are possible. A friend of mine once said that today's attitude, paraphrasing the Bible, is: 'Forgive me, Father, for I know not what I'm doing, and please don't tell me'."

[Ayn Rand]

.....
[Joel Osteen]--- "If you're against yourself, you will never fulfill your destiny."



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.

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.

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.
The answer to one of these questions must be yes.....
--- are you willing to let yourself have the things that you say you want
--- if not, are you willing to do something about that
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 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.
- You will get exactly what you settle for. Hold out for what you deserve. Get what you intend.
- 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.**

find someone.....

- who never makes you question your own self-worth.
- who treats you as their equal.
- who supports you in the things you are passionate about.
- who chases your happiness as much as their own.
- who reminds you that you deserve the love you give.
- who learns and grows with you and beside you.
- who respects your heart and your values.

Let yourself be loved.

**You truly become a
"mature" person when you
no longer allow the brain
programming acquired in
childhood to damage or
destroy the relationships
you have today.**

**Change your brain's programming.
Move your self-image forward.**

You will get what you settle for

Letting oneself be loved is something that sounds simple, not complicated.

Its just a choice.

But many people never make that choice during their life time.

Instead they enter into relationships with someone that they settled for, not with someone they aspired to be with.

They allow their brain programming to intentionally get them with someone that can't, won't, don't....give them what they aspire to have in their life by way of their relationship partner.

Avoid jumping into the pit of desperation.

Entering into a relationship just to be able to say that you're in a relationship.

There's a huge distance between being alone on the one hand, and being lonely on the other.

Learn how to be happily alone than lonely while sitting next to a relationship partner, holding hands and talking.

Learn how to be happily alone, than unhappily married.

The objective isn't to be in a relationship, the objective is to be in a functional relationship.

Self-improvement is....

- a process of improving one's thoughts, choices, actions, and behaviors
- a method of being a competent and effective person
- a mechanism of increased self-esteem
- a pathway to an improved self-image
- a demonstration of self-worth
- a way to become a powerful human being
- a display of love for oneself
- a major act of kindness to others
- a way of life

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What you'll get but won't let yourself keep.

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[Joel Osteen]----- "If you're against yourself, you will never fulfill your destiny."

[Ayn Rand]-----"...what people are seeking is not the answers to problems, but the reassurance that no answers are possible. A friend of mine once said that today's attitude, paraphrasing the Bible, is:'Forgive me, Father, for I know not what I'm doing, and please don't tell me'."

Self-Image

Are you willing to improve it?

comfort zones & self-sabotage

In your 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?

[Iyanla Vanzant]---"When something unbelievably phenomenal is happening in your life and you don't believe you are good enough to have it, you will consciously or unconsciously find a way to sabotage your dreams come true."

[Joel Osteen]--- "If you're against yourself, you will never fulfill your destiny."

[Gary Zukav] --- "How you feel about yourself is more than a private internal matter. It determines how you are with others and, ultimately, how you are with the Universe."

[Iyanla Vanzant]---"Affirm: I am willing to expand beyond the limits I have placed upon myself and those that I have allowed others to place on me."

[Oprah Winfrey]---"The great courageous act that we must all do, is to have the courage to step out of our history and past so that we can live our dreams."

[Casey Treat]---"What are you unwilling to do for your own success. That is what binds you to impossibilities."

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.

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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.

Relationship Sabotage 101

Relationship partners have met their issues and problems long ago.

They've have known and lived with their issues and problems far longer than they've known you.

When the time comes where they have to choose between keeping their issues and problems or keeping their relationship, some will choose their issues and problems rather than their relationship.

Don't let that be you.

Pursue growth rather than no growth.

Do the work within yourself.

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

How you see yourself.
Your self-image, self-esteem, self-respect.

If you aren't constantly and intentionally moving it forward, it'll keep you where you are or return you to where you've been.

In your romantic relationships, it'll have you sabotaging or avoiding every bit of success and achievement that is beyond what your brain is programmed to acquire, accept, and embrace. It'll drive you toward what your brain is programmed to acquire, accept, and embrace.

This applies to both directions.

Sabotaging your way out of a relationship with a good relationship partner.

Staying in a relationship with a bad relationship partner.

There's a reason so many people get in, stay in, and/or return to bad or abusive relationships.

The brain is a computer.

Implement the process of purposefully programming your brain with the beliefs, philosophy, values, and self-image you want guiding your behavior patterns and determining your quality of life.

Surround yourself with people that make you better.

Surround yourself with people that help you grow.

One person can poison the well.

Guard the environment around you.

"We cannot outperform our level of self-esteem."

"We cannot draw to ourselves more than we think we are worth."

[Iyanla Vanzant]

"Ladies who are in a hurry to find the right man or get married, remember a piece of Biblical advice.

Ruth patiently waited for her mate Boaz.

You must wait patiently for your Boaz and never settle for any of his relatives, Lyin-az, Cheatin-az, Dumb-az, Drunk-az, Cheap-az, Lazy-az, Lockedup-az, Goodfonuthin-az and especially his third cousin, Beatinyo-az.

Make sure your Boaz respects Yo-az."

[Iyanla Vanzant]

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.

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”]

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.

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-enter 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.

Relationship Breakups

Legitimate Suffering + Letting Go.....

Trying to avoid going through the emotional misery that comes with relationship breakup is among the things that can get one enmeshed in dysfunction. 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. 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. The avoidance of legitimate suffering is what prevents one from letting go.

"Feelings buried alive don't die" [Iyanla Vanzandt]

Grieve the loss of a relationship that you wanted.

Allow yourself to experience the emotions of sorrow, anger, frustration that come with that so you can come out on the other end and advance yourself forward to a better position.

Letting go isn't the same thing as giving-up on getting back into the relationship.

Letting go is getting at least 3 things done.

1 -- Letting go is to officially and formally mourn the loss of the relationship. Work through the stages of grief. Hold yourself to doing that in a formal way. Denial, anger, repetitive intrusive thoughts about how to get back into the relationship, depression, acceptance. Many people get stuck at the intrusive thoughts and depression stages.

2 -- Letting go is to communicate to your relationship partner that you want the relationship back. You communicate that in a verbal or written position statement. Doing this one time, once. Doing this so that -you- know that he/she knows for certain where you stand. Let that be the productive energy you invest into restarting the relationship.

3 -- After mourning and communicating, letting go means taking your energy back.

Taking your energy back as to avoid losing yourself while you obsess in the effort to get your relationship partner to agree to return to the relationship.

Taking your energy back empowers you to avoid getting stuck.

Empowers you to avoid pouring the energy of your daily thoughts and emotions into a bottomless pit, directed by circumstances you don't control. Empowers you to avoid the depression that can develop over time from investing your energy into something without a way to see positive signs that your efforts are yielding the desired results.

Letting go isn't giving up on the relationship.

Letting go isn't "moving on" from the relationship.

Letting go is empowerment. Keeping your energy invested inside yourself and circle of influence.

If you let go, you will be ok. When you let go, you will be ok.

When you let go you will thrive. Thriving, there you will be, if or when your relationship partner returns to you.

Relationship Break-ups

Grant yourself permission to go round-and-round a few times. To play or replay scenes from your relationship in your mind. To practice what you think you'll say if future scenarios play out. To indulge these intrusive thoughts and emotions without limit.

But after that, gradually begin the process of shutting that down. Start implementing limits.

Begin implementing the discipline to grow beyond the grief.

Begin implementing the discipline to grow beyond the standard cycle of back-and-forth intrusive thoughts and the emotions they create or feed.

This is what "letting go" looks like.

This is what "moving on" looks like.

This is what growth looks like.

Pursue growth.

Mechanisms Of Self-Mastery

1. Identify Your Behavioral Programming

2. Aggressively Engage In Positive Re-Programming

3. Learn the Basics Of Human Psychology

On the pages that follow is the ETG Cerebral Training that helps one to Identify behavioral programming, aggressively engage in positive re-programming, and presents the basics of human psychology.

Part 1

Identify Your Behavioral Programming

Show courage

Do the work

ETG Cerebral Training: Mechanisms Of Self-Mastery

- 1. Identify Your Behavioral Programming**
- 2. Aggressively Engage In Positive Re-programming**
- 3. Learn The Basics Of Human Psychology**

1. Identifying Your Behavioral Programming

1. ETG Cerebral Training: Identify Past Contributors To Your Development

--- Identify past contributors to your current behavioral programming. Use visualization sessions and/or group sharing for each of the development years shown below. Identify self-beliefs that were generated by experiences and exposures to parents, relatives, siblings, coaches, teachers, friends, etc. Both good and bad, positive, and those that involve drama and trauma.

----- ages 5 - 10

----- ages 11 - 13

----- ages 15 - 18

----- ages 19 - present

1. Write down what experiences you remember in each development time frame that contributed significantly to your self-image, self-esteem, and behavioral programming.
2. From what you have learned about yourself in this cerebral training, what ideas and changes in thoughts and behaviors will this bring about.

2. ETG Cerebral Training: Develop An Awareness Of Your Self-Talk

Designate a day during the week when you will engage in a thought monitoring exercise.

- carry a 3x5 card with you throughout the day
- record a slash or mark on the card for each negative thought
- add them up at the end of the day

1. What are the most negative self-talk statements you've engaged in?
2. Develop the skill of thought stopping and replacement with positive thoughts by repeating the negative thought counting exercise again. This time practice engaging in thought stopping and replacement with positive thoughts.
3. What aspects of self-talk will you implement in your life by end of this year?

3. ETG Cerebral Training: Watch the "Bradshaw On Homecoming"

video series from ETG Video List [<http://www.johnbradshaw.com/bradshawonhomecomingreclaimingand.aspx>]

1. Write down what you learned about contributors to your behavioral programming while growing up
2. From what you have learned about yourself, what ideas and what changes in thoughts and behaviors has this contributed to.
3. What will you implement in your life by end of this year?

4. Watch the movies on the ETG Movie List.

- The Breakfast Club
- Dead Poets Society
- Good Will Hunting
- The Secret

1. Write down what you learned or got out of each book
2. What ideas and changes in thoughts and behaviors has this work contributed to
3. What will you implement in your life by end of this year?

Part 2

Aggressively Engage In Positive Re-programming

Show courage

Do the work

ETG Cerebral Training: Mechanisms Of Self-Mastery

- 1. Identify Your Behavioral Programming**
- 2. Aggressively Engage In Positive Re-programming**
- 3. Learn The Basics Of Human Psychology**

2. Aggressively Engage In Positive Re-Programming

Implement the process of purposefully programming yourself with the beliefs, philosophy, and values, that you want directing your behavior patterns, and determining your quality of life.

Cerebral Training For Positive Re-Programming ----

-- Develop your Mission Statement

-- Goal Setting

Goal Setting ----

Goal = experiences that you would like to have. Goal Requirements;

- set a positive goal = what do you want to do (rather than the goal being that you want to stop or avoid doing something).

- set a measurable goal = you must be able to know when you've achieved it.

- be specific = define it (ie. how fast do you want to run, for what distance)

- it must be controllable = achieving the goal is within your own control rather than dependent upon how someone else performs.

- set a goal that is meaningful to you = you set the goal, rather than your coach, parents, etc.. Internalize it, make it personal.

- focus on mastery = set goals oriented toward personal achievement, improvement of ability, mastering your event.

- set process goals = goals that focus on achieving the process necessary to achieve your overall goals.

- set intermediate goals = step by step goals you will accomplish along the way that give "psychological momentum."

Avoid focusing solely on competitive goals that would require that you have control over someone else's performance in order to accomplish your goal. Success is something that is experienced rather than something which is achieved. You can never achieve success, you can experience it. Goals are experiences that you would like to have. Focus on achieving the process that creates the desired experiences.

1. post goals where they can be seen everyday.

2. determine your needs—research your goal to find out what knowledge of how to train, what finances, and other resources are necessary for you to experience your goal.

3. make plans—plan what you will need to do to get these things.

4. take action—implement the plan of action.

-- Make an affirmation tape/list.

The format of the affirmation tape—

Begin with goal/mission statements. Express everything in present rather than future tense. Make process statements identifying actions being taken, behaviors that you value, or character traits being developed, etc.. At the end of these statements, restate the goals/mission. Use I, or I am in statements in present tense throughout.... I am, I always, I no longer, I never. Never use statements like I don't, I can't, I won't. Always follow or precede a "I never, or I no longer" statements with statements of what you do instead.

example of Affirmations.....

I pursue Self-Mastery as a way of life. I am growing to be perfect. I implement the principles of logic, reason, and rationality as a way of life. I am a powerful, empowering person. I seek to inspire people by the way I live my life, and the way I treat others. I am a leader and role model by living my life by the principle that there is no misunderstanding how I act and how I live.

I am programmed to make positive choices. I am solution oriented. I am proactive, always begin with the end in mind in all things in life. I am centered and patient. I create a peaceful presence.

I show love to all people in my life, unconditionally. I Never repay evil for evil. I always say and do what is good for building up myself and others. I am responsible for the choices I make, and the actions I take. I am accountable to people's feelings, and responsible for my own.

I never allow hurt to consume my feelings, behavior, or belief system. I am emotionally independent, response-able, and empathic. I seek first to understand. Then I seek to be understood.

I am a great friend. I make constant deposits into all relationships. I am sincere and trustworthy always. I never betray a friend's trust.

The person I am with pursues Self-Mastery as a way of life. This person is "there" for me intellectually, emotionally, and physically. This person makes constant deposits into me and our relationship, and actively seeks to build emotional security.

Affirmations for Pre-race Anxiety Problems.....

I invest no energy into worrying about performing poorly because I am able to use all of my race outcomes to help me to become more powerful within myself, and to develop greater levels of control over how well I do.

This helps me grow more and more confident and relaxed prior to all of my races. I am programmed to do the best that I can.

I am programmed to go into all of my races having no fear of performing poorly, knowing that I can live with the outcome, and use it to my advantage in future races.

Cerebral Training For Positive Re-Programming -----

-- Visualizations

Develop a detailed script consisting of response propositions. These are statements that make one use one's senses and elicit physiological responses and provide clear and controllable, moving images which make the visualization "real", thus optimizing the effectiveness of cerebral training session. During the visualization, focus on creating a movie, moving pictures, avoid still pictures. Apply the concept of "The me I see, is the me I'll be". Internal Visualization is from the perspective of being within yourself. External Visualization is from the perspective of being outside yourself, watching yourself as if watching yourself on a movie screen. Avoid Negative visualizations.

-- **Positive Actions Exercise**...invest three weeks, at the end of each day list the positive actions you engaged in that day that involved the implementation of some of the things in your affirmations.

Improve your behavioral programming environment by creating a functional support group, thus enriching the environment in which you live and spend most of your time.

Get Into Or Create A Functional Support Group -----

Establish and develop a functional support group. The role of members of the support group is to offer encouragement, provide recognition of effort, and to applaud achievement. Everyone helps everyone. Create an environment where failure is not fatal, where goals and expectations can be shared openly without fear of evaluation. Everyone can be themselves—unconditional acceptance. Keep the environment non-competitive.

Establish a functional Support Group consisting of teammates, friends, and/or family members who offer unconditional love, attention, and affection, provide encouragement and recognition of effort, and who recognize and applaud your achievements. Establish a strong, positive, and supportive clique of friends to spend time with at home, at work, in all major areas and roles of your life.

A person entrenched in dysfunction will change in a functional environment. He/she is impeded from growing while in a dysfunctional environment, because healing of toxic shame has no way to occur while one is being shamed. Behavioral norms within a dysfunctional environment gain acceptance as being "normal", and go unchallenged by those entrenched in them. The person must be empowered by their environment, to change. There is no way to be around a functional person(s), who create a functional environment, and fail to be influenced to the point of choosing to change behavior. People are either wind in our sails, or anchors on our tails. Stay around positive people.

Characteristics of a Functional Support Group -----

- logic and rationality are of major importance, and adherence to them is viewed as a necessary way of life - encouraged verbal expression of feelings and emotions
- separation between thoughts and emotions, rationality more important than emotionality
- high development of conflict resolution skills
- low value placed on rigid conformity to traditional behaviors and norms
- low value placed on dependent behaviors
- encouraged interpersonal involvement, and social support
- highest value placed on mastery rather than competitiveness

Provide loving support by giving attention, appreciation, and affection to the people in your support group. Make deposits into other people's emotional bank account, and keep withdrawals to a minimum.

Create An Enriched Environment -----

The environment you create in your home, dorm room, bedroom, office, etc., can affect long term programming, day to day mood, brain cell wellness and aging. Environmental enrichment can be achieved by color of furniture, music, colorful mobiles, colorful plants, Lamps with dimmer switches, extracts from Aromatherapy shops, adding colors to the walls, adding colorful posters or poster boards with pictures, affirmations, goals.

Life Skills

Tough times never last.
Tough people never do either.

The ability to be non-reactive to negative life events, to aggressively adapt to change quickly, and to be solution oriented as the main mechanism of escape from stress and turmoil....are major life skills to be learned. They tend to get omitted from the grade school, college, and graduate school curriculum.
At everyone's peril.

We get inserted into a society where ya just have to hope things don't head south too often and that everything will turnout Ok.

Not a lotta guidance on how best to approach adversity. For all of us the drama and trauma of negative life events would be much easier to live through, live with, and/or resolve if the teaching and development of life skills were a bit more of a priority in our society.

Intentionally developing some degree of mastery in this area advances the ball in multiple, permanent, life altering ways.

TheETG Life Skills

1. self-mastery

2. logic oriented

3. solution oriented

1. Pursue 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.

-- 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]

-- 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. In situations within your influence but beyond your control.....

-- patience makes you a more secure person by enhancing your inner-security

-- patience empowers you to detach and take your energy back

-- patience provides the space for you to engage your 5 outlets of power [what you are, what you do, what you say, what you give, what you pray]

-- patience disengages you from fear, frustration, or being frightened, [a.k.a. anger, rage] that comes with the need to immediately have or take control of a situation

2. Be 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. Be 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". [Gangajii]

TheETG 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.

Positive functioning in Life

competence
functional
independent
interdependent
effectiveness
powerful person
productive relationships

incompetence
dysfunction
dependent
compulsive
ineffective
self-sabotage
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

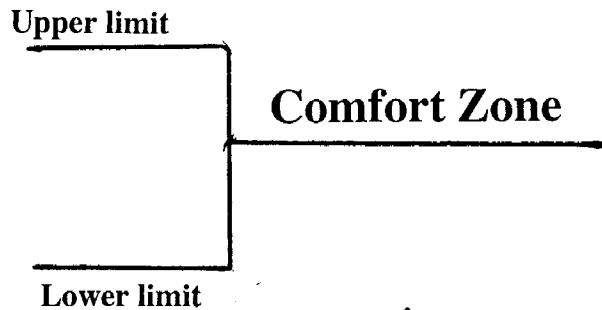
Impact Of Comfort Zones On Human Behavior

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

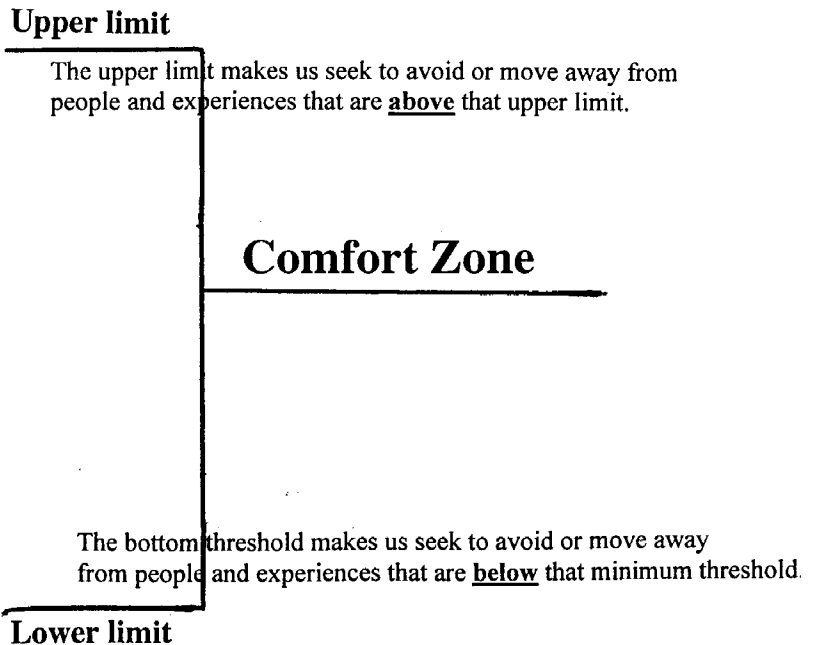
Accepting of high levels of achievement into your life,
 low to no levels of self-sabotage,
 Accepting of abundant happiness in relationships,
 low to no levels of relationship sabotage,
 low to no levels of instability and distrust created by you,
 low to no levels turmoil and stress created by you



Comfort Zone
Scale

↑

**Raise your
Comfort Zone**



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

↓

Domestic issues in America

Be kinder to yourself.

No matter how attracted to or in love with someone you believe yourself to be; leeches, slugs, thugs, users, and abusers are not relationship partner material.

Know your worth. No one with a good self-image and a high level of self-esteem and self-respect repetitively gets with or stays with **leeches, slugs, thugs, users, and abusers**.

Leeches, slugs, thugs, users, and abusers are the ones to push away, reject and eject outta your life, not the people around you telling you that the person you're with and/or the people you've been with are **leeches, slugs, thugs, users, or abusers**.

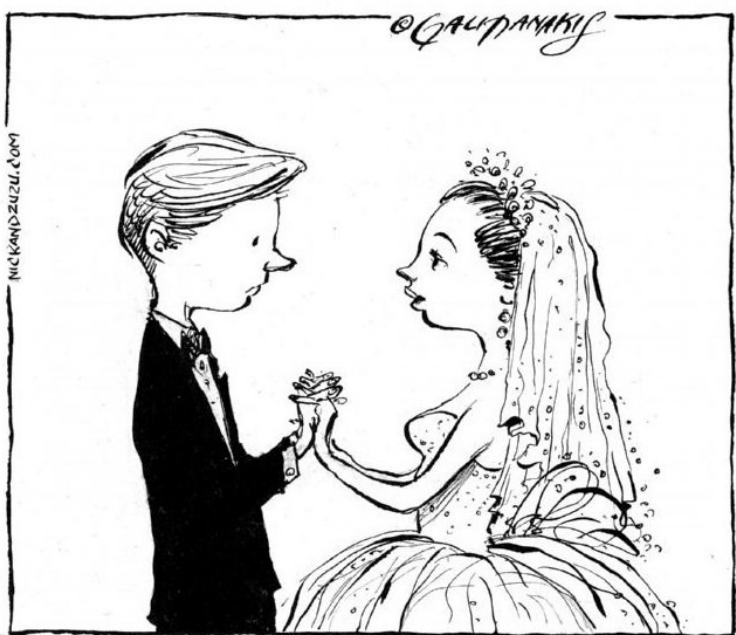
Be kinder to yourself.

Think more and better of yourself.

Hold yourself accountable for the choices you make, and the actions you take by doing the work within yourself to move forward your self-image, self-esteem, self-respect.

By definition, nothing hard is easy.

Overcome yourself and do the work anyway.



IN SICKNESS AND IN HEALTH BUT
NOT IN DEBILITATING SLOTH.



Emotional neglect is
also a form of spousal
abuse

Gentle reminder to girls and women that don't know their worth.....

--- The term "boy friend" and the word "husband" are verbs -not- nouns.

--- The term "boy friend" and the word "husband" are job titles, job descriptions -not- a static state of being.

--- The title of "boy friend", the title of "husband" are something to be earned -not- given.

Once the titles are awarded.....if the actions, the effort, the intentions to remain worthy of them fade, drift, or are taken away.....the titles are to be taken away.

Persuasion is your enemy -not- your friend.

Persuasion leads to compromise.

Compromise is forbidden.

--- Honoring the fear of being alone is persuasion.

Persuasion leads to compromise.

Compromise is forbidden.

--- Fear of loneliness is persuasion.

Persuasion leads to compromise.

Compromise is forbidden.

--- Verbal and emotional abuse is persuasion.

Persuasion leads to compromise.

Compromise is forbidden.

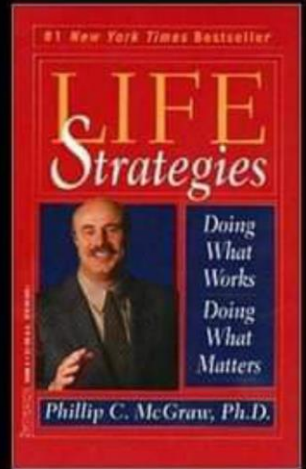
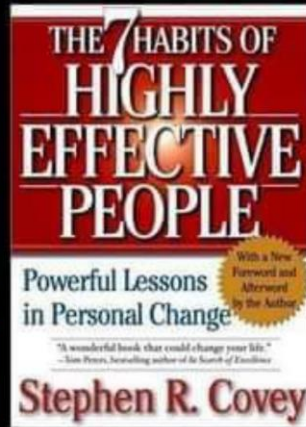
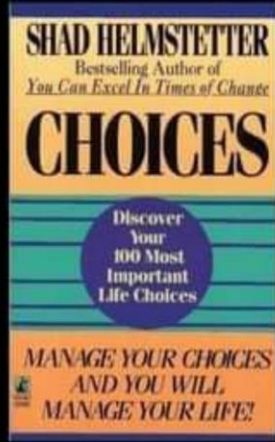
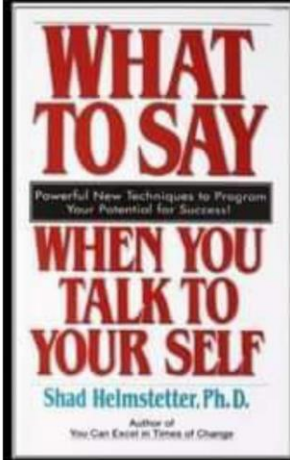
--- Being beaten is persuasion.

Persuasion leads to compromise.

Compromise is forbidden.

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



Pursue becoming a

**Master Of
Sport**