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Partial Lecture notes for Free Download

BURN OUT/BREAKDOWN – When there’s nothing left to give.

“When my emotional outgoings’ exceed my incoming’s, the upkeep will be my downfall. Burnout often begins with grief, loss, overstressed, working too hard, or ongoing severe cognitive dissonance due to some kind of circumstantial bind.

7 EARLY WARNING SIGNS

1. Unable to concentrate or prioritize. Loss of short-term memory. Accomplishing less and less. The mind is already loaded.
2. Avoidance of people, anything difficult, or social obligations. Even small demands cause anger or anxiety. Increasing narcissism and loss of enthusiasm for life.
3. Hiding in front of the TV. Immunity/resistance down, sickness.
4. A loss of spiritual energy, as in a sense of God’s approval or nearness. The heavens are as brass.....

CRISIS PHASE

1. Sudden bursts of fear, dread, or anxiety. Panic or rage attacks. Inability to stop crying.
2. Running, hiding, complete withdrawal from people and noise. Paranoid jealousy. Stuttering. Inability to communicate.
3. Serious sleep loss or reluctance to leave the ‘safety’ of the bed, sometimes causing a manic episode or psychosis.
4. Looking for instant comfort by yielding to uncharacteristic bouts of bingeing, pornography, prostitution, alcohol, or just ‘taking off’, then feeling awful regret/remorse. Developing compulsive attraction to opposite sex, person who represents the needed comfort.....

10 POSSIBLE CAUSES

In general, one has been losing emotional energy for too long, caused by one or more of the following:

1. Trying to keep one step ahead of an Unbearable Feeling. For example, fear of disappointing others results in the ‘pleaser’s’ mindset, which leaves one under constant pressure. Fear of conflict or being cruel causes avoidance of needed conflict or the threat of rejection. A lack of negotiation skills means working on other’s terms to the detriment of self and/or family.
2. Lost the reins – not working in ones real calling or gifting – but being dominated by a ‘big person’ or circumstance. Perhaps the job is too open ended, as in self employed on commission, and not having the maturity or self discipline to handle it, or loyal to completely unrealistic expectations and not aware of it.
3. Is there guilt from a bad conscience, unexpressed remorse, undermining regret? Perhaps holed up in wounded pride through unwillingness to take correction. “God resists the proud....”

4. Simply working too long and too hard, always symptomatic of a deeper problem e.g. personal wellbeing dependent on 'achieving' rather than 'being' or 'becoming', with resultant taking failure too personally if growth doesn't occur. (Yes you MAY have failed, but YOU are not a failure. It is your BELIEFS that have failed you.) Are there proper rest days? If not, why not? Is self-worth reliant on performance to earn acceptance or prominence? Trying to get from others acceptance (God's or people's)? Trying to get from others acceptance, which hasn't yet internalized for themselves?
5. Is the marriage under pressure – no rest at home as the couple pull against each other?

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So, if you always do what you've always done, you'll always get what you've always got. Time for change? New insights must be laid over old thinking patterns for new habits to form.

ANTIDOTAL INSIGHTS

1. Stop running. Identify, prepare for and permit yourself to experience your 'most hideous feeling', rather than continue to try and avoid it. What thought comes up whenever rest, time out, refusal to oblige or sleep is taken?
2. "The heart has reasons that reason never knows..." Face up to your fears.
3. Do some reality checks on your expectations. Is the goal/the expectation realistic? What is the pressure that means one absolutely must hang on? (A mortgage or business must *serve* your family, not rob them of their father/mother). Burnouts are often hopelessly optimistic about how much they can achieve, how many they can please, how many days they can work straight, how many hours in a day they can work for etc. There is a need to cultivate some 'healthy pessimism' to become more realistic. Declare war on all 'obligatory service'