



www.livingwisdom.co.nz

David J Riddell, Nelson, NZ



www.livingwisdom.com.au

Joan Koskela, Brisbane, Aust.

Partial Lecture notes for Free Download

YOU & YOUR UBF (UNBEARABLE FEELING)

A Study of your bruises

Instead of demanding to know “who’s pressing my buttons?” you could try asking, “Why am I still providing the buttons which can so easily be pressed?” Instead of ‘blowing’ or running from a person or situation, perhaps we merely need to learn how to be cope with the feeling’s that that person or situation is triggering. In fact, perhaps most of the trouble we have caused in our lives comes from trying to fix or avoid THAT particular dreadful feeling. (No, this study is not about those ‘unpleasant’ feelings – the word is *unbearable*.) *Did you know that just one UBF in the wrong place can cripple your entire life?*

The craziness of our emotional survival kits upon closer examination, turn out to be the methods & mind-sets we develop in order to *protect the bruises of our hearts* – the emotional wounds which most of us have incurred throughout our lives. Repeatedly resorting to out-dated coping methods such as angry abuse or shutting down in hurt silence as an immediate way to fix these hideous feelings is certainly not the way to fix your life. In fact it will always complicate the problem. So those who would *press on to maturity* are going to have to learn how to bear - even make friends with - their unbearable feeling, by coaching themselves through and discovering how to disarm them. (Anger, by the way, is by far the most popular way of keeping this OLD OVERWHELMING at bay. Whenever rage is a problem for my client, I *first-of-all* look for a U.B.F.

1. Disappointment, despair or grief of any kind. *“No” without options offered invokes a sense of powerlessness and / or despair, and an immediate wave of anger and rage follows. So-called A.D.H., stubbornness, demanding rather than propositioning, rebellion, sneaky purchases can all be the result. Also control, manipulation, apathy and violence. (That “No” doesn’t always mean never” might be a good truth coach for this one.)*

2. Feeling unfairly treated; the victim of injustice. *Symptoms such as social outrage and social protest. “It’s not fair” always just below the surface. Living by (addicted to) ones anger or becomes depressed. Reluctance to work for or loan power to another. Suspicion of / reluctance to trust authority. ‘Mother Bear’ syndrome if ones children are falsely accused.*

3. Feeling humiliated, exposed, embarrassed, laughed at or ridiculed. *Quick to take offence. Avoiding the spotlight. Pride. Peace at any price. Pride. Reticence in any public situation. Not able to admit wrong (chronic constant self-justification) or take correction without anger. Pride. Procrastination. Second-guessing others (possible) reactions. Can’t display emotion. Anger at anyone who draws attention to you.*

4. Feeling cruel, hard, unfeeling or unsympathetic. *Chronic rescuing, over-functioning, indulging babies and children’s every demand. Being taken advantage of. Jealousy within the family. Children become addicts, spoiled brats or bullies. Resentment toward children’s ungratefulness. Refusal to administer tough love. Insecure children. Burnout.*

5. Feeling controlled, bullied or domination. *Anger, bullying and control of others at the least sign of assertiveness. Stropy manner. Hostile to male or female or any authority. Aggressive. Touchy. Rebellious. Divorce. Children are unrestrained / insufficiently supervised.*

6. Feeling used, taken-for-granted, obligated or trapped. *Commitment shy.*

De facto relationship. Quickly resentful of people who want too much or any favours asked. Reluctance to work, or work for somebody else, or volunteer for anything.

7. Feeling unheard, distrusted, doubted, misunderstood, disbelieved, misjudged. *All arguments escalate - even the petty ones as you seek to justify yourself. Reiteration (nagging) 'Chasing' to self-vindicate. Trying too hard (too much aggression) to convince others (needing to make an impression). Second-guessing another's response - what others are thinking. Must have the first and last word. Talking obliquely.*

9. Feeling bored / depressed. *Impatience, hyper-active. Can't stay home or go without noise /stimulation. Food or substance abuse / addiction. TV or radio must always be on.*

10. Feeling ill-equipped, unprepared or caught out. *Over-preparation, procrastination, perfectionism, pedantic practice. Frustrated spouse / children. Repeatedly arriving too early.*

12. Feeling rejected, unwanted, excluded, unloved, abandoned, shut-out or left-behind. *Feel like the outsider looking in. Compromise. Conformity. Domination. Resentment. Interrogation. Over-eating. Shyness. Chronic 'people-pleasing'; can't confront or say 'no'. Manipulation, control or jealousy. Sexual coercion / sulking. Resentful spouse. Second-guessing others views of you. Extreme vindictiveness or pain if ever dumped. Life is a popularity contest. Have to fix any problems 'now'.*

13. Feeling shouted at or abused (Particularly by male or female). *Cringing. Chronic second-guessing his/her mood or probable reaction. Inability to speak up or negotiate. Avoidance of loud people. Repeatedly resigning. Scared of trying anything new. Talking obliquely or clamming up. Controlling. Chronic procrastination if confrontation involved. Over-reaction to any rebuke.*

16. Feeling disobeyed, despised or disrespected. *Hostilising (projecting undeserved 'disloyalty' labels onto) spouse, children or students who dare question / challenge you. Yelling or sulking. Authoritarian anger. Unwillingness to work in team mutuality. Unwillingness to discuss it or negotiate properly.*

18. Feeling overloaded or swamped by the 'must do's'. *Repeatedly dumping commitments / responsibilities partway through. 'Snapping' at children or over-reaction to any unexpected requests. Depriving family of quality time. Achieving less and less. Increasing procrastination.*

19. Feeling lied to, cheated, naïve, 'sucked-in', deceived or betrayed. *Constant suspicion, checking, interrogating. 'Writing off' anyone who lies or deceives you. Control. Avoidance of persuasive types of people.*

21. Feeling dumb, inadequate or stupid. A loser, a failure, incompetent, the 'weak-link'. *Burnout, workaholism, pride, pedantic perfectionism, dumping anger on incompetent. Quitting, avoidance of new challenges, rage at computers, musical instruments, broken machinery, exams, babies crying - anything which will invoke that feeling. Avoidance of classrooms. Unwillingness to 'talk it through'. 'Bottling' or 'holing-up' in wounded pride. Procrastination.*

22. Feeling interrogated, nagged or lectured. *Becomes angry, defensive or with-drawn when questioned by spouse, any authority or opposite sex. Passive aggressive. 'Switches off' whenever rebuked or corrected. Inappropriate complaints of being 'preached at', nagged etc.*

N.B. If you have experienced these feelings frequently or recently, they are not your UBF's. Unbearable means just that – too painful to allow.

The most reliable guide to the presence of these UBF's is an over-reaction or shut-down and loss of rationality and reasonableness. Rage, over-compensation, or stubborn silence whenever the subject is brought up or the feeling is triggered is common. A reliable guide to the even more dangerous cross matching of UBF's in a relationship is an immediate loss of communication and ability to negotiate. Example; One is allergic to making no progress, the other allergic to trying and failing. Or perhaps one shouts because they are allergic to feeling unheard, the other is highly allergic to verbal violence. UBF's crouch at everyone's door, seeking to drag us back into child-hood and psychosis, but we MUST master them, if we are to continue to grow into maturity and reality.

The failure to get on top of these emotional allergies will mean the inability to ever really get your 'act' together. Co-dependent relationships may start out healthy enough, but quickly degenerate until they become built around these bruises, in a twisted tangle of collusion and reaction. The fate of these relationships is either to implode or burst apart, if the individuals do not get the assistance they need.

Therapy beings with taking the following empowering questions seriously.

See also 'Getting Used to It.'

Question 1. Is it really worth my while getting used to / making friends with this feeling, or do I need to suffer some more before I'll face the problem?

Question 2. When do I first remember experiencing this feeling, and what triggers it now?

Question 3. What are the Truth Coaches / Insights needed to stop fearing and accept those feelings which I didn't have when I was first overwhelmed and traumatised?

Question 4. Who am I myself now hurting in my efforts to avoid this fear, and what to do about it?

*The 'habitualised feeling' is another concept, which is central to Living Wisdom. It is an emotion, which the brain has learnt to readily reproduce, whether or not it is appropriate to the situation – it's favourite recipe. For example, whenever we are packing for another mission, Rosemary feels a sense of panic and urgency; regardless of how much time we have in which to get ready. Many others have learnt to feel a sense of despair and easily slip into a 'what's the use' mode, no matter how much cause for hope there is, due to repeated childhood disappointments. This habitualised feeling, which is its own groove, verges on the unbearable just enough to be highly unpleasant, but not enough to be totally avoided. In therapy, the brain has to be taught *how to discount itself*, by understanding emotion-based reasoning, and assimilating truth-coaches such as 'that was then, but this is now'. This is a vital part of your Living Wisdom training.

© David J Riddell, Nelson, NZ

www.livingwisdom.co.nz