



# *Affective Center for Therapy*

2560 W. Shaw, Suite 105, Fresno, CA 93711

559.436-0428 Fax: 559.436-0438

**I'm not crazy;  
You're the one that's crazy.**

*"Isn't therapy for people with serious mental health issues? I am not crazy, and I don't want to feel crazy by going to therapy."*

The question you raise is a good one. The people who choose to go to therapy are usually the ones who are not crazy! It is the crazy people that won't go to therapy. Crazy people think that everyone else is crazy. *"The whole world is crazy except me and thee, and sometimes I wonder about thee."* The majority of clients seeking therapy are doing so because what they are doing is not getting them what they want. It doesn't matter whether what they are doing is right or wrong. The question is, is what you're doing with your wife/husband/children getting you what you want in the long run?

If you buy a new car and pay cash for it, it's your car. You can do anything you want with it. So, you decide to put 10 pounds of air in the tires and never change the oil. Will the car run? Of course, it will run. Will the car give you good service and how long will it last? A lot of your lives are running as if you had put 10 pounds of pressure in the tires and you never changed the oil. If you chose to run your car **the way it was not designed to operate**, don't blame the car. If you choose to run your life and relationships in ways that they are not designed to operate, then don't expect anything better from your life.

If your life is **not** running the way you would like it to, stop blaming others and look at what you are doing. The writer Hemingway said, "Everything is your fault...if you're lucky." If it is your fault, then you can change it. The more you blame others, the more powerless you will feel! The more powerless you feel then the more you will tend to blame others.

When you were born, your parents were not given an owner's manual, nor were your grandparents given an owner's manual, or your great-grandparents. As a consequence, most of the parenting that we got growing up resulted in gaps in the good information section. As a result of these gaps, we have been running our lives with incomplete information. It was not your parents fault or your grandparents; therefore it's

not your fault that your life and relationships have hit some very stressful situations. Now you are faced with a choice, either continue to keep blaming others or go to a therapist who can help you fill in the blanks.

As a human being, there are things you have in common with all other human beings. These are called Universal Truths. Your heart works like every other person's heart in the whole world. Your liver functions in the same way as it does in every man's and every woman's body. It doesn't matter what country you come from, these Universal Truths are the basis that a doctor uses to help your body heal itself. The concept is also true for psychology. It is important to understand the universal truths in psychology, and then have a therapist who can help you apply these concepts to your life.

Let me suggest some Universal Truths in psychology that you may not be aware of:

**1. If what you say and what you do, do not match up, then you're lying.**

Grandfather said it this way, "What you do speaks so loud, I cannot hear what you say." (Deeds speak louder than words.) For the person listening to you saying one thing and doing something different, you lose your credibility. And, for the person who says one thing, but does not do what he says, the result is often a feeling of being crazy. The feeling of being crazy is not the same as being crazy. The feeling of crazy often comes from the conflict between what you say and what you do.

**2. All behavior has purpose to the person doing it.** Even the craziest person in the park, catching invisible butterflies and putting them in an invisible box, for that person, his behavior has a purpose. Obsessive-compulsive behaviors, such as hand washing, for the person doing it, it has a purpose. Understanding that concept can help you and your therapist to figure out a way to stop it. Anorexia, for the young lady who is starving herself to death, her behavior has purpose; perhaps eating is the only thing that she has control over in her life. The bullies' behavior on the school ground may be the result of his feeling powerless at home and it is his attempt to regain some control in his life.

**3. People are going to do what they're going to do, not what you think they should do.** Expectations are major sources of anger and disappointment. As you become aware that most of your anger at your wife/husband/children (and the people who drive on the freeway) is the result of them not living up to your expectations, then you can start looking at your expectations and change them. Many of your expectations are the result of your irrational belief that people should do what you think they should do, not what they do.

**4. Feelings expressed verbally, as intensely as they are felt, will reduce intensity and are free to change.** Sigmund Freud, over 100 years ago, called this type of expression, venting. When you are angry, if you go into your room where nobody can hear you, and scream and yell and beat on a pillow, you cannot keep your anger going for more than 15 minutes. Now, the exception to this is if there is brain damage or if somebody is putting you down, "What's the matter honey, are you having a little hissy fit." Using putdowns, sarcasm, name-calling, judgments, guilt trips, blaming or being controlling, or demanding will act as if someone was throwing gasoline on a fire. The goal is to learn how to be angry without using any of these "Dirty 8" negative responses.

**5. The opposite of love is not hate or anger, it is indifference.** Hate is just very strong anger. Hate is just a matter of degrees; annoyed, upset, frustrated, irritated are also degrees of anger. If you get annoyed enough times, it can build up to a level of fury. Even the Bible recognizes the importance of being angry. In Ephesians the 4<sup>th</sup> chapter, Paul is writing to a church that has a reputation for lying. In verse 25, he tells them, "Wherefore putting away lying, speak every man truth with his neighbor: for we are members one of another. **26** Be ye angry, and sin not: let not the sun go down upon your anger: **27** Neither give place to the devil." Many people, in and out of the church, will lie about being angry "**I'm not angry, I'm just upset.**"

Most people can recognize that they get angry at their children and at their mate from time to time. As with all of these Universal Truths, it does not matter what country you are in or what language you speak, you get angry most of the people you love the most! If you don't know this simple Universal Truth about hate and anger, it is no wonder that your relationship is having problems. What I tell children is that when your parents are yelling at you to think in their heads, "Thanks for loving me so much."

**6. Most "Depression is anger turned inward."** Medical research reports that only 16% of all depression is caused by physical, bacterial or viral agents. The problem with expressing anger is that often we were not taught acceptable ways of expressing our anger. We were told "Don't sass me." Or, "I'll give you something to cry about." We were told how not to say our anger but we were never given acceptable ways of expressing it. Often, the ways we saw our parents expressing anger was scary and hurtful. A good therapist will be able to teach you how to express your anger in ways that bring people closer to you instead of driving them away.

For example, *"I am angry at you because I love you and care about you. If you were not so important, I wouldn't be so angry. But, I got very scared when you didn't call me when you were so late."*

**7. The basic human need in all human beings is the need to feel important, significant and to get attention.** When a baby is born, if it is not held and gooded at, the baby will die. You can change diapers, keep it warm and fed and the baby will stop eating and could eventually die if it is not held and chucked under the chin. The medical term for this is marasmus. As the child grows older and needs attention, it can go out in the kitchen, pull out all the pots and pans and you will pay absolute attention to it. Children would rather be beaten than to be ignored. As the child gets older, if it is not getting positive attention, the child may join a gang or becomes sexually promiscuous. As human beings, we never lose the need to feel significant or important. The doctor may come in and say "Old Uncle Joe has lost the will to live." What the doctor is telling you is that Joe has no friends or relatives that ever come to see him. He just sits in the window and stares out. He will be lucky if he lives another 3 months.

In working with teachers, I have often heard them say something like this, "Bobby just wants attention. He drives me crazy." The problem is that often, the only way Bobby gets attention is by being sent to the principal's office. For many children and adults, negative attention is better than no attention at all.

These are just a few of the Universal Truths that your therapist can share with you so that you will be able to make the changes in your relationships and in your life.

The first step to change is understanding how you are designed to operate. Many of these universal truths are self evident and in 30 or 40 years you may or may not figure them out on your own. Once you have figured out these Universal Truths for yourself, it's time to start applying them to get the changes in your own life.

So, who is the fool who tells himself/herself "You must be crazy for seeing a therapist. You're the one who has the problem. I get along with everybody, so it must be you."

*Myron Doc Downing PhD, LMFT*

[DocDowning@att.net](mailto:DocDowning@att.net)

[www.Act-Fresno.com](http://www.Act-Fresno.com)