

INSIGHTS THAT MY CLIENTS HAVE TAUGHT ME

WHAT ARE WE FIGHTING ABOUT ANYWAY?

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Part Two

THE FEAR OF ABANDONMENT

At the age of one, you can walk but you couldn't talk. At this early age you do figure out that when Mom leaves you with the baby sitter, (someone you didn't know and couldn't trust) if she doesn't come back for you, you will die. At one you couldn't even open the refrigerator, where all the food is, as a result being left becomes a life and death event. Your solution is to attach yourself to Mom's leg and cry bloody murder.

The fears of abandonment become your second driving force that you will never lose as long as you live. This fear of abandonment, to some degree, will always be connected to your fear of dying. Have you ever hear an adult say something like, "I can never stand to hurt that way again." What do you mean you can not stand to be hurt that way again? Are you saying you will die if you have to go through another loss?

If you went through all that emotional pain last time, and it didn't kill you, then you just proved how strong you are, not how weak you are. As a child the fear of abandonment was the fear of death itself, but as an adult it is an irrational fear. Emotional pain is not terminal unless you try to stop the pain.

To cope with this irrational fear of abandonment you can adapt one or a combination of these strategies to insure that you are not abandoned. The CONTROL STRATEGY: This is often seen in "jealousy" towards the other person. "Who were you talking to?" "Where did you go?" Or "You don't need to work (where you might meet someone else and then leave me); I can take care of you." One of the best examples I have seen was a young lady who came to see me. Her boyfriend had given her a beeper and she was to respond within

five minutes of him beeping her “or I will be in big trouble.” This woman lived in terror of not being able to find a phone quick enough.

Jealousy is of course nothing but your insecurity that you are putting on the other person in hopes of controlling them so that they will not leave you. It has nothing to do with being in love despite what some people say, “If you can make someone a little bit jealous it proves that they love you.”

All types of *Control* have a built in escalator clause. The more you try to control someone to keep them from leaving you, the more they will resist your control and the more insecure you will feel and the more you will try to control, etc, etc.

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