



Affective Center for Therapy

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Are You Having Trouble With Relationships?

Cognitive, Behavior Therapy, CBT, focuses on the left side of the brain. The left side of your brain works like a series of computers that build on each other to become a powerful organ. It controls all of your body and your reactions to your world and to your relationships. This side of your brain interprets sound and light waves so that you are able see, hear and talk. It is because of your left brain that you are able to do math, learn a language, tie your shoes, choose relationships, and parent your children. No matter how good your left brain computer is, if it is full of false information, then the results will be bad.

Problems develop in the left side of your brain in much the same way as problems develop in computers, viruses. Computer geeks talk about “garbage in, garbage out.” That is how your brain works. If you put garbage in, you will get garbage out! It isn’t that you are deliberately putting garbage in, but a lot of it was given to you as children and young adults. You assumed that it is true because other people were older and “wiser.” However, if your life is miserable you might consider that your miserable life is a result of your miserable thinking.

There are several types of garbage you download into your brain. In this article, I’m going to address only one and save the rest for another time.

First: False Beliefs. What happens when you try to make or build something based on a set of false beliefs? At best, it will not work. At worst, it will blow up in your face. It does not matter if both you and your partner believe something that is false is true, it still will not work any better.

Which of the following statements are FALSE? How many do you want to argue with? Read each of these statements and mark either a T or F by each statement. Take the quiz before reading the answers.

____ “If we do not see eye to eye and agree with everything, then something is wrong with our marriage.”

____ “A little jealousy proves that someone loves you.”

____ “If you loved me, you would know what makes me feel loved.”

____ “I should make my mate/children happy.”

____ “I should never get angry.”

____ “If I keep doing for others, they will see how much I love them and give back to me.”

____ “The opposite of love is hate or anger.

____ “The ones I love can make me angry.”

____ “People I care about can hurt my feelings by what you say and/or do.”

____ “My mate should make me happy.”

____ “Guilt is good and is important. Everyone should feel some guilt if they do something wrong.”

____ “A good relationship is based on finding the right person.”

____ “If I am good and do everything right, he/she will not have an affair or leave me.”

____ “My mate and children should live up to my expectations.”

____ “I need my wife/husband and cannot live without them.”

____ “I sometimes have bad feelings.”

____ “If I am not happy and smiling all the time, I won’t be loveable and people will leave me.”

____ “Complete honesty with my feelings will make me vulnerable and will destroy our relationship.”

____ “I should not be totally honest with my mate.”

_____ “If I do not give him sex, he will get it from somewhere.”

Count up the number of T's and the number of F's you have before going on. Put those numbers here: T _____; F _____.

Now, take an inventory of your life and relationships. On a scale of 1 to 10, with 10 being very, very good with few conflicts, hurt feelings, anger or depression, and 1 being, “Thinking about a divorce from time to time,” put that number here: _____.

Now, take an inventory of your relationship. Notice if there is a correlation between the number of T's and how you ranked your relationship. For many people, the more difficult the relationship, the higher number of T's they will have!

Once you have finished this part, read the answers below.

Every one of the statements above is false! If you answered true to most of them, no wonder you sometimes have problems in your relationships.

IMPOSSIBLE, you say, they cannot be all false, but, what if what I said is correct and they are all false? If you are willing to change your beliefs and if it could improve your relationship, wouldn't that be worth it? Changing beliefs is not easy, but you do think and you can think anything you want to think. The choice is yours.

If you are having trouble believing the statements are false, which of the above statements are you sure are true? Email and let me know. If I have enough people with questions, I will expand on them in my next blog.

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