

You Hate Your Ex, and World Peace

Boundaries, ghosting, cheating, anything that you do that benefits you and negatively impacts another are the reasons we have a polarized society. We hate each other, and can't stand each other's opinions because we forgot how to talk to each other.

About 7 million years ago, we apes learned to walk on two legs. This was a massive step for our species, and brought us into a new age. But, almost 50 million years before that, we learned to socialize. Now, here we are with internet, phones, and all other forms of communication, but we refuse to talk.

We talk too much, but to people who don't need to utilize our social batteries. This is not to say that we should ignore people, but rather control our behaviors. Control our need to get on social media, control your need to use dating apps. Control your need to have attention until you're worn out socially, ignoring those who matter most to you.

You don't need to be sending the Instagram model, that lives over 500 miles away, a 'DM.' We lost touch of the concept, "look but don't touch." Thinking that rule was only meant for the preservation of the observed object, we overlooked that this rule was meant to teach us self-restraint. Beck tried to teach you this by telling you to avoid Primal Nodes controlling your thoughts and behaviors. He taught us to slow down and process life before you act.

On the same note, we don't need to ignore people for the benefit of a "boundary." You don't believe in boundaries; you believe in preferences. A boundary is a clear, black and white declaration. A preference is gray and ambiguous, like all of you like live.

Adler told you to not use antithetical modes of apperception, and you all listened, but failed to comprehend the rest of the lesson. He goes on to say that we should be collaborative, egalitarian, and respectful in rapport.

Meaning that you don't get to say, "I don't want to talk or speak to you." But then come back when you are ready to talk and be spoken to, which is generally what happens. That is living black and white, until you're ready to be gray. Meanwhile, dragging along someone who wished to reconcile back when you weren't ready. So, this is your show?

"But, I won't talk to them ever again, I hate them." Well, sure. I get that. I have been the cheater and cheated on. Used and abused, but also refused to choose leaving others feeling used. Had emotions both ways. But, you know what good therapy says about this experience? Talk about it, expose yourself to it, become comfortable with the trauma, so you can process it and move on.

You can talk about these issues with a therapist, friend, family member, or even the dog, but why not kill two birds with one stone? Use all those outlets to help you get to the point where

you resolve past conflicts (talking/dealing with trauma), so you stop dragging it into the next relationship.

And don't tell me that it won't carry over to the next relationship. I am tired of hearing "I'm over him/her," but then you see memorabilia of them and relate to that memory out loud. Here's why this is annoying:

Trauma just doesn't go away without work, and even then, it doesn't always stay away. In Dr. Bessel Van Der Klok's book, "The Body Keeps The Score," he discusses trauma by saying:

Being traumatized means continuing to organize your life as if the trauma were still going on—unchanged and immutable—as every new encounter or event is contaminated by the past.

Meaning, when we walk past the sculpture in the airport and you say, "my ex built that," and three months ago we were discussing how much you hate your ex, I now know that the ex you hate is in your head. I can also watch your mood and attitude physically change over the next 30mins. Implying, you may not be processing that trauma correctly. Perhaps, in a very healthy relationship, the observing partner may say, "hey, since you don't want to go to therapy to get over your trauma from your ex, perhaps a phone call to your ex using constructive dialogue with one another, might be a healthy approach for you both?"

You may be seeking therapy, and you discussing that trauma aloud with me is signs that you are processing trauma better, but you have not changed the perception of your ex in my mind since last we spoke. You don't need to share your therapy with me, but if you are willing to share how much you hate your ex, I hope you would also be willing to share how your journey in recovery is going. Unless, I mean, that is not what a partner is for, but what do I know. You all like to ignore one another for the sake of emotional security and comfort.

We have become so private with our emotions and preferences, and this creates distance between us, common 'Homo.' Isolation and lack of communication is not what led us to the evolutionary and biological prowess of being "top of the food chain." No, that stemmed directly from our ability to communicate and socialize. The difference between them (Habilis) and us (Sapiens) is our ability to (generally) use our words to resolve conflict, compared to violence.

Yet, we refuse to talk to one another to resolve hate, hurt, pain, and all other ailments of the heart and soul. Stop saying that you believe in world peace and cooperation, and then also refuse to talk to each other. Be the bigger person and find ways to communicate that aren't destructive or offensive. And for those toxic individuals who want to say, "I don't believe in world peace and cooperation," bro go live in the wild you ape. If you want to argue that individualism is more a prerogative than cooperation, then don't live in a society. Isolate yourself and die off like the rest of the species before us.