

IDENTITY TRAINING II

Chapter Three

“But don’t they know when they are in Script!?”

It’s obvious, isn’t it?

The person looks hypnotized. Unfortunately, if you point out to the person that Script is operative at that moment in what they are doing and saying, you run into a tornado of denial.

Certainly, it is wise to answer to the content of what is being said. If they are making points about your character—or lack of it—honestly deal with them. In other words, go for the kernel of truth in what is said and be as open as possible about it. Confess. Admit your error. Own up to your thoughtlessness, lack of true care, or whatever is being pointed out as far as the truth and your integrity allow. Seek to keep rapport. “So, what you are saying to me is _____ and your positive intension is _____.”

The person may then be satisfied, kind of like capping a wildcat oil rig for just a moment. But they are watching for the slightest occasion when you step out of line again so they can point out to you the error of your ways. Your failure to change gives them free license to continue with the Script and go a separate way. To withdraw. To go drinking with the guys or shopping with the gals. To eat a pile of food. To smoke up a storm. To sleep in a separate bed. To justify themselves with some internal story that they want to maintain so that they can avoid vulnerability. (There we have it again—threatened by love. Aren’t folks goofy?)

We must pause for a moment here and do some reflecting. This person is totally oblivious to the Script process in what they are saying. They are absolutely unconscious of it. And, more than that, actually, they are most defensive precisely at this moment. Little you can say will snap them out of it; you are guilty of some misdemeanor. They know it is about YOU, and any protestations to the contrary only add to their fuel in pointing out your failings. It is rejection time in some form or another. The show has begun, and the movie lasts for several hours, days, or even years. Nothing you do seems to awaken them from the trance; they are looking at a movie and are mesmerized.

I. WHAT TO DO?

If there were an easy solution that had come forth prior in history, this book would be unnecessary. Remember that one of the first solutions of the IT Seminars is honest education. This system is a teaching psychotherapy. Since people need information as a backdrop for self-understanding, we designed each of the Identity Training Seminars to provide just that. Clear explanations. Verifiable observations. While some think that items of psychology cannot be taught and the only thing to do is to provide therapeutic experience, we do not agree. Education is important. It has helped many people.

So first, Script information is important. The first line of defense for Reason in this matter happens to be taking Identity Training II. With the workbook and the seminar itself, you can access enough information to at least develop a foundation for understanding. That is the goal. We trust that this material provides that. Your job is to work hard on the material and be as open as possible in class.

Second, you need the aid of another important person who will join you in the loving confrontation. Even with this information, you will probably still be outnumbered. Once the entire string of Script ego modules is unleashed, if you are a spouse or a close relative, you will be typed so fast that you will get nowhere. “Don’t give me that Identity Training junk! I don’t want to hear it!” the person says as they run downhill with the jealousy trip that was started as a child. Or the abandonment trip. Or the scare-rage trip. Or the silent treatment. Or the Poor Me. Or the Depression Gig. Or the Magical Fantasizer. Or the Blame Bit. Or the Withdrawal Ritual. Or the Denial of Reality Wishing Stuff. One guy told his wife that he took Psychology 101 in college and “knew all that stuff.”

You need someone who is considered to be loving, kind, predictable, safe, objective, and above reproach. If you have to keep the whole Script Trip silent and bear it all in some kind of patient waiting, you are in real trouble. Scripts do not just go away. Oh, to be sure, sometimes when parents die the person will hang it up on the wall, but that only occurs sometimes. Thus, you need to have a therapist, a friend, a relative, a fellow worker, a scientist--someone who is

objective, can stay separate, and will be sufficiently courageous to be honest. They have to be fair, point out the error of the accused and admit it, and then, when the rapport is at its maximum, honestly point out the repetitive nature of the Script. Such a person is a jewel. They are quite rare.

But we may just as well admit it outright, the chances for the person getting it in an overarching fashion after one loving confrontation, so that it explodes and never returns again, are rather slim. One is not to be dismayed, however, rather just sufficiently aware to know that Scripts were not made in a night and will not be diffused in a night. That is simply the way it is. A movie that has been played as many times as that one cannot be erased from the mind so that it will never be on your screen again as a result of one evening's confrontation. Let's be serious here. This is not instant, clap-your-hands medicine that heals immediately.

The good news, though, is that sincere, dedicated, uncompromised, continual honesty by loving people can do wonders. You need a strategy, not just tactics. A strategy plans for months and years. It contains the tactics of the hour and the day, but also has a plan that is inevitable, unbending, uncompromising, and unyielding. The attitude is, "I will win against the Childhood Era pattern that you are locked in, and I will never give up—you might just as well know it right now." (This does not mean, however, that you ever allow, encourage, or put up with victim behavior that follows the Script like a shadow. Nope. You will counter the Script, but you are not some dope who will be duped by some justified major fault "because of you." That is not allowable.)

Another point needs to be made here. Use your IT II class to the best advantage for yourself. Seek to gain perspective by getting the feedback of others in the room. Ask something like this: "I need feedback on me. Here is what I think I do and here is what happens. Please be honest with me in giving your observations." Remember, though, that Scripts are so pernicious that it may well be that you are the one in your Script and not your partner. But the secret truth is this: Probably both of you are. Just think how you may be acting like your mom, your dad, or the way you did as a child. That will aid your awakening.

It can help tremendously to write something like the following down in legible, big print so that the steps are clear:

YOU DO NOT KNOW EXACTLY WHAT I WAS DOING.
YOU MIND-READ THAT I WAS WRONG IN SOME WAY.
YOU ARE SCARED AND ACCUSE ME OF NOT REALLY LOVING YOU.
NOTHING I SAY WILL CONVINCE YOU I REALLY DO LOVE YOU.
YOU ESCALATE YOUR ACCUSATION; I ESCALATE MY DEFENSE.
YOU SAY I PROTEST TOO MUCH. I AM AT A LOSS.
YOU GET YOUR BEER AND FEEL JUSTIFIED TO NOT BE CLOSE.
I AM LEFT ALONE. I WANT TO BE CLOSE BUT I'M LOCKED OUT.
YOU SAY IT IS ALL MY FAULT.
WE GET ALL THE MORE ALIENATED.

I REALLY WANT TO LOVE YOU AND BE CLOSE. I SENSE THAT WE ARE RE-PLAYING A SCENE OUT OF CHILDHOOD BUT DO NOT KNOW HOW TO ACT OR WHAT TO SAY. I WANT US TO GO BEYOND THIS SO THAT OUR LOVE LASTS FOREVER. I DO HAVE INTEGRITY WITH YOU. WHERE I AM WRONG. I APOLOGIZE; I KNOW THAT I WANT US TO BE FRIENDS.

Please know that the point here is that you break the Script into bite-sized chunks. Slow it down. Excellent therapists can do this by **slowly going over the routine** in a patient, exploring, hesitant, and thoughtful fashion:

“Let me see if I understand this correctly. You don’t know where he is because he is late. That scares you, and you guess that the infidelity has finally arrived—just like your father did to your mother over and over again. So, your scare mounts because you really love this man and want to be close to him, so you figure that if you can convince him, yell at him enough, then he will be more faithful, and you will not have to endure the shame that you did so frequently as a kid. Your plan is to convince him of the love you have, and you question, probe, and push to know each exact minute’s activity while he was gone so that there will not be a moment’s time when he could have committed adultery. When he does not want to give a time and motion report, you get even more scared because that may mean that it is happening right now, so you just get even more firm until finally he goes silent. Your scare is now at zenith point, so to calm yourself you have a beer. Then, since you are suspicious, you do not want to be close anymore

that evening. By morning, sometimes, you have forgotten the whole scene. Is that what you are telling me?”

This form of going over the repeating drama week in and week out is of tremendous benefit, given that the therapist sees and hears the pattern and patiently explains it with the same amount of inevitability that the client has in repeating it with others. Things get a bit exciting later on, when the client begins to put the therapist into one of the roles of the Script. That is interesting and becomes quite a thorny thing to resolve. It may be Client-Centered Counseling time: “So what you are saying to me then, is that I am the same as your dad—is that right? And that I am callous, a bigot, a chauvinist, and really only want to use other people? And that is the real me behind the mask of being a respectable counselor. Is that what you are saying to me?”

One excellent method is to videotape the entire thing. Then look at it when tempers are cool and the Script is not as white hot. If honesty is dwelling anywhere near the screen when you view it later, the person most in Script will blanch and admit that “I do look like my (father/mother/childhood stance) in that videotape. I hate to admit it and fear that you will take advantage of me as soon as I do, but I see the reality. To protect me in my vulnerability now, would you be willing to admit if any of what is happening when we lock horns comes out of your childhood?” If at this moment you come across as the Pure One, you will probably blow it. Rather, it is smart to admit any shred of the Child that may also be peek-a-booing into your relationship. Honesty knows no better way.

There is no guarantee that any of the preceding will work because when people get wound up on their pogo stick of childhood, their entire perspective is lost. They bounce all over the place. To them, life is not a matter of gaining a new option. You are simply a bit player in an old movie, and while that may be a hard dose to take, it is the way it is for the moment.

II.

THE IRRESISTIBLE FORCE

Then there is Dixie’s Script Bomb Plan. This might appear to be denial to a person who does not know it more fully. She simply boxes the person in so totally that there is no way they

can continue the Script without admitting that they are down-in-the-wool rotten black sheep. “That’s not the real you, and I won’t hear it right now,” she says and goes about doing whatever she was doing. Any continuance of the Script is met with the same maneuver. “I refuse to believe that you are acting like the person you are at this moment,” she says and continues on a conversation as if you are a totally rational loving human being. It is a Script Killer. To go against it, you almost have to say, “No, I really am a jerk at this moment, and I want you to acknowledge my jerkiness!” She won’t, though. She is going to believe the best about the person and will not hear of any tripe that is less than that. You are a good and wonderful person and that is the way it is. No negotiation. No argument. No weird tangents. No insistence that you are less than a great human being. That’s where it was, is, and will be.

Then there’s always divorce...

The tried and typical method in America over the past fifty years has been simply to get a divorce if you can survive without the person. You just tell others about your partner’s goofiness and get on with your life with someone else. He was evil. She was evil. You develop a case against the other person so that you convince others and yourself and you never have to question the movie that you may have been running that was detrimental to the love. About the only ones who benefit from this solution are the lawyers. Certainly not the kids, because they will be seeing the same two scripts operate with new people after a while. And the river flows to the sea.

One must beware of being too sanguine about the option of changing a Script if you happen to be relating to a person with a very tragic tale that was repeated throughout the impressionable hours and days and weeks and months and years of childhood. If daddy always came home drunk and abused your mother and the kids, you are dealing with a heavy scene that demands a great deal of re-parenting. If you have a case where mother or father transferred some hated sibling from their childhood onto you, there is a major story that has yet to be changed over time. If you can go back several generations of n’er-do-wells and smirk about that, then the Script is rather strong. If changing things means betraying your mother who lives next door or your dad who is your best friend, then we are rather far up the creek. If you were told that “gambling runs in your family” and “you are just like your Uncle Pedro,” then you are barking up a rough tree. If you live in the old neighborhood where you are typed and expected to be

rebellious “because you always were,” then you are traveling a rough road. It is solvable—if you decide to commit to changing the Script.

The Script’s severity can frequently be revealed by the timing of the Gallow’s Smile.

If a person smiles inappropriately and with a scared face behind the grin when some tragedy is mentioned, then we have a situation that demands great concentration to solve. The key thing to note here is the appropriateness of the smile that gets others to snicker and even laugh. “Oh, I am just a hell-raiser and I might get killed” –ha ha–may bring guffaws to the faces of the therapeutic uninitiated, but those who know the chronicles of human tragedy that follow such gallows humor can’t smile. “I just have to rough the little woman up now and then,” the guy says at the body shop, and the guys giggle. That is most unfortunate because it gives permission for ugliness that knows no true love. “Men are all so crude,” she says with a laugh at the beauty shop, and the others agree. Generalizations of that type only continue the Script to another dissolute end.

This has not been a happy chapter. Scripts are not easy, and the number of people who have failed at being close because of them is astronomical.

Once a young minister was riding to a church conference with four older clergymen. The neophyte minister asked rather naively, “Have you men seen many happy marriages?” There was a pause, and the young man wondered if he had spoken aloud, so he repeated his question: “Have you men seen many happy marriages?” Again, there was a pause. Then an elderly pastor in the front seat said, “I saw one once. A couple used to laugh and do all the cooking at the church. They were really nice.” No other minister spoke. Ten minutes later the conversation went off on another tangent because the silence was getting rather appalling.

Scripts are tough. Cheer up, though. Help is at hand.