

IDENTITY TRAINING II

Chapter Six

The New Story

When is the Script over and done with? When we first understood this subject and began to utilize knowledge of it with clients, we were quite enthusiastic, thinking that we could eradicate every shred of the old stuff from the personality. Now we have a more modest but certainly more realistic goal. We think that if a person can reduce the Script to one or two percent of their relationship with someone close, then we have a winner. At that point we slap a sticker on their forehead that says “Cured” and point them to the door.

Actually, it is possible to reduce the Script influence to a faint memory in the background that influences but a little. We have now seen many who have reduced the Script to almost nothing. They have worked on it and achieved a stance where they no longer desire to prove old points from childhood. “What a waste,” they think. With those people, we certainly see no evidence of the Script as they relate with us, and those who are close, loved, and living with the person do not report more than a few moments a month where the person regresses. That is wonderful, particularly when you can recall their early struggles as they sought to free themselves from the grip of the octopus of childhood.

Certainly, the most tragic and destructive Scripts must be reduced to about zero. A person from an alcoholic family should never drink. A person from an abusive family is never to hit or abuse someone for even a moment. For any other scourge ranging from gambling to a form of dependency due to lack of motivation that was copied from childhood, there can be no variation: they must be eradicated. No excuse for regressions; no understanding or being nice. Stop doing destructive stuff forever.

The challenge of this chapter is to give tools for creating more of the vision of what you can be that was begun in session five. We will define some of the major components, but before we do that, we must remind ourselves that our subject has to do with intimacy. Family tenderness. Outright love. Definite plans to be as close as possible without symbiosis. The ability to love people even with their incompleteness. Making yourself vulnerable. Willingness to risk

loving even when others may die or depart. This is what some people have called loving wisdom. One thing is sure: it is all front-line reality. It is not only the stuff of adventurers; it is the stuff of the courageous bent on having the fullest life possible.

I.

The Fear of Success

We join with other writers who confront those who say they have a fear of failure with the radical news that what is really happening is just the reverse: a fear of success. Anyone can fail. All you have to do is be passive and wait. Success, however, is for the risk-oriented who are willing to do their best. Success, by the way, has no material referent and cannot be shown by a number, a corner office, a credential, a medal, or a Rolex watch. Success is an inner matter of knowing within that you have done your best. There can never be shame then. No one else can judge you, for only you know yourself.

If you've read world literature, watched plays, or are aware of opera themes, you will know that most of them have a theme of unrequited love. It is wonderful, it seems, to be close but not make it. A lot of the old literature has the gods getting jealous if you actually do succeed in love. Solving Script means that you *do* make it. You actually *do* love someone. And that someone *does* love you back.

If you are normal and know your feelings, those last two sentences may well leave you with a bit of nervousness. Scare. A kind of inner hesitancy. Like, "Gosh, I don't know if I am ready for that one. Maybe next year or so." A person experiencing those kinds of feelings may then go into an internal dialogue about "Women!" or "Men!" using the rhetoric of friends who each have their set of justifications for failure in close relationships--you know, the generalizations about how men only want one thing and women change as soon as you marry them. Junk like that.

Deep relationships are risky. They do take work according to the model presented by this seminar: work on your part and that of your partner to be honest. Getting out of Script is like losing all the old familiar ways. To do so is to be insecure, to enter a world where things are not predictable, but also to receive rewards like you only dreamed of beforehand. That sounds

wonderful in imagination, and anyone can conceive of it; actually loving someone and wisely working on the love is something else again.

In sum, you have to decide if you want to win. Do you? Will you give yourself permission to do so? It is up to you. You have the only vote that counts.

II.

Courting the Child

In so many marriages, one partner has never been allowed to know the precious, inner, natural child of her/his spouse. We hear it every week in couple sessions. We set up the question by careful and deliberate preparation and then ask, “Has s/he ever seen the really precious little Child within you?” Marriages of thirty years usually have one or both partners finally admitting, “I would be scared to reveal that part of me to him/her.”

Isn't that astounding? Ask any therapist who does deep work, and they will reveal the same reality. Few, really dramatically few, individuals allow the partner to see, experience, and hear from the inner Child within. Doesn't that blow your mind?

The foundation for actually having the experience of being with the partner's Child is not negotiable: Each one is responsible for several things with their partner. The following list can be viewed as almost laws.

- 1) You must have a sense of protecting the partner's Child.
- 2) The partner must sense that you are capable of protection and really trust you.
- 3) You need to have a play pact with the partner's Child, and that is only won with trust and fun.
- 4) You must continually check in with the Child to see if he/she needs anything and is okay and right with you.
- 5) Never think you can get away with insulting the partner's Child.

Courting that Child is so foundational and critical that our tendency as long-term counselors is simply to take for granted that everyone already knows its significance. But that is not a safe assumption. We include it here because it needs to be rock bottom in your vision of relationships. Whether in marriage or good friendships, the rules are the same. If you have no

marriage, no friends and only want solid relationships at work, the rules apply. All you have to do is engage in a little translation. The above five are foundational to all deep relationships. Speak to the other's Child in a friendly manner, and you are way ahead in the people game. That will never change. It is the center of gravity from which you deal with people. Beam messages of safety to the Child and everything will improve. Insult the Child and everything will go downhill.

III.

The Actual Picture

Relationships without scare.

That is the main point. You do not have to prove, try hard, please, be perfect, entertain, or show yourself worthy of being liked in any way. You simply are. No big deal. You are just yourself. Just plain being and responsive to life. You are curious, desirous of learning about something or someone, friendly and ready to laugh, play, work, appreciate, and be there as a compatriot enjoying the experience. You do not have to prepare and think what you will say in advance. You do not have to put on airs, act according to another's mold, or bend your mind to make conversation. You simply are you as you pour out of your feelings and values.

Can you picture that? Can you picture yourself being that way? It means doing your best simply because that is what you want to do, but with no shade of fear of abandonment whatsoever. If the person decides to leave, you feel sad and bid them farewell. If the person stays, you are ready to give your half-plus to the relationship without a shade of scared over-activity.

Is that too bland, too banal, too lacking in pizzazz? To the contrary, that is the stuff upon which excitement and happiness and tenderness are really built. Deep, long-lasting friendships. Real love. Honest relationships for the duration of life. Excellent work companions. Fine partners.

Relationships without narcissistic intent.

You bring yourself to whatever and whoever without the needs of a child, without the urgent wishes of a child, and without an insistence upon your wants so that others feel controlled.

Your cup is full. Nature and life give you what you want, not other people from whom you have to bleed kindnesses. People are not designed to meet your needs; life is. In post-Script relationships, you have a sense of an opportunity to experience with someone else one moment of life. That is such a marvelous thing. To see the flower, the hummingbird, the blue sky, and the enormous clouds together.

You aren't pulling another to you, syphoning their strengths so that you are stronger somehow. Rather, you simply share life as it comes along. The other does not have to conform to your model for there to be a good time; you can go along with their model and see what is valuable there for a while. The other does not have to embrace your value structures, though you do not compromise them.

The point is that you are in a bonus situation. Necessities of the soul have been met. It is a matter of experiencing it now. And that is all there is to it. No hidden agenda. No secret list of needs that come out inappropriately. Just being you and loving it; just being with another and loving it. No big deal. Nothing profound. Just another moment where two hearts can meet and two people can be real.

Relationships without the specter of abandonment.

Certainly, that is not one of your agenda items. In fact, the thought of it is so foreign to you that you might, just as easily, start talking about the temperature of the Arctic Ocean. You will be faithful to the person and you anticipate the same thing.

In other Liberation Psychotherapy material, this goes under the heading of behavioral presuppositions. In other words, your entire physical, social, mental, and spiritual makeup communicates trust so that there is no sense of "I'll only like you if you live by my rules" or some such. Acceptance of the other for the other with no personal insult attached is where it is at. Of course, if the other sees your relationship as an opportunity for their going full-blown into their Script, we have a different matter.

We are talking vision here. We are pointing to a way of being that is not haunted by the specters of the past. These kinds of relationships are abandonment-free. "Why, in the name of heaven, would you ever want to leave someone who is with you, is equal, loves, and is not going into Script all the time?" That remark was made by a man fresh to a new love after having spent

twenty-six years with a woman who gloried in a “Poor Me” game.

Final Advice

After you work on this Script material, understand it, and can catch yourself before you go into one of the Scene routines, please restore yourself to a life of humor. Do not get so serious with this that you become obsessional and make yourself a bore to everyone you meet. Put all of this in perspective. That you want to be free and want your children and friends to achieve freedom also is admirable. But please remember that the Script is unconscious.

You probably will not be able to save your parents. You probably will not be able to save your children from some Script ugliness. You probably will not be able to get others who are close to you to see the critical nature of this material. That may simply be the way it is.

If that is the case, then we ask you to return to “the Dixie Solution” that we spoke of in an earlier session. You presuppose the best, and you accept no other alternative. You anticipate health and friendliness, and you express surprise when something else comes forth, but you immediately go back to an unrelenting belief that the other person is more than that.

Finally, you are the creator of your life, and you need to take responsibility for creating the conditions for others to join you in freedom. You cannot make them. You cannot issue invitations. The final outcome of all your Liberation Psychotherapy seminars is where one goes beyond the old determinisms and becomes a creator. Passivity and waiting are understood to be simply old childhood remnants that need to be released. Now you are free.

You are Prometheus bringing fire to the earth so that humans can experience warmth. In Christian literature, Martin Luther said that we are to become the Christ to other people. The idea is the same. The great vision is one that is joined with a mission. Yours is to be free and to experience the world with your feelings, to live out your values, and to communicate with others in a manner that enables them to experience the world as it is. Add to that the particularities of your own mission, and you have it.

What else is worth doing?