

## The 6 Maladaptive negative patterns of Close Relationships

**Abandonment** Ongoing fear that people will leave us or that we don't belong

**Possible origins:** Abandonment: from an emotionally unstable childhood. No one is consistently there for the child. A common negative life pattern of a child who has gone through divorce, one parent is not home consistently when growing up, workaholic parent, separation from family, parents died when young, raised by succession of mother figures, mother unstable, a family member is separated from the family early in life.

Abandonment: Overly protective childhood, Child has the feeling of being alone, not allowed to experience the things other children their age do, feeling totally isolated

Abandonment for traumatic situations: Living in a home of discord where parents fought a great deal, a traumatic specific event where the child experienced abandonment, Even if resolved the pain of the event carries into adulthood; A situation exists where you have to leave your home, country, family, and or job; Fear or having to go into a hospital feeling totally alone, suffering unexpected stress.

**In relationships:** Avoid relationships because of fear of loss, worry excessively about death, over-reacts to things partner says and interprets as signs they will leave, excessively jealous and possessive, clinging to your partner, accuse partner of not being loyal. This person is predisposed to separation anxiety and will find it difficult to leave even an unhealthy relationship for fear of loss no matter how unhappy they are or how abusive the relationship becomes. Common negative behavior patterns:

- Constantly looking for the next person to cling to.
- Fixates on signs that people will leave.
- Focusing on the smaller not the larger picture.

**Changing:** Must learn that they will be OK on their own and develop resources. Avoid unstable partners. Trust those partners who are likely to stay. Do not cling, become jealous, or overreact to the normal separations of a healthy relationship.

**Emotional Deprivation-** The belief that your need for love will never be adequately met by other people. You feel that no one truly cares for you or understands how you feel. That you are unable to express yourself emotionally. That you are deprived of the basic need to be understood, to be emphasized with, and seen accurately.

**Origins:** Deprivation of Nurture is when you feel that you had a Mother who was cold and unaffectionate. One or both of your parents were not emotionally

available for you and you were not getting the sense of being precious and valuable. Mother doesn't soothe child adequately.

Deprivation of Empathy. Mother doesn't listen and give the child enough time to respond. If you were yelled at more than understood. Parents were not in tuned in with child's needs. Deep sadness and hopelessness will develop due to the fact that your fear will be that you will never be cared for, nor understood.

Deprivation of Protection. Parents do not provide sense of guidance or direction. Not feeling safe in your own home environment. Withdrawing due to inadequate home environment.

**Relationships:** In relationships these people have a tendency to be cold and often not know what love is. They become distant and unreachable. Anger is a common thread in emotionally deprived individuals. This is seen in adults who get angry when their needs are ignored or not being met. You don't tell your partner what you need, and then feel disappointed when you don't get what you want. You feel cheated and you alternate between being angry about it and feeling hurt and alone.

You don't tell your partner how you feel, then feel disappointed when you are not understood, you don't allow yourself to be vulnerable, so your partner can protect or guide you. You become angry and demanding. You accuse your partner of not caring enough about you.

**Changing:** Become aware of how the feelings of deprivation are shaping current relationships. Avoid cold partners who generate high chemistry. When you find a partner who is emotionally generous give the relationship a chance to work. ASK for what you want. Share your vulnerability with your partner. Stop blaming your partner and demanding that your needs be met.

**Dependence-** Feel unable to handle everyday life in a competent manner without the considerable help of others. Life seems overwhelming and you cannot cope. Often experiencing anxiety, panic attacks, and agoraphobia.

**Origins:** As a child made to feel incompetent when you tried to assert your independence. Parents are usually the exact opposite of dependent behavior. Typically they are overprotective and treat you as younger than you are. Will make decisions for you and criticize you if you try to become independent. Parents take care of all the details of your life, do things like your homework, Very necessary protection early on in childhood yet as you grow older your parents continue give little responsibility, criticize your opinions and competence in every day, and give excessive advice and instruction.

**Relationships:** As an adult you seek out strong figures upon whom to become dependent and allow them to rule your life. You turn to wiser and stronger people regularly for advice and guidance. You minimize your successes and magnify your shortcomings. You avoid new challenges on your own. You live through your partner. You don't take care of your own financial records or decisions. You avoid being or traveling alone. You have fears and phobias you do not confront.

**Changing:** Tackle daily tasks without assistance. Take credit for what you do. Avoid strong and overprotective partners. Do not complain when others refuse to help enough. Take on new responsibilities at work...gradually.

**Subjugation-** Always taking the leftovers and always giving in to everyone on everything. Feeling of being under someone's thumb of influence. Feelings in an intimate relationship that one's needs always come second to the others. You allow others to control you. You do this either out of GUILT-that you hurt people by putting yourself first- or FEAR that you will be punished or abandoned if you disobey.

**Origins:** Submissiveness (from fear) which usually originates in childhood with parents who give children no say. Could also be from peers or siblings at home. When a person is dominated and controlled in almost every aspect of life. Sometimes violence, threats or subtle control with looks are used to control behavior. Children learn to be powerless and helpless. Parents threatened you or exhibited anger when you wouldn't do things their way.

Self-Sacrifice from guilt and parents didn't allow you to make choices as a child and/or parents made you feel guilty or selfish if you didn't do what they wanted you to do. Guilt from previous relationships.

**Today in Relationships:** You feel controlled and powerless. Tend to let others have their way most of the time...eager to please to be accepted...you don't like to openly disagree with others...more comfortable when others are in control...not clear about career decisions...always end up taking care of everyone else...you say "no" automatically when others tell you what to do...you can't stand to do anything that hurts someone else's feelings...sacrifice for others and often feel angry with others... Can result in rage and built up resentment. A core belief can develop that things are always your way and never mine.

As they grow in the teenage years and even adulthood they might rebel and become free spirits, defiant. They may not commit and avoid agreements with others. Avoid being tied down and trapped in anyway. Tend to put things off, fail to meet commitments.

**Changing:** Begin to assert your wishes and needs. Stop passive aggressive behavior. Systematically assert yourself. Pull back from relationships with people who are too self-centered. Confront instead of accommodate people.

**Mistrust and Abuse-** Core belief that people can't be trusted. Expectations that people will hurt or abuse you in some way and that they will cheat, lie, manipulate, humiliate, physically harm, or otherwise take advantage of you. People are wary of others intentions and quickly assume the worst. They fear that people will take advantage of them or betray them thus putting up there **protection** walls. They interpret neutral cues as threatening. Others gravitate to others who will do just that.

**Possible origins:** Often abused or mistreated earlier in life. A relationship that turned sour. Something that was learned that hurt. Possibly humiliated, teased, and put down by peers of family. Someone in family seemed to get pleasure from your suffering. Parents repeatedly warned you not to trust people outside the family. People called you names that hurt. A life pattern that normally develops early in life but it is also common later in life that develops strong mistrust issues.

**Relationships** seem to be dangerous where others will take advantage of you. You allow others to mistreat you because you are afraid of them. You are quick to attack others because you are afraid they will attack you. Hard time enjoying sex. Reluctant to reveal personal information. Reluctant to show weakness. Feel nervous around others because they will humiliate you.

**Changing:** Begin to form relationships where you can genuinely trust other person/people. Vent anger at abusers in therapy. Stop blaming yourself. Wasn't needed. Never tolerate abuse in current relationships. Trust others who deserve to be trusted. Do not abuse others.

**Defective and Unlovable-** "I'm not lovable." "I'm worthless." Feeling of being flawed. Shame and humiliation are common emotions in this negative live pattern.

**Origins:** Instilled by hypercritical, insulting parents. You were made to feel like a disappointment by a parent. You were rejected by a parent. You were abused by a family member. You were blamed regularly for things that went wrong. Your parent told you repeatedly that you were bad, worthless, or good for nothing. Compared unfavorably with other family members. One of your parents left home and you blamed yourself. Feeling defective by the abandonment of a family member. Being different growing up and not fitting into the normal social groups.

**Today In Relationships:** Might ultimately have as much contempt for themselves as their parents did. Feel deep sadness when alone and thoughts that no one would want to be with you. Two patterns seem to emerge:

One: They accept the "I'm not lovable." So they reveal little making them very hard to get to know as a form of protection. Or they get into relationships prepared for rejection and expecting that they will be rejected based on I am defective or I grew up to believe that I am defective.

Two: They tend to hide their defectiveness under arrogance Critical of partners. Jealous and possessive. Constantly need or demand reassurance that your partner still cares about you. Extremely critical of children. Again you expect rejection.

**Changing:** Begin to challenge thoughts that amplify doubt and feelings of unlovable and defective. Letting go of the protective mechanisms as you discover what they are. Challenge your own self beliefs and core beliefs based on your upbringing. Questions the facts and the truth of who you are and what you're capable of being.

### **The 5 Negative Patterns of the Larger World**

**Social Exclusion-** Core belief: "I don't belong." You feel different either mentally, physically, and or socially. Social exclusion usually starts later in life development than other negative life patterns. By definition itself one needs to be excluded in some manner to be able to create this pattern.

**Origins:** Exclusion can be beginning with neighbors, school, peer group, family, etc. You felt inferior to other children, because of some observable quality. You were teased or humiliated. Your family was different from neighbors around you. You felt different from other children, even within your own family. You were passive as a child. You did what was expected but never developed strong interests or preferences on your own.

**Today In Relationships:** Typical emotions: Anxiety, particularly in groups or with strangers. To avoid the now feared social rejection the person may withdraw in groups. You feel different or inferior to the people around you. You exaggerate differences and minimize similarities. You feel lonely. At work you keep to yourself. You are nervous and self-conscious around groups of people. You cannot just relax and be yourself. You worry about doing or saying the wrong thing. You avoid joining groups or becoming part of the community. You feel embarrassed if people meet your family or know a lot about them. You pretend to be like other people just to fit in. You are self-conscious about your personal appearance. You compare yourself to others who are popular.

**Changing:** Begin to step back from ill at ease thoughts and challenge them. Begin to initiate conversations, etc. Begin to focus on strengths and weaknesses. Make sure you know what is "real" and what is "imagined." Is this thought or action really true? As others for their opinions and learn that there are many more than just your own. Challenge yourself to see others points of view. Look at your own

frame based on your own experience and find other frames that challenge your views.

**Vulnerability-** Loss of control exemplifies the emotions of vulnerability. Fear that some catastrophe is about to strike. This negative life pattern can trigger a flood of worrisome fears. Your fears are unrealistic and excessive in relation to health, illness, danger, money, and losing control. Too much time is spent on mental thought patterns preparing against them.

**Origins:** Tends to be a miasmatic (learned, imprinted, passed on) negative pattern from parents or close family members. Child learns that the world is a dangerous place from observing and living with parents. A parent can be overprotective around dangers and dangers of illness. Parent didn't adequately protect you. Childhood environment didn't seem safe physically, emotionally, and/or financially. You were sick as a child or experienced traumatic events growing up. One of parents or close family member experienced severe trauma.

**Today:** They become very risk averse and tend to over prepare. They are anxious most of the time as you they go about their daily life because of exaggerated fears. Very hard for this person to make a decision and stick with it. Have a tendency to worry too much about health and possible illnesses. Experience panic attacks as a result of preoccupation of bodily sensations. Obsessing over unrealistically worries about going broke. Go to great lengths to avoid criminal danger. Avoid everyday situations that entail even a slight degree of risk. Allow a partner to protect you from your fears. Have chronic anxiety and other psychosomatic disorders. Restrict lives of family who have to adapt to your fears. Others do the opposite: Sky dive, gamble, race cars, etc.

**Changing:** Begin to challenge your thoughts. Examine the probability of each fear happening. Practice relaxation. Talk to your inner child in home therapy, I am letting go of \_\_\_\_\_ because of \_\_\_\_\_. Tackle each fear in real life. Reward yourself for each step you take.

**Failure-** Feeling deficient despite one's accomplishments. Feeling like a failure. What if you do it and you fail? How will people look at you? This can trigger the shame and guilt cycle.

**Origins:** Overly critical parents often sow the seeds of failure. A parent that was successful and came to believe you needed to live up to the Bill Gates standard. Sensed that a parent didn't care whether or not you were successful. You were not as good as other children either in school or at sports and you felt inferior. You were compared unfavorably to other siblings in your family. Perhaps you came from a foreign country and you perceived as inferior and you self-devaluated over this prejudice you faced.

**Today In Relationships:** Many times comparing oneself to very successful others. As an Adult or Teenager will experience put downs for others or self and try to fight this in spite of these feelings. For others, it feels like a self-fulfilling prophecy in their life. By giving up or lack of motivation due the pattern of failure they don't develop career skills and/or choose a career below their potential. The typical negative life patterns will include: tendency to be habitually late, procrastinate, bad attitudes, and cannot commit. In the work place this person will avoid steps to get promoted, cannot commit to one career, afraid to take initiative, select a career that is hard to succeed at, and minimize your abilities and accomplishments.

**Changing:** Begin to notice how you regard your achievements and your desire to succeed. Begin to challenge the internal put downs. Work on the tools provided to deal with procrastination. Realize this is a learned habit based on failure and it can be totally relearned with the right tools. Identifying where it stems is a must as well as what it will take to take action now.

**Unrelenting Standards and Perfectionism** - "I have to be perfect." If I can't do it right than I won't do it at all. Having a pattern of placing heavy unobtainable standards on yourself that are impossible to accomplish. Typically this is where compulsive behaviors originate from either personally in achievements and status orientation.

**Origins:** Often caused by parents who are critical of even excellent performances create a sense of inadequacy in kids. Parents love was conditional on your meeting high standards. Both parents were models of high, unbalanced standards. Parents used shame or criticism when you failed to meet standards.

**Today In Relationships:** Excessive emphasis on money, status, achievement, order, beauty, and health. This is where the individual will hold themselves to extremely high standards. They become driven and the constant feeling that they must keep pushing to do better. People come to expect too much of themselves. The focus is on what's wrong and not on what has been done. Later these people see flaws in other people, asking them to hold up to their perfectionist standards.

**Changing:** Begin to challenge beliefs and lower standards. It will be a relief. Look at where these beliefs were originally established and challenge them. Understand that we all can have perfectionist tendencies and that does not label us as a perfectionist. Learn to delegate and be thankful for what was accomplished.

**Entitlement-** "Rules don't apply to me." I deserve to be treated this way or I am entitled to everything without effort having to earn it. Sometimes it can be related to the belief that I am better than everyone else. You feel entitled when you think you're treated unfairly in life and sometime in the past growing up there was a spoiled or

dependent entitlement. Life is not fair and hard for this person to understand. By acting impulsively and expecting the outcome of entitled to the best.

**Origins:** Spoiled in childhood. Many times as a child you weren't forced to take responsibility. No negative consequences to outbursts or unwanted behaviors growing up. Living in a household usually with other siblings and establishing the feeling that you were treated unfairly. Others were deprived in childhood and now feel they deserve more.

**Today in Relationship:** May spend themselves into bankruptcy and borrow from friends and family to pay the bills. They don't care about the needs of others and often abuse, humiliate or demean others around them. Take more from society than they give. Irritated when they are told "no" or are limited in some way. Others have the inability to delay gratification.

**Changing:** Begin to challenge yourself NOT to overstep your boundaries. Begin to be aware of your actions on those around you. Develop self- discipline.

**Self- Sabotage - how does it occur?** Normally in any relationship communication is the key to maintain that relationship. Everyone will need three things to be met in all communications. The first one is to be understood, secondly is to be emphasized with, and thirdly is to be seen accurately. It does not matter if we are communicating with a loved one or in a business relationship these three principles apply. Self- sabotage occurs when we assume in our communication with someone that a certain predictable behavior or reaction will occur. Normally this is related to a previous negative life pattern (see below). Our reaction to this predictable behavior will be that we either surrender, try to escape, or adapt a totally different response that ends up hurting that relationship. Self- sabotage simply put is that we react to something in a child- like manner. This behavior no longer serves us as an adult and it creates a disturbance in communication. We are not happy with our response we just don't know how to change. When we communicate and we are at peace with what just happened than most likely we were clear of any self- sabotaging communications. So let's learn how we get stuck. In the following patterns we learn the origins of such behavior, how it currently is dictated in our life, and tips on changing that behavior.

What's important to note is that the only person that can be freed of this behavior is you. By you doing this work and going thru the exercises you will clearly benefit. Encouraging those who you can influence about this process would be helpful and useful for further growth. So realize it is you who is responsible for your behavior and no one else. That being said as you deal with other people in your life you will see the negative live patterns in their behavior. Having an attitude of compassion and understanding will allow you not to push or run their self- sabotaging behaviors and improve your over- all communication.



## How to Beat Negative Life Patterns and Old Core Beliefs.

- 1) Identify with the negative life pattern by reading your assignment and start to journal daily and ask the following questions:
- 2) What were the trigger(s) the last time you experienced this negative life pattern?
- 3) What were your feelings and thoughts at the time?
- 4) Do you remember the core belief at that time that drove you to act in a certain way? Remember what it was and written down in one simple sentence. It's always a simple sentence so go ahead and write it down and bring it in with you on your next visit.
- 5) How did that core belief make you react to the situation?
- 6) Do you see the pattern?
- 7) How has this pattern recurred in life? (SPEND TIME HERE)
- 8) Notice how your reaction changes.

## LONG TERM CHANGE

- 1) Identifying the pattern is great insight to change. Congratulations! Let's tackle the Core Beliefs that relate to your negative life pattern.
- 2) Understand the Childhood origins of this pattern that was found in your wellness visit (as it relates to the exact age, gender, and word patterns). Now evaluate your core belief that you established back then to survive. Honor the core belief and recognize how it helped you at that time. Take the time to write down how it currently hurts you. And lastly, write down a new core belief that either we established or you would like to establish that replaces the old. Realize that you are free to choose and you are no longer bogged down by this old core belief. Go ahead and take the time to complete this step even if this is just a paragraph because you can refer to this daily to reinforce your new core belief.
- 3) Build a case against the negative life pattern and its core beliefs. Disprove its validity at a rational level. List ALL the evidence both pro and con.
- 4) Write letters or therapeutically communicate to the parent, persons that helped caused this negative life pattern.
- 5) Begin pattern breaking. How will you change?
- 6) Be Persistent. This is a long-term process. Journal daily.
- 7) Make sure you Forgive the people involved at the time so you can move on?

## Obstacles

- 1) Be aware of counterattacking. What happens when you are counterattacking? Write it down so you can better recognize it when it happens.
- 2) Be aware of escape. What happens when you are trying to escape? Write it down so you can better recognize when it happens.
- 3) You haven't completely disproven the schema. How can you get more evidence?
- 4) You started with a schema that is too big for you to manage right now. What can you do to get help?
- 5) Emotionally you still feel the schema is valid. In what ways do you feel it is valid? How in life has the schema "helped" you in positive ways? Now list the negative ways it has affected your life.
- 6) You haven't been systematic and disciplined about changing. What actions are you going to implement on a daily basis to systematically make changes? Be specific.
- 7) Your plan is missing an important element. List all the elements here, what piece is missing?
- 8) You haven't sought professional help. What are you going to do tomorrow to get the help you need?