

Sent: Thursday, December 05, 2002 3:29 PM
Subject: self-esteem

Dear Kimberly:

Your idea of journalizing situations where your anxiety is triggered is a good one. One of the elements to keep at the top of your mind is the critical importance of NO DISCOUNTING of yourself. Use IR. Be strict with yourself.

Don't punish, but whenever you express dissatisfaction about yourself, NO discount!

Getting over self-punishment is quite difficult, as I think I pointed out in the book. One of the most effective things I tried is to make the critical voice a silly one, like Donald Duck. Another practice that has been useful to me is to smile (internally!) at my mistakes.

Another practice that helped me is to remind myself that failures are the way I learn what not to do next time. They focus my attention on the problem.

Misfortune with a parent is a really tough proposition as you will see when I apply my new thinking about brain research. I have been writing and thinking about this for about two or three months and I have written quite a lot of stuff about it, some pretty rough.

What I am aiming at is to tell three stories. 1 the revolution in Quantum Mechanics and what it teaches us about particle/wave realities., and the usefulness of chaos and future pull. These tell us that the Excursion and wishing are quite important in making connecting less anxiety provoking. QM further explains the critical importance of fields, and the need for the kind of care in transmissions that Synectics attempts to implement.

2. The revolution in brain research, that tells us of the hard-wiring that takes place when we have abuse or neglect in childhood. The consequence is that we are impelled into defensive maneuvers even when there is no obvious threat.

(This may explain some of your reactions in high stress situations. Down deep, you are seeing some threat to your meaningfulness). This operates out of awareness, but the behavior is, of course, real.

3. The story of Synectics and our use of video for research.

The aim of all this is to make real the fact that all of us are hypersensitive to the field whenever there is threat to my meaningfulness. Any sign of disrespect triggers defensive behavior and it is always destructive.

So, we look at everywhere there are people working together and we train them to be aware of all these factors in the field and to take action to keep themselves from slipping into defensive maneuvers.

It is not well thought out, but I know that you are the kind of thinker who will not be put off by that! (Although, realistically, if you had problems with your mom, you have had to make huge progress away from destructive knee-jerk reactions)

I am going to send you separate stuff about this and will count on you to sort it out and add your thoughts to mine. One diagram I would like to FAX you, so would you give me a FAX number, please.

Incidentally, I am making a presentation to Synectics staff next week, so I would appreciate it if you do not take public action just yet!

More to come.
Warmest and best,

George