

The Dynamics of 'Blocking'

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The anomaly of the need to explain mistakes. Preoccupation with justifying something of little importance.

Extreme *prejudice* against appearing to not live up to expectations.

Words as microchips or hologram. Do one on prejudice.

The spectrum of thinking from Apposite to divergent, and the concept of Generative thinking.

The connection between mistake and abandonment through rejection, ostracism. Making a mistake is unconsciously life threatening.

Harry Stack Sullivan

Robert Kegan in "The Evolving Self" tells us that the basic activity of living organisms is organizing, learning and understanding. He considers this the absolute fundamental. I think this may be true to begin with, but because of criticism attached to learning, a more fundamental activity is checking for validation or invalidation.

Organizing meaning is a process. It is probably my highest priority after eating and other life sustainers. In the conduct of that, I repeatedly experience my own competence and validate myself—thus supporting the high self-esteem with which I came out of the womb. When the process gets denied, as it does, I lose one of my most vital sources of validation. The very denial of source of joy and satisfaction is in itself a giant validation. I accept it only because I think I must choose acceptance or abandonment (death).

So my new highest priority is validation. I approach each new experience with that at the top of my attention. Is this validating or invalidating me?

Call a spade a spade

To counteract some of the pernicious effect of the unconscious connections to fear abandonment, make up a phrase that reminds you of the reality of the situation. For example, when the clerk in a store invalidates me I can ask my-self, "Am I really worried that she will abandon me?"

Process vs. the Answer

When I substitute validation for the process of learning and understanding, I begin to focus on *immaculate knowing* that is, knowing the answer without having to go through the messy, frowned upon process of learning. Answers are, of

course, important, but no more so than the means of getting there. Let us examine this messy process that is the underpinning of self-respect.

- Awareness/availability (selective inattention)
- Confusion, anxiety, and search
- Trial juxtaposition
- Improvising approximate meaning and understanding
- Tentative knowing (the ultimate competence)

Devices for overcoming or circumventing prejudice (fear of abandonment)

- Awareness of discount/revenge
- Hidden discounts
- Itemized response (a way of life)
- Play, experiment, excursion
- Self-acceptance, self-tolerance, self-appreciation (reduce self-punishment to an absolute minimum)
- Interact vs. react