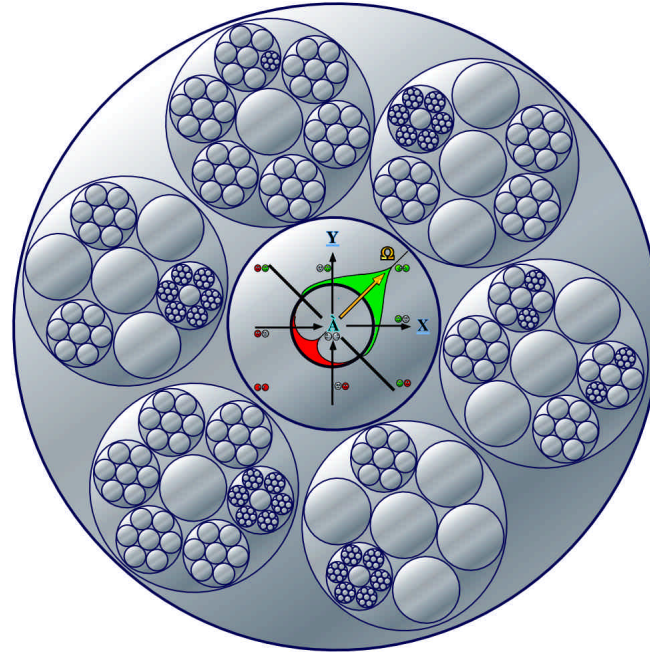


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Science of Mind

Opening Treatment

A Time for Healing

Controlling Anger in Self & Other

Timothy Wilken, MD

Trustmark 2005 by Timothy Wilken

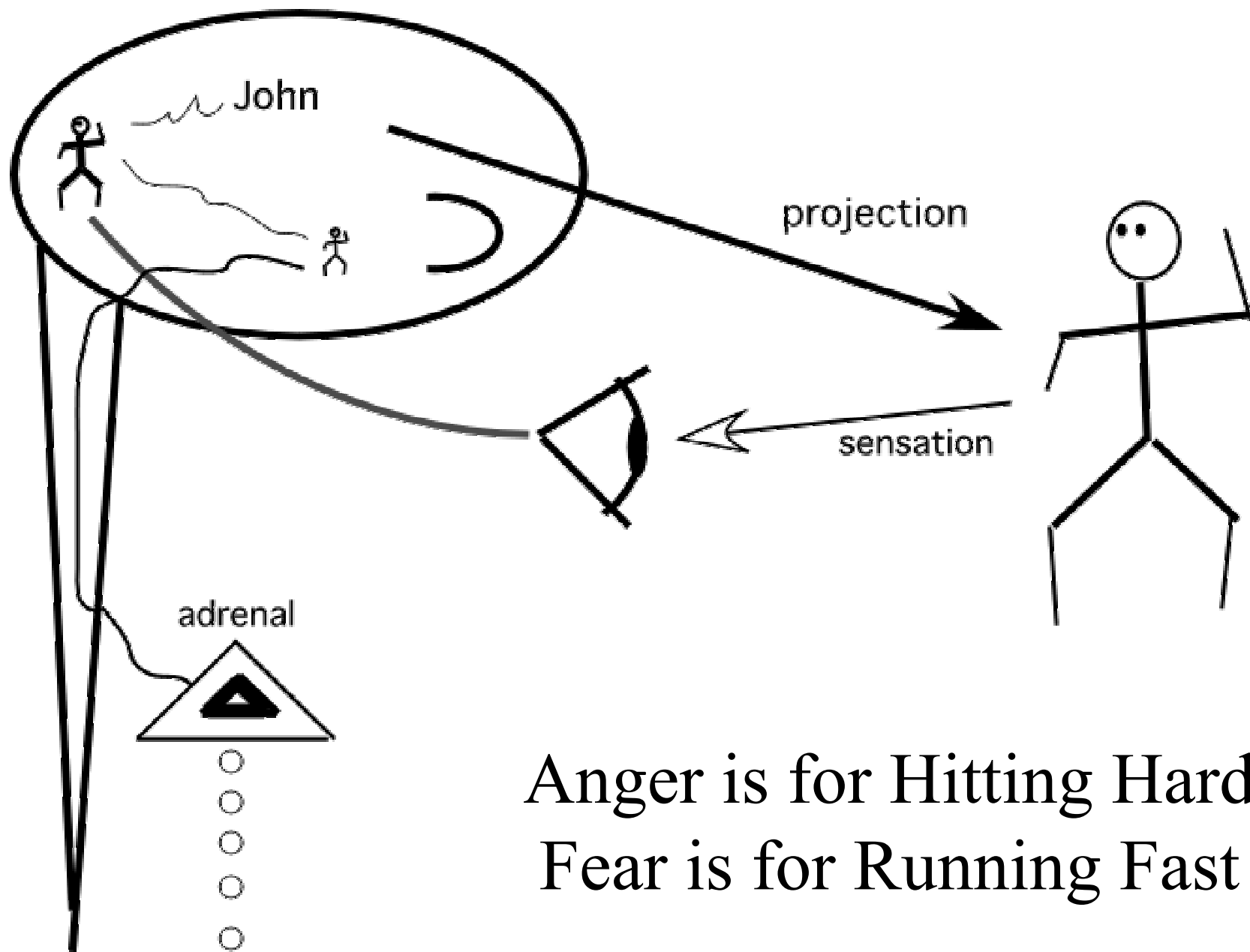
SURVIVAL —def—>

a: a *living* or *continuing* longer than another life form or thing **b:** the continuation of life or existence

—Merriam-Webster Online Dictionary

Anger and fear are survival emotions. They evolved and developed in the animal world. They are how we feel as our bodies prepare to fight or flight.

Fighting and flighting are appropriate behaviors in response to threats to survival in the animal world.



Anger is for Hitting Hard
Fear is for Running Fast

CONFLICT —def—>

The struggle to achieve gain and avoid loss – the struggle to hurt and avoid being hurt.

Imagine a fox chasing a rabbit, if the fox is quick enough, it will win a meal which it needs to survive. But its meal is at the expense of the rabbit who loses its life. On the other hand, if the rabbit is quicker, the fox loses a meal, and the rabbit wins its life.

In conflict, maintaining the *superior* position is everything — being in the *inferior* position is to risk death.



The Hostility Formulas of Milton Layden, MD

$$I \longrightarrow H$$

Inferiority generates Hostility

When any animal feels they are in an *inferior position* in regards to another animal, their natural response is hostility.

The *position of inferiority* is interpreted by the space-mind of an animal as a risk to survival, and it begins preparing the body for fight or flight.

We humans share the animal body. And, the Space-mind component of our Dual Mind is the old animal mind, and it is firmly in charge of our survival.

I → H

Inferiority generates Hostility

No one wants to be low man
on the totem pole.



Causes of Animal Hostility

Being in an *inferior* position

Threat to Life or Offspring

Threat to Territory

Depletion of Status (pecking order)

Causes of Human Hostility

Being in an *inferior* position

Threat to Status

No Respect, Disrespected

Put Down

Unfair

Lack of Control

Threat to Life or Family

Threat to Property

I → H

Inferiority generates Hostility

Hostility can be *open*. This is easy to recognize when someone is screaming in your face.



Hostility can also be *hidden*. This produces *passive aggressive* behavior. It can be much more dangerous. Like “I don’t get mad, I just get even,” or “Revenge is a dish best served cold.”



The Faces of Hostility

Milton Layden's genius lay in realizing that Hostility wore more than just the face of anger.



$$I \longrightarrow A$$

Inferiority generates Anxiety

“The first reaction to a deficiency of respect is fear. As the deficiency of respect increases, fear increases. It is a signal designed to alert the individual to a state of biological deficiency.

“The fear that one is insufficiently respected is termed “anxiety” in order to distinguish it from other fears such as the fear of imminent starvation or injury. ... Anxiety signals the presence of a threat to our emotional well-being. Anxiety tells us something is wrong, but it doesn’t identify what is wrong.”

—Milton Layden MD

Anxiety

Fear —> Urge to Flee

“Since the anxiety-ridden individual doesn’t know what the danger is, the urge to escape is overwhelming. This leads to behavior such as pacing the floor, going outside to get away from confined quarters, keeping obsessively busy, or escaping by smoking, using drugs, alcohol, or tranquilizers.”

—Milton Layden MD

Attempting to escape is pointless, and a waste of time. And while dulling your brain with drugs, alcohol, and tranquilizers might make you feel better temporarily, you aren’t addressing the real cause of your anxiety.

I —> S

Inferiority generates the Mirage of Superiority

Sometimes, we respond to feeling inferior by acting superior. We posture as if we are better and smarter than those who make us feel inferior. Our act of superiority is a mechanism to put down the other person.



I —> O

Inferiority generates Obsession with Self

“When an animal is deprived of a biological need, it becomes obsessed with it—the more the deprivation, the more the obsession.

“Humans react similarly to deprivation of essential needs. When deprived of status, a person becomes so totally absorbed in his own need for it that he loses sight of this same need in his associates. He bores and antagonizes them by harping on his own activities, while excluding them from sneaking in a word edgewise.

“In a word: ME-ism”

—Milton Layden MD

I → M

Inferiority generates Martyring

“The Martyr complex: An Individual with this complex makes exaggerated complaints about the obstacles he faces. He habitually blames his associates, wife, children, co-workers, and friends for his troubles. He’s the fellow who complains about the way the other fellow drives, the poor service he gets, and a host of other things.”

—Milton Layden MD

$$I \longrightarrow H + A + O + S + M$$

“Open and hidden hostility, anxiety, obsession with self, the mirage of superiority, and the martyring complex comprise a unified, coordinated behavior response. If a person possesses any one of these reactions to inferiority, he must also possess the others. Thus, if you observe someone who bores you by his obsession with his own opinions, physical symptoms, or travels, then you can be sure that he also has a superiority complex. If a girl is in a state of anxiety about her job or social relations, then you can be sure she also has feelings of superiority and hostility, even though she may be afraid to express them openly.”

—Milton Layden MD

$$I \longrightarrow H + A + O + S + M$$

$$\text{Receptivity } \mathbf{R} = \frac{1}{\text{Hostility}}$$

This equation represents an inverse relationship. My *receptivity to other* is inversely related to my *hostility towards other*.

Rage means NO receptivity.

High hostility means low receptivity.

Low hostility means high receptivity.

Zero hostility means maximum receptivity.

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

When people are hostile. They can't hear us. Remember the Space-mind attenuates the Time-mind as a part of its response in preparation to fight or flight. If you are my enemy, I can't trust you. I don't want to listen to you. You are trying to hurt me, and you will lie and trick your way to some advantage so you can injure me.

I CAN'T HEAR YOU!

The more hostile I am, the less receptive I am to your words.

Emotional Flooding

Recall that both the anger and fear hormones have powerful effects. One way we can detect their presence is their effect on heart rate. At rest women's heart rates are about 82 beats per minute. Men's are about 72 beats per minute. Flooding begins about 10 beats a minute above a person's resting rate. Depending on the amount of hormone released, the heart rate can jump 10, 20, or even 30 beats a minute within the space of a single heartbeat. Muscles tense; it can seem hard to breathe. There is a swamp of toxic feelings, an unpleasant wash of fear and anger that seems inescapable and, subjectively, takes "forever" to get over. Perspective narrows, thinking is confused, and receptivity ends.

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

Can we talk? ... NO! Not if I am angry, and not if you are angry. It's a total waste of time, and not much fun either. If we are going to communicate, we will first have to calm down.

Thirty Minute Rule : Once released, the anger hormone nor-adrenalin takes thirty minutes to wear off. This is if you both shut up and separate. Go take a walk. When you return, if either of you disrespects the other, you invoke another thirty minute rule. If disrespect is chronic, you produce continuing *emotional flooding*, chronic hostility, and a dead relationship.

$I \longrightarrow H + A + O + S + M$

$$\text{Receptivity } \mathbf{R} = \frac{1}{\text{Hostility}}$$

Remember, R does not stand for RIGHT! You don't have to listen to me just because I am right! You can only hear me if you are calm. Maybe I am right, but if I want to be heard I must:

Choose
Righteous Calmness
over
Righteous Indignation

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

It's not what you say, it's how you say it.

Space-mind is an expert at reading body language whether angry or not, but when an individual is angry, their Space-mind is 100% in charge of them.

If you want to be heard, communicate with respect.

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

Watch out for the three car accident. Often disrespect is not personal.

Static hostility is a lot like static electricity, only a lot more annoying.

Who are you really angry at? Maybe I am just in the wrong place at the wrong time.

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

Co-Operation —def—> The negotiation to insure that both parties win, and neither party is hurt.

Consciously seek a *win-win* resolution to all conflicts. Look for the *both-and* point of view.

Can't we find *a third alternative* wherein we both win?

Communicate with respect.

$$I \longrightarrow H + A + O + S + M$$

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

The secret to reducing anger in others is respect.

RESPECT !

Communicate with respect if you want others to hear you.

Unconditional Respect

Everyone is as they should be.

Every human's identity is LIFE, their form is HUMAN, respect that.

Don't try to respect behavior. Try to understand behavior, then you can *could* on it to make it better.

Reality is a shared space. Control of that reality is also shared. When other becomes calm and happy, my reality improves.

Communication Effectiveness Training

Thomas Gordon, Ph.D

Problem ownership

Active Listening

“I” Messages

Creating *win-win* relationships with *both-and* solutions

A serene ocean scene at sunset or sunrise. The sky is a deep blue with wispy white clouds. The sun is low on the horizon, creating a bright glow and a rainbow on the left side. The water is a deep blue with gentle ripples.

Calmness for Self
Unconditional Respect for Other

Milton Layden MD

$I \longrightarrow H + A + O + S + M$

Inferiority generates both *open* and *hidden hostility*, *anxiety*, *obsession with self*, the *mirage of superiority*, and the *martyring complex*.

$$R = \frac{1}{\text{Hostility}}$$

Receptivity

My *receptivity to other* is inversely related to my *hostility towards other*.

Remember, R does not stand for RIGHT!

It's not what you say, it's how you say it.

Watch out for the three car accident, and *static hostility*.

Communicate with respect if you want others to hear you. Use problem ownership, active listening, and "I" messages to improve effectiveness.

Consciously seek a *win-win* resolution to all conflicts. Look for the *both-and* point of view.