

7. Why we kill what we love

Heart Thought 7, 12/2/08

by Nicholas de Castella

Short Version: [WHY WE KILL WHAT WE LOVE](#)

We unconsciously make it difficult for people to love us because when we long for something it becomes a source of pain. Most of our longings have their origins from unmet needs in our childhood. We all have basic development needs that need to be fulfilled for us to feel happy and contented as adults. These unmet childhood needs are usually the source of both our longing and pain.

When our needs are met in adulthood it feels both beautiful and painful because in our childhood we linked that need with the pain of not getting it met. We then formed defence mechanisms to protect ourselves from feeling pain. These defence mechanisms (such as hiding, criticising or controlling) hold other people out and block us from receiving love. Usually we will blame them for not giving us what we want and stay stuck as victims.

When we own that we are sabotaging ourselves we are on the pathway to love. Once we see the pattern we are no longer lost in it and now that it is conscious we have a choice whether or not to continue down that road. As we chose not to react we will experience the underlying emotions that are driving the defences. The critical point of transformation is to open not close, welcoming 'in' the feelings.

Processing the unresolved emotions decreases the defence. Our defences are driven by our unfelt emotions. As we feel the feelings they decrease in intensity and eventually disappear. This deactivates our defence mechanism and leaves us feeling safer to open to being loved. Slowly is Holy, we practice going gently and allowing the natural unfolding to happen. Being compassionate with ourselves and others helps. Compassion means to witness pain and want to help. Understanding we are all doing the best we can and asking 'How can I help?' is a great step forward to a loving relationship.

Ultimately empowerment comes from asking ourselves: "In what ways do I stop people from loving me?" Try sharing your answers with your partner and watch the magic happen.

Let me know how you get on...

[WHY WE KILL WHAT WE LOVE](#)

Simply put: We make it difficult for people to love us

When we long for something it becomes a source of pain.

When we long for something (physical affection, recognition, appreciation...) we feel hunger, emptiness, powerlessness, inadequacy or fear which is very hard to stay open and present with. Our tendency is to shut down on these feelings to minimise the intensity. This shutting down causes the feelings to become more uncomfortable and even painful. Pain is a measure of resistance.

Most of our longings have their origins from unmet needs in our childhood.

We all have basic development needs

In his book 'Getting the love you want' Harvel Hendrix states that to grow up feeling healthy, happy and whole we need to have our basic developmental needs satisfied. These needs are for such things as: affection, attention, praise, appreciation, recognition and validation.

Our unmet childhood needs become a source of both longing and pain.

When I first started running seminars I got tremendous positive appreciation and acknowledgement. This was quite difficult for me to accept and it triggered a deep level of grief inside. I was born 3rd of seven children and was the good boy who did the right thing. A number of my siblings had chronic asthma and other health issues. My parents worked hard to give us all the very best start they could. I tried not to be a burden and help out and in the

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process I missed out on getting the attention I needed. When I finally got this recognition as an adult it triggered a massive amount of pain and grief at not having got it as a child - It was both beautiful and painful. (Fortunately I have got used to it now, so don't hold back!)

When our needs are met in adulthood it feels both beautiful and painful.

We have the strange mixture of being soothed and also the wound being activated. For example if we were not touched in healthy respectful ways then we have an unmet need dormant. When we do receive loving touch in our subconscious we equate touch with pain.

We formed defence mechanisms to protect ourselves from feeling pain.

Unconsciously we set up patterns of behaviour that deter others from giving us what we want. We want them to participate more and then we criticise them when they do. We want to be touched, but it is never quite the way we want it. We want them to be more around, but when they are we don't engage with them. We want them to talk more but when they do we interrupt and talk over them. We want them to take greater control, but we don't want to surrender and be vulnerable.

We blame 'them' for not giving us what we want and stay stuck as victims

Because all this is going on unconsciously we usually think that it is them that is letting us down. It is said that we usually partner up with someone who is like our parents, and if they are not like that then we behave in a way that gets them to treat us like our parents did. We do this to try to complete our unresolved issues from our childhood and finally get our needs met. Dad was critical and we find ourselves being criticised by our partner. We are wanting to master the criticism and get the praise and appreciation we didn't get, but unconsciously we are also sabotaging it so that we do not have to feel the pain of the childhood wound.

Ownership is the pathway to love

Until we can see and accept our part in pushing away what we want we stay as a powerless victim of the other. When we understand that we are blocking our partner from giving us what we want then we can do something to change it. As soon as we see the ways we stop our partner from giving us the love we want we have taken a huge step to receiving it. Up until we see it it is an unconscious pattern automatically playing itself out. Once we become aware of what is going on we then have a choice whether to go down that road or not.

After choice comes experience.

Once we choose not to blame the other for our situation we can start to heal the original cause of our pain and begin to organise to receive what we want.

Of course this means that when someone gives us what we want we are going to connect in part with the unmet childhood need. There are going to be feelings present with this experience. Feelings of fear of something new or unfamiliar and probably some sadness at not getting this need supplied as a child.

The critical point of transformation is to open not close

If we want to heal this pattern we need to stay relaxed and open when the grief from our childhood comes up. This is where Breathwork is so powerful. Breathwork helps us to process the feelings in gentle and swift ways.

Our defences are driven by our emotions

The defence mechanisms are driven by the intensity of emotions we have around a particular wound. If it is a small wound we will have a small reaction to it. If it is a deep wound we will have a strong reaction to it. If it is a deep wound it will take more time and awareness to stay open when it is activated.

As we feel the feelings they decrease in intensity and eventually disappear.

Once the feelings are resolved there is nothing driving the defence mechanism any more and so it is much easier to let it go and open to receiving what we want in our lives.

Slowly is Holy

One of the keys is to go slowly. We do not go to the gym and start lifting the big weights. So when you are working on healing a wound like this you need to be very kind and gentle to yourself. So many of us have unreasonably high expectations that cause us a lot of misery. It

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is important to always acknowledge that we are doing the best we can at this moment, even though we could do better in the future.

Compassion helps

Once you realise and own that you are defending yourself against getting what you want as a way of protecting yourself, it is a lot easier to be kind and gentle with your reactivity. It is only a small step to get that your partner is also doing this. They are both longing for something from you and afraid of getting it. Understanding this can help us to not take personally our partners defence mechanisms and assist us to be there with them in a less reactive and more gentle and compassionate way - Compassion means seeing someone is in pain and wanting to help.

How can I help?

Asking 'How can I help?' is one of the best ways to respond to your partner when they are in a state of crisis. It is an invitation to them to reach out and hold your outstretched hand without taking their power away.

Ultimately empowerment comes from asking ourselves:

"In what ways do I stop people from loving me?" Try sharing your answers with your partner and watch the magic happen.

Let me know how you get on...

Liked the article? Questions? Drop me a line.

I'd love to hear from you.

Nicholas
info@eq.net.au