

Title:

Exploring Mechanisms You Developed to Survive Your Family - Mimicry

Word Count:

1300

Summary:

You developed mechanisms of accommodation, rebellion, and mimicry to survive growing up in your family.

Keywords:

Gootnick, develop, survive, family , mimicry, mimick

Article Body:

Mimicking

When you were a child you probably remember swearing to the universe that when you grew up you would never be like your parents. You sometimes use that's influenced by guilt toward your parents and siblings.

Why do we use ^mimicking~? What are the reasons behind this behavior? Remember the warning you heard from your parents?

MIMICKING: PUNISHMENT AND RELIEF

We become like our parents to punish ourselves and relieve our guilt for hurting them. If you did something wrong, you would be punished.

When your overprotective parent became frantic with worry when you played sports, you would be punished.

Remember the indigenous tribe described in Chapter 1? Remember how they blamed themselves for their misfortunes?

If you blame yourself for the explosive rages your domineering, overbearing father suffered when he got drunk, you would be punished.

Does this sound self-destructive? It is. Surely, you'd prefer to not fly off the handle when you're angry.

That explains the first of the four reasons why we choose to suffer through mimicking our parents.

MIMICKING: DON'T FEEL BAD WE'RE IN THIS TOGETHER

If you've ever felt bad because you think it's not fair to be better off than your parents, you would be punished.

That's the second reason for mimicking behaviors we hate, what's the third?

MIMICKING: PUSHING AWAY THE PAIN

For the most part, we all want to forget our unpleasant experiences of the past and have the best life possible.

Imagine you've gone through something terrible like childhood abuse. (The victim could have been the abuser.)

If as an adult you act possessively toward your children, you demand underlying loyalty.

With three reasons for mimicking looked at and understood, we're left with one more. Here's how it works.

MIMICKING: WORKING HARD TO IMPROVE THE FLAW

By doing to others what was done to you, you hope to meet people who can show you how to better yourself.

These four reasons are why, in spite of your best intentions, you may have acquired the habit of mimicking.

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