

Title:
Guilt and Self-Destructive Behaviors

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1486

Summary:
Guilt: Parents' Weapon of Choice

Keywords:
Gootnick, guilt

Article Body:

Do you ever wonder if your parents graduated magna cum laude from Guilt University? Do you ever

Imagine a forest alive with trees that are growing taller year by year. Then, one day,

Just as the trees fall to the woodman's ax, so does your ego under the blows of your p

Communication takes many forms and so does manipulation. We've just touched on the ven

Manipulation: Two New Varieties, Same Old Guilt

Ever experience the Knife Twist? How about the Bludgeon? Both bring you to the same place'guilt

Let's continue with our other style of guilt-provoking manipulation'the Bludgeon. An example o

Whether it's a slowly twisting knife, a bludgeoning from a hammer, an icy stare or a cold shou

The Stranger at the Party

As a child, it's hard to imagine that you have the power to inflict so much damage on your par

The Gods Must Be Angry

As children, we view our parents in the same way that members of a primitive tribe view their

In the same way, as a child you assumed that your behavior was responsible for provoking your

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Changing to keep our parents happy, or at least to not make them angry, is something you may have tried while growing up. But did you know exactly what you were changing

Compare your situation to this one and see if it helps put it all in perspective for you. You'

You've taken care of the problem. Does that make sense to you? Changing but not knowing what y

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