



Newsletter October 2002

Featured Article by Jef Gazley, M.S.

Mothers who don't love their daughters How do I let go?

Dear ,

You write a very poignant letter. It is absolutely tragic not to be able to have a natural and healthy love relationship with your parent. It is everyone's birthright, but it is all too common that that birthright is withheld. It can shatter the life of a child and poison them when they become an adult.

You have been giving great advice and you are absolutely right. Your sister-in-law is probably overcompensating by being such a good mother to her children and not really dealing with the loss and grief of her relationship with her mother. Until that really happens she will not truly be able to let go and move on. She is doing amazingly well though not to repeat with her children what her mother did to her. She also doesn't seem to be doing the typical repetition compulsion of finding an unloving husband who can do the same thing that mother did. She is however repeating with her mother over and over again.

You are right as well with the idea that although her mother has a huge problem your sister-in-law also has a problem in that she is expecting more out of her mother than she either cares to give or can give. One of the hard things in life is to allow people that we love and admire to make horrible mistakes and cause them pain and know that there is very little we can do about it.

What often helps me is to take a long and historical view of the problem. Repetition Compulsions are painful and look horrible, but there is another aspect of them. If we repeat long enough it allows all the old pain to come back again. Pain is a wonderful motivator and it allows people to have other chances to work through old issues. Usually this eventually happens successfully. I wish there was an easier way and if she wants it she could really seek help and get it. Have faith though that she will eventually get it and that the pain along the way is probably supposed to happen to make this possible. Also I agree with your brother. Talking with her mother will not change anything and will probably complicate things. It was also be acting in a very co-

dependent thing to do. It is usually not helpful to try and take care of something for someone. It is fine to simply assist someone with support and comfort.

You can certainly give this to your sister-in-law and I hope it helps. I have included another e-mail I wrote for a similar question about repeating things from the past. It will explain the process in detail. Good luck. Jef Gazley, M.S.

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Human beings learn in numerous ways such as mimicry and observation. One of our most important ways to learn is through the Concept of Mastery. If we are having a hard time mastering a task we tend to become obsessed with the task until we complete it to our satisfaction. Once it is learned however it ceases to be all that special. Think of a baby trying to pronounce a new word and figure out how to use that word. They become fixated on that word and will use it over and over again until one day they just seem to lose interest. This is Concept of Mastery. Repetition Compulsion is Concept of Mastery gone awry. The difference is that with a Repetition Compulsion there is a critical bit of misinformation or lack of information that makes it impossible to master the task. When I first learned how to use the web I kept typing in the URL as I was told and kept getting the same result-cannot find page. I repeated my movements exactly over and over again. I became fixated and could not resolve the issue until a friend peered over my shoulder and added a decimal point.

When a child feels unloved or abandoned by a parent, whether or not that parent really acted in this way, a child will take on the shame and blame and become convinced deep inside that they are unworthy, unlovable, and that their needs will never be met. This sets up a dual goal of wanting to finally prove that they are loveable by attaining that love and paradoxically by trying to find a person or situation that will prove they are unworthy. It creates a blind spot and a self-sabotaging system that reinforces our early negative beliefs.

An example is a woman who took emotional care of her father, but felt that the love was not returned. Consciously as an adult she would realize that the fault lay with her father. Subconsciously she would tend to blame herself. Therefore, the tendency would be to go after a man who in one way was unavailable and would disappoint her and yet would look good enough at first where she would be unaware of the similarity with her father. No, that does not mean that she really wanted to marry her father. It only means that she had to continue to be disappointed in love and find herself at fault. The tendency would be for her to take care of his needs and neglect her own.

The way out of this dilemma is to fix the blind spot. No child is unworthy, unlovable, or should be unable to get their needs met. Either the situation or the parents were unable to get this point across. As an adult we need to realize this fact consciously. However, this still leaves the old pain and the old subconscious beliefs. I would suggest finding a qualified psychotherapist who is skilled at both NET-Neuro Emotional Techniques and EMDR- Eye Movement Desensitization and Reprocessing. Being an expert in Family of Origin treatment and Hypnosis would also be extremely helpful. These are powerful techniques that can truly make a difference. No one is doomed to the past.

Featured Therapist: Terre Buck, M.A.

Terre is a National Certified Counselor (NCC), a Certified Addictions and Drug Counselor in the state of Illinois (CADC) as well as an Internationally Certified Alcohol and Drug Abuse and Co-Dependence Counselor through ICRC - the International Certification and Reciprocity Consortium and a Certified Hypnotherapist. She is also licensed as a Psychologist in the State of Michigan. She is a graduate of Grand Valley State University with a Bachelor's Degree in Sociology and Psychology and she obtained her Master's Degree in Counseling Education and Counseling Psychology at Western Michigan University. With more than fifteen years of experience, Terre has worked with a variety of populations including incarcerates, sexual abuse survivors, foster children and their parents, substance abusers, battered women and men, Vietnam Era Veterans, and those clients experiencing depression, anxiety disorders, relationship problems, and adjustment disorders, co-dependence in relationships, and co-dependence in families. Terre currently divides her time between Chicago and Kalamazoo where she is doing research. **At the present time Terre is only using e-mail and chat mediums.**

Upcoming Events

The **free online chat session** will be on October 6th between 5PM and 6:30PM and will be hosted by Michael David Boarman M.A. He is one of our counselors. The November online forum will be hosted either by Terre Buck M.A. or Jef Gazley, M.S.

October Contest Winner

Congratulations to Michael D. He is our October winner. Enjoy.

Featured Hypnosis Audiotape

Sleep Tape - Forest

Does stress cause you to have trouble sleeping? Would you enjoy falling into a relaxing sleep free from anxiety with the sounds of water running through a creek and crickets chirping? This hypnosis sleep tape uses forest guided imagery with background music from "Peaceful Pond" by Dean Evenson (BMI) ©1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S. ©1998

Price: \$15.00 ea.

http://www.asktheinternettherapist.com/hypnosis_sleep_tape_forest.asp

Special Note

At the present time the only way that a client can e-mail a therapist for a session is to click on any available appointment time and choose e-mail session. This is the same procedure as for audiovisual, chat, and telephone sessions. We are now developing a quicker and easier way to access e-mail questions from the home page to any staff member without clicking on an available appointment time. We will keep you informed. The procedure will be ready to launch soon.

Be sure to utilize our **free** discussion boards. These chat rooms are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

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*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

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