

OUR DESTRUCTIVE SELF

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How do I fit in?

*A special thank you to all that participated
in the creation of this book.*

Our Destructive Self

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Introduction

It is very easy to blame another person or events for the current life we are living. However, it is possible, that we ourselves are the very reason for the events that have brought us to where we are today.

The individual events surrounding our lives continue to alter our life, just as it alters the life of every individual connected with us. The result on each person, is determined by the amount of contact between people and the strength of friendships and relationships. When a person has a difficult experience, its effects do not always have an immediate impact, as some people are slower to react and of course may also be slower to recover from an event.

As we grow up, we are not taught how to look at ourselves and instead tend to look for an opinion from someone else, a doctor perhaps, or an older person in which we have some degree of respect.

That might very well work in some situations, provided you are in a position to clarify precisely, what it is you want to know and are asking an individual who has sufficient knowledge to provide you with an answer.

It is not in our nature to seek assistance when all is going well in our lives but instead when life issues have become noticeable or when they have been pointed out to us. Regardless of where you are in your life at present, it is best not to attempt to self-diagnose yourself and place some label which is most likely to be incorrect. Taking this course, is a waste of valuable time, which can destroy any further attempts you might make in the future to alter your life.

Change is not easy, change takes time and requires effort and flexibility. No start is better than a bad start, when it comes to life.

Starting with me

Change has to begin some place, and for the individual, change begins with that person. It is easy to waste time searching for answers to questions that are not important or looking for solutions to problems that do not exist. Therefore, it is good practice, to begin with the issues that are causing the most difficulty and then tidying up the remaining issues over time. To become obsessed with change would only add to your current difficulties and should be avoided. Neither is it a good idea to target yourself for change, as that may only create a tunnel vision of yourself, which greatly limits opportunities that are necessary for change.

The way in which we view ourselves is dependent on our circumstances, and should be approached with as much honesty as possible. Being too honest is counterproductive, as it often leads a person to destroy any effort or progress they are making.

Even though the issues in your life may be created by external factors such as family, friends, work etc. - the place to begin, is with you. It takes courage to make a decision to look at your life and to find a solution that is best suited to your circumstances. Very often people look for an easy solution or come to the conclusion that they have no other choice but to accept their position in life.

It is not easy to accept, that we ourselves are the cause of the difficulties that we are having. We may have built an impenetrable wall around ourselves; as a form of protection or as a place to hide. That may have taken place over a long period of time and even we ourselves may not be aware of its existence.

Should this be the case, then it will take time to remove that wall, to stop rebuilding or reinforcing it and allow yourself to reconnect with life.

In what way am I destructive?

That will depend on what is taking place in your life and the number of issues that are currently in place. Consider your thoughts and the way they evolve as you interact with people -

What emotions come to the surface and what effect does it have on your physical body?

Do you become tense, angry, defensive?

Or do you withdraw further into yourself?

Our feelings, thoughts, emotions and reactions are a physical movement in the body and are not easily forgotten when we have had an unpleasant experience.

When you hold on to those feelings etc., they remain within you and they will continue to affect every part of your life; whether those experiences are unpleasant or not.

That is a heavy burden on your body, and will, over time, create other problems for you. This series of events can be avoided, provided you take the necessary steps, as they are needed.

You can begin by making small adjustments in your approach to life and allowing yourself to become comfortable with yourself, as your life begins to change. Even the smallest change will alter the future.

It is worth remembering, that a very small change is an enormous change, for a person who has been constantly going in the wrong direction.

Do we harm ourselves by choice?

In life, we are faced with many choices, some of which are of benefit, while other choices are often very harmful. The choice to continue drinking beyond the point where we are unable to remember what has taken place, what we have done, or what has happened to us or others, is one example of not making a good choice. The choice being, not to continue drinking when such events are likely to take place.

As in this example, there is also the question of responsibility, when continuing to drink alcohol. It is easy to say that we are not responsible for what takes place and it is very likely that a person may be beyond being responsible due to the amount of alcohol consumed. However, the individual is responsible for the events that take place due to their actions.

Putting ourselves in danger, is not a responsible decision.

Taking chances with your life or the lives of others, is not a responsible decision.

Not taking reasonable care with your life, is not a responsible decision.

Taking part in an activity that is dangerous, is not a responsible decision.

We do have the choice to make responsible decisions, just as we have the choice to ignore them.

Do other people have an effect on me?

It is usual to have some type of contact with people and it is rare to find a person that has cut themselves off completely from society. There is a general expectation in society, that wanting to be alone is not correct, even though every person will have that same want or feeling on many occasions during their life.

When the want to be alone becomes very strong and is becoming a focal point, or in some cases an obsession, then we should pay more attention, as to why this is taking place.

The instinct to run away, or hide from what we do not like or are unwilling to accept, may well cause even more harm and push a person beyond a point where there is no way back. This, in turn, adds more pressure to the current situation.

There will be occasions, where the personal safety of the individual is important and then there may be no choice but to find a safe place to be. That is not running away.

Bad relationships are a very unpleasant experience, as they are closely related to everything we do. Living in the same house or locality, where regular contact cannot be avoided, can become very stressful. Being unable to find a solution, a person may have little option but to withdraw into themselves. A sense of despair, desolation or abandonment, can easily develop which can become all-consuming. This is an important time to have patience and to wait for the best time, to make a change.

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