

THE DANCE OF SOULS

A TRUST FREQUENCY
SYNERGY

Module 3: Relationships: Repeated Behaviors, Feelings, Mask Creation, Defense Mechanisms Exercise 3-5 Personality Aspect: Demeaning to Others

Personality Aspect: Demeaning to Others

There is a defense mechanism used by many that could be seen as an aspect of their personality. Have a look at this description and see if it fits something you do for survival or others do to you, and what it might teach you about why you have such a person in your life, or why you react and treat others this way.

Characteristics:

Demeans and belittles others with sharp voice, accusations, put-downs, sarcasm, coldness, attack on character.

Behavior:

1. Is generally a kind, funny, caring, helpful person.
2. Has an edge/"trigger" under that exterior that manifests spontaneously in response to some stimulus from the environment.
3. This usually manifests with people one is closest to, keeping the kind, funny, image intact in the world.
4. The behavior often takes the form of discrediting others in some way in order to shift the attention to what's wrong with the other person.
 - Accusing them of inappropriate behavior:
 - a. not expressing themselves clearly enough to be understood
 - b. presenting an idea inappropriately
 - c. being too much of something - pushy, insensitive, controlling
 - d. is interrupting
 - e. inappropriate style or actions.
5. The behavior often doesn't make sense to the other person and therefore confuses them.
6. The behavior is often subtle, using only a sharp or cold tone of voice.
 - a. It can come in the middle of an otherwise normal sentence or conversation.
7. The behavior is often a raised voice, taking the form of "yelling".
8. The behavior often "comes out of the blue" because the other person is unaware of an inner boundary that has been threatened or crossed.
 9. The behavior is often so off the walls that the other person is stopped cold, dumbfounded, hurt.
 10. The behavior often takes the form of sarcastic "humor".
11. The behavior can trigger the other into defense and attack, allowing the original demeaning person to become a victim.
12. When the other person becomes distant, the demeaning person feels more insecure and accuses the other

person of various inappropriate behaviors-real or imagined.

13. When the other person politely mentions that the behavior is inappropriate, the demeaning person attacks and twists the situation to keep him/herself in control, by making the other person wrong.
14. This behavior is perceived by the other person as a verbal attack or assault.

Stimuli that Bring on the Behavior:

1. The inner safety of the person is somehow threatened.
2. An insecurity is touched upon by something the other person has unwittingly said or done.
3. The person feels among other things: threatened, trapped, helpless, inadequate, stupid, not heard, out of control.
4. A Core Wound has been activated. Like salt on an open wound. The person is "triggered."

Inner Justification of Behavior:

1. My survival is threatened, I must defend myself.
 - a. If I annihilate the other person I will survive.
 - b. Degrade them so I appear stronger, cleverer, in control
 - c. Confuse them so they lose control of themselves and the situation.
 - d. Turn the tables so that my attack throws them into defense and attack.
 - e. Make myself ok by making the other person wrong.
2. By twisting the facts, I make myself the victim of their inappropriateness, that way I am in control of the situation.
 3. If I am nice and funny most of the time it makes up for the times I attack.
4. I will protect myself from being exposed as an attacker by denying that I attacked anyone, by claiming that in fact it was the other person who perpetrated the whole thing and caused any impatience or frustration that justifies my edge, the other person actually attacked me.

Effect on Others

1. This behavior is most often displayed with the closest people, they are usually family, fellow workers or close friends -
- an intimate relationship.
2. The other person oftentimes has little choice to leave the relationship - parent, child, job, long-term friendship - which keeps them in the relationship.
3. The other person begins to "walk on eggs" in the presence of a demeaning person.
 - a. Doesn't reveal his/her true self for fear he/she will be attacked.
 - b. Is not relaxed at any time around the attacker out of his/her own survival instinct.
 - c. Has feelings of dislike for the attacker, even though he/she "loves" him/her because of the ties (family, work, friendship) that got him/her into the inner circle that puts him/her in close enough that the attacker reveals this aspect of his/her personality. (Catch 22)
4. Is constantly wounded at deep levels by the attacks, becomes sad and confused.
5. Doesn't know how to extricate him/herself from the relationship and stays in it far too long.
6. Feels helpless, is helpless - is stuck in a relationship that is very toxic.
7. Since the person is usually kind, funny, helpful they suck the person back in and the rest of the world thinks the attacker is just the greatest person, so who is crazy anyway?
8. Has no way to identify the behavior and address it. Attacker denies its existence. There is no concrete cause - alcohol, drugs.
9. The other person somehow thinks he/she deserves the behavior, because the attacker has been so clever in making it all the other person's fault.
10. The other person adopts survival mechanisms:
 - a. Shuts down feelings. Armors heart to not feel anything, because the pain and confusion are too much to handle.

- b. Fights back. Defends self from accusations.
 - c. Shuts whole spirit down, becomes a hollow shell that is not present.
 - d. Takes to alcohol and/or drugs to numb the pain and help ignore the feelings.
 - e. Manages to leave the relationship.
11. It is no win situation for the other person, no matter what he/she does he/she cannot get the attacker to take responsibility for the situation. No matter how he/she responds to the attacker he/she is wrong and bad.

Conclusions

There is no formal recognition of this pattern in the culture: No characteristics of a disorder are delineated so that the demeaning person can recognize his/her behavior as inappropriate, and together they can identify the behavior and deal with it.

The demeaning person thinks he/she has made him/herself bigger, stronger, more ok by embarrassing or putting down or confusing another, when, in fact, he/she merely comes off as a rude, mean person that people who have a choice avoid.

It is a lose/lose situation. The demeaning person appears to have acquired power, but still feels small inside and probably guilty for being rude, mean. The other person is ultimately forced to leave a close, important relationship - parent, spouse, sibling, boss, good friend which becomes a lose/lose for all involved.

Intervention is very difficult because it is not identified as a disease or disorder, and the demeaning person feels totally justified in his/her behavior.

It appears to be a genetically inherited personality aspect that is encouraged to flower through modeling by the parent or grandparent it is inherited from. It becomes acceptable behavior on behalf of the demeaning person because he/she has experienced it or seen it used by someone he/she respects.

It is very damaging to the heart and spirit of those demeaned in this way because it comes out of the blue when one is open and vulnerable, in normal conversation, with no apparent provocation.

It is crazy-making and sad.

What to do

*Everyone must become conscious of this pattern.

*It must be understood as a personality aspect that needs conscious attention without judgment.

*The attacker must come to understand this aspect of his/her personality and the effects it has on others.

*The attacker must learn to accept it as a part of him/herself, something he/she can use as a conscious tool when appropriate to defend him/herself or achieve some desired end result.

* On one level the other person must understand the motivation for the attack and therefore not take it personally.

*On another level since this is a Dance of Souls the other person must look inside and discover what deep wound the attacker is mirroring for him/her. What does the other person think about himself/herself? The other person must use the words the attacker is using as keys to the subconscious feelings one has about him/herself.

*They must work together to help the attacker identify the feelings that bring on this behavior and help him/her heal the cause and learn to choose another response.

*The other person becomes grateful for the behavior and the triggers it caused in him/her as he/she proceeds to heal the subconscious wounds that elicited the behavior.