



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

LIES

lies – *dishonesty with an intent to deceive, not telling the truth, making false statements.*

Everyone has been affected one way or the other by lies. Everyone agrees lying is a destructive habit that hurts you and everyone around you, and at some point in life, everyone is the victim of a lie. Whether you’ve been dealt a lie by a spouse or partner who’s caught in a fake excuse or the head of a global banking firm who’s stolen from millions of investors, the horrible feeling of distrust is the

same. Liars make a deliberate choice to fabricate the truth and do not let others know that they are doing this. When this happens our faith is shattered and the next time around, we find it harder to trust.


Natural Born Liars


Children are told cheaters never win, and winners never cheat. They are brought up to always tell the truth, since lying is wrong. These are good truisms to instill in young minds, in every culture. As we get older, it becomes clear how cheaters do, in fact, sometimes win. Quite often, they win big and fall to a horrible disgrace when the truth is revealed about their compromised victories. Cheaters who win often act like cornered animals when the enormity of their lies is unearthed, and survival instincts kick in. And the cycle of lying continues.


To an extent, it would seem then that humans are wired to trick their fellows. In our closest primate relatives, who also have sophisticated social structures in which they live, deception is rife. Chimpanzees for example will purposefully mislead troop members away from a tasty food source and then return later to gobble it solo.


Lies happen frequently in all our lives, usually in the form of countless small deceptions. Many of these lies are due to pressures to fit in or succeed, to be accepted in social circles or reach a goal. When a close friend or relative asks for a fair and unbiased critique of something that means a great deal to them, we're hard pressed not to sugarcoat our real opinion, but we know we must. Small lies prevent large hurt feelings. People lie to avoid responsibility, punishment, and judgment.


Chronic Liars

 Manipulative lies are the hallmark of the sociopath, or "antisocial personality," and one who is driven by utterly selfish motives. Such people are not necessarily criminals; they may gravitate toward the fringes of trades like sales, where their bent toward lying may serve them well. Since sociopaths feel no remorse or empathy for their victims, they are capable of the most cold-hearted of lies.

 Melodramatic lies which make them the center of attention are natural to the hysteric, or "hysterical personality." Such people are searching desperately for love. They are also more taken with emotional truths than the facts of a situation.

 Grandiose lies typify the narcissist, whose deep need to win the constant approval of others impels him to present himself in the most favorable light. They are prone to exaggerate their abilities or accomplishments in order to seem more impressive. Because narcissists feel entitled to special treatment - for instance, believing that ordinary rules do not apply to them - they can be reckless in their lies.

 Evasive lies are typical of the borderline personality, whose wildly vacillating moods and impulsive actions constantly get him into trouble. Many of the borderline person's lies are told to avoid blame or shift responsibility for his problems to others.

 Guilty secrets account for many lies of the compulsive person, a type who generally is scrupulously honest. Compulsives pride themselves on following the rule and attention to facts and details. But they also suffer from a fear of being shamed, and so lie to prevent other people from finding out about things they feel would meet with disapproval. Their lies are often mild, about things most others would find no cause for lying; one man, for instance, lied to his wife to keep her from finding out about his being in therapy.

The Cost of Telling Lies

It all comes down to this: Lying comes with a huge cost – it destroys lives. Relationships will crumble and people will refuse to trust you. But the person most hurt by your lying is you. It's time for all of us to make a bold decision to never let lies have any part of our lives.

Stop Blaming Yourself for Being Lied To

Once you have been lied to, it can be very hard to trust anyone again, let alone the person who actually did the lying. The initial feelings of anger and betrayal can soon give way to a deep suspicion of everyone you meet. But not everyone is the same and some people can even change.

Avoid beating yourself up and thinking it's your fault with thoughts of 'I should have seen it coming' or 'where did I go wrong'. If someone tells a lie, then they make a conscious decision to do so. No one else forced them to do it and certainly not you.

Focus on you and remember that your instincts and gut feelings have always been right in the past and begin rebuilding that trust in your own judgement.

The Art of Emotional Composure

When constantly living with knowing you've been betrayed keeps you from trusting anyone – even yourself and your own judgement – the answer to changing it is truly at your fingertips! Refer to the **BASIC POWERTAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. You are in control – stop those feelings from controlling you and stealing your happiness and your ability to leave the past behind and go forward!

Robert Rudelic, BS, NMT, MES