



***"When someone hands you the tools to build a better life, grasp them with enthusiasm." - unknown***

**By Robert Rudelic, BS, NMT, MES**

Issues, (commonly known as an important problem) and dysfunction, (known as something that is different from what is considered to be normal) easily get in the way of your ability to let go and enjoy life. When you are unhappy it's because you believe you should be. You feel it's a necessary part of who you are. Unhappiness is the act of experiencing your own unconscious belief system.

Have you ever met someone that appeared to be completely happy with them self, and even proud to be opposed to almost anything that may be beneficial to them? I've come across this personality many times. Usually it's focused on a specific area or attitude.

I recently worked with a man who was devoted to being dysfunctional in all areas of his life. Whatever subject I brought up, he was completely devoted to not changing even when it meant his happiness. This behavior went way beyond being stubborn or contrary. He seemed to relish the roll of being unreasonable. He was devoted to being dysfunctional. The more it was pointed out that he was being unreasonable the more he defended himself. It didn't seem to matter what subject we were talking about – he seemed to take pride in being dysfunctional. I decided to use a different tack to see if I could get him to work with me. He was determined to not work with me period! So, I started by asking him who he respects when it comes to health issues. I then got him to agree to let me work with him since the person he respected let me work with her. I then continued to question him and build rapport around common interest. There was never a moment when he let down his guard. He lives his life in fear of change and any sign of challenge he digs in and refuses to change.

Devoted dysfunction is not something I found much information about in my study of this work but I felt the first thing that needed to be addressed with this person was his polarity reversal, then move on to where the fear of change comes from. He said something that I came back to later. "I'll never be that way" referring to his parents behavior. This became the crux of the phenomena. His parents are "different" that it seemed everything in his life reminded him of behavior one of his parents had. He had no identity of his own and this was costing him dearly, including relationships within this family, work and his marriage.

When we started to work I had him rub the K27 point and say "I accept myself even though I want to be unhappy." He did this every-day for 1 week before coming in. When he arrived for his first session he was less defensive.

## Trapped Emotions

### FORGIVENESS

The scenarios here are countless but let's explore a few that I've recognized in my years of practice that seem to have a common thread – *FORGIVENESS*. Many books have been written on this subject in every language throughout the world and they all agree that the inability to forgive whether it is yourself or someone else is often at the root of the problem. Forgiveness does not mean that you can now pretend that everything is all right even though it's really not. The forgiveness I'm talking about clears the emotional dysfunction and allows you to get on with your life and look at things in a new and positive way.

### SELF - LOATHING

Are you *self-loathing*? Do you tell yourself things like; "I'm fat", "I'm stupid", "I'm ugly", "no-one could love me", "I'm a bad person", be careful of the self-talk because this is what happens. Your subconscious mind believes every word you say and doesn't know how to reason. Everything you say is FACT to the subconscious mind no matter how completely untrue it may be to the conscious mind.

## **FEAR**

An uneasy feeling, thinking that danger or evil is near, anxious thoughts, dread, extreme concern. These are all words to describe fear. We live in an age dominated by fear. Elaborate security systems guard homes, offices, automobiles, airports and most other things. Yet it is the vast array of personal fears deep within us that create the greatest conflict and generate increasing levels of anxiety. Some of these fears are basic - the fear of death, illness, rejection, failure, old age. There may be only occasional bouts with these kinds of fears, or they can become quite possessive. Certain fears are even healthy. It's quite normal to be wary of poisonous snakes or drunk drivers. Others may be phobias that you have accumulated - fear of heights, fear of flying, fear of open places, fear of strangers. These frightful feelings may have become so strong that they imprison you. Avoidance of the places or people who remind you of your fear becomes a common practice.

## **DISAPPOINTMENT**

Disappointment is describes as a failure to be satisfied, left wanting or expecting something. When things don't turn out the way you hoped, it may seem like the end of the world. Who hasn't felt it at some time in their lives? Disappointment - often our own fault, a result of expectations imposed on another who cannot fulfill our image of them. Regardless of who we are and regardless of our social status in life all of us experience disappointment sometimes. None of us are immune to it. We never become so calloused and tough that we cannot be touched by it. All of us have and will continue to experience disappointments in life.

## **ABUSE**

The most important thing to remember is that the abuse and the effects of the abuse are not your fault. To be mistreated and insulted through any form of abuse such as physical, verbal, emotional, or sexual whether it be as a child or an adult may leave you with significant difficulty coping with life. Emotional and verbal abuse ultimately affects a person's development and sense of self-worth. The consequences of emotional and verbal abuse can be as damaging as physical or sexual abuse, though much harder to recognize, and therefore more difficult to recover from. Emotional and verbal abuse may cause long term self-esteem issues.

## **BETRAYAL**

Betrayal is a type of trauma that involves someone who has violated your trust. Perhaps it's an unfaithful partner, misleading business associates, or a close friend who revealed a secret. Sometimes the deceit can even be unintentional. Someone you trusted and believed in did something that forever changed how you see that person. Recovery from this type of trauma involves both releasing the hurt and rebuilding the ability to trust.

## **ANGER**

The inability to manage anger affects one out of five Americans. Anger is a natural human emotion and is nature's way of empowering us to react when our well-being or the well-being of

others close to us is threatened. The problem is not anger; the problem is the mismanagement of anger. Mismanaged anger and rage is the major cause of conflict in our personal and professional relationships. Domestic abuse, road rage, workplace violence, divorce, and addiction are just a few examples of what happens when anger is mismanaged.

## **RESENTMENT**

Holding a grudge and harboring animosity against a person or a group of people that you feel have mistreated you or kept you from achieving. The unresolved anger and grief over past events, that charge you get when you hear a certain person's name come up in conversation. The pain associated with loss even though you did everything possible to achieve a positive outcome. Feeling offended, victimized, robbed, and the overwhelming inability to let go, forgive and move on.

## **SHAME**

A painful feeling of having done something wrong, improper, silly, or even perhaps disgraceful. Something you are sorry about and don't want anyone to find out about. Your inner judge triggers feelings of inadequacy, unworthiness, dishonor, regret, or disconnection and can lead to feeling flawed, wanting to hide or withdraw.

## **GUILT**

Guilt is often interpreted by you as anger at yourself ... "It's my fault ... I did not do enough or I made mistakes". Remember, it's not true in all cases because you did not do "it" with intent. You may be experiencing the wrong emotion – guilt is a default emotion you've been programmed from early in life to feel. Parents are the first, then teachers, clergy, friends everyone uses it on each other because it's effective.

## **HOSTILITY**

There is a difference between anger, which is a normal emotion, and fostering hostility. Hostility results from unrestrained anger. It includes the harboring and projection of angry thoughts, feelings and actions that result from a combination of prolonged fear, judgment, defensiveness, cynicism and aggression. Hostility contributes not only to physical illness, but also to the deterioration and destruction of relationships – constantly "keeping score".

## **SPLITTING UP, SEPARATION AND DIVORCE**

Are you in the throes of a painful separation or divorce? Do you want to get your life back in balance and be happy again? We've all been there. Breaking up with someone you love is one of the most painful situations you'll ever have to face. In the aftermath of rejection, hurt, misery, loneliness and the feeling that your future has just disappeared, it's not uncommon to believe that these feelings will go on forever. I often meet new clients who are struggling to recover from

a break-up, which has left them totally demoralized and afraid that they'll never find love and happiness again.

### **UNHAPPINESS**

Past issues and dysfunction easily get in the way of your ability to let go and enjoy life. When you are unhappy it's because you believe you should be. You feel it's a necessary part of who you are. Unhappiness is the act of experiencing your own unconscious belief system. When you're unhappy there is a drop in energy and enthusiasm for life, which can often result into the inability of looking forward to activities and enjoying even the simplest of pleasures.

### **STRESS & PAIN**

Emotional stress can lead to many health issues such as stomachaches, irritable bowel syndrome, and headaches, but it can also cause many other physical conditions and even chronic pain. One logical reason for this: studies have found that the more anxious and stressed you are, the more tense and constricted your muscles are, and over time causes the muscles to become fatigued and inefficient.

**DON'T TRY TO FIX PEOPLE –**  
**IT DOESN'T WORK!**

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