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The Tyranny of the Good Girl, the Good Boy

By Margaret Paul, Ph.D.

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By Margaret Paul, Ph.D.

Many of us grew up in households where our profound needs for love and safety were not met. We did not feel safe and loved in the face of disapproval, criticism, rejection, abandonment, smothering, engulfment, physical abuse, sexual abuse. We did not feel safe when there was yelling, fighting, violence, substance abuse.

We had to do something to feel safe. Some of us figured out that we could have some control over our parents' or other caregivers' behavior if we were really good, if we attempted to do everything right. We figured out that if we disconnected from ourselves, from our own feelings and stayed acutely tuned into the feelings of those around us, we could have some control over getting some approval and avoiding what we feared. We learned to feel a degree of safety by being a good girl, a good boy.

The problem is that, while we may have had some success with this strategy in our childhood homes, this same strategy is now causing our problems in our relationships at work and at home. When we

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disconnect from our own feelings, we become invisible to ourselves. Others end up treating us the way we treat ourselves, so we become invisible to others as well. As adults, we end up bringing about the very rejection we are trying to avoid, because we are rejecting ourselves.

My client, Maria, gave me the title of this article when she said, "I'm trapped in the tyranny of having to be a good girl." Maria is struggling with her relationship with her boss, Andrea. Maria works as a trainer and is excellent at what she does. Like so many people who learned to control others through being good, Maria is a high achiever. She has also been very compliant with Andrea, changing plans and scurrying around to fulfill Andrea's demands and expectations. However, she frequently ends up feeling stepped on and used by Andrea, as well as unseen and unappreciated. She has had the same problem with the men in her life, having given and given to the point of exhaustion while not receiving the love and acceptance she always hopes for.

As long as Maria is tuned into to Andrea's needs and feelings and not aware of her own, she will continue to be invisible to Andrea and others. Maria needs to learn to take all the consciousness she developed over the years regarding others' feelings and needs and apply that same consciousness to her own feelings and needs. This is a difficult challenge because she has been practicing tuning into others while ignoring herself for her whole life.

I have had this same challenge. It was such a shock to me to discover years ago that, rather than being the loving person I thought I was, I was attempting to control how others felt about me by being "nice". By putting myself aside and doing what I thought others wanted me to do, and being what I thought others wanted me to be, I was trying to control getting love and approval and avoiding disapproval. The result was that I was anxious around others who were important to me, always fearing that I would say or do something wrong and experience the rejection I so feared.

When I finally realized that being loving meant being loving to myself as well as to others, I turned my eyes inward and started to practice becoming aware of my own feelings and needs. Instead of making others responsible for defining my worth and lovability through their approval, I took on the responsibility of defining my own worth and lovability. I developed a strong connection with a spiritual source of love and wisdom, which helped me to see the truth of who I really am. I learned to be an advocate for myself, seeing myself and speaking up for my own feelings and needs rather than making others responsible for seeing me.

I am no longer a "good girl" having to do everything right to please others and gain their approval. I am no longer "nice" as a form of manipulation. That's not to say that being loving to others is not a very high priority – it is. But now I include myself in the equation rather than expecting others to love me enough to feel safe, adequate, worthy and lovable.

Maria is also learning to love herself rather than control others. At one point, she wanted to leave both her job and her relationship, but she realized that she would just continue the same patterns in another job or relationship. By staying and learning to see and speak up for herself, her relationships with Andrea and her boyfriend are improving.

Margaret Paul, Ph.D. is the best-selling author and co-author of eight books, including "Do I Have To

Give Up Me To Be Loved By You?", "Do I Have To Give Up Me To Be Loved By My Kids?", "Healing Your Aloneness", "Inner Bonding", and "Do I Have To Give Up Me To Be Loved By God?" Visit her web site for a FREE Inner Bonding course: <http://www.innerbonding.com> or <mailto:margaret@innerbonding.com>

Can You Gender Test Your Unborn Child?

By Ian Dennis

With only a few drops of your maternal blood you can find out if baby's sex is male or female. And you can do it as early as five weeks after conception with the newest technology in the area.

The technology has been tested for the last 14 years – and it works! I am amazed that it is possible. When I was pregnant the last time I got the test - which was very easy to understand and perform. The result came within less than 48 hours, and my husband and I was very happy to learn that I was carrying a baby girl. Our two sons were delighted about their baby sister to come. When the baby girl was born, we had made everything ready for her. No worries about getting pink or blue clothes.

The test is done with cutting–edge, patent–pending technology to attain the earliest gender detection with unprecedented sensitivity and unsurpassed accuracy.

The technique traces the amount of active genetic fetal chromosomal DNA in the maternal blood to determine gender. It is proven, well–documented scientific fact that your baby releases its DNA into your blood plasma. In a lab it is possible to determine fetus–originated–specific chromosome sequence detected in the maternal blood stream.

If there is fetus–originated Y–specific chromosome sequence detected in your blood, you are currently carrying at least one baby boy.

If fetus–originated X–specific chromosome sequence is detected in your blood, you are currently carrying at least one baby girl.

If there is a substantial amount fetus–originated Y–specific chromosome sequence detectable in your sample, indicating that you are carrying at least one baby boy and there is a substantial amount of fetus–originated X–specific chromosome sequence detected in your blood, indicating that you are carrying at least one baby girl. Then you are currently carrying at least one baby girl and boy at this time.

Much more information about Baby Gender on this website.

Go there!



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