

Lesson 112: Embedded Behavior Patterns & Psychic Barriers

It was necessary to table two very important lessons, both in the works simultaneously, in favor of addressing the issue of embedded behavior patterns, which keeps coming to the forefront as being central to the cause of many other ongoing personal problems people persistently encounter, especially in their relationships with others. The importance of identifying embedded behavior patterns and most especially its root cause precedes all other discussions because without an awareness of the real issues hidden beneath the surface of conscious awareness, attempts to change the nature of personal reality tend to fall by the wayside in spite of well-meaning intentions. The discussion in this lesson focuses on the importance of identifying embedded behavior patterns and how psychic barriers block the identification of embedded behavior patterns.

There is a great deal of focus among professional and non-professionals today with respect to the matter of emotions, especially the need to control negative emotions. Although controlling negative emotions is necessary, as balanced emotions make a huge difference in how you experience your personal reality, keeping your emotions in check and balance can be an uphill climb that leads to nowhere if you do not know what self-defeating behavior patterns are driving the negative emotions to begin with. As negative emotions do not arise out of nowhere, nor do embedded behavior patterns, it is essential to trace each of them to its source, as one provokes the other in a circular motion. Because behavior patterns seldom lay on the surface of conscious awareness, attempts to trace their origins often requires a fair amount of self-examination and mindfulness. The longer they go undetected, the more hidden they remain in the depths of the psyche, which can make excavating them seem more like an archeological dig. Without a willing state of mind that is open and receptive to seeing things other than the way they appear on the surface is an exercise in futility, as such measures of self-scrutiny is not a practice people gravitate toward willingly. Thus, there must be a genuine desire to view the nature of your own reality from lens you are not ordinarily accustomed to viewing your reality, that is, if you truly wish to change something about the nature of your personal reality.

Just as embedded behavior patterns do not suddenly arise out of nowhere, the same is true of psychic barriers. A psychic barrier is a mental barrier that arises when something significant about yourself or your reality is blocked from your conscious awareness; it is a mental state of not knowing, whether by intent or simply not having access to the right information at a given time. Psychic barriers are also the result of narrow mindedness and an unwillingness to view things about yourself or about your reality from a different perspective, which often runs contrary to the way you ordinarily view things. Going against the grain of your own core beliefs is often an unwelcomed challenge. You may be clinging to long-held beliefs you are not consciously aware of, as

many ingrained beliefs vanish from conscious awareness at the point where they are accepted or acted on without conscious thought – they become mechanical reactionary responses with little or no cognitive effort. Unfortunately, reactionary responses often display as highly charged emotions when triggered by certain events that resemble a past event, which sets the psychic barrier in place to begin with. Psychic barriers are relative to your state of mind in that they correspond to the degree that you think you are right. Thus, your state of mind in this respect affects the rapidity of your own vibrational frequency. You tend to remain stuck in the rut of a slower energy vibration the more right you think you are and the less willing you are to step outside of your self-righteousness. When you act on a genuine desire to explore the depths of your personal reality, your conscious awareness expands and as it expands, the psychic barrier no longer stands in the way because it has risen to the surface and identified. The more you allow for such mental expansions, the more truths you become aware of about yourself and the nature of your personal reality, which is a very liberating experience. The reward is that over time you encounter fewer psychic barriers blocking your awareness, which makes over reacting to certain emotional triggers that much easier.

However, achieving such a rewarding feat is not as easy as it sounds, due to the adverse affects of early childhood conditioning by way of family, culture, social, religious and other environmental influences. Overtime these influences give way to the establishment of certain behavior patterns that embed themselves into the fabric of your reality and will do so without you knowing a thing about it. Being conditioned by your surrounding environment right from birth makes it quite difficult to get a true sense of the real you, much less to know the purpose for your existence in this reality. Thus, your sense of reality cannot help but be skewed as the result of misleading assumptions and concepts based on any number of external influencing factors, which over time seep into your psyche. The task of sorting through all sorts of assumptions and concepts later in life is not an easy task, especially as early influences become embedded core beliefs, further influenced by other contributing factors, both external and internal. Thus, an adverse childhood experience becomes far more complicated when clouded over by a long string of other influencing factors that enter into your reality over the course of time, making it difficult to discern one cause and effect from another.

The combination of all these influencing factors can result in a mental state of mind that perpetuates an ongoing running argument, not just with others, but also with your inner self. You can become so convinced, by way of your own programmed convictions that you are absolutely right about something that pertains to yourself and/or your personal reality, to the extent that you will argue against yourself, not realizing just how self-defeating and self-destructive this mental action is. Not to mention, the more aggressively you argue in defense of your convictions, the more you increase the momentum of the emotions you associate with your convictions. Thus, your ears are closed and the cognitive door slams shut to the possibility of hearing anything that runs

contrary to your convictions, which tend to hold fast no matter what the cost. This self-induced action sets up self-constructed psychic barriers, which will remain steadfast in your reality until you make a choice to back down from your convictions and open your mind to hearing something other than your own persistent convictions. It often comes as a shock to people when they finally hear something that liberates them from their own self-constructed psychic barriers. It is as if someone or something granted you a new lease on life, when all you did was open yourself up to a new awareness.

People are prone to self-defense mechanisms and automatically project responsibility and accountability anywhere other than where it should be, except at the real source of a problem, which is not the same as a perceived problem that does not exist anywhere, except in your mind. Such a knee-jerk response often occurs by intentional resistance and sometimes because you simply do not know the real cause of a situation and may perceive it other than what it really is. The further out the projection of responsibility and accountability extends, the more the problem compounds. An attitude of absolute certainty leaves little or no room for other possibilities. Thus, it may come as a surprise when you discover that the person whom you were convinced did in fact transgress against you in some manner of speaking actually did no such thing or an event did not occur as you believed it did to which you have been overreacting to all along. A reality check, so often considered an antidote to resolving problems, is not always the case. Reality checks are just as prone to subjective interpretations as are most every other experience in life. Thus, the only sure means of getting to the root of the problem is to be willing to peel back as many layers as it takes to get to the initial cause, visibly seen for what it truly is. Many people are surprised to discover that they have been reacting to certain adverse experiences only because the reactionary behavior pattern embedded itself years ago to the extent that the source of the problem has long been forgotten and is no longer recognizable, that is, if it ever existed to begin with.

Given that embedded behaviors patterns are the culprit at work behind most every personal problem, especially in relationships, it is essential that you know what causes you to react or respond to certain triggers. Identifying the triggers, is a cognitive process accomplished by first identifying the most recent triggers and then working backwards, tracing each trigger to its source or sources, given that it is not uncommon to be negatively affected by more than one adverse experience. Early exposure to different adversities can set the wheels of more than one reactionary behavior pattern in motion and do so without you knowing a thing about it, unless it is detected right away, which is seldom the case. The result is that you react and respond to a certain set of triggers every time a situation that resembles the original adversity occurs in your reality. Over time, these reactions occur spontaneously, keeping you blind sighted to the actual cause, seeing only the surface or perceived causes. Thus, there is the tendency to place blame where blame does not belong, including blaming yourself, when in fact you are not at fault. You simply cannot know what you do not know until there is cause to know,

which generally occurs under the right conditions, at which time you will become aware of the actual cause. Now this is not the same as blatant defiance, with respect to an attitude of self-righteousness, which is an entirely different matter. In this case, you have only yourself to blame for your own unwillingness to see things as they really are, not as you perceive they are. A willing attitude and cognitive effort stands to produce a very different and rewarding result.

Embedded behavior patterns are like stepping on unseen landmines, activated by very specific triggers, generally more emotionally oriented than cognitively oriented. As there can be more than one behavior pattern embedded in the psyche, each pattern has its own triggers. Thus, an undesirable event may trigger a certain reactionary response that differs from the reaction to a different undesirable event. Although behavior patterns hold within them different reactionary responses, they can get muddled, making it difficult to separate one from the other. The way you react and how you feel about someone or something acts as a road map that will eventually lead you to the source of an undetected problem. Although embedded behavior patterns appear as if etched in cement or carved in stone, they can be changed or altered by becoming mindful of them, knowing how they operate, but doing so requires a level of honesty, given the tendency for oversight, dismissal or blatant denial of a particular behavior pattern. This is non-productive and will not help to move you in the direction of change anymore than it will serve to trace a behavior pattern to its root cause. Thus, it is in your best interest to pay close attention to what is going on around you, with respect to how you react to certain triggers.

Of course, the first order of business is to recognize that there are triggers. Once you can identify a trigger, you can begin to trace it back through other events that trigger the same repetitive behavior patterns. Eventually you will be able to trace the triggers back to the behavior patterns and then in turn trace the behavior patterns to its original cause. This is a very liberating experience. However, liberation requires continued awareness so that you do not fall into the same trap, given that these patterns may have embedded themselves in your psyche a long time ago. Thus, it is important to remember that even though you have identified certain triggers, over time those triggers became habitual reactions, which means breaking free from a well-ingrained habit in addition to identifying the triggers. This is a lot to be aware of, which requires a fair amount of concentrated effort, much easier said than done.

Mindful awareness of these triggers and the behaviors they induce is the antidote to recognizing them when they unexpectedly pop up and is the antidote to avoiding the behavior patterns they induce, which gets easier with practice. In the meantime, taking time to assess a situation and your reaction to it in order to discern the triggers and then trace the triggers to the behavior is worth the time sacrificed, as doing so serves a two-fold purpose. The first is that you identify both the trigger and the behavior. Second is

that doing so acts as a predictor of how you can expect to respond to similar events yet to be encountered, at which time you can make a conscious choice to stop and recognize the triggers and the response they are likely to prompt. This allows for more flexibility, it gives you time to regroup so that you do not jump the gun and respond as you normally would. Why shoot yourself in the foot unnecessarily. Granted it is difficult to see the forest for the trees in the midst of an undesirable situation, especially when things do not appear as they really are. Thus, knowing you are standing in the thick of a forest and those ambiguous things you keep bumping into are the trees requires discernment.

Keeping things in perspective is a challenge all unto itself, without the affect of any additional influencing factors added to the equation. The ability to distort personal reality often comes with a heavy price tag. Things can get out of hand quite easily and what began as an uncomplicated situation fast becomes complicated when perceptions distort reality. Reining in perceptions and perspective is tricky, often met with resistance. Thus, seeing through a narrow lens leaves little or no room for other perspective, which just might be closer to actual reality than the reality perceived. Problems compound as you dig yourself deeper into the proverbial hole, making it more difficult to dig yourself out of the hole. Because perceptions and perspective are prone to subjective interpretations, often based on strong convictions grounded in certain beliefs or based on misleading assumptions, readjusting your lens is the only means of seeing things more accurately. It is amazing how clear and precise the picture gets when you bring things into focus. But herein lies another problem, bringing reality into focus depends upon the clarity of your focus. You may view a situation in your personal reality from a perspective you are certain is accurate, though it may be very inaccurate. Although you feel justified in the stand you take, you may be undermining your own efforts by not allowing yourself to consider other possibilities – perhaps things are not exactly in the way they appear, which means allowing for other expressions. Unfortunately, toleration and acceptance of other expressions, perspectives or views is not always a welcomed event.

People back themselves into corners more often than not, believing their perspective is what it is and that there cannot possibly be any other perspective and then want to force their perspective on others. This is very dangerous territory because it opens the door wide to confrontations with others. Backing down from a perspective can actually take nerves of steel, especially when grounded to a point of view that in your opinion is immutable. In your reality, it simply is what it is, even if it is not. Some people can be so stubborn as to shut their ears to anyone or anything that defies their perspective. This is a very frustrating situation for those who have a clearer perspective, having no connection and therefore not affected by the same psychic barriers. Communication in this respect tends to be a one-way street, a “my way or the highway” mentality prevails, thus nothing worthwhile is truly accomplished. Here embedded behavior patterns are

at work, responding to triggers that stem from an adverse situation experienced in the past that initially put the triggers in place because the cause of the problem went undetected.

Previously identified causes of an adverse experience do not always guarantee a favorable outcome. You can still respond to the same triggers and the embedded behavior patterns remain steadfast, distorting perceptions, perspectives, and especially beliefs. Such beliefs are so ingrained making it nearly impossible to alter, change or eliminate them, which in of itself is very defeating. Clinging to adverse experiences and the affects as if they were occurring today, though already identified, is a matter of choice, which is a very destructive state of mind that cannot produce favorable results. Such a mindset is self-induced and self-defeating. In such a case as this, it is in your best interest to make a conscious choice to stop reacting to the experience even though it caused you great pain or anguish, whatever the case may be. At some point it is best to let it go and move on, otherwise you are carrying around a ball and chain wrapped tightly around your ankle. No one benefits from this self-deceiving, self-pitying mindset, most especially you. The feelings and emotions you project at others, as if they were responsible for your experiences is unwarranted. Worse yet, is when you transfer the actions of someone else onto others whom you perceive as one and the same, expecting they will mistreat you in the same way someone in the past mistreated you. It is crucial to the well-being of your relationships that you not transfer identities or perceive identities that are not the identity of others. This can be very damaging to the other person, adversely affected by the transference of an assumed identity or a particular expected behavior, which is not fair and is an injustice to that person.

Thus, getting a grip on your own perspectives, perceptions, beliefs and expectations along with your own thought patterns, feelings and emotions is essential if you truly wish to change your reality, unless of course, you are so certain of your righteousness, to the extent of defending your actions and reactions in a state of blatant denial. This is a very serious situation, which will wreak havoc and compound problems in your relationships. The triggers and behavior patterns remain just as they are until something occurs in your reality that forces you to examine them more closely. Denial and blame is your worst enemy, as is refusing to take responsibility and hold yourself accountable for your own behaviors. Attempting to place blame on the shoulders of others who should not have to carry that burden on their shoulders not only is irresponsible it can injure others who may not be adequately aware or enlightened.

Reacting and responding to triggers, especially those that result in emotional upheavals is an indication that there is more to the story than what lies on the surface. Something of a very different nature is going on beneath the surface and best explored a little deeper, as these emotional upheavals are often quite damaging and bring about additional problems. It is likely that the psyche is holding fast to the memory of an

event that occurred at some point in the past, whether in childhood or later down the road that is still triggering strong emotions in response to any situation that closely approximates the one experienced in the past. The first step in overcoming this overwhelming effect is to recognize that you are emotionally reacting the same way every time a similar situation arises, which you can do by making a mental or written note of your reactions. Once you have identified your reactions, which may take a few tries to pinpoint your reactions more precisely, the next step is to map your reactions to the situations that act as triggers. After you have identified your reactions and the events that trigger them, the next step is to trace the repetitive behavior pattern to its causes. You may find that you automatically react emotionally to anything that looks or feels like rejection. Mapping things said or done in such a way as to cause you to feel rejected identifies the triggers that set the rejection reactions in motion. However, the investigation does not end there. Once you identified that rejection is an issue for you, assuming you did not know this about yourself previously, the next step is to map the rejection to its initial cause, which may require recalling a particular event or sifting through more than one event before tracing the rejection to its initial cause.

Unfortunately, internal issues that exhibit externally, such as rejection are often reoccurring because of the tendency to attract people into your reality who are likely to reject you. However, there is a fine line easily often overlooked, which is your ability to discern authentic rejection versus perceived rejection. Though the effects are the same where your psyche is concerned, you may be blaming someone whom you perceive is rejecting you, but who is not. Making this distinction is very important because blaming someone for something they have not done is damaging and can have lasting effects; it can actually ruin a relationship. The same is true in dealing with control issues. Anyone who has had the experience of someone unreasonably controlling them, whether real or perceived will have little tolerance for anyone who is controlling or perceived as controlling. Because of the attractor factor, it is likely you will attract controlling people in your reality, at least until you realize this is happening.

Although tracing a trigger to its behavior pattern and then mapping the behavior pattern to the initial cause, that triggers the ongoing effects, is most beneficial, it is not always necessary. Knowing what caused the problem to begin with makes it much easier to curtail or stop the reactionary behavior patterns. However, it may be enough just to recognize the triggers, that there are identifiable triggers that set the wheel of embedded behavior patterns in motion in response to certain events. Once you are aware of the triggers and the associated behaviors you can make a conscious effort to catch these triggers before they set off the behavior pattern. Once you recognize that rejection or control is an issue for you, just knowing what the triggers are that make you feel rejected or controlled, as well as being aware of the way you habitually respond may be sufficient, though it is easier when you know what caused the problem to begin with. Tracing triggers and behavior patterns to the root cause helps put things in perspective,

especially given the possibility that you may have perceived the experience of rejection or control, but in reality, it never occurred. This is very important information, especially when these experiences occurred in childhood, not easily understood by a child and can easily be misinterpreted. Psychic barriers form as the result of misunderstandings and misinterpretations.

Conscious awareness of triggers, reactionary behavior patterns and the initial cause removes the psychic barriers, which allows for more productive cognitive processing and less opportunity for emotional upheavals, blame or denial, promotes balanced emotions and healthy relationships. In short, cognitive investigation of triggers and embedded behavior patterns is an endeavor that is worth every ounce of effort, even if it requires peeling back many layers. The results are worth the freedom.

In closing, we hope we have provided you with enough detail to help you sort through the matter of embedded behavior patterns and psychic barriers if that is an issue for you in your reality. Please feel free to ask questions, share your thoughts or experiences.

Many Blessings,

Linda, Z and the Collective We

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