

## Lesson 53: The Motivations that Drive the Need to Change or Control Others ~

So often people fall into the mental and emotional trap of needing to change or control someone who plays a key role in their personal reality whether they are consciously aware of the behavior they are exhibiting or not. On the flip side of the same coin are those who resist the mental and emotional pull of the person whose is motivated to change or control them and will instinctively push back or collapse under the pressure of needing to be accepted in spite of the unrealistic conditions placed upon them. Regardless of which side of the coin you find yourself on there are underlying motivations that must be examined from all sides if you are to ever break the negative energetic yoke of this mental and emotional bondage. Generally speaking, people seldom connect the dots with what motivates their need to change or control others any more than those on the opposite side of the coin connect the dots to their own circumstances as it applies to the relationships they too attract into their reality. Thus the lesson this week will examine the underlying motivations that might be driving your need to change or control others as well as to examine the opposite side of the coin which is the need for you to not be changed or controlled by someone as well as to examine the reasons why you might be inclined to withdraw in an attitude of defeat and allow yourself to be changed or controlled. If this is a discussion that speaks to you from either side of the coin, it would be in your best interest to read the lesson through and determine for yourself what side of the coin you are operating from. The question you will want to honestly answer is: Are you playing the role of the aggressor or the aggressee, or perhaps both?

The discussion will begin with an examination of the underlying motivations that drive the aggressive need to change or control another person's behavior as well as to affect that person's reality. Both scenarios in turn act in accordance with the universal law of cause and effect in that not only is the reality of the aggressor and aggressee negatively affected but so are the realities negatively affected of those who are connected to the aggressor and aggressee, given that this is not normally a happy or peaceful situation. Therefore, everyone feels the negative effects from the tug-o-war that is occurring between the aggressor and the aggressee. From there the discussion will focus on the perspective of the aggressee, as well as to discern what causes them to not stand their ground and to collapse under the weight of the pressure from the unrealistic demands of the aggressor. At the close of the discussion, those of you who sensed the need to read this lesson from either point of view should come away from it with a new knowledge that you had not previously considered or realized was true about yourself, as being either the aggressor or the aggressee or perhaps both. In doing so you will be better equipped to affect a positive change in the nature of your personal reality where ever and how ever that change needs to occur within you for the benefit of your well-being and the well-being of those whom you are affecting or are being affected by.

In the course of life there are many personal challenges that need to be overcome and lessons waiting to be learned, all of which shape and mold your journey of life. The ultimate goal is not just to overcome the many challenges often faced in life or the lessons there to be learned but that somewhere along the way you become enlightened as you travel along the path of your life; that you are far more consciously aware of your own needs as well as the personal needs of those around you. So as you come to understand the nature of your personal reality from a much higher and broader perspective, you become more and more aware, thus you become 'enlightened' so to speak. However, you cannot expect to attain this state or stage of personal enlightenment if you do not examine your underlying motivations in regard to what you expect from yourself and those who share in the realities you create and co-create. Thus the examination of any underlying motivations that drives the need within you to change or control others in your environment requires an honest investigation of those motivations so that they are brought to the surface of your conscious awareness in order to affect a necessary change within yourself which is where changes must first take place.

In discerning those underlying motives, you will want to begin with an honest evaluation of what causes you to manifest an external need, want or desire to change or control someone else. The manifestations of this behavior, that on the surface might not appear to be based on any underlying motivations, is really a mirrored image reflecting back that what you might be attempting to change or control in another person are the very same issues you have not yet resolved within yourself. It may be that you are unaware that you are manifesting such external behaviors or you have not been inclined to examine your own motives, believing that somehow your actions are justifiable. Often such motivations are rooted in childhood as the result of someone who desired to change you in some fashion or attempted to control you. If this is the case, you are not being given carte-blanc to point any fingers of blame nor are you to label yourself a victim of your circumstances because nothing could be further from the truth. What is true is that, for example, you may have been dominated by someone in an authoritative position during your childhood and from that experience you in turn feel the need to dominate others. Such a behavior and the need for it can be completely out of your conscious awareness simply because the experience was programmed into the fibers of your being during your childhood and now as an adult you are merely reacting unconsciously to that programming. On the other hand you may be reacting to that programming in full conscious awareness and are intentionally imposing your need for domination on others because you feel justified in doing so. Regardless of who attempted to change you or did in fact control you, and for the reasons they did, no longer needs to be a reflection of the person you are today. The truth is that you are empowered to overwrite the history of the memory that is stored in your subconscious mind. When you do you will be freeing yourself from the negative energy of your

childhood experience, or whenever in your life you encountered the experience of someone who forced their need to change or control you. Once you are freed from the yoke of this negative energy you will see the situation for what it really is, that is you will see the truth behind the veil of the illusion, and you will have no further need to try to change or control anyone from then on.

For those of you who are on the opposite side of the coin, playing the painful mental and emotional role of the aggressee, and if you have allowed someone to impose undesired changes in you or are allowing someone to control you, know that you have the power to take control of the situation by making choices and decisions that are for your benefit as well as for the protection of your well-being. You do not have to be dominated or manipulated by anyone unless you willingly empower them to do so. There are many people who fall into this category, hence they feel entrapped and they suffer from an overwhelming sense of helplessness and often feel defeated. Instead of standing their ground they give into the powerful demands of the aggressor and become enslaved to the aggressor's persistent need to change or control them, thus negating the validity of their own self-worth. When this situation occurs the aggressee loses their sense of self-identity and becomes an extension of the aggressor who goes to great lengths to shape and mold that person to their liking as if they were nothing more than a mound of clay on a potter's wheel. Unfortunately for any aggressee, the aggressor is seldom ever satisfied with their metaphoric pottery they themselves shaped and molded against the will of the aggressee. Despite the aggressor's ongoing mission and determination to impose or inflict their own desires and need to change or control another person, there is a lack of satisfaction because the visible or invisible motivations that drive them are the very same issues they themselves have not dealt with internally speaking. Not to mention they live in a perpetual state of disillusion which brings into the equation an underlying fear of losing control over the people they have chosen to dominate or they themselves fear being controlled. The mental, emotional and even the physical manifestations speak for themselves in terms of the ever on-going chaos experienced in a dominating push-pull relationship.

One of the very dangerous pitfalls you might have fallen into is in regard to your mental state of mind as it pertains to your relationships. If you are operating from a negative perspective because you have formed a negative state of mind that is based on past undesirable experiences you are likely to need to change or control others from within that very same framework which formed your own undesirable experience. This is dangerous territory and you can be sure that the results will not be what you desire, anticipate or expect them to be. No doubt you are overlooking one very important factor which is that the person you feel the need to change or control does not wish to have your desires imposed upon them and will resist your every effort if they are confident of the validity of their own self-worth. In this case you will either view that person as being defiant because they have indeed taken a stand against your need to dominate

them or you will be inclined to remove yourself from the relationship, that is, if the other person doesn't jump ship first.

Insecurities, fears and a disabling belief structure are another example of the underlying motives that will drive your need to change or control others. These unresolved issues will negatively affect the kind of relationships you wish to experience in your life. When such a relationship comes into your life, via the energy of your intention, you are not satisfied with it and soon thereafter begin the process of needing to change or control that person. The very attributes and characteristics that attracted you to that relationship or what you initially admired about that person becomes that which you now desire to change or control. In either of these cases you will need to come to terms with your own motivations so that you understand the underlying factors that are driving you in the direction of needing to change or control another person.

These same insecurities, fears and a disabling belief structure along with a lack of confidence and a lack of self-worth will also become the catalyst that finds you in the throes of the kind of relationships where there is a need for someone to dominate you by attempting to change or control you which, generally speaking, undermines your own wishes and desires in terms of manifesting your own dreams and achieving your own goals. When you become entrapped in these kinds of relationships, one thing is for certain, there is a lesson there waiting to teach you something very important about yourself. The lesson will fall along the lines of recognizing your own individuality and the value of your own self-worth first and foremost if you have not done so on your own accord. Your individuality and your self-worth are never dependent on what anyone thinks of you or thinks is best for you. If you fall prey to such relationships it is in your best interest to recognize that you have attracted just such a relationship into your reality and then through a process of self-discovery you have the ability to find out what unresolved issues are lying beneath the surface of your conscious awareness that are contributing to the attraction of such relationships.

In the course of life we encounter many different kinds of relationships that we attract into our realities, generally speaking, for reasons we are not always aware of on a deeper level. However, the journey of life is composed of many karmic relationships and each of them in some way serves to teach us something about the person we are and where we need to grow both personally and spiritually. So if you find yourself having attracted someone into your reality who is attempting to dominate you by imposing undesirable changes upon you or has a need to control you, it is important to know that these karmic relationships hold within them the potential to learn some very valuable life lessons. If you are playing the role of the aggressor, denial of the role you are playing will not serve you in the least bit but will only result in a lifetime of dissatisfaction which in of itself has the potential to lead you into troubled waters in every sense of the word. If you are

playing the role of the aggressee, an attitude of denial will only bring about more of what you already do not desire to experience.

Acceptance of another person and the desire to be accepted is vital to the health of any relationship. When the need for acceptance is challenged it opens the door wide to a host of other undesirable affects. Generally speaking, people just want to be accepted for who and what they are and they do not wish to be changed or controlled. However, there are those who accept the imposition of change or control for any number of reasons and often see this as their plight in life. They silently go along with the other person's need to change or control them and seldom if ever resist in which case they will either appear to be content or they will reach a point where enough is enough and detach themselves from the situation. For reasons of survival, the detachment can be on the mental and emotional plane or it can result in an abrupt physical change. The spirit of a person who caves in can be badly broken in which case depression becomes an important factor because they might perceive the situation as hopeless or having no way out, especially when there are responsibilities and obligations involved. Then there are those who feel the need to be controlled because they are not in control of themselves and need someone to be in control for them. This is a co-dependent relationship which of itself will be a push-pull on-going struggle that if not addressed will eventually spiral out of control.

As you contemplate the role you play and the reasons why, it is hoped that from this lesson you will make the attempt to free yourself from the yoke of the mental and emotional bondage as it pertains to this discussion in an effort to affect a positive change in your own reality as well as the reality of those you might be negatively affecting or are negatively affected by. The desired nature of your personal reality rests on the changes you are willing to make and the honesty required in making those changes as well as the validation of your own self-worth. Should you have any questions, comments or need further assistance in determining the role you play please feel free to do so.

Many Blessings,

Linda, Z, the Collective We and the influence of the non-physical entity known as Seth

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### **Recommended Reading:**

Choice Theory, A New Psychology of Personal Freedom by William Glasser, M.D.

Ask and It Is Given, Learning to Manifest Your Desires by Esther and Jerry Hicks (The Teachings of Abraham)

The Artist's Way, A Spiritual Path to Higher Creativity by Julia Cameron

The Nature of Personal Reality, A Seth Book, by Jane Roberts

The Power of Now, A Guide to Spiritual Enlightenment by Eckhart Tolle