

Good Girl, Good Boy

Introduction

I received a D.C. degree after six years of college. I received a Ph.D. degree much earlier in life. It was not a hard degree to receive. I was 'a natural' to receive this degree. Some people are going to receive this degree before they begin elementary school, and never give it up. The doctorate degree that I'm referring to is in being a good girl or in being a good boy.

The Love And Acceptance System For Most Children

Children learn very early that they receive a very immediate and tangible form of love and acceptance from their parents when they act in a good girl, good boy way. Parents will use the words 'good girl, good boy' and tangibly convey greater love and acceptance toward their child when the child acts in a 'good girl, good boy' way. And if the child acts in a bad girl, bad boy way, then the child will receive criticism and will feel decreased love and acceptance.

A young child feels so much better when they receive increased love and acceptance from their parents. So what do many people learn at a very early age? Do things the way mom and dad want and you receive extra love and acceptance. Do things not the way mom and dad want and you receive less love and acceptance.

Natural Goodness

I've written in many papers that my opinion is that at the core of each of us is an inherent nature of goodness; of love, peace and happiness. There is the same amount of natural goodness in each of us regardless if this natural goodness comes through people in greater or in lesser amounts.

On First Meeting Charles

The first time I had a private meeting with Charles he said to me: "Phil, you have no idea the amount of energy that it takes for you to keep living in the way you're living." I told him that he was right. I had no idea how much energy it took for me to keep living and acting in my current manner. He said that it takes so much less energy to live as who we

naturally are. And it takes so much more energy to live in a way that is made-up; in a way that is not natural for us.

Seven years later I can say that it takes much less energy for me to live from my natural goodness, and it's much easier to live this way. An extra bonus from living more from my natural goodness is that I'm receiving more love from people than when I was at 'my best' when coming from a made-up part of myself; particularly from my good boy part. Our natural goodness coming through is so much more nourishing and delightful for the other person and for ourselves.

My Teacher's Work With Me

The most painful times of working with my teacher, Charles, were when he was pushing into and exposing my good boy part. I had over fifty years of experience with this part of me receiving love and acceptance from others and, seemingly, from myself.

This part was so well developed that I was motivated to act from this part of me without even knowing it. Often I wasn't consciously trying to be a good boy. The motivation of being a good boy (to tangibly receive more love and acceptance) was picked up so well and so early that it became an easy way for me to behave. I'd been this way my whole life. It was an automatic part of my nature.

During the first five years of working very regularly with Charles he would occasionally work on my good boy aspect. I now recognize that he could only work on this aspect when I was currently in my good boy part. It was very wise of him to not work with my good boy as a theory.

My Crisis Point In Good Boy

During one specific time of talking with Charles in group my good boy was exposed to me with a horrific feeling. This incident started by saying how I was inspired by the courage of the woman who spoke before me. The feeling of horror started after Charles said to me: "Phil, when are you going to give up your good boy part?" In that moment I felt broken. I felt shattered. My body was shaking. I felt shamed and attacked. I felt that every person in the room (many who I've known for years) was not going to like me anymore. I also could feel the truth of what he saw in me. I was coming 100% from my good boy part; not from the natural goodness in me as I spoke. I felt the good boy in a way I had never felt it before. I felt hollow.

When We Come From Good Girl, Good Boy

When we come from good girl, good boy our motivation is that we're wanting love and acceptance. When we come from our natural goodness, we're in the flow of life; not seeking love and acceptance from others. These are two very different ways of living.

As I've written, good boy has been an active part of me further back than my memory goes. Good boy was reinforced thousands of times by my parents. The reader may, in the beginning, not be able to easily distinguish between good girl, good boy and their natural goodness. As the reader pays more attention to where their motivation is coming from in doing any of the daily chores or in helping a friend or in talking with their spouse, they will, more and more, be able to distinguish between a natural goodness and their actions/motivations coming from good girl, good boy.

We rob ourselves when we come from good girl, good boy. What do I mean by this? When we come from good girl, good boy we're inauthentic. Our motivation is to receive more love and approval from another person or from ourselves (a good pat on the back for doing what we did). When we come from good girl, good boy the other person is receiving less from us. We rob them of receiving our natural goodness. They're receiving a cheap imitation of natural goodness. They may like it when we're being a good girl, good boy or they may have an uncomfortable response to what we did with 'such sincerity.'

Knowing If Our Motivation Is From Good Girl, Good Boy Or From Our Natural Goodness

It's helpful to know that good girl, good boy and our natural goodness are not our only two options when we think, do or say something. There are other parts in us. These other parts include the dutiful part that does what needs to be done because it has to be done. The enthusiastic part, the reluctant part, the martyr part you get the idea there are a cast of characters in us that are not our natural self.

What I'm focusing on in this paper is our good girl, good boy part. Good girl, good boy is such an ingrained pattern for many people that it often automatically comes in and it seems 'naturally' who we are. Good girl, good boy doesn't allow our natural goodness to be active.

In the beginning of doing this awareness exercise of where our motivation is coming from (what part of us is active at the time), there can be a very large grey area where we're not certain if our motivation is coming from good girl, good boy.

There'll be times that we'll absolutely know that our motivation is coming from good girl, good boy; that we were doing something or saying something because we want immediate love and appreciation-approval from the other person or from ourselves. These are the times to 'take a selfie;' to pause and let the acknowledgment and feeling sink in that our motivation was coming from good girl, good boy. We can feel that we did good, we can feel accomplishment, and also feel that our motivation was from good girl, good boy.

There also will be times when we absolutely know that what we did or said was from our natural goodness. This is another time to 'take a selfie' of ourselves. At this time, we may be able feel an ease, a Grace, a very relaxed feeling when our natural goodness is coming through. This feeling will be very known.

As we live more and more from our natural goodness, this feeling of increased ease will begin to feel more normal. We'll then know that it was taking much more effort and energy for us to live from a made-up part of ourselves (good girl, good boy, victim, martyr, responsible, reluctant, depressed part) than simply living as who we naturally are.

There is an effortless effort, an effort that naturally comes out of us (rather than being a self produced effort) when we live as our natural self. I continue to have more ease as my natural self comes through more and more. I still don't know how much unneeded effort I'm using to live as I do. I do know that it takes much less effort now to live compared to how I was living.

Another way to know where our motivation is coming from is to be accountable to others. Some people in the group are currently exploring where their motivation is coming from; good girl, good boy or from a natural goodness. To verbalize this exploration makes the exploration more concrete/solid/real. It doesn't just stay inside ourselves. Some people are becoming more aware of their good girl, good boy as they talk in group about their good girl, good boy.

We learn from others as we explore good girl, good boy together. The insights of other people can spark further insights in ourselves to recognize our good girl, good boy and to recognize our natural goodness. Speaking in group also exposes when we're caught in good girl, good boy and we don't know it.

Writing-journaling is another way for us to go deeper than our thinking as we explore good girl, good boy. Much can be revealed when we write.

Before I Die

Before I die I want to live as authentically/naturally as I can. There is so much made up in me that is not authentic. Good boy is one part for me to let go of to live a more authentic (natural) life. I can happily write that good boy is much less active. Authentic goodness is much more satisfying for me than any love and appreciation-approval that comes from others or for myself when I act from good boy.

Since I much more prefer the feeling that comes with living from my natural goodness, does this indicate that I'm still living from some type of motivation for what I do and say? You betcha. I'm living from the motivation that to live as who I really am is much more satisfying than living from a part of me that developed as a result of my thinking and of my experiences throughout my life.