

The Alienation Cycle

Idealism

We begin with the hope/belief that someone will love us *perfectly*.

Disillusionment

Inevitable disappointments can leave us feeling fooled, deceived, and cheated.

Anger/Anxiety/Depressed

We feel threatened, vulnerable, and defenseless in a number of ways (past, present, and future).

Respect for Others is Challenged

If we do not make sense of our anger, Fear, or Sadness in honest and open ways, then we have difficulty respecting others whom we may perceive will disappoint us again.

<h3>Anger/Anxiety/Depression</h3> <p>Feelings of Rage/Confusion, Bitterness/Revenge, Alienation/Hopelessness</p>		
Destructive Choice #1 Attack	Destructive Choice #2 Withdrawal	Destructive Choice #3 Give Up
<ul style="list-style-type: none"> • I will intimidate you • I will act aggressive 	<ul style="list-style-type: none"> • I will avoid you • I will shut down and ignore you • I will be mad at you on the inside-but not show /tell you 	<ul style="list-style-type: none"> • I will not give myself permission to need anything. • I will take ownership of all that was wrong or disappointing
<ul style="list-style-type: none"> • I will act passive aggressive and act like there is no problem, but treat you poorly. 		

<h3>Love</h3> <p>Feelings of Resolution, Engagement, Peace</p>		
Constructive Choice #1 Self Love	Constructive Choice #2 Forgiveness	Constructive Choice #3 Acceptance
<ul style="list-style-type: none"> • I believe that I am worthy of love • I believe I am loveable 	<ul style="list-style-type: none"> • I stop blaming myself • I stop blaming others • I let go of anger and disappointments 	<ul style="list-style-type: none"> • I accept my own imperfections and fallibility • I accept others' imperfections and fallibility • I take ownership for my own behaviors, not the behaviors of others