

I Release YOU ←

May 18, 2020

00:00

[Music]

00:13

as we begin today, I want you to think

00:17

about some of the most common responses

00:20

you give to a narcissist when that

00:22

person is acting well like a narcissist

00:25

you know that person can come at you

00:27

with their craving to be in control and

00:30

they have to be dominant, so they are

00:31

going to be stubborn toward you or they

00:33

can invalidate whatever it is you're

00:35

saying or they can mess up the various

00:37

plans that you have, or they may just

00:39

show that they hold you in contempt or

00:41

the people that you care about in

00:43

contempt and they just can be a

00:45

disruptive force in your own personal

00:48

emotional development as you respond to

00:51

those individuals it's very common that

00:54

you do so with what we might call an

00:56

irritability flare-up you can go into

00:59

your place of tension and agitation

01:01

pretty quickly and annoyance you know

01:03

why do you have to be the way that you

01:05

are many times with that being the case

01:08

you'll respond by trying to plead your

01:10

case then you ask questions like why

01:13

can't you do this or let me explain to

01:15

you why that I was doing the thought the

01:17

way I did and you want to give them all

01:18

of your good logic they're not going to

01:20

listen to it very well but sometimes you

01:22

respond that way anyway many times your

01:26

response draws you into a fruitless

01:29

discussion you try to have that

01:32

long-standing talk about how we're going

01:34

to define our relationship and where

01:36

we're going from here and then you

01:38

realize this is a debate that sounds a

01:40

whole lot like some of the other

01:42

discussions we've had before that have

01:44

gotten us nowhere particularly good you

01:46

can respond by becoming guarded

01:50

calculated and having that walking on

01:53

eggshells kind of feeling sometimes you

01:55

go into appeasement mode towards that

01:57

person because it's like whatever

02:00

sometimes you can respond by going

02:03

into shutdown mode and you pull back and

02:05

then you just can go into your feelings

02:09

of bitterness or resentment things of

02:11

that nature depression anxiety many

02:14

times you'll respond by just talking

02:16

about that person behind their back now

02:19

I want and by the way we could add more

02:22

kind of responses but I think you kind

02:23

of get the trend there I want you to

02:25

notice that each time you respond in

02:28

these kinds of ways and I get it

02:30

you're gonna have these reactions but it

02:32

keeps you tethered to the narcissism the

02:36

narcissus instead of thinking whoa since

02:39

you responded like that I guess I'm

02:40

gonna clean up my act they don't do that

02:42

those responses become fuel to their

02:45

soul it's like see you're proving to me

02:49

why I have to stay dominant over you and

02:51

so they double down on all of their

02:54

controlling and insensitive kinds of

02:56

efforts and not only do they not become

02:58

any better they tend to become worse or

03:01

they just perpetuate their narcissistic

03:04

pattern but it also illustrates when you

03:07

go into these kind of responses that you

03:11

you've got some unfinished business on

03:13

the inside of yourself that you'll need

03:14

to come to terms with and right at the

03:17

top of the list of your unfinished

03:19

business is you're clinging to a hope

03:23

that is not going to come to fruition

03:26

you know anytime that you think to

03:29

yourself well maybe if I speak the

03:31

certain way or respond in this kind of

03:34

style or give them a convincing kind of

03:36

argument maybe this is going to be the

03:38

time that they show the cooperation I'm

03:40

so desperately looking for or maybe

03:42

they're gonna give me the kind of

03:44

affirmation that I was hoping for or

03:46

perhaps this is gonna be the time when I

03:48

get respect or you're hoping for the

03:52

possibility of change I know that we can

03:54

get there because you're you yourself

03:56

are committed to it but you're hoping

03:58

that other person will join you and it

04:01

just doesn't happen and one of the

04:04

things that I would encourage you to

04:05

think about is just the sheer numbers of

04:07

times when you've had these kind of

04:09

responses so many times used to feel

04:12

like oh I guess I could just punch the

04:14

button and play the replay and it'll

04:17

just kind of be a repeat of what we've

04:19

been through before now if we've heard

04:22

about many people talking about when

04:25

you're with this narcissistic person you

04:27

just need to go no content

04:28

with them and I get it sometimes you

04:31

need to physically remove yourself

04:32

particularly if it's going to be

04:35

totally destructive or if you have very

04:37

better alternatives go - sometimes

04:39

that's not possible

04:40

but even so you can still learn to

04:44

psychologically go no contact if you

04:46

will by taking the I release you

04:49

approach as you respond to these people

04:53

now I'm drawing from some of my

04:55

information that I've given in years

04:57

past with my anger workshops when you

04:59

feel angry intense and agitated you have

05:02

five options basically one is you can

05:04

suppress your emotion two is you can be

05:07

openly aggressive and just go toe-to-toe

05:10

with that other person and in doing so

05:13

you wind up becoming a nun groovy person

05:14

yourself three is you can be

05:16

passive-aggressive as you respond to

05:19

that person those are options they're

05:21

not good options a fourth option and

05:23

this is a good one is you can be

05:25

assertive and there are in fact times

05:27

when you'll need to hear yourself stand

05:30

up for who you are what you believe you

05:32

want to stand up for your convictions

05:33

and put into play consequences and

05:36

stipulations that's a part of the way

05:38

that you can respond to the narcissism

05:40

but ultimately in number five the way

05:43

you can respond is you can learn to

05:45

release that person from these false

05:48

hopes recognizing this individual is

05:52

broken they don't know how to do life

05:54

very well and I'm going to release them

05:56

to themselves and I'm going to release

05:58

myself to a different way of life now in

06:02

order for you to take this I release you

06:04

approach you'll need to have in your

06:07

mind what I refer to as your higher

06:10

priorities I just want you to think you

06:13

do you have some higher priorities begun

06:15

just trying to get along with the the

06:17

narcissist or trying to get through your

06:19

day with your behaviors and tasks and

06:20

all of that I hope so for example when I

06:24

talk about that I give higher priority

06:27

to my own good decisions I don't need to

06:30

be over here arguing with this person

06:33

who won't be convinced of anything

06:34

or I want to give priority to being a

06:36

steady person in the way that I am

06:39

emotionally I want to give higher

06:41

priority to my own inner peace and learn

06:44

how to live into that I want to give

06:47

higher priority to a life that's based

06:50

upon goodness and I want that to be

06:53

something I'm known for I want to give

06:56

higher priority to self-restraint which

06:59

is a characteristic narcissists know

07:01

little about I want to give higher

07:04

priority to being known not as a person

07:06

of fear or anger but as a person

07:10

committed to the way of love I want to

07:13

give higher priority to connecting with

07:15

people who actually know how to connect

07:18

and reverse I want to give higher

07:21

priorities by to shedding myself of

07:25

individuals who don't know how to do

07:28

relationships well and bring only

07:30

negative energy so when the narcissist

07:35

comes at you and you have all of these

07:37

other kind of responses that you can

07:39

give to their narcissistic behavior I'm

07:42

hoping you can just think of those three

07:44

simple words I release you as you engage

07:48

with this individual and I want it I

07:50

want you to see if you can understand

07:51

how this can actually help you commit to

07:53

being a much healthier individual now

07:56

these three words I release you are not

07:59

words that you'll necessarily say out

08:01

loud but you can be thinking them inside

08:04

your mind as you engage and respond to

08:07

that person let me give you an idea of

08:09

how this can work for example you can

08:12

this is you thinking toward the

08:14

narcissist when you're being intrusive

08:17

or pushing toward me I release you I'll

08:22

drop any presumption that you can think

08:26

and behave like a big boy or a big girl

08:29

you're released when you cling to your

08:33

anger even if it turns abusive I release

08:37

you

08:37

I'll set into motion instead

08:40

consequences indicating my unwilling

08:43

to be a party to your bullying behavior

08:47

when you speak poorly about my character

08:51

I release you your opinion serves only

08:56

you and your broken ego I get it when

09:00

you refuse to listen to me or even just

09:03

give me simple courtesy I release you

09:07

I'll move on to people who have more

09:10

refined relationship skills when you

09:13

indicate your lack of trust in me I

09:16

release you I don't need your trust in

09:20

order to be a good person when you

09:23

presume that I'm supposed to overlook

09:26

any of your inappropriate attitudes or

09:29

behaviors I release you I won't

09:33

compromise my integrity to a person who

09:36

has low character when you give me

09:39

advice that I don't need or want I

09:43

release you you're not someone I look to

09:46

or take counsel from as I plan my life

09:50

when you threaten me or intimidate me I

09:54

release you I'm willing to adjust my

09:58

life circumstances so I no longer have

10:01

to filter my life through you owe me

10:05

so much for your poor treatment of me

10:09

and I will stand upon my boundaries

10:13

and my stipulations and my convictions

10:15

and yet you owe me nothing as it relates

10:20

to my own inner healthiness and peace

10:24

I'm a free person I'm going to be fully

10:28

me and you are officially released from

10:33

any requirement to help me find my way

10:36

into a life of serenity I release you I

10:44

do hope that you find some sort of good

10:47

stimulation from words such as this and

10:51

insights like this and I know that you

10:53

can tell I feel deeply about this

10:55

I want you to have a good life and I

10:57

want you to have a life that is is

11:00

grounded in what you know to be wisest

11:03

and best and stop staying tethered to

11:05

somebody who just doesn't know how to do

11:07

life well at all now if you've not

11:10

already hit that subscribe button I

11:11

invite you to do so we will have more

11:14

videos coming your way sometimes when

11:16

you are listening to videos such as this

11:19

you're talking to other individuals

11:20

about these struggles it can prompt the

11:22

need to say you know I want to talk with

11:24

a licensed professional counselor and we

11:26

vetted a trusted group now that can help

11:29

you with that we have a link below that

11:31

will not take you to the place where you

11:32

can get some online counseling and in

11:34

today's age online counseling has become

11:36

more and more popular I would encourage

11:38

you to seek that out all through my

11:40

career I've been referring to other

11:41

therapists and that's what I'm doing

11:43

right now in addition we have our

11:45

surviving narcissism TV website and my

11:48

doctor les Carter comm website links to

11:52

my books and online videos and even

11:55

coffee mugs when we say I release you

11:59

that narcissist we're also saying I

12:02

released me to become the person that I

12:05

need to be and that being the case I'm

12:07

hoping that you release yourself into

12:10

your place of peace and goodness I hope

12:13

that you're released into being an

12:15

individual who who knows and lives the

12:20

essence of love

12:25

[Music]

English (auto-generated)