

HOW TO GET ALONG WITH ONESELF

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A Presentation at the Florida Society of Adlerian Psychology Conference
On Building Inspiring Relationships
Tampa, Florida – February 15, 2008

Most of you know the value of living life on the horizontal plane. Living life as if we're all worth one human being, and that's settled. But, of course, sometimes our courage fails us, and we picture ourselves in certain areas, or at certain times, as needing to demonstrate our superiority or keep from revealing our inferiority.

Kurt Adler, son of Alfred Adler and a psychiatrist in Manhattan for many years until his recent death, maintained that the most powerful thing we have to offer our clients is to help them understand themselves...to understand what they are up to. I believe it is also the most powerful thing we have to offer ourselves.

If you want to get along with yourself, it is terribly important to understand yourself, to question your motives, to question what you're up to. You can do it in a lighthearted way, you can chide yourself, joke with yourself, just don't lie to yourself. Spot the disjunctive emotions and thoughts you experience – those are the emotions and thoughts that set us against others and are disrespectful of ourselves. These emotions or thoughts include anger, resentment, blame, hurt, feeling sorry for ourselves, occupation with self importance and other self elevating thoughts, or restricting our behavior because of fear of falling short.

Replace these disjunctive emotions and thoughts with conjunctive emotions and thoughts – those that help us move towards fellow human beings. Catching yourself using disjunctive emotions and thoughts can bring a smile to your face and a warmth to your body. Simply say, "I'm not going to do that. My effort is going to be to help, ... to lend a hand. I may not be perfect at it, but I'm really working at it."

Recognize the courage and love of self and others you are manifesting at that moment. Encourage yourself as these moments. Consider, if someone else is encouraging to you, it's very nice, but, it's out of your hands to make it happen. If you learn to encourage yourself, you have an endless supply of encouragement.

Finally – Keep in mind that this moment is the only reality that exists right ...now – whatever you want to be psychologically ... be it ... right now ...don't get ready to be it ... just be it. Be it when you're working in your garden, when you're having a beer with a friend, be it in the midst of work, or with your children or with your spouse, be it in the grocery store or the convenience store. Too often life is what's happening while we're getting ready to live it. Be it, now – be it in this conference. Be the person you can be and want to be. Be it and you'll find a happy, generous by-product. You'll leave a trail of encouragement as you move through life – almost accidentally – people whose life you touch will feel a little better for your having passed through their life that day. Your happiness will be more under your control and life will seem to have a way of working out for you – it will be because of what you are doing, but you won't give yourself too much credit, you'll just realize you're using the potential that each one of us has.