

Pathwork™ Steps

Self-Confidence, It's True Origin and What Prohibits It.

Quotes from Pathwork Lecture #77

*referencing FORCING CURRENT
and Manipulation of Feelings (feeling defenses):*

These attitudes [submission, aggression, withdrawal] are manifestations of the forcing current.

Still another way is to cripple your real feelings. In one respect, this also happens with the three attitudes.. but what I mean here is something more...

...you don't allow your feelings to function freely or naturally.

Either you whip them artificially into a more dramatic state than they would naturally be in, you exaggerate them, over-dramatize them...

Or else...you artificially cramp, prohibit, and squash your natural feelings.
[constriction]

The negative result of this is that you prohibit growth of something that is alive, a living organism, for feelings *are* that.

Any living organism not left alone, but constantly manipulated, pulled, extended, or squashed in its growth, will suffer a very crippling effect. This is what you do with your real feelings. [with your outer will, your FORCING CURRENT]

You do so when you exaggerate and dramatize a positive feeling about a person. And you do so when you artificially talk yourself into resentment and contempt for a person because you believe that this is protection against the seeming tragedy of being rejected.

So finally, it is not surprising if you no longer know what you really feel and want; and who you really are. Your feelings are the expression of your being. Now, if you constantly prohibit your real feelings from functioning, and substitute them with artificial ones, you cannot know your real self.

FORCING CURRENT
(a defense using WILL level of the
human personality structure)

1. FORCING CURRENT was created to deal with 100/100
misconception with your WILL:
Happiness OR Unhappiness
2. FORCING CURRENT is the Will's distortion of LOVE, POWER
and SERENITY:

Reason:	Serenity	-	Withdrawal
Will:	Power	-	Aggression
Emotion:	Love	-	Submission
3. The WILL manipulates feelings as part of the FORCING CURRENT:

Reason	-	Constriction
Will	-	Constriction AND Exaggeration
Emotion	-	Exaggeration
4. YOUR FAULTS come from your FORCING CURRENT; a compulsive behavior
pattern - 'the will to be happy'.
5. FORCING CURRENT separates you from your REAL SELF
Result = Lack of confidence.

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"After some constructive work and valid insights have been attained, you are bound to become aware of this compulsive current, and feel it distinctly, almost as a separate foreign substance within yourself. You will then understand that all your wrong conclusions and images are a product of this basic current which I have also called the forcing current. This forcing current, in turn, is based on a fundamental misunderstanding about life." Guide Lecture #77, Self Confidence.

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