

**It's Always
the
Love**

Henry Gobus

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Dedicated to my five sons

Samuel, Damien, Jason, Reuben and Alexander

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¹Gobus, Henry. *Human Ascent*. Cairns: Henry Gobus, 2009.

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Henry Gobus
Cairns, Australia
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Preface

This book is the practical sequel to the book, *Human Ascent*². *Human Ascent* is an academic argument in lay terms, arguing for a linear process of how life evolved over time. The most important aspect that emerged from *Human Ascent* is that for the first time in our history, it revealed a clear and unambiguous understanding of what intelligence is; derived from that is the difference between animals and humans. It is only from this knowledge base that it has been possible to write *It's Always the Love*.

The insight that life is not chaotic but a structured and evolving process based on the continuous decrease of self-centredness and the increase of love or affection, throws current perspectives of human behaviour into disarray. As a consequence, previous suggestions on relationship issues and child-rearing matters must have left many unsatisfied. Similarly, counselling and therapy methods that do not reflect the true nature of life are inadequate to deal with the complexity of clients afflicted with, for instance, low self-esteem, poor self-perception, anxiety, panic or depression.

This book, unlike any self-help book before it, explains from a novel perspective our emotional life-span development from infancy to old age. Most importantly, the book explains in simple terms how the human brain functions. Only from a detailed and comprehensive

² Gobus, Henry. *Human Ascent*. Cairns: Henry Gobus, 2009.

knowledge base regarding how we change over our lifetimes and how the different parts of the brain communicate with each other can we understand and therefore address how we feel, think and behave. Only from this knowledge base can we explore issues such as how to find a suitable partner and how to maintain relationships. Understanding our changing views over our lifetimes is an insightful aid to both young people and adults, especially parents.

From my practical experience, the knowledge of how we grow and change over our lifetimes empowers and delivers the key to change. The understanding of how we change over time clears the layers of confusion which often burden people who suffer from mental health conditions. It is this understanding, combined with the strategies discussed in this book, that will bring relief from the emotional pains and guilt carried too long by so many.

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Chapter 1

Changing View of the World

A new look

This book is unlike any self-development book published before. It is different because previous self-development books only explain external matters such as relationship issues, with the main emphasis on ways to resolve disagreements. For instance, the focus is usually on how to negotiate peaceful solutions and forgive each other's transgressions in order to get along with the people closest to us – our partners. The subject on all occasions – although it is not always very clear – is how to change the way you feel, think and behave. Offered remedies skirt around these crucial issues, and often suggest Band-Aid solutions with only limited and short-term value.

To defuse the mystery of why you feel, think and behave in a certain manner, I will first explain our life-span development from infancy to old age. It is virtually pointless to discuss the way you feel, think and behave without first realising how people grow and develop over time. Understanding your emotional development, or in other words your feelings, is crucial to understanding the self.

It is not uncommon to confuse thoughts with feelings. By saying this, I am drawing a distinct line between thinking and feeling. It is most common that people are unaware of the interactions of their feelings with the way they think. If the relationship between the way you feel and the way you think is not clearly understood, finding a solution to an issue can become confusing.

For example, imagine two friends who have a disagreement over which colour is more appealing. One is convinced that green is more appealing than blue, while the other thinks that it is the other way around. I don't think that the friends would seek clarity from professionals to resolve their difference in tastes. However, suppose the disagreement affected one of them to the point that he became emotionally unsettled, withdrawn and isolated and even experienced feelings of resentment. I suspect there would be a far greater possibility that the friends would seek support if one was experiencing unsettled feelings. I think most people would be concerned if it is noticed that a disagreement about a colour is affecting a person emotionally. This illustration is to show that people are not troubled because they think differently, but do become concerned when the emotions or feelings are unsettled.

To give clarity to feelings, thoughts and behaviour, I will discuss in detail our emotional development over our lifetimes. I will explain our emotional development over the life-span from two positions. One is the development of emotional stability, and the other relates to emotional instability. There are many different shades of emotional

development between these two positions, but any emotional development must lie between the two.

Understanding how you emotionally developed over your lifetime provides you with the ability to change the way you feel, think and behave, and it also provides you with greater understanding of and empathy for others. The greater empathy and understanding comes from the fact that when you understand your own development, you have a good idea what another person must have experienced for them to behave in a particular manner.

To understand yourself, is to understand your reaction to the issues you face. The manner in which you respond to any issue is not in your genes. The way you respond to any issue is actually determined by the affection, care and attention you received during your early years in life. The importance of loving care for any person in early life is the foundation for the formation of what is called the personality. Deep inside, many realise that the love and care they received as youngsters influenced how they feel about themselves as adults. These feelings about yourself determine how you interpret the world, the situations you find yourself in and how you respond to the matters you face in your life.

The notion that the way you feel about yourself determines how you respond to the world, overturns a long-held belief. The accepted belief is that the way you think is how you see the world, and that the way you think is the reason why you feel the way you do. In other words, when you think positive things you feel positive; when you think of happy things you feel happy. In fact, it is the other way around. Generally, it is not the way you

think that is directing your path in life, but rather it is the way you feel.

It is the way you feel that determines how you think and how you see the world. Therefore, when you feel positive you think of positive things; and when you feel happy you will have happy thoughts. This means that if you want to change and see the world differently, it cannot be done by changing the way you think; it can only be achieved by changing the way you feel.

Changing your thoughts through distraction or trying to change your thoughts by thinking of something soothing only gives a moment's reprieve. Saying to yourself, 'I shouldn't think bad things,' or turning on the television to distract yourself are useless exercises. As soon as the television is turned off, the thoughts you tried to avoid return. Around and around you go, with no end in sight. When you recall these experiences you have one realisation: while you were trying to change the way you were thinking, your feelings did not change. You could have been feeling low in mood, or you could have been feeling angry or annoyed. The reason why thoughts don't change through distraction is because it is the way you feel about yourself that determines what and how you think.

Digging deep

With this discussion about the way you feel and think, we are entering into the nitty-gritty of what humans are all about. To understand yourself you need to have a serious and in-depth look at what it is to be human; you cannot

take a superficial glance and move on. Instead, you need to understand clearly, in detail, the relationship between your feelings and your thoughts.

In everyday life you generally do not stop to think about your emotions or your thoughts. You simply feel and you think. Realising that feelings influence how you think highlights feedback as one of the most influential aspects of people's lives. The important aspect is that feedback from others affects how you feel and can leave lasting impressions. Positive feedback energises us and lifts us on all levels; negative feedback depletes our energy and destabilises us.

The important point of feedback is that it affects us. The reason why negative feedback affects us badly is not because it has hurt our thoughts; no, the important point is that we are emotionally hurt by it; our feelings are hurt. The opinions of others leave an impression on us, emotionally. In other words, either we feel good about ourselves, or we don't feel good about ourselves.

In the case of positive feedback, you just feel great and experience a sense of pride. In the case of negative feedback, you feel hurt. To counter the feelings arising from negative feedback, you may think of reasons why the feedback is not true. You may think of your past achievements and perhaps seek the opinions of friends in an attempt to undo the feelings of hurt. However, despite soothing words and support from friends, the damage has been done and you are injured, emotionally.

Being aware that what people think about you, or the way they see you, affects you emotionally is very important. The depth of the emotional effect of what

others think of you depends on two different factors. The first concerns the person who made the comment; the second is your age of maturity. You would be less affected if the person is someone you do not get on with and have very little interaction with. The closer the emotional ties between you and the person making the comment, the greater the impact of the positive or negative effect.

The second factor is that the greater the age of maturity you have reached, the less the feedback affects you. When you are younger the opinions of others affect you deeply, and the impact can be lasting. In your adult life you can often brush remarks off or take them on-board without experiencing any emotional turmoil. For persons in the later stages of life, positive remarks are welcomed, and negative ones are simply brushed off.

Realising that the opinions of others affect you differently at different stages of your life makes your life-span development from infancy to old age an unavoidable matter for discussion. That the effect of the opinions of others is greater when you are younger and also that the opinions of those closest to you affect you the most, are crucial realisations for self-understanding.