

The Missing Link in Defence

We all hear so much about our defence system that everyone is familiar with their 'Fight, Flight, and Freeze Response.' All three of these 'strengths' are designed to distance that which we perceive to be a threat either physically (fight or flight), or emotionally (freeze). These responses are automatic (reflex) for some of us, and have been handed down through generations either genetically, or through learned conditioning or both. The difficulty is that if we use these responses within our close relationships we will soon find ourselves alone. Short term gain – long term pain!

There is one other response that, at times of stress, we often do not consider – 'strength in numbers' or 'connection.' At times we all could benefit from some support:

- On a physical level, (e.g. help to lift a heavy load)
- On a mental level, (e.g. coming up with fresh ideas), and
- On an emotional level (e.g. a hug, love, a listening soul)

Who would you turn to in times of stress for support? How do you find your 'Guardian Angel'?

A Guardian Angel can be a family member, friend, a co-worker, someone you met at a self help group, someone from your church or temple, a spouse, or your counsellor.

Make a list of everyone you know (Santoro PhD, J, 1997, *The Angry Heart*, MJF Books, New York)

- Once you have made your list, go through it and cross out those who you cannot even imagine trusting with your real emotions
- Place a tick next to those who have a strong character and an attitude of determination and optimism.
- Put an X next to those you admire in some way
- Circle any name on your list that is not crossed out, and has a tick and a X next to it.
- Put a star next to those circled names of people you believe are strong enough to handle the intensity of your emotions

These are the people you can consider as a Guardian Angel!

Ask each potential Guardian Angel if he or she would be interested in helping you. Asking for help will require a major emotional commitment on your part – trust!

Helping someone who is struggling with problems in their lives is a wonderful, and at times, overwhelming task. Helping may put your capacity to be fully human and compassionate through a stress test that very few experiences can match. Helping will pull out of you every fault, hidden pain, weakness, and vanity that you have carefully concealed from others and even those you have concealed from yourself. Helping may assault your emotions, arouse your anger, and test your patience, but know your love is eternal.

As a 'Guardian Angel' it is crucial that you design your own support system

- Find your own 'Guardian Angel'
- Consider personal counselling
- Join support groups such as ARAFMI Tasmania
- Exercise personal care every day.
- Practice awareness skills e.g. 'Be in the Now' (Echart Tolle, 2008, *A New Earth, Awakening to Your Life's Purpose*)
- Develop Excellent Communication
 - ❖ Remember **SET UP** – Support, Empathy, Truth, towards Understanding and Productivity

Start to condition your new response today – connect with a friend or loved one now.

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