



Real Love and Post-Childhood Stress Disorder - Treating Your Unrecognized Post-Traumatic Stress Disorder

Greg Baer

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Have you ever wondered why *you have difficulty maintaining close, intimate, fulfilling relationships? *you easily get angry at other people and blame them for how you feel? *you tend to over-react to inconveniences and injustices? *you often feel alone? *you tend to avoid people? *you sometimes or frequently use alcohol or drugs to take the edge off the tension you feel? *you have a strong need to be right and win arguments or discussions? *you have a temper? *you are often mystified by the behavior of other people? Do you often wonder, Why in the world did he/she/they do that? *you often have difficulty understanding why you feel as you do? the people around you spouse, lover, children, coworkers sometimes seem to avoid you? *your reactions to some situations fear, pain, anger, withdrawal sometimes seem out of proportion to the event itself? *you use your intellect, physical appearance, competence, accomplishments, wit, money, or other assets to get other people to pay attention to you? *you often feel hurt by what other people do to you? Or by what they fail to do for you? *the people around you often seem intimidated or irritated when you interact with them? If you are like roughly 98% of us, your answer to two or more of these questions is YES, and you re confused about exactly why these conditions exist in your life. Anger, frustration, and loneliness are the most destructive diseases on the planet by far and we are not adequately addressing their causes and solutions. Finally in Real Love and PCSD we can learn about why we re angry and lonely, along with the real reasons we have relationship problems. And we can learn to actually eliminate these conditions. After a severely traumatic event or series of events war, rape, physical assault, and so on many people are negatively affected emotionally and physically for months and years. They experience anxiety, intrusive and distressing memories, anger, exaggerated reactions to events and people, difficulty with relationships, emotional detachment, and a restructuring of long-held beliefs about self, other people, and the world. The diagnosis of PTSD (post-traumatic stress disorder) is applied to such people, and then we feel compassion for them, rather than irritation at the inconvenience their symptoms often cause. Nearly all of us suffer from a form of PTSD that is almost entirely unrecognized in the world: It s post-childhood stress disorder or PCSD. In order to be happy, what every child needs more than anything else is to feel enough unconditional love or Real Love and the lack of this love is actually traumatic to their souls. Each moment that a child is not unconditionally loved is a kind of mini-trauma, and these accumulate to cause profound distortions in the way the child sees himself, other people, and the world both in childhood and later as an adult. Regrettably, these wounds are inflicted every day on most children, and parents are quite unaware of how they re causing this trauma. PCSD is the most common and the most destructive problem in the world, so we must begin to recognize it and learn what we can do about it. As we do this as we study the principles in Real Love and PCSD we can learn to find inexpressible happiness in our own lives and begin to help others to do the same.

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