

TRULINCS 23038076 - LUMMUS, ALLAN CRAIG - Unit: BAS-H-A

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SUBJECT: mp 18  
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mp 18

Compassion for My Hall of Shame

I think my last post hit on something very useful for me to do now. Explore all those moments that caused me to say...oh that is pathetic...about myself. Using classic cognitive psychology (a la Albert Ellis or Aaron Beck). I will desensitize my self to the emotional response by dwelling in the moment. Meditating on my shame with the goal of getting past my auto response. Awakening a compassionate response to my pain and shame.

The fact that I still have such intense reaction to past events in my life is significant in and of itself. The goal is to accept the parts of me that I have sequestered away, bringing all under the warm glow of the light of awareness.

The most significant pathetic moment is R. R is a man I met my freshman year in college. It was not long before R was the major influence on my life. I usually have a single close friend and many others much further away. A natural loner, I tend to keep people at arms distance. R was pushing inside my comfort zone. I resisted for while, then R convinced me that my normal boundaries were my problem. I needed to let him inside...closer...to be happy. He needed me and it felt good to be wanted. So let him in both emotionally and physically.

Now let me be clear about what my pathetic response is to this moment (8 year relationship). It is NOT about homosexuality. I am totally fine with being queer and having one female and one male long term relationship. Some would use the term Bisexual, I like queer. We can get into why later. The pathetic response is that I allowed someone else to define what I should do even as I knew that I needed to do something else. Something told me that R was someone I should keep at arms distance. He was not an healthy partner. I ignored and suppressed that part of me from early in our friendship and kept ignoring my own voice for way too long. Yes, you read it right. For 8 years I violated my own integrity over and over again.

Easily the worst abuse I every experienced was from my own choosing. Many Sex offenders have sexual and physical abuse as their defining moment of sexuality. Me, I willfully cooperated in my own violation.

More later.

Mindful Prisoner