

HOW YOU CAN USE D-IRS TO HELP A FRIEND

DENIAL -- ISOLATION -- RIGIDITY -- SECRETIVENESS

D-IRS is an easy way to remember four of the primary dynamics of dysfunction and addiction. When you see and hear a friend using one or more of these four dynamics in defense of their dysfunction or addiction do a loving confrontation with them. Don't always let something pass because "they won't listen". You never know when something that you say in a loving and confrontive manner will have an effect--maybe now, maybe later after they think about it for a while.

DENIAL includes: "I can handle it", "It's not a problem for me", "I don't get mad, I get even. "I don't get scared", That's not sad, let's get on with life." "When the going gets tough, the tough get going"--(which means don't feel!)

ISOLATION comes from lack of proper warmth, care, concern, and attention when children are small. They learn to live without emotional support. They will frequently reject support when you offer it. In their heart, however, they still long for the concern, warmth and attention. Don't stop just because they put you off or act "tough". Internally they are still listening to your concern.

RIGIDITY stems from a childhood full of arbitrary rules, some harshness (either physical or psychological) and very little support for being curious about the world. So kids learn to keep their mouth shut, their feelings to themselves and to run their lives mostly with rules that they have learned -whether the rules THINK smart to them or FEEL good to them. They are the only rules that they have.

SECRETIVENESS is generated from growing up in an atmosphere of fear. Fear to speak up about what is seen, heard, and felt. Years of criticism piled up on top of years of subtle rejections teach children to keep their feelings to themselves. The anger and hurt need to be reduced some way. If people haven't learned that it can be safe to talk about their feelings, they frequently take to drugs/alcohol to reduce the internal pain, hurt, and misery.

When you talk to people about their dysfunction or addiction, here are some guidelines that are useful.

DYSFUNCTIONAL DYNAMICS D-IRS

Denial	based on fear	can be changed to
Isolation	based on fear	can be changed to
Rigidity	based on fear	can be changed to
Secretiveness	based on fear	can be changed to

FUNCTIONAL DYNAMICS D-IRS

Discovery	based on love and trust
Inclusion	based on love and trust
Responsiveness	based on love and trust
Selective Sharing	based on love and trust

1. Loving Confrontation means saying what you see the problem to be without being judgmental or critical or attacking the person. Talk about the problem.
2. BRING IT UP -- You take responsibility to talk, don't wait for them.
3. TALK IT UP -- Say what you think clearly, simply and with care.
4. WRAP IT UP -- Don't lecture, state your concern and stop.
5. BE THE BOSS -- BOSS means Build On Strengths & Skills. Find one or several things that they do well and stroke them on those Strengths and Skills. When you point out a problem and end with "Being Boss" the person receiving your loving confrontation MAY finish your loving confrontation with a positive feeling about themselves. Positive feelings are the best way to love and grow. You may not get immediate results - Hang-In-There with your Reaching-Out -- over time.

All we have in the world that is worth anything is the world and each other.
Let's care for the world and each other with loving concern. Don't wait!



OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.