



**Dr. Pat Allen's groundbreaking approach  
to get what you want out of life  
by reversing negative language patterns,  
changing the words you use,  
and the way you think.**

## ACKNOWLEDGEMENTS

I want to thank and acknowledge the following loving people for their part in seeing that this statement was made: Mark Herron, who edited the manuscript, Jim Hallows who facilitated this revised edition into print with the help of Edward Rapka. I especially want to acknowledge all of the many years my daughter Sue Wagner has devoted to helping me build my MFT practice, including helping to distribute this little book and other educational products. Last but not least, I acknowledge all that I have learned from all the clients who have believed in my work. Thank you.

©1985–2008 by Dr. Pat Allen, MFT

To order a paperback copy  
of *Conversational Rape*,

---

[CLICK HERE](#)

---

Speak Rationally.  
Decide Rationally.  
Disagree Rationally.

# **Conversational RAPE**

by Pat Allen, Ph.D., MFT  
Director, WANT® Institute

Foreword by Jim Hallowes  
Associate Director, WANT® Institute  
Certified WANT® Training Coach  
Founder, Highly Sensitive People® and  
[www.HighlySensitivePeople.com](http://www.HighlySensitivePeople.com)

## FOREWORD

by Jim Hallowes

Associate Director of the WANT® Institute  
and founder of HighlySensitivePeople.com

I was thrilled when Dr. Pat Allen asked me to write the Foreword of the new edition of her landmark book *Conversational Rape*, and I am excited to have the opportunity to share some of what I've learned about the trait of high sensitivity. The trait of high sensitivity correlates strongly with Dr. Pat Allen's "Alphas," i.e., those who have an ongoing battle between their heads and their hearts, those people who are in touch with both their masculine "Yang" and their feminine "Yin" energies. I know when Pat asks her audiences "How many of you feel you're 'Highly Sensitive'?" there's always a majority of the hands that go up.

The trait of high sensitivity was first brought to my attention by Dr. Elaine Aron in her 1996 book *The Highly Sensitive Person: How To Thrive When the World Overwhelms You*. I also had the pleasure of meeting and talking with Dr. Aron and attended one of her early lectures on the subject.

What I have learned from my more than 10 years of research is that the trait of high sensitivity is a differentiation in the nervous system, and Highly Sensitive People (HSPs) have a heightened awareness of and sensitivity to subtleties in their environment and they process this information more deeply than Non-HSPs. This includes all the senses: taste, touch, sight and smell. And, because it's in the Highly Sensitive Person's temperament to process these subtleties, they often get overstimulated and overwhelmed and need "alone time" to recoup and rejuvenate.

I have heard repeatedly over the years that many HSPs felt they were the only ones that felt this way and they thought—and were also told by others—they were different, and they were admonished to "just get over it" and "stop being so sensitive" and "stop taking things so personally." Now we've learned that this is normal, and it's not a character flaw or a

## Conversational RAPE

---

disorder, but is a normal inherited trait shared by 15% to 20% of the population. That's about 50 million Americans, alone!

So with that in mind, see if some of these characteristics resonates with you, or someone close to you:

It is in the Highly Sensitive Person's temperament and nature to "pause-to-check" and not to rush into new or different situations, but rather to proceed much more cautiously than those who do not share the trait of high sensitivity.

Highly Sensitive "Alpha" People are all very creative, and I think Pearl S. Buck, who was a recipient of the Pulitzer Prize and of the Nobel Prize in Literature, sums it up quite well when she wrote:

*The truly creative mind in any field is no more than this:  
A human creature born abnormally, inhumanly sensitive.  
To him...*

*a touch is a blow,  
a sound is a noise,  
a misfortune is a tragedy,  
a joy is an ecstasy,  
a friend is a lover,  
a lover is a god,  
and failure is death.*

*Add to this cruelly delicate organism the overpowering necessity to create, create, create — so that without the creating of music or poetry or books or buildings or something of meaning, his very breath is cut off from him. He must create, must pour out creation. By some strange, unknown, inward urgency he is not really alive unless he is creating.*

—Pearl S. Buck

## Conversational RAPE

---

As I like to say, “Not all gifted people are highly sensitive, but I believe that all highly sensitive people are gifted.”

In addition to being incredibly creative and gifted, HSPs are known for having deep, rich inner lives, and are very spiritual. These sensitive Alpha people also may have very vivid dreams and are blessed with an incredible aesthetic awareness and deep appreciation of art and nature. They're known for being very conscientious, hard-working and meticulous, but may become uncomfortable and less efficient and productive when being watched or scrutinized. They often feel compelled to file and organize things and thoughts, and they also enjoy simplicity. They may experience mood swings, and can also be affected by other people's moods, emotions and problems. It's also very consistent for the sensitive Alpha's nature to think “what if?” instead of “what is.” And, they've also been known to become very uncomfortable when they feel things are getting out of their control.

I once said at a lecture I was giving that it seemed HSPs “worry a lot,” and I was corrected by a young lady in the audience who said “I don't worry a lot, I just process and think about things very deeply.” It seems though that when a person thinks about things that deeply, and ruminates, it often turns to worry, and worry can then lead to the excess production of cortisol. And cortisol—the “stress hormone” as it's called—has been scientifically linked to depression and anxiety, and as a bonus once the cortisol starts pumping things that weren't even worthy of worry become worrisome. Another thing I hear about regularly is the experiencing of being tired, or fatigued, sometimes to the point of Chronic Fatigue Syndrome (CFS).

It seems another common characteristic of sensitive Alpha people is “cutting people out” of their lives, not on a whim mind you, but after much thought and deliberation. I personally

## Conversational RAPE

---

think this is sort of a survival technique, or survival mechanism, because of the HSP's finely tuned nervous systems. It turns out that most HSPs don't like crowds (except kindred spirits) unless they're one of the 15%–20% of HSPs that are High Sensation Seeking (HSS) extroverts.

Unfortunately many highly sensitive Alpha people have gone through their lives being labeled as “too sensitive,” being called a complainer, high-maintenance or being labeled as a scaredy-cat, being called overly emotional, a cry baby, or a party pooper, spoiled sport, too thin-skinned and taking things too seriously or too personally. Sound like anything you've ever heard? If so, you may be an HSP and one of Dr. Pat Allen's Alphas. Unfortunately, these critical and often hurtful labels can impact self-esteem and these people may start to believe that there is something wrong with them.

As you can see, it turns out this gift, this trait of high sensitivity that many Alpha people share, can come with a pretty high price tag. So I suggest to set healthy boundaries, that HSPs take good care of themselves, and eat well and exercise regularly, and I suggest that everything from yoga to meditation, from journaling to walks in nature, and being near water, can be helpful in calming these incredibly bright, gifted, creative people's finer tuned nervous systems.

I am confident that as the trait of high sensitivity becomes more acknowledged and understood as the normal trait that it is, it will lead to happier and healthier lives for both the sensitive Alphas of the world, and the people in their lives.

— *Jim Hollowes*

## PREFACE

The term rape is ordinarily used in reference to the physical, sexual violation of another human being. There are other forms of rape which violate the mind and spirit of a human being in ways which may or may not leave physical marks. Jails and mental hospitals are full of people who bear no physical marks to show the rape which has taken place. This more subtle form of rape I have termed “Conversational Rape.”

All humans are born with the potential to feel through the body senses of taste, touch, smell, sight, and hearing.

Humans think symbolically through imagery and/or dreams and words. Psychological stability, social interaction abilities, deductive and inductive reasoning, and problem solving capability (IQ), are all significantly determined by language abilities.

When this language training begins around one or two years old, the motivation behind the training will be based on one of two types of love. One is unconditional, acceptance love which recognizes the rights of the little child to have any and all feelings, wants, and not wants and express them. The second restricts the child to “right and wrong” feelings, shoulds and should nots. In this latter language program, conditional love is given for good performance. The child, in order to survive in the family unit, soon learns to activate negative processes. Whether suppression, repression, projection, sublimation, or compensation, these processes cloak the child’s true feelings and thoughts, rather than allow for their free expression.

Through this language training program, the personality and identity of both the trainer parent and the trainee child blend together to perpetuate a system which systematically rapes both of their true feelings, thoughts, and free actions. It is more a reaction “should” program, than an action “want” program. The

# Conversational RAPE

---

resulting behavior has been labeled “gamey,” neurotic, and/or psychotic.

Conditionally loved children have been psychologically raped by intimidation through fear of abandonment and/or rejection. The physically battered child is the ultimate gamey rape but the non-physical psychological rape which is perpetuated through language, both verbal and non-verbal, can be as violent to the mind and spirit as the physical rape is to the body.

Language is significantly taught in the first five years of life and the basic program is perpetuated all during life. Each feeling, thought, and action uses language as a vehicle to communicate to self and others. If the basic language training system was based on intimidation and seduction, “Do it or else I will not love you,” or “Do it for me and I will love you more,” the person will believe that this conditional love system is the “right” way to do it. He or she will use the system on those surrounding them, thus perpetuating more intimidation and seduction, more conversational rape.

The purposes of this book are as follows:

1. Show the influence of language and communication systems on human beings from embryo to grave.
2. Demonstrate how humans are conversationally raped themselves and how they rape others.
3. Raise the reader’s awareness and convey new ideas on how to recognize intimidation and seduction in communication, and thereby avoid the rape consequences.

Teach the reader how to love themselves and others better, particularly little children, in order to make this a more loving world in which to live.

# 1

## A GLEAM IN DADDY'S EYE

Dialogue:

PREGNANT MOM: I hate being pregnant.

DAD: You were the one that said you couldn't get pregnant.

MOM: Why is it everything is always my fault?

**RAPE!**

### Rape Analysis:

Here is a case of a man and a woman engaged in conversational rape because of anger and guilt. She is complaining about being a pregnant victim of a man. He is attempting to alleviate his guilt by dumping the responsibility back on her. The circle of strife continues; she gets hostile and defensive. Conversational rape is a combination of seduction and intimidation, with these people manipulating, in a gamey way, for both power and strokes.

The real victim in this rape is the unborn child living within the anxious, cortisol adrenalized body of the woman. It is this little human who receives the true messages of negativity passing through mother. Baby perceives and thinks in pure sensations of pain and pleasure without benefit of thinking symbolically with words or images. Baby records these negative perceptions on his/her neurological system as the foundation of his/her reality.

Should this negative behavior continue, such a "pain centered" human may become a "pain addict." Comfort will be available only with the experience of physical, mental, or

# Conversational RAPE

---

## *A Gleam in Daddy's Eye*

emotional pain. Discomfort will arrive whenever too much pleasure is apparent.

On the other hand, baby may be the person choosing to become a “no pain addict.” This person continually avoids pain as if it could kill them. However, the “no pain addict,” anxious to “stuff” or “suppress” their pain, drinks excessively, over eats, or indulges in drugs or sex. Believing they are escaping destruction, they are in reality promoting it.

When we lose pleasure significantly at birth, we then become mistrusting of pleasure. We become more aware of feeling, deciding it to be an unreliable system, and move up into our heads – thinking. Such people actually become “pain centered.” Pain is polarized, and they gravitate to one extreme or the other – towards pain or away from it.

The parent-centered home seeks retribution for the parent and the baby is forced to live in that environment. The parents have deprived feelings and they resent the baby's interference with their need for strokes to counter that deprivation.

In a child-centered home, the parents have been at one time well-gratified children. Therefore they pass this on to their babies, and their babies are well-gratified. By generously touching, by generously loving, by feelings that surround the baby, by the “vibes,” and by responding to the baby's needs, the baby's feelings receive priority.

### **Straight Talk**

Straight talk in this situation would involve the Mommy and Daddy in a search for ways to gratify each other, in order for them to give generously to the baby. Then the baby would naturally learn to turn this feeling back and form a circle in the cycle.

The first solution for this situation is for Mother to embark on a good prenatal program. Physically, she makes certain that her body is well-loved and nurtured. She is careful about nutrition, exercise, and weight. Mentally, she controls her

## Conversational RAPE

---

### *A Gleam in Daddy's Eye*

environment in comfortable ways. This will help her to deal with problems as they arise. Her mind should continually nurture her, reminding her to mother herself and receive mothering through her mental processes. Mother's mind will not trigger anxiety if she receives the support she needs in her environment. Emotionally, mother sees to it that she experiences a maximum of pleasure because the anxious body has a tendency to put out toxic chemicals which have a very negative effect on the nervous system.

The nervous system is the communication center between mother's body and baby's body. What Mother puts out in the way of neurological messages will be sent to that baby. Good prenatal programs – physical, mental, and emotional – are of paramount importance for the child.

Also, Mother should receive a childbirth system in which the mother and the baby work together in a pleasure-centered way to the greatest degree possible, so that the baby maximizes the pleasurable experience of the birth process.

Measurement of the birth process in terms of pain and/or pleasure has much to do with mother's anxiety level. Being educated in the birth process, feeling good about the process taking place, helps mother relax her body enough to provide the most pleasure-centered transition phase for the baby, going from the uteral to postpartum state. *Birth Without Violence*, by Dr. Frederick Leboyer (Alfred A. Knopf, 1975), is the poignant statement about a pleasure-centered birth process. For an awareness of the extreme damage that can be done, Arthur Janov's *Primal Scream* is a statement of concern over the physical, mental, and emotional trauma of birth.

And so, after a good prenatal program, and a sensitive birth system, baby is launched into the world. It is of extreme importance, as Dr. Leboyer outlines, that skin-to-skin contact is achieved as soon as possible. This grounds the baby with maximum physical contact. It is the initiation of the communications system of body-to-body, touch-to-touch (feeling-to-feeling), and, the moment of first skin-to-skin contact is when and where grounding takes place.

## Conversational RAPE

---

### *A Gleam in Daddy's Eye*

Everything that you have experienced to the point of sufficient neurological development is still there in our memory and serves as a source of pain or pleasure. If Mommy and Daddy will see that baby's needs are met on a consistent and child-centered basis, that baby will become what we call psychologically superior. Baby will have a significant, profound, and deep belief in its right to exist in this world. With a place in the sun, with people seen as primary sources of pleasure, identity is available. If people aren't sources of pleasure, baby will pull away from the reality of people into the world of inanimate objects and intangible activities...eating, drinking, and often excessive

### **Consumerism.**

Everyone needs strokes – negative or positive, kisses or kicks – in order to satisfy their stimulation stroke hunger. When Mommy and Daddy engage in a conversation which attempts to elicit negative, gamey strokes, they are gratifying their stroke hunger. Their actions speak to the fact that they were taught this way as children, and now they are passing the same system on to their child.

In order to talk straight, mommy and daddy must first learn that being critical of each other indicates a lack of unconditional accepting love of themselves first, and each other second. We give to each other what we give to ourselves. Therefore, it is important to love ourselves and then share that love with others through good, straight communication.

In this dialogue between pregnant mother and soon-to-be father, a loving communication would have been as follows:

**PREGNANT MOM:** Honey, I want to talk to you about how I feel being pregnant. Are you willing to talk now or later?

**DAD:** It's fine now. (or) We can talk later.

**MOM:** I accept my responsibility for mistakenly believing I was protected from pregnancy. I also know that you did not intend to cause me pain

## Conversational RAPE

---

### *A Gleam in Daddy's Eye*

by getting me pregnant. However, I really feel negative at this time and want us to talk from time to time about my feelings so we can deal with them positively. I want to feel good and I want my baby to feel wanted. Are you willing to share my feelings?

DAD: Honey, I know we goofed in getting you pregnant at this time, but I do want you and the baby to feel good because I care about you both. I am willing to talk from time to time about your negative feelings. If I don't want to talk, I'll tell you straight. I don't want to play games with you. I love you.

With this kind of communication, both Mother and Dad are expressing their feelings and handling them appropriately. Baby benefits by having a nurturing mother's body in which to live, thus promoting good chemical communication between them.

# 2

## BABY TALK

Dialogue:

BABY: Cry, cry, cry, cry.

MOTHER (to friend): Oh, she's spoiled. She always cries like that at this time. I let her cry it out; it's good for her lungs.

BABY: More CRYING, eventually CRYING himself or herself to sleep, or, baby gets a spanking, and then cries himself or herself to sleep.

MOTHER: See I told you she would stop.

**RAPE!**

### Rape Analysis:

Baby and Mom have participated in conversational rape. Baby is crying in order to seduce Mom into stroking her. Mom withholds strokes, intimidating the baby to give up and go to sleep without strokes. Further, if the child is one, two or three years old, Mother may even go in and spank the child, unfortunately enhancing a negative stroke system, and reinforcing for both an overall negative stroke economy.

“She’s spoiled.” Mom’s statement discounts the child as not being okay. “She’s spoiled” is a critical, non-nurturing, non-loving, ultimately negative rape message. Mother, were she really a generous mother, would say, “She may be okay, she always cries like that; and when she does, I respond to her.” Mother love, which may be physical and/or mental, is unconditional.

The age-old rocking motion involved in mothering is very important for the baby. In effect the rocking motion causes

## Conversational RAPE

---

### *Baby Talk*

vestibular stimulation for the child. Neurological response, and hence neurological development, one of the last stages of the baby's development is maximized. A caring and consistent mother who rocks, holds, and carries her baby, thereby insuring a neurologically well-grounded infant, is helping to guarantee her child a life with less physical, mental, and emotional problems.

In support of these thoughts, researchers indicate that our "touch-hunger" is absolute. Further, researchers actually quantify touch-hunger with the simple identifying quotient that well-touched people are satisfied human beings. Infants in contact with mother's body through the strapping or holding stages become pleasure-centered adults who know how to stroke both themselves and other people positively.

The first three months of the child's life, before either symbolic imagery or abstract cognition takes place, are especially important in this mother-infant contact. The goal is for the baby to have a good "people stroke" economy, the result of fulfilling the touch-hunger quotient.

Here is another scene between parents and a young child, now three years old. It is bedtime and the child is playing:

MOTHER: It's time to go to bed now.

CHILD (fussing): I want to play some more.

MOTHER: No, I said now! Do you want Daddy to spank you?

CHILD: Cry, cry, cry.

MOTHER: Okay, just a little longer.

### **RAPE!**

#### **Rape Analysis:**

In this case, mother, baby, and mentioned father indicate rape. Baby is learning to distrust people, leading to a loss of security. Inconsistent parenting and the loss of security leads to

## Conversational RAPE

---

### *Baby Talk*

instability. The lack of trust is also a source of information about pain rather than pleasure.

Mother exercises rape, exhibiting a lack of security in herself to be a stable giving person. She doesn't trust her own thinking, indicating a past rape of her own thinking process. In turn, mother passes the rape to father, setting him up as the "Bogey Man" in the child's life, the bearer of pain.

If Dad accedes to Mom and spansks the child on her say-so, he is allowing himself to be raped through emotional intimidation. If he does not cause the child pain, Dad will receive pain from Mother (wife).

By the age of three, baby has become cognitive, aware of symbolism. Mother's face is a symbol of pleasure. Going to bed is an awareness of loss of pleasure. Baby has become aware of the thought processes, including a memory, that indicate some actions are pleasurable and some are painful.

Pain and pleasure are both normal and natural concepts. They are feelings, and as such, non-negotiable. Feelings exist, period... they are neither good nor bad. It is the exercise of those feelings, what you do with them, that counts. What you do with your feelings shows whether you are a rational or an emotional person.

Rational people have been taught early on that "Yes, pain exists." However, the teaching they received incorporated the stable advice that effective use of the brain will allow an appropriate action to be taken. Naturally, baby goes toward pleasure and away from pain. Bed is painful, playing is pleasurable. Since Mother and Father are pain addicts; i.e., they are either habituated to pain or afraid of pain themselves, they allow the baby to dominate the home for the sake of gratification. The baby is being spoiled, developing an inability to deal with pain.

Mother shows her fear of pain. She doesn't want to anger the child, probably because she's afraid of the pain the baby will bring her. She feels insecure in facing that pain, so she avoids it and passes it on to Dad. In effect however, her transfer

## Conversational RAPE

---

### *Baby Talk*

unreasonably gratifies baby's pleasure want; doing so, she sets no price on the behavior herself. The growing child is left without encouragement toward self-discipline.

The child learns or becomes aware that under all conditions we have to have pleasure. Pain to the child is seen as destructive and negative. Pain is bad. Painful experiences are bad. The discipline of mother is lacking because she fears causing pain. She is setting up a system of conditional loving, i.e., "If you do this, then I will love you," or "If you do that, I will not love you." In this case, Mother is saying, "If you don't cry or fuss, I'll love you."

The child, a victim of inconsistent parenting, naturally starts to set up a system. "Mother lets me stay up. Therefore, Mother loves me." And the opposite of that is "Father makes me go to bed; Father requires me to perform; Father does not pay attention to my feelings; therefore, Father doesn't love me."

The child learns to establish a full system of "no-pain." These parents, also wishing a no-pain environment, stress performance at the expense of feeling. The *singular process of pleasure* has taken precedence over the *balance of all feelings* maintained in a pleasure-centered way. Without this balance, an uneven ratio develops, foundations for harmful systems are laid, and problems result in later life.

On the opposite extreme, what if the large, big, adult-sized members of the family have been raised in an emotional way themselves? What if these adults have been raised to feel their feelings and react spontaneously to their feelings, thinking only later of the results?

This ill balanced pattern adds up to chaos. The child loses faith in people as a source of true information. The child pulls away from human beings and gravitates toward trustable *objects*. Very often, these trustable objects might be totally invested in a world beyond reality, a world of daydreaming, fantasy, and imaginary people.

It is not inconceivable to state, then, that children we call "brains" have developed an addiction to books as a source of

## Conversational RAPE

---

### *Baby Talk*

strokes. The books are “object” strokes because the brainy child has lost faith in human beings. He or she may be brighter than the other people around them or they may be unable to obtain positive strokes from their families.

If young children under five years old are raised in a totally emotional, spontaneous way, the ultimate price tag will be what I call a pain-centered personality. The child refuses to seek pleasure because pleasure is a no-no in their family. They only perform. They only work. Life is for trudging. They become the game players of the world. Or, they become the total *process*-centered person who believes life is to be lived spontaneously, never mind what you head says the price will be. Spontaneity produces chaos. Self-discipline allows for spontaneity. Mother and Father are models of self-discipline. Self-discipline means, “I feel my feelings, I think my thoughts, and I act on them rationally.”

### **Straight Talk**

What would be the straight talk in these situations? In the first case, if Mother wants to be a balanced nurturing mother, she will decide what performances are best suited for the ultimate good of the baby. She will, in a nurturing way, see that those performances are done, while taking into account baby’s feelings or processes. Mother might find loving ways to negotiate with the young child. A suggestion is “I’ll rock you for a little while, and then you’ll go to bed.” Or take an inanimate object, a timer is a particularly good one, and say to baby, “I’ll set the timer, and when the timer goes off, then you will go to bed.” Be sure to set the timer!

There are also loving suggestions that have existed for thousands and thousands of years. “Mother will read/tell you a story before you go to bed.” “Mother will sing to you before you go to bed.” The performance of your actions or words should be that of a loving person. Feelings are tended, thinking is encouraged, and the consequent behavior takes into account both feelings and thinking.

## Conversational RAPE

---

### *Baby Talk*

With our older, more aware three year old, a straight talk, go to bed dialogue might be as follows:

MOTHER: It's time to go to bed now.

CHILD: No, I want to play some more.

MOTHER; I know it's fun to play and I will set the timer so you can play a little longer. (Timers know no age!) When it goes off, I want you to go to bed without crying. Will you do that?

CHILD: Yes. (Or, "No." If no, then Mother elicits more talk until child understands and agrees.)

If necessary, Mother promises a "prize" for performing, which may be a promise of quality together time when child wakes up. Or, Mother may set a price on resistance, such as privilege... TV, bike ride, visit to grandparents.

Either way, the child is being instructed in how to integrate and process feelings and thinking with his/her acting performance. Mother is also demonstrating her abilities to integrate her feelings, her thoughts, and her actions as a role model for the child. Further, Mother is showing her willingness to be a negotiable human being. She is encouraging the child to develop his/her own thinking, decision-making processes.

# 3 CHILDREN SHOULD BE SEEN AND NOT HEARD

Dialogue:

CHILD: (Grade-School age, carting home an average report-card.)

MOM/DAD: You could have done better. (By word or behavior.)

CHILD: (Sad kid.) I did my best.

MOM/DAD: It's not good enough.

**RAPE!**

### Rape Analysis:

Where is the rape in this case? The dialogue exhibits parents who have themselves been raised in a performance-centered home. Their own parents' wishes were more important than their comfort. This system of performance over process is now important to them as parents.

These parents not only view thinking as more important than feeling, they also see the actual behavior as more important than feeling good. These parents were raped as children and now do the same to their own child. In this example dialogue, the child is convinced that he/she has done the best that can be expected. The parents are essentially replying in discount, saying: "That's not good enough. We're okay; we did it for our parents. Since you're not doing it for us, you're not okay."

### Straight Talk

What would be a more appropriate exchange between

## Conversational RAPE

---

### *Children Should Be Seen and Not Heard*

parents and child? First, prior to analysis of the report card, parents need to take into account what they know about the child's academic capability. Is the child slow, average, or bright? After acknowledging the child's capability, those parents who want to motivate the child toward better performance may use the prize system. The prize is not exactly a bribe, it is an appropriate form of motivation. If a pay check can be considered bribery, our lives are spent giving and taking bribes. However, the lack of it leaves us in a deprived state. Simply stated, we are rewarded for our efforts throughout our lifetimes. Certainly then, parents who want to promote performance will do well to reward --- they will do well to give prizes to their children for appropriate behavior.

Are the parents in the position to operate such a reward system? Are they able to feel self-stroke so that they are not living vicariously through the child? Are the parents comfortable with their own lives, their own systems? If these parents are able to *feel* about themselves, then they are what I call Peer Parents, parents who avoid playing one up and one down with each other.

Peer Parents negotiate with their children based on the tangible reward. For some parents, notions of prices and prizes conjure up some mystical malevolence. These are the parents who insist to the child, "I want you to do so because I say so." In effect, these parents are putting egoistic pressure on children to be altruistic. These parents see the Peer Parent statement, "I want you to do so because this or that will happen," as being control, i.e., bad! Prices and prizes are seen as being not "meaningful."

Is this truly the case in life? Certainly when we're little we tend to want our strokes to come in concrete, observable, sensuous, situation-response ways... candy, prizes, or goodies. As we mature, we still want strokes, though a simple pat on the head or a verbal affirmation may fill the bill.

There is a false pride on the part of parents who point to the maturity of the children, exhibited by the child's obedient response to the simple statement: "I want you to do it."

## Conversational RAPE

---

### *Children Should Be Seen and Not Heard*

In point of fact, “I want you to do it,” is YOU SHOULD DO IT. Performance is taking precedence over process. Think about that statement, the parent telling the child, “I want you to do it.” Behind this ostensibly mature instruction is the following kind of thinking:

“I don’t care that you feel intimidated. I don’t care that I am motivating you through fear of being either rejected or abandoned by me. In fact, I’m going to convince Grandma and Grandpa and everyone in the neighborhood that you did it because you are such a good kid.”

To this add, “No one will ever know that what I’ve done is totally intimidate and rape you into doing it, that there has been no negotiation. I wanted you to do it, and you did it, period.”

These families that suppress the expression of wants in favor of performance shoulds, may, on the surface, be heralded as “polite.” However, the extremely polite child grows up facing an impotence in determining his or her own wants. Do they know what they want, where they want to go, what they want to do, how they want to do it? The child, in pleasing the “I want you to do it” parent, is rewarded from birth through eighteen. From eighteen onward, however, they are punished through lack of self-gratifying reward, and often need extensive therapy.

Politeness is important, but inappropriate when it is an outgrowth of a family that practices intimidation-rape. The response of the child is, “I’ll do it your way because you know more about it.” In effect, surface politeness is seen and consequently rewarded. However, *should* is being stressed over *want*.

Peer Parents know that children are children and that, mercifully, good children strokes need only be simple prizes or very simple concrete prices. This system does not lead to the “spoiled” child. Spoiled means the child receives everything he or she wants because the child or parent is incapable of dealing with the element of pain. The child must have the human right to negotiate with the parents. The child must be able to state what he or she wants. But the very act of negotiation equates with the fact that the child may or may not get what they want.

## Conversational RAPE

---

### *Children Should Be Seen and Not Heard*

The child is not spoiled when pain is seen simply as an element/feeling with which he or she must deal.

The major premise of this book is that the language we use indicates how okay we are. The parental language trainer conversationally rapes the child by saying, "You should do it because I say so. Parents are more important than kids." The beginning of a conversational rape has commenced coincidentally with the beginning of language training.

Very quickly after birth, babies begin to convert their pure feelings of pain and pleasure into symbols representing these thoughts and feelings. By the age of one to two, they have picked up words and meanings which label their thoughts and feelings. Those people who are responsible for teaching these words and meanings to the young child in effect control the child's communication skills within and outside the child's head. The impact of this control is far-reaching.

If the adult in charge is himself a seducer or intimidator, they will have an adverse effect on the child's psychological development in several ways. The child may be led to believe that he or she is on earth to please others. Or, the child is made to feel guilty when not pleasing others before self. Worst of all, the intimidation of the young child through harsh or critical language training convinces the child that obedience to authority is the goal of life.

Examples of other words and phrases that the seductive and/or intimidating parental language trainer uses in conversational rape are as follows:

**"Say 'May I' or 'Can I' instead of 'I want,' or 'No.'"**

"Be polite and say 'I wish,' or 'Would it be alright,' or 'Could we please do it,' rather than 'I want,' or 'I do not want.'" The person who can say, "I want" — "I do not want," even if it causes others some conflict or pain, is the person who will not be intimidated or seduced into a conversational rape situation later on in life.

## Conversational RAPE

---

### *Children Should Be Seen and Not Heard*

**“Tell people you’re sorry for your mistakes.”**

A child who is intimidated or seduced into apologizing for mistakes eventually curtails experimentation. Exploration and creativity are shut off, because these activities are seen to promote mistakes; mistakes the child has been trained to feel guilty about. The better way is to assist the child in accepting mistakes as part of life, and learning from them.

**“Tell me *why* you think or feel or do things.”**

Here, the language trainer is saying, in effect, “Prove to me who you are, and then I will accept you.” Since there is no way to *prove why*, the child eventually loses confidence in both who they are and the quality of their own thoughts and feelings. “What are your reasons,” only requires data. “Why” requires empirical proof, i.e. one can see it, taste it, touch it and/or hear it. “What are your reasons: asks for data on *subjective* experience, which the questioner can either accept or reject.

**“You *need* me, I am your provider and protector, your trainer.”**

The child who is taught to “need” certain people, places, or things becomes a “needy” adult. Humans need food, water, air, and shelter to stay alive. They “need” strokes or stimulation mentally and physically, either positive pleasure strokes or negative pain strokes, to remain psychologically comfortable. They need a nervous system to record experiences taken in through the five senses of taste, touch, smell, sight and hearing. They need an education to achieve strokes for their mind and body as well as training in how to structure their time on a short and/or long range basis. Overuse or misuse of the word “need” — “I need to get a new dress,” “I need a certain person, a certain thing, a certain place to be okay” — is a seduction and/or intimidation of the child into over emphasis on certain people, things, or places. This conversational rape undermines their flexible, creative, spontaneous, and autonomous way of seeing themselves, others, and life in general.

Each one of us holds a life position attitude which we learned from our language trainers before we were five years old. Three examples of this attitude reflected in life are as follows:

## Conversational RAPE

---

### *Children Should Be Seen and Not Heard*

If we were intimidated by harsh and critical, controlling people, our life position will probably be, "I'm not okay unless I *earn* your conditional love. You are more okay than I am."

Another not okay position is produced by the over-looking, over-giving, seductive super-parent who seduces the young child into feeling guilty for asserting themselves or contradicting the parent. This child will also carry away a position of "I'm not okay because I continue to want things," or "Say NO *for* me," or "I 'should' take care of your needs, not mine." Some churches promote this "others first, me second" guilt.

The worst rape of all is the one produced in the drug, alcoholic violent home where even the young child knows that parents are not okay. Out of need and live, however, this child will unconditionally accept a position of, "My parents are not okay and neither am I." This child has the type of self-defeating attitude which will later allow him/her to become the same type of self-destructor for his/her children.

Now, let's view the report card child in gender. The differences between boys and girls necessitates different reactions. The little girl brings home this report card and cries. The didn't get all the A's and B's that she thinks everybody wanted her to get. Mommy and Daddy are earnest in providing a balance of *feeling a process*. Daddy would say, "I really do understand you feel bad about your report card, dear, and I want you to know that if there is something that we can do that will assist you in getting a better report card next time, we'll do it. Do you want to stay after school with your teacher? What do you think would be a good system?"

If it's a little boy coming home and crying about the same situation, Mother can say to him, "Son, I do appreciate your situation, but I want to know what your plans are for improving and when you know what your plans are, I want you to let me know so that your father and I can assist you in getting them." After working out a plan of action, Mother and Dad talk to him about his feelings and nurture him generously.

So in essence, stress is placed on the daughter's feelings, primarily, and then the solution is worked out. With the son,

### *Children Should Be Seen and Not Heard*

the solution is worked on primarily. Attendance to his feelings is secondary, You cherish a girl's feelings and respect a boy's abilities to think and problem solve. Once you have attended to the little girl's feelings and she has stopped crying, you sit down with her and say, "Okay, Sally Sue, I think it would be a good idea if you sat down for fifteen minutes every night after supper and went over your math and spelling. What do you think about that?"

Of course, girls being girls, this kind of attention is a kind of stroking, and very, very seductive as a prize for her. It is also the immediate way to handle the daughter, as the ultimate solution — a solution the situation dictates for the little girl — is in improving her performance. It's a very good prize because a system is established wherein attention is given to her feelings. She is rewarded, she is stroked, and her performance improves.

For the little boy, mother or father says, "How do you plan to solve this problem? I want to know what your solution is." The little boy straightens up and says, "Dad, I want to...um..., I want you to sit down with me after supper and help me with my school work so I can get better. Will you do that?" "Sure," comes the parental response, "We really will do it. That sounds like a good idea, son." You've achieved exactly the same results — to sit down for quiet study after dinner. During the study time, Dad and son talk about their feelings, whether positive or negative, in order to share.

But, in obtaining the same results, what was the difference? With the little girl there was some assistance, some support system underlying reason, but primary attention was given to her feelings; i.e., her sadness, her frustration, her reaction to the bad report card. To the little boy, the feelings were acknowledged, but he was facing some stress in solving his problem. "How are you going to solve this, son?" And, of course, he came up with, "I don't know. I don't know how to solve it." The parents continue the proper orientation, saying, "Well, we want you to think of a solution and we want you to recognize what that solution is." The boy, importantly, was not encouraged to play dumb. He was encouraged to solve his problems and then consideration for his feelings were offered.

## Conversational RAPE

---

### *Children Should Be Seen and Not Heard*

On the other hand, the parents responded to the girl's feelings, rewarded her, and then assisted in solving her problems.

In families where little girls are raped conversationally and are promoted as little boys, too often the little girl will hold her feelings in and she really can't solve her problems. Suppressing, she'll say, "I'm going to stay after school," or "I'm going to do this," or "I'm not going to do anything at all." She becomes either rebellious and resistant, or submissive and shy. Very often, little girls tend either to over perform, or give up and under perform without sharing their feelings with their parents.

Little boys very often over express their feelings. Mommy's boys, initially emotional, receive immediate attention to their feelings, and then somebody even comes in and solves their problems as well. These are young men who eventually learn to employ this process; they yo-yo their feelings in overuse and under use, manipulating the behavior on the part of the people around them. Little boys who get the idea that the way to solve the problem is to become emotional are in effect using female tactics. Little girls who become so overwhelmed by their feelings, whether over doing or under doing in their reactions to their feelings are facing trouble later on. They become the over do parent-mother or the helpless daisy-daffodil type of woman, unable to operate without constant human catering

Let's conclude by talking for a moment about sexuality. A significant part of the report card scenario we have discussed is that boys and girls learn not just their self-awareness and self-esteem through language training, but also their sex role identity.

Father is more important as a trainer for his daughter than mother is. Father says to her, "You are a woman," or "You are going to be a woman." Mother says to her daughter, "I'll show you how to do it." In contrast, Mother says to son, "You are a boy and you are going to be a man, and Father is going to show you how to do it."

Our sexual identity is *learned* from the opposite sex parent and we *model* after the same sex parent. The confusion a child

## **Conversational RAPE**

---

### *Children Should Be Seen and Not Heard*

experiences with either transient, non-existent, or multiple parent figures is therefore easily understood. The confusion is underscored as the child must decide in this early childhood period who their heroes and heroines are.

The significance of language training cannot be short-changed. Anyone in a position of language training would benefit both themselves and their trainees through therapy programs, including Semantic Realignment and WANT<sup>®</sup> training.

# 4 RESPECT YOUR ELDERS

Dialogue:

TEEN-AGE DAUGHTER: How do you like my lipstick?

DADDY: Get that lipstick off! Do you want people to think you're a bad girl?!?

TEEN-AGE DAUGHTER: Please, Dad, everyone's doing it.

DADDY: I don't care. No girl of mine is going to be a tramp.

**RAPE!**

### Rape Analysis:

The girl has been conversationally raped of her recognition as a girl in her father's eyes. This is very, very common for fathers who are significantly threatened by their teen-age daughter's sexuality. They feel very guilty about their sexual attachment to their daughter, not realizing this is an absolutely normal occurrence. Handled well, the natural attachment enhances the girl's self-esteem as a sexual human being.

Threatened by the daughter's sexuality, the father is afraid she will become aware of his response to her and expose him as a "dirty old man." He will very often discount her feelings as a woman and attack her on clothing and make-up areas, areas of great significance in the teen years.

If you will recall, the feelings of the body are directly connected to the mind and thinking, and result in action. Little girls are primarily feel-thinkers. Little boys are primarily think-feelers. When a girl's feelings, especially those she has about her

### *Respect Your Elders*

femininity are attacked or go unsupported, she is significantly castrated as a woman. Father's discounting daughter's emerging sexuality vis-à-vis her use of lipstick is in effect a rape of that marvelous support which only a father can give as the major male figure in a girl's life.

Sexual promiscuity results significantly from a female not receiving support as a woman from the leading father figure in her life. She has extreme difficulty in expressing her femininity appropriately. She very often will become self-destructive, especially and tragically in the areas of over-eating and alcoholism, which relate directly to body systems. And sadly, girls not secure about their femininity often sedate their feelings through the use of chemicals, e.g., sugar, drugs, and/or alcohol.

How has Father been raped? Father was raped himself in that relationship where his mother figure was significant. Father is threatened by femininity either because of an inappropriate or non-existent relationship with his own mother or the female in his life. Father does not feel secure in his own masculinity, his ability to respond. He cannot hang an identification factor on the male side of his role. As a consequence, he will not, in effect, be able to convey the male support to the female as demonstrated by his relationship with his daughter. Many little girls are Daddy's little girl up to puberty, and then they are abandoned by their fathers. This rejection and abandonment is extremely important in her feelings about herself as a woman.

### **Straight Talk**

In talking straight, in terms of the girl and her father, it is helpful to refer to Carl Jung's theory of "anima and animus." Within every female there is the animus element of masculinity assertion, aggression. Within every male there is the anima sensitive, intuitive, responsive feminine side. If you will recall, girls feel-think, feeling being her feminine experience-sensitive, warm, responsive. If father does not cherish her exterior female side then he will generally promote her interior male element. This results in a woman who doesn't cherish her feelings, a woman who is more into performance than she is into process,

## Conversational RAPE

---

### *Respect Your Elders*

in short, an unfeminine woman. She will have difficulty responding to any man later in life.

How can father cherish her feelings? Father cherishes her feeling by maximizing adjective verbiage. ‘You’re a *lovely* girl, you’re a *loving* person, you’re a *kind* person, you’re a *sexy* daughter.’ Adjectives are cherishing statements. Father’s use of them promotes daughter’s exterior femininity. This allows her to feel her interior animus strength. When a woman wears her interior strength outside, this costuming is done at the loss of her feminine exterior. The secret of being a well-balanced woman, starting with the young years, is to keep her internal strength for herself. A woman thinks in self-preserving terms and gives in a generous way exteriorly. A man gives in a generous way exteriorly and feels within himself. The female within the male is called the anima. Therefore, if the man takes care of his feelings interiorly, he will generally perform in a self-preserving way.

There is one verbal error that many people make which I call the *Pretty Girl Syndrome*. Prettiness is a performance system. “You look pretty. You dress very well, you do your make-up very well. You keep a good house.” These are non-adjectives. They are very performance oriented strokes. How would you say them differently? You would say, “You’re a very *sensuous* woman. You are a very *attractive* woman.” These are very nice things to say. A stroked performance is not as fulfilling as *stroking the process of being a loving woman*.

Basically, stroke the magnetic feminine qualities. “You’re loving, you’re sweet. You’re kind, you’re sexy, you’re attractive, you’re giving, you’re very generous.” Use these statements as opposed to “You do that very well.”

A male stroke-performance stroke would be, “You cook a very good meal.” There is a difference when you say, “That was a very loving thing you did,” or “That’s a very generous thing you did-the love you show when you cook so well.” This is a marvelous statement to make to your daughter.

Let’s take another look at a dialogue between mother and son:

## Conversational RAPE

---

### *Respect Your Elders*

SON: Mom, I'm taking Sally to the Prom.

MOTHER: But, dear, she's not *our* kind of people.

SON: But Mom, she's a neat girl. I like her. (Now Dad enters the picture)

DAD: Your mother knows best about these things, son.

### **RAPE!**

#### **Rape Analysis:**

The first victim is the boy. His choices have been disrespected. Again, one of the primary jobs of mother is to admire and respect her son's brains because that's the part of him that will carry him forward as a man in the world of reality. So mother says in effect, "Son, your brains aren't too cool. Mine are better than yours. I know what's best."

Now, obviously mother has been trained and raised to be a performer herself. She's evaluating the performance level of this "neat girl." Mother's performance orientation begs the question-what happened in her childhood? Likely, there was a father figure or lack of a father figure who promoted the over-stressing of her animus decisional qualities over her intuitive creative qualities. A mother perpetuating a need to be respected for her thinking more than needing to be cherished for her feelings will soon have this young man becoming more and more dependent on her problem solving capabilities. "Mother, should I? What do you think, Mother?" this will not allow him to identify with the male side of the role and he will eventually become a female trained male, a second-class operative in society.

Dad, on the other hand, defers to a woman instead of using his own "man to man" sharing ability with his son. This indicates that he no doubt deferred to his mother and a strong woman as a young man. Thus, his own rape shows now. Supporting one another is a good thing for a Mother and Dad, but remaining individuals is one of the significant gifts they each can give their children.

### *Respect Your Elders*

#### **Straight Talk**

How might this have been stated more appropriately? With the dialogue, son says, “Mom, I’m taking Sally to the prom.” Mother would have said, “That’s nice. What kind of girl is she?” Son would have replied, “She’s a great girl, Mom and I like her.” Mom then responds, “I trust you to use your head, son.”

If Mother sensed something potentially inappropriate, she might have suggested, “invite her over so that I might get to know her.” Mother’s feelings are totally appropriate, in that she is being stimulated by her son’s emerging sexuality. Once again, Mother and son are having a normal love affair. She is receiving a lot of her masculine strokes from her son, and he is receiving feminine strokes from her. Holding her fears and not using them to manipulate his performance either/or to protect her own feelings, Mother gather her own data in her own time and space. She is taking care of herself and not castrating her son out of potential fear and inappropriate action. When women use emotion to run their logic, they are illogical. Women think with their feelings, but hopefully they run their feelings through their heads before reacting emotionally.

Men think through their mental logic, but hopefully they use their logic with a sense of tenderness and sensitive feelings. Since mother is a primary male trainer for her son, it is absolutely appropriate that her vocabulary employ many verbs. “You did that well, son. You’re a very bright person. I really *admire* how you did that. I *respect* your choices. I *believe* you know how to do it. Good show, son.”

Hopefully, mother and father are the first “love affairs” their children will have. With good sexual communication, the parents will be successful as models for future true affairs.

# 5 MAN TO MAN

Dialogue:

BILL: How about a game of racquetball, Joe?

JOE: No, I haven't played in a long time. I want to practice so I don't look like a fool.

BILL: What's the matter, afraid you'll get beat?

**RAPE!**

### Rape Analysis:

Bill and Joe are prime examples of what I call Macho/Super Jock and David Daffodil.

Macho-Super Jock Bill is the man who's been raised in a man-centered home, where total emphasis was on his masculine performance capabilities. His feminine process system has been suppressed, described variously as faggy, inappropriate, or "Boys don't do that, that's for girls." David Daffodil Joe has obviously grown accustomed to using his feelings over his brains because his brains have been discounted and he cannot trust them for an up to snuff performance. One has been castrated on the top of the think mountain, and one has been castrated at the bottom of the feel valley.

Men raised to express themselves exclusively as males, with pressure put on them for performance, respond in one of two ways. Either they over do and consequently over act like Macho Bill; or, as with Daffodil Joe, they under do their masculinity and lose faith in themselves.

Because neither of these men have their anima feelings under control, they cannot be considered true males. They are both half men. Their anima feelings have not been

## Conversational RAPE

---

### *Man To Man*

incorporated within their thinking, performance, masculine center.

We, in our culture, produce more, but what price do we pay for teaching our men to do nothing but perform? The price we pay is that they become insensitive, they die earlier, they don't enjoy their lives. What prize do we garner?

There are three levels of stroke systems, people, who are highest quality, nature second, and things third. Naturally, if men are taught that people are not sources of strokes and that they don't have access to nature, they not going to till the soil: men are then going to be put into their offices for the sole purpose of producing that green stuff called money. Men are going to be encouraged to go out and buy those cars and houses as a way to make love to the people they care about.

Bill is a man who watches football and other sports as a vicarious "feel" vehicle. Athletics put Bill in touch with other performance males. Athletics afford men such as Bill an opportunity to touch men and feel and perform in a competitive arena. For the man who does not allow himself enough time to experience his body, actively watching others is second best.

For Daffodil Joe, his "overcivilized" castrated *feeling approach* to life may allow him access to the feeling world of women. Thus, he "joins to enemy" in occupations that allow him to earn a living, e.g., cosmetology, interior design, fashion design, and/or to arts. Even teaching and nursing could be included here. The price he pays in overbalance is harsh. The goal of every human being is balance, integration; appropriate behavior based on feeling secure internally, thinking logically and acting appropriately. Bill and Joe are out of balance and need assistance in realigning themselves.

You would find, if you stayed around Macho Bill long enough, that he will eventually run up against reality. Without assistance, either Bill's wife will run out on him, or he'll lose his job, or he'll get sick. Any of these factors undermine his performance abilities and he will then go into a depression based on repressed feelings.

# Conversational RAPE

---

## *Man To Man*

Daffodil Joe is a man straining to perform appropriately, but not equal to the task. Very often, he acts cowardly, and becomes an alcoholic in order to release his powers. Or, he becomes a violent man seeking release. He blows up or he blows inward. He is likely to be a latent or an actual homosexual, out of fear of women and their hurtful power.

### **Straight Talk**

Super Jock was raped as a young person in that he was raped of his permission to experience his feelings. It's not necessary to always perform. He can process a feeling as Joe and learn to enjoy the feelings of play as well as the pride in performance. David Daffodil was raped as a young person in that he was not given enough respect for his problem solving performance ability. As a result, his feelings constantly "swamp" his thinking. Consequently, he forfeits both his self-esteem and self-worth. He's not only poorly motivated, he's a poor performer.

A better racquetball dialogue might go something like this:

BILL: How about a game of racquetball, Joe?

JOE: OK, but I want to tell you, my game's not really up to par.

BILL: Oh, that's OK, I'm really just glad for the game.

JOE: Sure, and I'll do my best and give you a run for your money.

Now, the two men are more human, seeking the goals of balance, integration, appropriate behavior based on feeling secure internally, thinking logically and acting appropriately.

# 6 WOMAN TO WOMAN

Dialogue:

ALICE: You really should have your hair colored, Mary. You would look years younger.

MARY: Do you really think so, Alice? I'm so stupid about such things.

ALICE: I'll make an appointment with my hairdresser, dear. We'll get you fixed up.

**RAPE!**

### Rape Analysis:

Once again both people have been raped, either currently or in the past. In this particular case, the rape is more subtle. Being women, both of these ladies are given to feeling statements. Alice portrays in her exhibition of language what I call Super-Mom Bertha Balls. Simply stated, she's doing the active giving for and to another person in order to control. She is a lady who was taught, probably by a father who was performance oriented and by a mother who did perform as Super or Critical Mom or didn't perform, choosing the role of Daisy Daffodil. One of these extremes encouraged Alice into performing. She's determined to rescue poor little Mary who doesn't know how to fix her hair. She is, in effect, over extending herself.

Mary, on the other hand, is playing stupid Daisy Daffodil. By being stupid, Mary can seduce Alice into rescuing her. Alice invited action on the part of Mary, perpetuates Mary's self-recognized powerful passivity. I make the statement here, a statement which may come as a surprise-that the passive person

# Conversational RAPE

---

## *Woman To Woman*

is the powerful one, and that the person who is most active is generally the most helpless. Alice is being raped at this time because she is in effect actively doing the performance to take care of Mary. Mary has been raped in the past, and is now in the process of raping Alice. Mary does this by being the helpless, inactive, passively powerful woman.

### **Straight Talk**

Women are predominantly process oriented, feeling centered, body centered human beings who use their brains to take care of their feelings, their bodies, and their processes.

The dialogue for this situation would sound like Alice's suggestion to Mary, *after getting permission*, "I suggest that you think about having your hair colored. Are you willing to do that?" Mary would respond, "I appreciate your caring about my hair. I want to think about that before I take action. I appreciate your caring about my looks."

Let's spend some time talking about women in today's society. It is my opinion that we are at the apex if an emergence of a new entity for women and their process/performance integration.

In the past, our concern has been directed toward woman's performance in the home. We have discounted women's capabilities in performing in the "Man's World" of for example, banking, sales, construction, and top executive strategizing. We have given women permission to perform in "feminine occupations" like nursing and teaching. However, we have not given them permission to operate in spheres like engineering and other traditional male bastions.

Thanks to the Women's Lib movement, which is basically an economic movement rather than an psychological movement, we are seeing women appear in the world formerly dominated by men. Women are beginning to gain more legal, business, professional, and economic privileges. However, the psychological problem we have seen is extremism. There are career

## Conversational RAPE

---

### *Woman To Woman*

women who are performance oriented. Bertha Balls Super Moms, and housewives who are process oriented Daisy Daffodils, each critical of the other.

To be sure, there are women who are becoming too performance oriented. They are losing the female priority system and not concentrating on process. The typical “Women’s Libber,” with all the inappropriate aggressive manifestations, is really a woman hater. She is competing in his work for a man’s world, competing in his world for a *man’s* position. In effect, this costs her more than the gain of the achievement of economic equality, which she has chosen as a prize.

On the other hand, Daisy Daffodil may be choosing to overreact by staying home. Daisy is not testing her abilities in the market place out of a sense of repulsion at the harshness of the “Woman’s Libber.” Sadly, Daisy is staying underdeveloped.

The appropriately blended woman is a woman who predominantly knows what she wants based on her own unique sensitivity and then goes after it. She does not allow herself to be stampeded into competitive performance based on somebody else’s direction. She does not allow herself to be intimidated into leaving her home if she does not want to leave it. The appropriately blended woman can be as good a woman at home as she can be in an office.

Too many times, home-oriented women are being discounted and intimidated into leaving their homes based on their woman’s lib “sister” accusing them of not being progressive women. But staying home, and performing at home, may be exactly what the home-oriented woman wants. Some women who are “out there” and pushing for performance are going at it in such an insensitive, controversial, antagonistic way that they’re creating bad feelings not only in business and society but also among home-oriented okay women.

Women in today’s world would do well to continue to process their own feelings, whatever they may be. Good use of their brain would be in channeling those feelings. My want is

## Conversational RAPE

---

### *Woman To Woman*

to give women permission to perform rationally, logically, and to see themselves as good women, anywhere they work, inside or outside the home. In the past, women have been seen as “the other half of their men.” Men go to work and earn the money to provide the nest. Women stay at home and nest it. With the emergence of women into business and industry during the Second World War, a conflict has arisen in the old half and half system. Women became aware of the fact that they could do well “out there” and with this awareness came a choice. As women have gathered more power through ERA type legislation and NOW (National Organization of Women), they have attempted to “free the slaves” at home. Just as our country exhibited confusion over Lincoln’s freeing the slaves after the Civil War and our resulting Sixties racial problems, we are experiencing the Seventies and Eighties woman’s issues problems. As I have said before, women tend to be feeling centered performers as opposed to men, who are thinking centered processors. The problem, as I see it then, is getting a clear idea of what the term “performance” means.

Being a business or industry performer is neither more nor less valuable than a homemaker who runs a first-rate home. The basic thinking/doing skills are still used in both areas. The only real difference is in the amount and way money is given for the performance. The business, industry type woman earns a salary from the company. The homemaker earns her salary from the man she works for.

This may appear to be “degradation” and “dependence”; however, it has been recognized in the top business circles that “A man at the top must have a woman at the top at home to be any good.” A god man needs to have a well run home in order to charge his batteries. As I have said earlier, man has within himself all the anima sensitivity and vulnerability, and creativity that women have. The anima must have a place to emerge, and a safe, attractive, well-run home is ideal. It can make him a truly fit and blended man. The top drawer homemaker is the “man” at home behind the man in business. She deserves half the credit and money for his success.

## Conversational RAPE

---

### *Woman To Woman*

It is an overstatement on the part of the woman's lib movement that women are being dominated, used, and abused by men. A woman at home is not being dominated. She is being proceeded by a man who sees her behind his leadership, as both a protectee and a supporter. As he leads her into a successful life-style, he protects and provides and as she follows him, she supports and comforts him. Together, they become a successful team.

When women see themselves in competition at home with their men, confusion reigns. He is not allowed to lead, assert, protect, provide, and she does not respond, follow, support. All chiefs and no indians. The result of this competition for "Chief" equality is that no one wins. On the other hand, some women who do emerge as "liberated" into the business arena do so with the anticipation that being equal to a man is the good and that happiness is equality. The dismal dawning is that, this equality brings blandness and unclear roles, particularly in the social arena. The rising emergence of the gay movement, and the percentage growth of all sexual problems, indicate how much our role reversals and confused sex role identities have become a way of life.

In areas both business and personal, men and women are becoming more and more confused about what is the best what to relate. My premise is that all is equal and fair in *performance centered business* but in our *process centered personal sexual areas*, we are different and those differences deserve awareness and respect. The blended man tends to feel and process his life better when he is encouraged and supported in his assertion, leadership, teaching, protecting, providing, actively giving roles. The blended woman tends to feel and perform better when she is encouraged and allowed to respond to her man's sensitive leadership in a protected environment. In that situation, her man seeks out and cherishes her feelings in a loving, giving way. Actively, she responds to him out of respect for his skills in thinking and doing.

In sum, a smart woman respects her man's brains and a smart man cherishes his woman's feelings. Together, they may design

## **Conversational RAPE**

---

### *Woman To Woman*

a life which may include the woman either staying at home or going to work. Whatever the case, they remember their priorities as a man and a woman in their personal relationship. So, women have new cultural problems-accepting and managing the diversity of priorities between career and home orientation. These new choices also affect their relationship with their men. Resolving both seems to be the issue of today's world.

# 7

## SWEET TALK

Dialogue:

BILL: I'm going to take you out this weekend and show you what a really good time is...ha, ha!

MARY: But, Bill, I already have a date.

BILL: Break it.

MARY: Okay, Bill. I'll do it for you.

**RAPE!**

### Rape Analysis:

Bill exhibits the type of performance oriented behavior common to Macho-Super Jocks. He is dominating, intimidating, insensitive, pushy, grabby, any and all terms of this nature. In effect, however, Bill is probably very frightened and wants to deal with these feelings by over compensating. Therefore, he steamrollers Mary. She is allowing herself to be raped into a Daisy Daffodil passive position because now she can say, "It's not my fault, he raped me."

Mary feigns helplessness when she says, "But Bill, but Bill," and Bill overrides her protests, giving Mary the excuse of having been socially raped because he is so pushy. In the eventual long-run scheme, however, Bill is the one who would be raped because he would be responsible for Mary and her rape, and the rape of the guy she was supposed to date in the first place. In blaming the whole situation on Bill, Mary can collect her angry stamps, and continue her games with other men.

## *Sweet Talk*

### **Straight Talk**

Were this conversation effectively restated, Bill and Mary could conceivably talk as follows:

**BILL:** Mary, I want to take you out this weekend if you're available.

**MARY:** I appreciate your invitation. The fact is, I already have a date. Are you willing to ask me again?

**BILL:** Sure.

In the case of women relating to each other, and men, some women control with passivity. It is significant and important for a woman to respect a man. Since Bill has taken the risk of pursuing or reaching out to Mary, she has a choice. She can be helpless and passive or she can be active, self-controlled, and responsible for herself. The latter choice disallows games.

By her sensitive responsiveness and consideration for his feelings, Mary rejects the invitation respectfully, promoting a willingness on Bill's part to reach out to her as a woman in the future.

Macho Super-Jock Bill tends to be very attractive to Daisy Daffodil Mary, in that Daisy is totally in charge of feelings, and Super-Jock is totally in charge of thinking. Between the two of them, they become one person. On the reverse side, Bertha Balls, or the very performance oriented woman is very attracted to David Daffodil, a very passive character man, in the same way that macho and Daisy are attracted. Relationships are based either on rational systems or emotional systems. If they're based on rational systems then the man and woman complement, but do not replace, each other. In that way, the man brings a performance process system and woman brings a process performance system into the relationship. Both have permission to feel. He and she each have a separate responsibility to see that their particular side of the fence is in good repair. The man is in charge of problem solving and the woman is in charge of the feeling level. In this way, no performance is done which

## Conversational RAPE

---

### Sweet Talk

may cause her significant pain and eventually reflect negatively on his performance.

Here is another sweet talk conversation:

Dialogue:

ALICE: (On the third date) . . . Joe, it's okay if you spend the night rather than drive home.

JOE: Sounds nice, Alice, where do I sleep?

ALICE: Wherever you want.

**RAPE!**

### Rape Analysis:

Alice is a pursuer, a performance oriented female. She needed stroking and has opted to use the male system of dynamic pursuit over the female system of magnetic attraction to obtain those strokes. In her undercover message, which she has conveyed at the lower game level, she is inviting Joe to play with her sexually. Many women allow the intimacy or intercourse when what they really want, are strokes of friendly affection-TLC. One of the big promotional abuses in the world today is that women can experience intimate intercourse indiscriminately without hurting themselves. Since women are feel-thinkers and need to be safe and trusting for true sexual surrender, a woman who either invites or allows fast sex runs the risk of desensitizing herself to a total orgasmic experience.

In this dialogue, Bertha Balls Alice is herself being raped of her rights to be a woman. She's not allowing herself to be sensitive, to move slowly, to be courted and pursued by a risk-taking male who knows how to solve problems, knows what he wants and goes after it. And our friend, passive David Daffodil Joe is now in the magnificent *power* position of receiving all of this deep generosity promoted by Bertha. Sadly, Bertha is really promoting Daffodil Joe's passivity. Also, Joe's negative attitude for women, as objects, things to use and play with, is promoted.

## Sweet Talk

### Straight Talk

It is my experience that men want to solve problems so that they feel very, very self-reliant. They want to feel in charge, in control, responsible, when they do the performance pursuing. When Joe is pursued he does not go through the process of problem solving. Therefore, he is actually at the mercy of Alice, which in effect undermines his masculinity and promotes his negativity. He distrusts her and he will, in effect, use her, abuse her, and then leave her for a woman who loves herself more than Alice does. In this new choice, Joe has entrusted his feelings to a woman who loves herself enough to be considered a worthy trustee of his love feelings. Falling in love takes time, it takes effort, but the value is more enduring.

Relationships are constructed on two different systems. One system is very definitely protective, the friendship foundation system. It protects the sensitivities of both parties and also allows the rational experience of the two elements of compatibility and communication.

The other system is based on chemical communication between two sensuous people who are more interested in “thing” body strokes than in spiritual love, sharing, and care strokes. As long as both people want the same thing, they will be okay. The risk comes when one wants love strokes and the other wants lust.

People often go to bed in order to *eliminate intimacy*, because it creates risk-taking pain. The massive modern fascination with sexual-chemistry relationships places compatible communication second. Relationships based on friendship place compatibility and communication first, and chemistry second. Eventually, if the chemistry is there, the inherent negotiation of compatibility and communication will allow the sexual experience in a safe, loving way.

In consideration of the male, all too often today's man is being promoted to perform sexually. They are ending up with all kinds of sexual dysfunction that they've never had before. As I said before, when a man solves his problems, he feels more

## Conversational RAPE

---

### *Sweet Talk*

potent and he's correspondingly more sexually potent as well. He is in charge of the situation and when he's in charge of the situation and behavior, then the female part of him feels safe. When a man pursues a woman and he pursues her by being a trustworthy, honorable person the he, in effect, can relax and enjoy himself.

However, a man who has been seduced, raped, and manipulated by his woman into thinking he's responsible for giving her orgasms, is a raped man. His problem will be manifested variably, from premature ejaculation to seminal retention, to impotence. When the job is not performed, it's because he knows he shouldn't perform it. The accomplishment is not good for him. Don't blame yourself because you didn't get the job done. For example, in terms of the premature ejaculator, you're saying that you had better get your compatibility, friendship and love factors lined up because the chemistry is being damaged.

Seminal retainers are hanging on. You're really saying that you don't want to surrender. You don't want to give because there is something inappropriate about the person you are with or, it may be that you have still not resolved about your fear of demanding, taking women. Psychologically, the easiest understood sexual dysfunction is impotence. Impotence is saying, "I won't and you can't make me do it, lady."

Men, since they are very much interested in performance, are in charge of the concrete world. They see a pretty body: they want to touch it. That is very concrete. Women, on the other hand, are in charge of the abstract, spiritual world, and they, in fact, are very much into not being touched unless they feel safe.

So, when a man sees a pretty girl he responds to her concretely. When a woman sees a man, she thinks about his likability, his lovability. When two needy people relate we say they are symbiotic, parasitic. They need each other to fulfill themselves. Healthy people want each other but do not need. I say that people come in two varieties; one shouldering the question "Who am I?" and the other directly an "I," i.e., "I am myself and I know who I am."

## Conversational RAPE

---

### *Sweet Talk*

Symbiotic people simply do not share. They give, they take-but they do not share. One is a giver and the other a taker. In a sharing relationship, there is also give and take. Additionally they also ask for and refuse from time to time. Importantly, however, in a sharing relationship each individual predominantly takes care of themselves first.

Independent people are internally secure. Their childhood were stable and they now feel well loved by people. When they seek intimacy, they do so with the capacity to share that love with other people. The person who is not internally secure is anxious, constantly looking for love and a safe environment. When they find what they think they are looking for, they latch on, creating a mutually needy dependent relationship. Both lose, as both people continue to promote a lack of independence or "I" centeredness.

ALICE: Joe, I enjoyed our date tonight, and I don't want to feel afraid for your safety. Will you be careful when you drive home?

JOE: It was nice, Alice, and I'll be careful. When can I see you again?

# 8

## 'TIL DEATH DO US PART

Dialogue:

BILL or ALICE: Why don't you \_\_\_\_\_?

JOE or MARY: I can't because \_\_\_\_\_.

**RAPE!**

### Rape Analysis:

Again, we are viewing Super-Jock Macho Bill, Bertha Balls Alice, and their counterparts-David Daffodil Mary. All are intent on conversationally raping each other, just like Mom and Dad did to them when they were little.

Macho Bill and Bertha Balls Alice believe that action is more powerful than inaction, but they are mistaken. Daffodil Mary and Daffodil Joe can side-step with their helpless, passive aggressive games until Bertha and Mach are themselves victims of both frustration and resentment.

When Macho and Bertha finally catch on to the rape and stop trying to get control of the relationship through power plays, they find that their Daffodil opposites take up the game and begin pressuring them in a role reversal. People who use active power are actually more afraid than the "powerless" passive partner who is safe enough to sit back and watch the fireworks. Remember, it is the one down victim who actually gets the strokes from others-sympathy, pity, empathy, and rescuing. Bertha and Macho usually get left alone, looked down on, undermined in this scenario as the "B movie" bad guy.

Marriage or committed one to one relationships built on a one-up, one-down system contain two question-mark people.

## Conversational RAPE

---

### *'Til Death Do Us Part*

They are two humans, each of whom needs to trigger a rape in order to get a painful reaction like they remember from home.

Symbiotic, parasitic marriages can function indefinitely as long as no one moves out of line. If Bertha or Macho break down or Daisy or David build up, then a domino effect takes place which influences the whole family, including relatives who do not live with them. This can be a very good thing in a marriage, but often it ignites escape mechanisms like over-eating, excess drinking, or extra-marital non-negotiated affairs. If the changing people are open and honest, they can adjust to the new equality of "I'm okay and so are you." Professional help may be needed during this transition.

### **Straight Talk**

In a good, balanced relationship, both people exhibit all varieties of behavior appropriately in response to all types of behavior in their partner. If a man cherishes his woman's feelings, he will listen to her without judgement and support her not-wants and general wants as much as he can, as long as they are moral, ethical and legal. If a woman respects her man's thinking, she will listen to his specific wants and not-wants and respond to them as much as she can, as long as they are moral, ethical and legal. Together they complement each other and individually they grow and prosper. As they become more "I" centered, they have more to share as a "we" couple and as an "us" couple in society.

There are four areas of negotiation — time, space, sex, and money — in a committed married type relationship. The first is time, time together as a "we," time alone as an "I," and time as a couple with "us." Healthy individuals make certain that they negotiate all three categories, i.e., I, we, and us appropriately. They maintain a balance, being careful to avoid gamey "rape" deals wherein they intimidate or seduce each other out of balance. Symbiotic couples over depend on each other as a "we." Their alone time as well as their socializing with outsiders is curtailed, exhibiting a pathetic need to hang on to each other

## Conversational RAPE

---

### *'Til Death Do Us Part*

as they did with mommy and daddy before they were five years old. Individuals who are still fixated at an early level of growth usually believe that with good performance they can earn love.

The contrary is true, you can never earn love conditionally. By its very nature, true love is unconditional and only mature “I” centered individuals can truly share it by accepting each other, as is, and negotiation without the tactics of intimidation or seduction. The second area of negotiation is space, how it is shared and how it is cared for. It’s a possessive pronoun world — my closet, your drawer, our dishes, my chores, your chores. Too often symbiotic couples believe everything belongs to “we” and then a rape situation occurs in which private ownership and a blurring of responsibilities takes place, which only promotes games and brings both pain and non-intimacy. To know where lines are, is to establish stability and allow closeness.

The third and fourth areas of negotiation are sex and money, respectively. Their inherent lines of responsibility draw perimeters around our two biggest areas of conversational rape.

Few couples have physical sex problems. Most sex dysfunction is based on communication difficulties. Symbiotic, needy, question mark people usually attempt to intimidate or seduce each other into a possessive, obsessive relationship. They disallow any sexual space between them for such things as friendships with opposite sex or a social life apart from each other. They very often become more needy and dependent since no one person can fully satisfy the stroke of hunger in another person. A well negotiated couple allows for social interaction, even flirting-within couple established guidelines. These include sexual exclusivity, and the knowledge that a comfortable, free person will feel more inclined to respond to an accepting, non-demanding partner than a punitive controlling partner. Total spontaneity brings chaos. In contrast, self-discipline makes room for spontaneity. Children feel safer knowing where they stand. With continuing open conversations, any couple can maintain a flowing, free, fun relationship. They can teach their children by example to avoid

## Conversational RAPE

---

### *'Til Death Do Us Part*

power games of intimidation or seduction; they can teach their children to avoid the conversational rape of others.

In the area of money, the power rape games come out in full force. Whoever controls the purse strings controls the relationship's health. The most balanced negotiation is to have "my money," "your money," and "our money."

In this system, even when there is only one income, a portion is given to the non-paid partner to do as they please. It is disastrous for one or the other of the couple to "ask for" pin money. It automatically establishes a conversational rape situation. One person may be the bookkeeper: he or she may write the checks, keep the business details straight, and balance the budget, but that person benefits more by sharing the decision responsibilities with the other.

In earlier chapters, I have talked about dealing with children appropriately. In this chapter on marriage, I want to summarize a statement about children relative to the four areas of couple negotiation-time, space, sex, and money. In these areas, children can share the negotiation in family council time (talking). The primary responsibility for setting up a good communication system is between husband and wife. Any time children outrank a husband or wife, trouble occurs. A man and a woman may not totally agree with each other but they negotiate between themselves about the rules of the house-the do's and the don'ts, the wants and not wants-before bringing the children into the transaction. When they arrive at a good negotiated compromise, they support each other in front of the kids in order to establish secure stable guidelines for the marriage and for the family.

## 9 OFFICE POLITICS

Dialogue:

BILL or ALICE: I don't care about details.  
Get it done today!

JOE or MARY: But I can't get it done today.

BILL or ALICE: Well, if you can't, we can get  
someone else who can.

**RAPE!**

### Rape Analysis:

People in authority have power, but sometimes the exercise of their power indicates a lack of personal potency inside. Careers and jobs which stress one-up boss and one-down employee often attract needy, question-mark people. Legal careers, careers in law enforcement, the military, medicine, politics...these are obvious places. More subtle, power sensitive careers-teaching, the ministry, the junior/senior executive ladder in business-also promote one-upmanship. Needy people, out of fear of trusting themselves, work towards survival rather than success. They often promote and invite domination, using conversational rape of mendicancy. Their talk is always "May I?" or "Would it be alright?" instead of "I want-may I?"

On the other hand, the boss persons who cover their insecurity with domination, "You should do it my way or else," are indicating that they do not believe in their ability to negotiate wants. They decide on power play. This power centered person often goes home to become powerless with the wife or husband, Daisy and David Daffodil types.

## *Office Politics*

Doctors, lawyers, ministers, therapists, and teachers sometimes take advantage of the ignorance and fear in their patients, clients, and students. When their actions promote insecurity, they are perpetuating the rape system in society in a significant way as these careers symbolically duplicate the parental roles which launched the person's identity system in the first place.

### **Straight Talk**

On the reverse side of this coin, these "parental" careers can do much to promote "I" centeredness and emotional stability in the person. This is because these careers do represent current parental messages, messages that can replace prior negative communication from the home.

A better office dialogue might be as follows:

**BILL or ALICE:** I want this job done today. Will you do it?

**JOE or MARY:** I want to do it today, and I will unless something interferes. I'll let you know by this afternoon if I am not able to get it done.

**BILL or ALICE:** Fine, if you need some help, ask.

In this dialogue, the same request was made, but in a healthier, more potent way for both parties.

# 10

## THROUGH THICK AND THIN

Dialogue:

SUPERMOM: Oh, come on. One more drink (or piece) won't hurt you.

VICTIM: Well, I guess one more drink (or piece) won't hurt me. Ha!

**RAPE!**

### Rape Analysis:

For the man, woman, or child with poor self-esteem, food, drink and drugs are a way to give themselves “thing” strokes to replace the people strokes they fear. We all need stroke stimulation, either positive or negative, and we also need to structure our time to obtain strokes.

Strokes come in three varieties. The highest quality strokes are those which can bring the greatest pleasure or pain, and they come from people, especially those with whom we are intimate. The second level of strokes comes from nature—animals, plants, the sky, sand, grass, the outdoors in general. Many people use outdoor nature strokes to maintain a major portion of their stroke ecology. They structure their time in walking, jogging/running, swimming, gardening, and other forms of outdoor exercise.

The lowest quality stroke comes from “things.” These replace human interaction, and include any impulsive compulsive activity like food, drink, drugs, money, or sex for sex's sake. Children who learn too early that their world is filled with pain due to a poor family relationship often turn to things to fill their world in a safer way. This bad habit grows into an adult

# Conversational RAPE

---

## *Through Thick and Thin*

who is unskilled in communicating wants and not wants. They exist only as victims. They have been conversationally raped.

Pain filled homes produce two kinds of children. There are those who believe that pain is the normal state of existence and pleasure should be avoided. Others believe pain will kill them and must be sedated with alcohol, sugar, or drugs. I call them the pain addict and the non-pain addict. They very often marry each other later in life in order to maintain emotional balance.

The pain addict victim will discount compliments. They will stay in jobs, marriages, and relationships of negative quality. They generally see only the dark side on all occasions. The no-pain addict may seem cheerful when all is going well, or they are sedated with chemicals. However, at the first sign of anxiety or pain. They panic; they run for emotional cover. Thus, they never learn how to protect themselves from rape conversation.

## **Straight Talk**

The pain and no-pain addict need to be re-educated in how to get the higher quality stroke from humans. They need to be taught how to communicate their wants and not wants verbally, in a sane, free manner. Very often they must be taught that pain is a symptom, not an action. Pain will never destroy them or anyone else. They must be taught that unless we each are willing to give and take pain, we may never learn how to take care of ourselves or relate to one another. We each can hurt ourselves through mismanagement of pain, but it is our responsibility, not "theirs," if we do so.

By learning to talk straight, we learn to channel our normal negative feelings. Anger, guilt, sadness, resentment, or frustration, for example, that flow through our sober thinking can aid us to act rationally.

*The way to overcome a negative feeling is to make a positive decision, followed by action.*

A good combination of people, nature, and thing strokes lends itself to a balanced life based not on pain, but on pleasure.

# 11

## OLD FOGIES

### Dialogue:

GRANDMA/GRANDPA: We'll baby-sit for you honey.

SON/DAUGHTER: No, Mom and Dad, you just sit right down and enjoy your retirement...you've earned it.

GRANDMA/GRANDPA: But we don't want to sit around waiting to die. We want to live.

### **RAPE!**

### Rape Analysis:

And so it is at the end of our lives in this country. By promoting dependency on the young or the government, we often condemn our senior citizens to a sentence of both sitting and waiting for death.

It is as if we force elderly people back into filial symbiosis reminiscent of the original infant symbiosis. Once again, language and conversation can happily perpetuate autonomy, creativity and spontaneity. Or, language can insidiously perpetuate rape through power play conversations.

In families where only the "useful" money makers participate in family decision making, senior citizens lose the vote, they lose their voice, and they lose their earning power. They are seen in human function as no more than babysitting sources or immediately available money lenders, no questions asked.

Sometimes the elderly are convinced to sell homes they love in exchange for ghetto villages. Some, *but certainly not all*, of

# Conversational RAPE

---

## *Old Fogies*

*these retirement centers* equate with pre-school child care establishments. Those that are poorly designed limit movement under a watchful eye; in a disguise of entertainment, institutional care is pushed.

Sometimes, when chronic medical problems exist which interfere with the social life of the family, Mom and Dad become a burden to be suffered from a distance. Medical and behavioral sciences talk about the need for body contact and intimacy for the young child. Ironically, the elderly person with the same problems is often neglected.

Possessive children sometimes refuse to support or encourage budding romances among the elderly. These children do so out of misguided visions of senior citizens as sexless; people not in need of either relationships or the intimacy they can provide. Companionship at this time of life is an actual aid to longer life. In point of fact, mutual caring and sharing with another human being promotes physical, mental, and emotional health.

On the other side of the fence, the elderly person who takes advantage of their "second childhood" often reverts to behavior classified as "spoiled" in children. Verbal demands, whines for attention, willful, rejoicing actions promote conversational rape for all parties. The guilty or angry younger person resents being taken advantage of by the willful parent and often retaliates by rejecting and abandoning the parent.

Also, the "helpless" Daisy and Davie Daffodil elderly couple can totally disrupt the family life of a child by refusing to promote self-centered care and responsibility. It almost appears that the parent is seeking a "payoff" for services rendered to the infant son/daughter years earlier.

## **Straight Talk**

Appropriately, between senior and junior family members there exists a conversational system which is found on "I want" and "I do not want." Rape does not exist because respect permeates the relationship. Whenever possible, situation which

### *Old Fogies*

occur are negotiated on equal terms. No one is one up or one down due to physical or mental proficiency. Love is the watchword. Children raised by rational, child-centered couples later become rational, loving parents to the couple who raised them. They end the cycle of life on the same theme—feelings and wants are to be cherished by using the mind to design loving actions which promote self-love, respect, and esteem.

The purpose of life is the experience of living. The experience of living is to seek pleasure and love for self and to share it with others. The only behavior that is totally learned, totally environmental, is the behavior of love. This is in contrast to given hereditary characteristics in the physical, mental and emotional areas. We learn to love ourselves from our parents through language and we share this with others the same way.

When parents teach children to love themselves successfully, they are almost certain to guarantee a comfortable old age in which this loving lesson returns ten-fold in loving concern and respect.

# TO THINE OWN SELF BE TRUE

Dialogue:

INTERNAL CRITICAL PARENT: You should have done it better, stupid.

ADAPTED CHILD SELF: You're right, I should have done it better. I am stupid

**RAPE!**

### Rape Analysis:

As I have said in the early chapters dealing with the conversational rape of children under five, poor language training leads to an inhibition of the child's autonomy, creativity, and spontaneity. Parents, schools, churches, and cultures that teach children, for example, that mistakes are wrong, or you must know before you do something that it is right, good and proper of don't risk doing it, are in error. You and I can be autonomous if we believe that we will not be rejected or abandoned by those we love because we "did it wrong."

Conditional love eliminates creativity or spontaneity because we must follow "shoulds" that others deem appropriate, rather than wants which we intuitively seek out of pleasure for ourselves.

### Straight Talk

Self centered people often seem foolish, selfish, impolite, crazy, immoral, or downright illegal, because they are willing to make mistakes. Selfless people often seem generous, polite,

## Conversational RAPE

---

### *To Thine Own Self Be True*

logical, moral, and legal because they fit themselves to the design of their surroundings. They do this by giving up their wants, and considering the security of the shoulds imposed on them from the outside by family, friends, and society to be on a higher plane. People come in two styles. They are either “I” centered or question-mark (?) people.

“I”-centered people talk to themselves about the prices and prizes of possible actions. They do or do not do things depending upon what they personally will get out of an action they take. They never give or take things from other people over five years old unless they personally will benefit. By personally profiting from an action, they unconditionally accept or reject their gift. They have already received their internal prize of personal pleasure, self-esteem, self-love, and self-respect.

Question-mark (?) people always do things for or against others because they react to shoulds from outside themselves. If they do something for someone, they “expect” and “assume” a reward. “I do this for you and you should pay me back,” is their motto. Their lives are a constant tally sheet, wherein they see themselves in the black or in the red. Usually they are in the red. They are angry because other people often do not pay them back for generous gifts bestowed without request.

Inside every generous “Super Parent” person hides a sad little “Adapted Child,” who was taught before five, that shoulds were better than wants as a way to earn love and avoid rejection and abandonment. Inside every intimidating “Critical Parent” person hides an angry, rebellious little “Adapted Child” who learned before five that people are mean. They learned that the only way to avoid the pain of rejection and abandonment was to get “them” before they got you.

Inside every “Nurturing Parent” person is a happy, curious, mischievous, brave little “Fun Free” child who goes after what he/she wants. Or, they push away what they don’t want because they learned before five that love is never earned by good behavior. They learned that love is given freely because we exist in a world of sharing, caring people who themselves have learned that love is free.

## Conversational RAPE

---

### *To Thine Own Self Be True*

When we talk to ourselves, we have two choices. We can harass, criticize, dominate, intimidate, and conversationally rape ourselves like “they” taught us when we were little. Or, we can love ourselves unconditionally and share that love with others. We can nurture and accept ourselves and others, even when we make mistakes or they make mistakes. I don’t need to approve or like either things or people that I both accept and love.

By talking straight to ourselves and others, we demonstrate unconditional loving acceptance and pleasure results. A sample, more loving dialogue, follows:

**NURTURING PARENT INSIDE:** You would have been better off doing it the other way, honey.

**FUN FREE CHILD INSIDE:** You’re right, I would have been better off doing it the other way, and next time I’ll do it that way. I’m still okay, even when I make a mistake.

# 13

## THE LANGUAGE OF LOVE

QUESTION: How do I know I love myself or you?

ANSWER: By my willingness to make commitments to myself and others and keep them.

**NO RAPE!!**

### No Rape Analysis:

This book has been devoted to the exploration and analysis of ways people conversationally rape each other throughout their lives. This chapter is about how loving people think and talk about their feelings rationally.

Emotional language training includes many “you should’s, ought’s must’s and have to’s.” We’ve seen “I can’t, I’ll try, I need,” and the question, “Why?” The language of love is simple, “I want..., I do not want..., I want you..., I do not want you...”

The language of love can be delivered in a dynamic fashion, or in a gentler way, with more feeling and more magnetism. The gentler way, “I want, I do not want,” promotes the listener’s thinking response. “I want to go shopping tomorrow. Do you want to go with me?” Now, the listener has the mental, emotional space to think freely through his or her decision. In particular, this softer version works well with children who would react emotionally to the more direct, dynamic version of “I want *you* to go shopping with me tomorrow. Do you want to go with me?” This more direct statement works well when the speaker wishes to convey both effectiveness and potency. It puts immediate pressure on the listener for a positive response.

## Conversational RAPE

---

### *The Language of Love*

Those men and women wishing to appear in charge of the situation would use this statement.

When used by women to talk to their men, a caution surrounding the direct, dynamic method should be understood. The method of “I want you” will often trigger competitive reactions. Men who see themselves as dynamic, potent and responsive, may rebel against a woman who uses, “I want you to...” to obtain her wants. A wise woman knows that the magnetic use of loving language will get her more of what she wants. “I want to... will you do it?” “I do not want to...is that okay with you?” goes farther. Knowing this simple system allows everyone to have a choice. Gentle magnetism is available to pull a thinking response. Dynamic assertion pulls a feeling response, a response which may be either immediately positive or rebelliously negative.

Knowing your audiences, knowing its rational capacities, requires attention to their thoughts and feelings, demonstrated to you by their verbal and no-verbal language. When the speaker believes that his/her listeners are in fact rational loving people, the speaker can talk straight. If the converse is true, and the audience is both anxious and emotional, then the speaker will do well to understand that even with loving language, a negative reaction may occur. People may not hear what you are saying. This is where acceptance comes in.

Unconditional accepting love is demonstrated by patient negotiation. Too often, people “tolerate” others and the result is a language based on one-half love and one-half hate. This fifty percent undermining exhibits four characteristics. They are: 1) a one-up, one-down attitude, 2) impatience and abruptness, 3) imprecise commitments which seduce and rape both parties into causing pain when connections are not met or arrangements fall apart and 4) an unwillingness to ask for wants or cause pain by saying: “No” to not wants. All of these characteristics indicate a lack of self-centered love. They cement a foundation featuring a lack in sharing love with others.

We do not need to like or to approve of things as they are. We can do many painful actions by deliberation if the “price

## Conversational RAPE

---

### *The Language of Love*

or prize” is right. The sign of a truly mature person is their willingness to accept pain as a part of life, and their willingness to deal with it rationally.

Men in particular will occasionally have difficulty dealing with women and children in some form of physical or mental pain. An emotional man often deals with them by running away to drink, work, or play compulsively. He may also attempt to bluster at them in noisy, intimidating, “macho” ways in order to scare them into shape. The gentle potent man “cherishes” his woman’s and children’s feelings and uses his rational mind to assist in the solution. Though an expression of feelings is not a demand for rescuing, many people unfortunately assume that it is. They react defensively.

People who continually talk about their feelings, dwelling on the problems they have, are toxic and difficult to be around for any period of time. When feelings are channeled through thinking, thinking that uses the rational language of, for example, the Want Training system of Semantic Realignment, those feelings ultimately surface in positive, potent, assertive action.

In summary, it has been my goal to demonstrate the theory behind communication which promotes straight talk. To be willing to speak clearly out of a concern for self and others is to promote the language of love in this world.



*"Life is a gift...  
I want to give  
something back!"*

"Potent parent ploy and pure TA"

—**Saul Samuels**

"Pat Allen must have been a comedian in a previous life. At least she is funny enough to parlay small group therapy sessions for five or six people into massive group therapy sessions for hundreds of people."

—**Walt Murray**

***Knight-Ridder/Press Telegram***

Allen started her therapeutic shtick...using a blend of humor and outrageousness to cut through the psychobabble. Sex without commitment is foolish, she says, though sex for money is okay — as long as both parties are practical about it. A relationship doesn't dissolve; it

"discombobulates." She calls the penis a "magic wand." And the women (and a sprinkling of men) howl at her frankness.

—**Los Angeles Magazine Peoplescape**

For over 35 years, this engaging and entertaining woman has shared her wisdom and wit with thousands of people from around the world.

WANT® Training is a system Dr. Pat Allen developed for teaching people to get what they want out of life by reversing negative language patterns. Language systems can be manipulated to create good mental health just as they have been used to destroy it. "We can drive ourselves sane using the same tools used to drive us crazy...words!" Because we think with words, changing the words we use changes the way we think.

While the change in use of words can take years of training, Pat ushers the individual into the change in hours. It's a massive task, but her students attest to her success at instruction.

She is consultant to some of the nation's largest corporations and government agencies and her warm, humorous and practical style makes her a speaker much in demand at the national level. Her seminars and workshops and consultations are offered to individuals, families and businesses.

Pat Allen, Ph.D. is a Licensed Marriage, Family and Child Counselor, a Certificated Advanced Clinical Member of the International Transactional Analysis Association, a Life Credentialed Educator at the college level by the State of California, and Founder of the WANT® Training Institute. She earned a Bachelor of Art degree from Duchenne, Omaha, Nebraska; a Masters of Science in Counseling from California State University at Fullerton; and a Doctor of Philosophy in Psychology from Golden State University, Los Angeles, California.