

Is It Time To Wake The Sleeping Dog? Part One

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Few of us wake up in the morning with the intention of violating our values or boundaries. Even fewer think, "This is a good day to lie to my friends or family, to become an alcoholic, an addict, or an abuser." Yet, some of us do become addicts, or break our vows; some of us even abuse others or ourselves.

Things happen, and eventually (if we are fortunate), we do wake up and wonder how we lost track of what was really important; how life got a way from us. We begin to question what we truly believe and have a sinking sense that what we say, do and believe may not match one another. We did not arrive at that place overnight, we got there one small step at a time. Some steps were so small as to be almost imperceptible. Sometimes, but not very often, we can look back and see where we got off track. Most of the time, we do not have a clue; everything looks blurry.

What is self-deception?

So, what do we know about this elusive thing called deception? It is stealth to itself. It thrives in the darkness, out of our awareness. We become numb, even lifeless; trapped between numbness and the desire to live and love—we cannot really have both.

Healing cannot begin until wounds are uncovered and acknowledged; which is tough because deception wants to be left alone. It hides, even behind a smile. Deception would never read a book on itself, for the book would be for someone else.

It seems to grow slowly and best in isolation. It seldom sees its own reflection. Deception is self-defeating; it is never proactive. Deception practices selective listening. It collects data to validate its point. It ignores the life preserver of Truth and reaches for one called denial.

Breaking free of deception is suicide to its own survival and its survival wiring won't give up without a fight. Deception's banner is, "I'm OK, you're nuts;" because it can't afford to be wrong. It avoids owning responsibility by focusing on other's faults. Its point of view is not permeable to new input. Deception always has a spiritual dimension--the hard heart that keeps out pain, also keeps out peace and joy. Deception stays below the radar of personal acknowledgement. The death of deception begins with the possibility of its existence.

The deceived view life through the rear view mirror; that way they can always be where they have been. They can't begin to fix a problem they don't think they have. You can't convince a deceived person they are deceived unless they want to know the truth.

Don't think that describes you? What about these thoughts; ever had any of them?

- | I don't want to know.
- | I could not take in the news.
- | It's got nothing to do with me.
- | Don't make waves.
- | I looked the other way.
- | There's nothing I can do about it.
- | I can't believe this is happening to me.
- | Ignorance is bliss.
- | Let sleeping dogs lie.
- | Sweep it under the carpet.
- | If you ignore it, it will go away.

Next time, we will take a look at how we get deceived. Perhaps we can discover a self-deception cycle. In the meantime, take your moral pulse every morning. Does what you say, do and believe line up? Live well.