

The Perls Prayer^{Derivation}

My #658 improves the Gestalt Prayer through biblicalization: Morris improves its usefulness by the opposite, making it worse! Says he [following Ellis' RET: rational-emotive (both-coils) therapy], human beings in the state of "nature" are autistic, demanding more than they're willing to give, concealing their overdemand/undersupply, then whining that the feedback is distasteful. Yes, Fritz will get you in touch with your real feelings, but how much unreality is there in the belief -system you impose between event and response? That's the therapeutic focus of Ellis, and of

I do my thing,
and you do ^{my} your thing.

I am not in this world to
live up to your expectations,

^{But} And you are ~~not~~ in this world
to live up to mine.

You are ^{mine} you, and I am ^{mine} I,

And if by chance
^{you} we find ^{me} each other,

It's beautiful.

If not, ^{you missed out} it can't be helped.

[though unmentioned here] Frankl: we are responsible for the attitude we take, because we ourselves, rather than any other person or external event, determine it. (Shallower than Frankl, Ellis/Morris here limit the sanctioning to Greeky reflexivity: control your beliefs so that your feelings will be "appropriate" to your goals. In Frankl, appropriate to logos-meaning; biblical-ly, appropriate to the kingdom of God, whose demand is our freedom from autism, from which RET only seems to escape.) Mnemonic device on RET, A-E: Activating event; internalized irrational

sentences of Belief system; the emotional Consequences; Disputing the irrational beliefs; and finally, new behavioral Effect. RET claims efficiency, moving swiftly through the originally stated B sentence to the real B sentence [which the therapist helps the counselee to formulate] to Disputing the "irrational" belief [meaning the self-sabotaging, because reality-distortive, perception]. In using Fritz's "Prayer," Morris [+ H. M. Kanitz, RATIONAL-EMOTIVE THERAPY (H-M/75)] reveals the hypocrisy-neurosis of those who say yes to the "Prayer" only with their heads.

Fritz Perls