

# How to stop hurting the ones we love

This book is dedicated to you. To your aspiration to be a better person, to have a brighter life, and to offer beautiful thoughts and words to yourself and those around you. May this book be a useful guide on your journey to discovering the thoughts and actions that underlie a harmonious existence.

I wish you to be surrounded by good people who feel fortunate to have you as part of their lives.

# How to stop hurting the ones we love

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How to stop hurting the ones we love

How to stop suffering

**How to  
stop hurting  
the ones  
we love**

**Adrian Carter**

# How to stop hurting the ones we love

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# How to stop hurting the ones we love

## Introduction

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The following statements are true for most of us:

1. We are instinctively and culturally programmed to suffer and to hurt those around us, including our loved ones, that is, those who mean well to us and to whom we mean well.
2. There are people who walk this planet carrying the emotional scars left by us.
3. We ourselves carry the scars we have left on ourselves.
4. Sometimes we believe we are the victims, but we are actually the aggressors.
5. Sometimes we believe we are defective or to blame for the criticisms and punishments we receive.

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6. Often, we are ungrateful for what is lovingly offered to us.
7. We spend part of our lives trying to fix mistakes that we regret or living with their irremediable consequences.

This book aims to be one of the simplest guides on how to offer ourselves and those around us the best we have to offer: smiles, beautiful thoughts, kind words, and kind gestures. It aims to help us stop hurting our loved ones, attract good people around us, miss less career opportunities, avoid leaving on our path scars and people who despise us, and promote beautiful values.

Probably most of us have sought wisdom and help over time to be well, to be better, for ourselves and for the ones around us. However, if the help that is offered or the principles suggested are not clear and easy to follow, they can create frustration, even panic, potentially making things worse instead of helping. For example, we are sometimes told that we need Emotional Intelligence. I heard this expression many years ago and I still couldn't say for sure

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what it means. It is something that some demand from us without it being easy to understand what exactly that is.

Additionally, civilization is transforming at an unprecedented rate, creating additional stress. It is not easy to keep up with the times and to adjust or replace the habits and values we grew up with. This can create frustration and conflicts, either internally or with others.

### The purpose of this book

This book aims to present CLEAR and SIMPLE methods, valid now and for generations to come, to perceive people and situations with serenity in general. This can help us love more beautifully, be more tolerant, and communicate more pleasantly and correctly. Without difficult words and concepts. For example, the book does not intend to teach techniques for hiding anger in communication but offers simple explanations that help us no longer feel anger.

If frustration no longer exists, then what we communicate is implicitly more beautiful.

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You will find principles and useful examples that should lead to our serenity and implicitly the serenity of those we interact with, even to progress our careers in a world that increasingly rejects aggression, negativity, and intolerance. Principles that have been and probably will be valid forever. Ideas that will save and could have saved billions of people from abuse and emotional pain.

We are humans, not robots – we have better days and worse days. We cannot be perfect, but we can be better overall and more serene contributing to a safer, fairer, and happier world. We can give ourselves and those around us more smiles, beautiful thoughts, and nice memories instead of intolerance, frustration, drama, and scars.

You will notice that this book can also help reduce the painful or long-lasting effects of unpleasant situations that previously might have seemed devastating. Breakups are one of them. It can also help reduce the recovery time after such situations, sometimes almost magically. Fewer negative effects not only for

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us but also for those affected by our words and  
actions, especially our loved ones.

### Note

Some characters in this book will be fictional.  
Additionally, real events may be altered to im-  
prove the clarity and impact of the examples.

## Basic Principles

### **We Resent by Comparison**

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We often despise or underestimate those who have different needs than ours. Sometimes we beat ourselves if we have needs different than those of the people close to us or those of the majority.

This way of thinking is one of the main causes of armed and personal conflicts throughout history. It is one of the main reasons why we harm ourselves with negative thoughts and then we hurt with their effects those around us, including the ones we care about.

- If someone is tidier THAN US or than the majority, we call them a maniac. If they are less tidy THAN US, we call them slob.
- If someone wants more THAN US, we call them greedy. If they want less than us, we call them lazy or losers.

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- If someone is more sexual than us, we call them obsessed. If they are less sexual than us, we call them frigid.
- If someone is more affectionate than us, we call them immature. If they are less affectionate than us, we call them cold.
- If someone has a different sexual/romantic orientation THAN US, we think they need to see a psychiatrist.

We hurt with abusive words or actions those who have different needs than ours. Often, the ones we hurt are our loved ones. Likewise, we are judged (by comparison) by those who have different needs and values than us, thus becoming the target of thoughts, words, and actions that harm us. It is obvious how imminent become the emotional discomfort, the suffering, and the abuse when we think this way. And how much suffering and abuse could have been avoided throughout history if people had accepted that we are all different, not defective.

In London, for example, over 150 nationalities coexist in peace. Countless cultures, religions,

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culinary styles, romantic and sexual orientations. They could not live in peace if they did not follow a universally applicable motto:

*we are all different  
and we have different needs,  
and we are all okay as long as we do not abuse others.*

It is okay to like kisses or to refuse them, it is okay to like tidiness or to be more relaxed about it, it is okay to want a career just as it is okay not to like work, it is okay to want children with all our hearts just as it is okay not to want any children, it is okay to be geniuses and it is okay not to be as intelligent as others, it is okay to weigh more than others just as it is okay to weigh less, it is okay to like alcohol or not to enjoy it, it is okay not to like eating meat, it is okay to wear high heels if you are a man, it is okay to be gay, it is okay to be sadistic with someone who wants that from us (consent), it is okay to be masochistic, it is okay not to care about sex just as it is okay to love sex (asexual or hypersexual).

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### Examples

#### *I believe that my partner is autistic*

This statement can be neutral, objective, just about human individuality. However, it can often be used as disregard, as criticism, even with ridicule, or as a justification for trying to impose our needs on the other person whom we assume to be at fault if the relationship doesn't work. We insinuate that they are defective because they do not have the same communication needs or communication style as we do. We all have different needs, and we are all perfect for someone with the same needs. That partner is perfect for someone with a similar communication style, who will even feel fortunate.

#### *„The student who doesn't read well is an idiot“*

This is an intolerant statement. Perhaps some of the older people remember the years when if a student couldn't read as well as the others, they were scolded, ridiculed, intimidated, or even hit by the teacher. Many of us also look down on or ridicule those who do not write grammatically correctly. And yet, the student

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who could not read correctly and fluently might have been dyslexic, so they struggled to see the characters properly. Or they may have been born with a lower intelligence quotient. Also, an adult who does not write grammatically well may do so because it is a second language in which they are still developing proficiency. Or they may not have been as spoiled in life as others. Maybe they had to tend to animals in the field while others were pampered with dolls, colorful notebooks, or private tutoring. Or maybe that adult can no longer see properly or had a stroke or brain surgery.

Even ourselves could have been born differently or into a family with hardship, or we could have an accident tomorrow or a medical condition. This does not mean that we must live our existence being abused by those around us, to leave in fear of expressing ourselves. Perhaps tomorrow it will be our turn to take the place of those we look down on today based on our differences. We are all souls

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and have the right to live a peaceful and safe  
life, without abuse.

## **Negativity and the Advantages of Being Positive**

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A partner told me that if I would send her only nice messages each morning, the first thing she would probably do when she woke up would be to pick up the phone to see what I had written to her, like some heavy smokers wake up thinking about their pack of cigarettes. I was texting her both positive and negative messages, maybe predominantly negative.

People generally favor those with a positive attitude.

If we smile and say nice things, it can mean that:

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- we are mentally healthy (not depressed, paranoid, fatalistic, violent, eternally dissatisfied, dismayed, superior, irritable, etc.);
- we are successful in life (because we don't laugh easily if we are about to go to jail or if we can't pay the bills);
- we are physically healthy (because if something hurts or we are worried, we can see life more gray);
- they can approach us without fear of us hurting them.

Most people are unconsciously attracted to these qualities which convey mental health, physical health, non-aggressiveness, enthusiasm and success. They will be attracted to our genes for their offspring or their group. We include here the organization they may hire us for. Perhaps the one who hires us does so in the unconscious belief that they are bringing good genes to the tribe (organization) of which they are part of, for the collective health and safety. People sometimes instinctively shy away from others with physical flaws

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and visible ailments. Just as they sometimes instinctively shy away from people who appear to have invisible conditions that prevent them from being emotionally balanced.

Being positive will generally benefit us in relationships, in society and in our careers. We will notice how in an interview they may choose us because we smile and seem sociable while they may reject someone else who is better prepared but negative, grumpy, intolerant at the interview or on their social media profile. Personally, when I go to work, I will try to find something nice to say even if it may be thunder and lightning outside.

There is almost always something nice around us or in our lives to talk about instead of fueling the conversation with negativity such as: "how miserable is the weather today, that person is so stupid, what a horrible life, this man is boring, I can't stand cats, what a bad pizza they have here, you hung the curtain so wrong, this color is awful, friends are so fake, my sister is a slob, her boots are hideous, my colleagues are a pain, men are idiots, I can't stand children, I

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can't stand politicians, how can you wear a  
cap in the summer, I had another fight with my  
mom".

*Where can we find  
something nice to say?*

For example:

- in the room (I really like the color of the floor).
- outside (what a beautiful day, it's great that it's raining for the snails and the plants, what a lovely coat the lady is wearing).
- in the present (I'm glad that I'm free, healthy, that I have food to eat, that I have a day off, spring is my favorite season, I'm going for a walk with my dear friend).
- in the past (the barbecue was so nice).
- in the future (I can't wait to go to the seaside, I miss Christmas dinner).

Isn't it better when we offer ourselves first and then to others bouquets of flowers instead of

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thorns? When we offer our most beautiful thoughts and words, when we give the best of ourselves?

Challenge: Find something nice to say about a peaceful sport you don't like. For example: it's nice that it preserves traditions. Then find something nice to say to someone who sent you a song you don't like.

### *Less Expected Effects of Positivity and Negativity*

If I encounter a negative, grumpy, dissatisfied person who likes me, I try not to get too close. Not only would it be difficult for me to be around someone who is perpetually unhappy or angry, but I believe it's only a matter of time before I become the target of their usual discontent. Moreover, their negativity will likely affect their career and socially isolate them. Because it is hard to be around someone who complains about everything and appreciates nothing. We all probably wish to be around a partner or colleague who always smiles and

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reassures us that everything will be fine, that there's no problem, etc.

I've started to generally remove from my library depressive, sad songs, or those where someone is feeling sorry for themselves. I want to offer the most beautiful thoughts to myself and those around me, and this type of music no longer aligns with my philosophy of giving and receiving the best in us. I wish to have serene thoughts for myself and for those around me and to generally listen to serene and positive music, or songs about gratitude.

### Examples of negativity

*"Leave me alone, I don't want to watch any lousy movies."*

*"Animals are better than people."*

*"Today's youth are disappointing."*

### Example of positivity

I watched a movie where a young man fell in love with an older woman. After some time, she also fell in love with him despite her prejudices about the age difference. During an intimate moment of kissing, she told him with regret that he wasn't the first man in her life but

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the fifth. To which he replied, "*So I'm one of the lucky ones.*"

What a beautiful thought he offered himself and how beautiful the words he shared were. How wonderful it is to navigate through life with serenity, gratitude, and a smile. To tell ourselves beautiful stories about situations and people so that we don't suffer and don't hurt those around us, especially our loved ones.

*Is there also 'aggressive'  
or negative positivity?*

Many people have heard about the concept of positivity and smiling and have understood it as something trendy. Some of these people try to apply this principle which sounds good, but may apply it in a negative way. For example, someone might say: "You're not spoiling me the way I deserve. You're all idiots. But I've chosen to smile down at you and not care."

We can see how someone can believe they're being positive and a victim when, in

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fact, they're being negative and an aggressor.

## **We Impose Our Needs on Others**

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In the chapter about resenting by comparison, we learned that we tend to feel superiority and repulsion towards those with needs different from our own. Yet we are all different and perfect for someone with the same needs, as long as we do not abuse others. Still, when we dislike that others have different needs than ours or when our own needs aren't being met, we often try to impose them on others, even if our needs are no longer comfortable for them. For example, even if our hugs would hurt them. The following forms of imposing are generally regarded as abusive:

Forcing, ridiculing, blackmailing, controlling, manipulating, verbal or physical aggression.

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If something that is not abusive in another person is contrary to our needs, we have the right to negotiate if it is consensual, to accept, or to leave, but not to impose.

### The Sailor and the Pilot

Let's imagine that we have an airplane and need a pilot. Even though we are looking for pilots, many of us might stop at some charming sailors and cling to them despite noticing that they are different from what we need. We then start, out of selfishness, to try to impose our need for them to become pilots. At this point, we become aggressors (bullies). We are somewhat like those schoolchildren who push, ridicule, threaten, force, and make others cry. These sailors are not defective; they are simply different from us or from pilots. There is no need for them to make any effort to be complete. Many people need sailors for their boats, and these sailors are perfect for them just the way they are. In fact, they may be unsuitable as pilots. It is neither logical nor moral to criticize them for being different, to abuse them, or to force them. We can release them if it is not

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possible for both of us to be well, if it is not possible for both of us to have our needs met, if one of us must suffer for the other to be well.

This does not mean that our non-abusive needs do not deserve to be fulfilled. However, if we need an airplane, it is logical to go to an airport; it is not logical to wait for airplanes in a harbor. Similarly, it is neither logical nor moral to bully the people in the harbor because they love the sea and calmness instead of being passionate about flying and adventure like us. It is neither logical nor moral to try to impose our needs on them.

### Examples

#### *Forcing a Hug*

Some people come into our lives being able to offer us only one hug. Unable to offer the next ones. Yet, out of selfishness, we often end up criticizing, blackmailing, or forcing them in various ways to give us a second hug, even if our hugs are no longer comfortable for them. Often, we see ourselves as victims when we are actually the aggressors.

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*"Love is not the way you do it."*

A woman criticizes her boyfriend, claiming that he doesn't know how to love because he doesn't write to her enough, he doesn't say enough sweet words, and doesn't spend enough time with her. We know now that we are all different. Consequently, the way we love is also different. As long as that person doesn't abuse anyone, they are perfect for someone who needs more space or for whom sweet words are not as important. In the following chapters, we will learn that it is beautiful and true to talk about our unmet needs, not about what might be wrong with the other person.

*"Are you too good to have a drink with me?  
Come on, you're insulting me."*

You probably know this expression well. Someone is trying to impose their need on us, even if it makes us uncomfortable. They try to shame or guilt us into agreeing to something that is against our will.

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*"You're not paying attention to what I'm saying, it's insulting."*

A person shared online with me videos of her progress in dancing over time. As the conversation lasted a while, I also looked for videos of my own progress. However, when I sent one, she felt offended and accused me of not paying attention. A person who was trying to impose her need of exclusivity on me, even though it could have been uncomfortable for me. And again, an aggressor who sees themselves as a victim.

*"If you love me, you'll stay with me even if I'm wearing a lot of makeup. You'll surely like it when you see me."*

Intense makeup on a woman is not my preference in a relationship. I am very affectionate, and I feel that lipstick and makeup get in the way, diminishing my joy. As someone once said, taste is not up for discussion. This woman, who was interested in me, was passionate about makeup, so we weren't a good match, because our needs were important to us and were also in opposition. We are all different: many women don't like makeup. Just as there

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are men who adore it. We are all perfect for someone with the same needs. I can't change what I feel sexually or romantically about someone or certain traits. If something doesn't work for me, I have the right to suggest a solution that would work for both, if possible, or to accept or leave; but not to impose. Notice how the person in this example is trying to impose their needs on me, even though those needs are not comfortable for me. And they don't understand that we are all different.

*"You need to embrace my culture."*

"We argue because he doesn't want to eat the fries cooked like in my country. I think my partner should embrace my culture because it's part of who I am, part of my identity," someone said about their partner. She was of Turkish origin, and her partner was Belgian. He resented the potatoes cooked the way she grew up with. She was trying to impose her needs on him, even though they were making him feel unwell. Again, an aggressor who considers themselves a victim.

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*"A real man gives gifts to a woman."*

This is a generalization (stereotype) and an imposition, a command. There are also women who avoid gifts because they have specific tastes and feel anxiety at the thought of feeling "indebted" to wear something not chosen by them. Or they perceive gifts as an attempt to be bought, or they might feel pressured to reciprocate with gifts or favors. Or they feel embarrassed because they don't know how to react and prefer not to go through that situation, etc.

*"Don't be a child."*

A statement made to ridicule, meant to impose our needs on someone different from us, for example, someone more affectionate or playful than us.

*"It's not normal to sell Christmas products out of season. It destroys the Christmas spirit."*

As we already learned, this is an aggressive and intolerant statement. It tries to force others to live their lives according to our needs and values.

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*"You should have remembered my name."*

Some of us have difficulty remembering names and dates. Those of us who can remember names now with simplicity and enthusiasm, may be less enthusiastic or capable in the future. This does not mean we should be put on the spot by others or live with the panic of meeting new people whose names we will struggle to remember. If we don't demand more from ourselves and from others than not to abuse each other, we will have peace instead of tension and conflict. Therefore, we shouldn't be afraid to ask again next time if we don't remember someone's name.

*"You should have asked me if I was okay."*

*"You should have hugged me."*

*"How could you not call me for seven hours?"*

*"You're a man, you should go and fix it."*

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### Examples of Rephrasing

*"Go to hell, you're just a shut-in freak."*

"I would like us to go out more. It's hard for me to stay indoors."

*"Women should wear gowns."*

"I like women dressed in gowns."

### Conclusions

We can see from these examples how easily we can become bullies in trying to impose our needs on others even though it can make them uncomfortable, hurt them, or even endanger them. It's much the same thing a bully does with schoolmates. Like that bully, we don't understand consent or empathy when we try to push people around. One difference is that we probably don't use physical force in general, but humiliation, criticism, blackmail of various kinds, ridicule, threats, ultimatums, etc.

Sometimes we think we are the victims when in fact we are the bullies. Sometimes it happens because of our ideas that others are defective if they are different from us or from the

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majority. Or that those around us are not born free but must serve our needs. We have managed to introduce these concepts of defective and entitled into our culture without checking them enough, perhaps because they sometimes serve our interests in our struggle with the "defective". And yet, although it sounds advantageous to think this way, as long as we promote this kind of thinking, we too will end up in the camp of the forced, criticized, abused.

As we have learned, what we do when we try to impose our needs on others can also be described as bullying.

## The following chapters *and more in the full version*

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- What is Anger
- We Are Born Free: About **lack of gratitude**
- We Sever the Hands That **Support Our Loved Ones**
- What "I love you" means
- **Tragic Communication** and Communication Without Hostility
- Unfulfilled Expectations
- Different Doesn't Mean Pathological
- Dialogue Will Not Solve Every Problem
- The Golden Cage: Jealousy
- In a Sick Relationship There Are Two Sick People
- „You Didn't Love Each Other Enough"
- **About betrayal:** My Partner Cheated on Me

## Where to get the book from

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