

Hi Guys, this is chapter 2 from the section 'Mental Self Defence'

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If you would like to read the entire book, you can purchase it at www.tameyourparents.com for 20\$

Chapter 2: Reactions

What is the proof that something is working?

How do you know if your hit has landed?

That's right! Something changes! Someone winces!

Change is good when you induce it, that's a natural response, people change like they should but do you know those guys who would change on call of others?

Like if someone says 'these jeans suck' and you stop wearing those jeans?

Similarly, when someone shouts at you, say your mom and if you throw a tantrum, it subconsciously shows her shouting CAUSED that REACTION.

Try this for once: Whenever someone is insulting you or shouting at you, just laugh and say 'okay, cool'

This is much easier said than done.

You see, you make someone feel special by giving heed to them.

I mean, imagine a beggar calling you a fool, are you going to stand there and argue with him and stuff?

So why is it that if a beggar calls you a fool, you walk away laughing whereas if a family member calls you a fool you start screaming?

I know what's in your mind but that's the answer too, reacting is a way of communicating, it's a way of saying 'you are valuable enough for me to take what you said into consideration'

So if you understand my perspective, I am saying that it is because you give that much importance that you end up on the 'suffering' side too.

It is *only* because you give the value.

What you speak only elicits 10% of what you depict, your body language, your tone of voice, your facial expression, the speed you respond with... so if you are thinking you can say

'NO! I DON'T CARE! YOU SUCK! YOU DON'T MATTER TO ME! AT ALL!'

Do you see the irony here?

Remember this, everyone around you is a human with his experiences and likings so what he says are just another word... For all you know, the beggar whom you ignored could have been a war veteran who knows dangerous military antics.

Try this exercise: When you are being told off, deep breath and let go to everything around you.

Whether you are in a tight situation at school, whether you are being told off, whatever the case be...

Just try to exhale out all your tension and calm your breathing.

There is a thing prescribed in yoga.

Prana or breath changes according to situation and vice versa, when you are angry you breathe differently, when you are anxious you breathe differently, it happens.

A notable example would that be of 'after tea' or 'after smoke' 'after alcohol', Often if I have a cigarette, my breathing would naturally change a little afterwards and the thoughts that come to my mind are also different (mostly negative though so *don't smoke*)

Similarly, if you are in a really hot weather and are all sweaty, you may end up having negative thoughts but say after you have a cool milkshake, both your thinking and your state will be different.

One more! If you have a really refreshing bath and do breathing exercises, you will have more positive thoughts around you.

However, there is an example which you will find to extremely helpful.

There are these cases of people being naked in really cold places and sweating a lot, it's an exercise to tell the truth.

Tibetan monks had mastery over these skills and the reason is that *you can alter your state manually*

It needs you to be aware more than anything else, like: 'the teacher is shouting at me, I am feeling angry, I am feeling angry' once you notice this much, you can start deep breathing.

Concentrate on yourself.

Have you ever noticed how the celebrities never react to anything (there are exceptions of course) but you must have noted the Clint Eastwood movies where he just goes like

'Go on, make my day'

Even in your own social circle, observe this for once, the one who enjoys the most authority is the one who reacts the least.

Whatever happens, he just responds like 'yes' 'no' or gives a calm explanation which everyone listens to.

I am not telling you to imitate that guy

But only to be really calm no matter what comes your way, reacting is giving approval.

Of course, this does not mean you become a zombie, only that you calmly think over whether the person is worth reacting to.

You have to choose the things you react to and hence the things that influence you.

Using reactions as a weapon:

Now that you will try to be responsive in the future, here are some ways to show you how to manipulate an entire scenario using someone's emotions.

Whenever someone is angry, frustrated, sad or highly emotional in any way you can think of, he can easily be outdone.

Its like a bullfighter taming an angry bull, do you notice that the bullfighter is entirely taking advantage of the fact that the bull is charging in anger?

I mean, imagine if the bull is calm, it will charge, stop when he jumps around, turns, makes a face like

'Hey fool, you fell for it' and kills.

Usually when someone is coming at you with abuses, orders, anything you dislike, he is atleast reacting a little already, I mean have you ever been grounded with a very calm and straight face without the voice being raised even a little?

If you have been, you can use that to defend your point of view with rationality, you can put forth your understanding, however if YOU believe you are guilty then you are.

If a person is not reactive or emotional, he has the very important capacity to listen to others.

He will be ready to listen and if you put forth your opinions, your understandings and such on why you think what he is doing is unjust, he will give it a thought.

Sadly, very few people have the capacity to listen.

Now if you don't react to someone who already is in a reactive mode, you end up smearing his ego more than anything else and just look how beautifully events unfold later.

He subconsciously understands you are too big for him to bring down your morale, so instead HE chooses YOU as an influence unconsciously and you get his respect by treating him like crap.

Example:

'You should live by garbage! You are not worth living here, you are useless!'

If that is what is hurled at you, the answer could be as:

'So why are you getting angry? Is your shouting at me going to change the situation?'

And remember; be very calm when you do these things.

Let's assume this is followed by:

'Of course I will get angry! My daughter doesn't know anything, she is destroying her life and my hard built reputation'

This can again be followed by decoding what was said.

'Reputation' 'know anything' 'destroying her life'

Reputation: Here because of anger, the weak point is easily revealed, the fact that the target values reputation so much, means there is ego, means you have a very good place to strike when you feel like being bitterer.

Note: Target holds reputation dear which means you can strike at the reputation.

Know anything: Here knowledge can be challenged by the definition of knowing, you can simply say 'you are the one getting angry, if you know everything, it should be trifling, right?'

Destroying her life: Here the parent directly makes a conclusion for you, you can again use this to your advantage with regard to the tone expressed in:

'You are the one shouting and getting angry, how can you tell me what destroys life and what doesn't?'

Or

'I will not blame you if my life is destroyed so it doesn't really have much to do with you, refrain from advice again'

If you plan to be more harder rather than rational, you can use these:

'Well, since you are so worried about your reputation, maybe I should go around telling people about how sad you are at home, since I am already damaging your reputation, do you want me to entirely destroy it?'

'I see your life as pathetic, if I take your advice, I would follow your footsteps, I don't want to do that.'

This words cause a very bitter and painful sting but to use them well, *you must not deliver it sadly*

use them only when you totally feel like so because the tone you say them in will be reflecting your mood and if there is an even a little bit of distortion, the power of the words will be nullified.

Don't say them in anger either, think of the whole reacting game as chess, have you seen someone play chess like:

'Oh, bastard! You took my rook, my queen's out to destroy you' Chess players make the best out of every situation ahead; of course I don't want you to think as much as those nerds do.

I don't want you to directly copy the examples stated in the book, I want you to understand how the flow functions in these things.

In this particular case, the method was:

Listen, Decode, Hit the weak link.

It is often obvious, in his anger there was the reason of the anger, you just have to spike that further.

It is said 'in every lie, there is 80% truth'

For example if a guy says 'I just met Robert Plant and nailed two playboy bunnies'

There could be a lot of truth in this if you decode it:

1. He idolizes musicians and wishes to meet them
2. He craves attention by displaying his trophies
3. He doesn't get laid enough
4. He is desperate to appear as cool

So similarly, in almost every statement delivered to you, instead of reacting upon it... observe and decode it.

Delivering Cold Response:

Now, Cold Responses should only be used if you have very little to lose or nothing to gain from the argument, problem, whatever.

You should foresee the conclusion, forget the argument, see at the end of it: Are you going to lose or win anything here?

No?

So use a cold reaction method.

What is a cold response? It is way you treat a beggar, you just don't care, let us assume this as the scenario present:

'You idiot, stop going around with those guys, I forbid you from going out with those trash, from now on you will be coming home before 10'

This can easily countered by not giving any response at all, if it gets too annoying, just call up a friend and started talking about something like 'hey, Did you watch Dark Knight?'

Of course, it should annoy you to begin with; you should be entertaining yourself regardless of the shouting going at you.

And by entertaining yourself I don't mean... you know...

The Cold response is a very powerful way to make people stop shouting and such.

Or if you must reply, you can be like:

'Hey, I am uninterested in talking to you so stop shouting'

'You are boring me, leave'

Or if you want to be rational, you can go like:

'Your shouting is useless. I will do as I please, as always this whole thing is pointless'

Or if you want to give a harder blow:

'Those guys don't come annoying me like this so that takes them higher in my books'

And if you absolutely know there is nothing to lose, if you know you won't get thrown out or get your allowance cut (or are skilled enough to avoid any of the above), this is the most simplest way to deal a deadly blow:

'Or else what?'

On Executing to get a heavy reaction:

Whenever you are applying any method, skill (though the last thing I want is you to blindly imitate what is written here), make sure you are very firm.

Like:

'Please do not trouble me like this, it is not right' – Said in a frustrated or angry manner

'Stop troubling me.' – Calmly ordered.

The calm version is atleast ten times as effective.

I believe you already understood the reason and the calm order has multiple benefits, it can reap:

1. Your authority level in the parent's subconscious increases, striking respect
2. It can bring out a very heavy reaction from the parent, which exposes their weaknesses for inflicting further control on the situation
3. It can simply end an argument too

What was very important was to be firm and commanding like a general giving an order to an army.

Have you noted, a General says 'charge' even while having such a little chance of winning, his whole army charges, knowing they would get killed; such is the power of a commanding authority.

Here we just want to breach an understanding in a family, so little compared to the general telling the entire army to put their lives on risk.

Now, this part of this chapter, I will teach you how to initiate a reaction.

Before I go on, remember that in every reaction there is a weakness, not in every response.

What you will do is naturally respond to the situation, not react.

And the part where you get the reaction is a bit of dirty playing but it works wonders.

Everyone has some things which are very deeply attached to them, some sad memories, some sad things, etc

Here, you get on the offense instead of the defense only to understand the weakness for future reference of getting the easy upper hand.

Lets assume your father was in a rock band in the 70's which he treasured a lot.

'So how is rock coming along?'

'ummm... just fine'

'Is it fun making just so much money while dropping the rock life?'

'Well, I get by'

'I think you couldn't have made it big anyway so you just gave up on it and use marriage as an excuse to hide that you sucked at rock'

'y'know what! I could have made it big! If it wasn't for my mom being such a horrible parent and my wife crying for marriage, I would have lived my life, I am doing this now to feed your sorry self, I sold my dreams for you guys'

Did you see what he just did here?

He exposed his hatred for his mother and that he regretted getting married, you can use this against him anytime you want, whenever there is an opening in the future, like:

Dad: 'you are going to ruin your life like this!'

You: 'well, just because you couldn't counter your mom harassing you, I don't have to follow suit'

Or

'Hey, atleast I won't spend most of my life regretting my marriage'

You got two very good weapons to use against him by getting on the offense and initiating the reaction which opened the weakness well for execution.

And better yet, you got the words out of his mouth which can be used to blackmail him like:

'Maybe I should tell mom about the conversation we had the other day'

It is extremely important to have information on your side.

And information is never given out when one is watchful and calm so you have to take the initiative by messing with his emotions resulting in him losing control and giving information.

You may also want to write down the reaction you heard and use it for decoding in peace and keeping for future reference.

Like a little dairy with which records your observations.

So yes, you can always manipulate reactions to get information, this is somewhat of a deceptive thing to do but it works wonders.

And the better part of this is that you are not wrong, even though you are just using the method, the content is not inaccurate.

Most people in this world don't understand stuff unless it comes out hard on them, like people don't know the risk their health is at unless their doctors tell them they are close to diabetes, got heart problems...

Similarly, when your parents are exposed to truths such as the two sentences mentioned above, it would hit hard and they might consider changing their habits for good.

This was your lesson on dealing with Reactions.

If you think this was intense, this chapter is not even the tip of the iceberg.

The book is over 200 pages long complete with all the information you can ask for.

To purchase the ebook, go to www.tameyourparents.com , it is available at only 20\$!

Don't have the money? Steal your parents' credit card for a few mins! Start making changes NOW!

You can email me with your thoughts at vinesh@tameyourparents.com

Kudos,

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