

Why Do I Keep Doing That? Why Do I Keep Doing That"
by, Dennis Wholey

- abuse. *see also* alcohol abuse;
relationships, harmful; substance abuse
of children, 96-98, 123-124
in marriage, 107-109, 112-115
rage and, 96-100
in relationships, 106-111
- acceptance, 146-148, 152-154
- addiction. *see also* alcohol abuse;
alcoholism
alcohol and, 61-69, 81, 83-84, 90, 108
as attachment, 182
chemical/ nonchemical, 69
'deathstyle' and, 40
defined, 55-57, 183-185
disease concept of, 67, 153
drugs and, 56, 90
eating disorders, 58-61, 80
gambling, 80
genetic component of, 57-58
relationships, 124-127, 131-135
scientific thought on, 185-186
sex and, 45-47
smoking, 166-170
spirituality and, 186-188
war, 82
workaholism, 40, 90, 163-165
- addictive relationships, 124-127,
131-135
- affirmations, 194-195
- alcohol abuse, 61-62, 81, 90
- alcoholism, 61-69, 83-84, 108
- American culture, 32-33, 176-180
- anger, 95-100, 141
- anorexia, 80. *see also* eating disorders
- antidepressants, 34-35, 161-162. *see also*
depression; serotonin
- anxiety
change and, 191-192
circle of fear and, 41-42
crisis and, 43-45
culture of chaos and, 176-180
loss and, 170-174
serotonin and, 35, 58
- attachment, 181-182, 186-188, 190
- awareness
conscious, 18-19, 153, 190-191
of self, 27-28, 101-104, 153, 198-199
- behavior, chaotic, 90-94
- behavior inventory, 12-15, 84-86
- behavior, pathological, 80-82
- behavior spectrum, 56-57
- Beyond the Pleasure Principle* (Freud), 2
- Blair, Marilyn Dyer, 74-78, 81
- Blanton, Brad, 153-156
- brain chemistry, 34-35, 57-58, 185
- Branden, Nathaniel, 9, 62-64, 69, 109-110
- Brown, Stephanie, 176-181
- bulimia, 80. *see also* eating disorders
- burnout inventory, 179-180
- Bush, George W., 81
- Carnegie, Dale, 206
- change. *see also* change, suggestions for
anxiety and, 191-192
of behavior, 202-203
catalyst for, 43-47
courage to, 149-174, 191-194
loss and, 170-174
in relationships, 107-109, 113-115,
130-132
self-inventory, 193-194
work and, 74-78
- change, suggestions for
issue: abusive marriage, 109
issue: alcohol, 68-69
issue: chaos, 94
issue: debt, 159-160
issue: people-pleasing, 26
issue: pessimism, 90
issue: procrastination, 73
issue: rage, 100
issue: sex addiction, 47
issue: smoking, 170
issue: unavailable partners, 119-120
- chaos, 91-94, 176-180
- Cheney, Dick, 81
- child abuse, 96-98, 123-124
- childhood programming. *see* children
children
abuse of, 96-98, 123-124
family and, 21-23, 48-50, 122-124
guidance of, 76-77
parental expectations, 74-76, 81,
111-113, 141-144, 158
programming of, 30-33
role models and, 62-63, 112, 121-123
siblings, 31, 63, 69
- Christian mystics, 184, 186-187
- Churchill, Winston, 83
- circle of fear, 41-42
- Clinton, Bill, 80-81
- codependence, 23-26
- cognitive ability, 198-199
- cognitive-behavioral therapy, 205
- comfort zones, 29-53
change and, 43-47, 199-200
of children, 31-32, 48
circle of fear and, 41-42
self-esteem and, 35-36
self-inventory, 50-53
- compassion for self, 184

compulsion case histories:
abusive marriage, 107-109
alcoholism, 64-69
chaotic behavior, 90-94
debt, 156-160
overeating, 58-61
people pleasing, 22-26
pessimism, 88-90
procrastination, 69-73
rage, 96-100
self-doubt, 37-39
sex addiction, 45-47
smoking, 166-170
unavailable partners, choice of,
115-120
workaholism, 163-165
compulsion defined, 56
compulsion to repeat. *see also* repetition
compulsion
masochism and, 111-115
painful feelings and, 87-88
recovery from, 172-173
self-destructiveness of, 19-20
solutions for, 2
as symptomatic behavior, 8-9, 21
conditioning, behavioral, 30-33, 181-183
conflict, 18-20, 26, 148, 195-196
conscious awareness, 18-19, 153, 190-191
'contamination' scene, 141
Contemporary Psychotherapy Review, 189
control
conscious, 203
culture of chaos and, 176-180
limits of, 146-148, 197, 204
Cosell, Howard, 153-154
counseling. *see* therapy
courage to change, 149-174, 191-194
culture, American, 32-33, 176-180
culture of chaos, 176-180
"Curative Aspects of Repetition, The"
(Teitelbaum), 189
cycle of pain, 126-127. *see also* pain

death instinct, 189
'deathstyle', 40
debt, 156-160
Debtors Anonymous, 160
decontamination script, 140-141
Demos, E. Virginia, 137-148
denial, 64, 99-100, 116, 185-186
depression, 34-35, 57-58, 161-162, 179
desire to please, 22-26

disease, 66, 67, 82-83, 153
DNA, 10, 33-35
doing versus knowing, 154-156
dopamine, 57-58
drugs
addictive, 56, 90
antidepressants, 34-35, 161-162

dysfunctional family. *see also* abuse;
children; parents
re-creation of, 96-100, 109-110, 129
survival strategies in, 22, 40-41

eating disorders, 58-61, 80
Embodied Process Therapy, 205
emotions, 34-35, 57-58, 138-141, 205. *see also* feelings
exercise, physical, 38, 82-83
expectations
negative, 202-203
parental, 74-76, 81, 111-113, 141-144,
157-159
of self, 78
unrealistic, 125, 178-180

Facing Codependence (Melody, Miller), 23
Fairburn, W. Ronald, 190
family. *see also* parents
children and, 21-23, 48-50, 122-124
comfort zones and, 43-44
as dysfunctional, 40-41, 96-100,
109-110, 129
expectations in, 74-76, 81, 111-113,
141-144, 158
siblings in, 31, 63, 69
Father Ed, 174
fear, 41-42, 113-114, 191-192
feelings. *see also* emotions
brain chemistry and, 34-35, 57-58
circle of fear and, 41-42
good and bad, 200
painful, 87-104
as prime motivators, 138-141
repressed, 18
self-inventory, 101-104
somatic-experiential therapy and, 205
Feelings Inventory, 101-104
freedom, 114, 186-188
Freud, Sigmund
on motivation, 138, 161
repetition compulsion, 1-3, 5-7, 9, 11
theories of, 17-19, 189

Why Do I Keep Doing That? Why Do I Keep Doing That"
by, Dennis Wholey

Gallwey, Timothy, 154-156
gambling, 80
genetics, 10, 33-35, 57-58
Gladwell, Malcolm, 177
goals, 158, 191-192
God, 174, 182, 184-188, 208
Gorski, Terence, 122-132
gratification, 125, 129, 181-183
Greenson, Ralph R., 190
Gregory, Jack, 207
guilt, 120-121, 195

habits
 breaking of, 101, 166-170
 defined, 55-56
 negative emotional, 95, 114-115
 serotonin and, 35
Hamer, Dean, 33-35, 57-58, 114-115
honesty, 153-154
hope, 187-188
*How to Break the Emotional Bad Habits That
 Make You Miserable* (Russianoff), 95
How to Win Friends and Influence People
 (Carnegie), 206
humility, 192

"I Believe" (television program), 207
infatuation, 128-130
Inner Game of Tennis, The (Gallwey),
 154-155
intimacy, 5, 79-80, 127-130, 132
isolation, 38, 67, 126

John of the Cross, 186, 188
Johnson, Robert L., 30-33, 196-199
Julian of Norwich, 184

Kelly, Thomas, 184
Kennedy family, 81
King, Billie Jean, 153-154
knowing versus doing, 154-156
Kramer, Peter D., 160-163

Learned Optimism (Seligman), 88
limitations, 178-179
listening, 94, 95
loneliness, 83-84
Long, Tarpley, 1, 2, 4, 195
loss, 114, 170-174

love
 infatuation and, 128-130
 intimacy and, 127-128
 masochism and, 111-115
 need for, 4, 106, 109-110, 141-144
 unconditional, 48-49, 122

MacDonald, Lonnie, 41-42
Mackay, Harvey, 192
marriage, abusive, 107-109, 112-115
masochism, 111-115, 121
May, Gerald, 181-188
Meadows, The, 23
media, influence of, 32-33, 179
medication, 34-35, 161-163. *see also*
 drugs
Meet the Press (television program),
 81-82
Mellody, Pia, 23
milestone people, 78
Miller, Andrea, 23
Miracle of Change (Wholey), 173
Mornell, Pierre, 43-45, 56-57
mystics, 184, 186-188

Napoleon, 82
'negative practice', 203
nerve cell activity, 185
neurobiologists, 161
neurological imbalance, 185. *see also*
 brain chemistry

obsession defined, 55, 56
obsessive-compulsive behavior, 56
Oglesby, Jonathan, 207
optimism, 88-90. *see also* pessimism
other-centeredness, 124
other-directed individuals, 34, 40, 49
other-esteem, 48
Oxford Psychiatric Dictionary, 7

pain
 avoidance of, 2, 90, 202
 cycle of, 126-127
 defined, 204
 as motivator, 45, 93
painful feelings, 87-104
parents. *see also* family
 alcoholism and, 108
 approval from, 109-110
 availability of, 22-23, 32, 33
 expectations from, 74-76, 81, 111-113,
 141-144, 157-159

guidance by, 76-77
 as role models, 62-63, 100-101, 112, 121-123, 159
 partners, unavailable, 115-120, 190
 pathological behavior, 80-82
 perfection, 144-146
 pessimism, 88-90, 95. *see also* optimism
 physical abuse, 96-98. *see also* abuse
 physical exercise, 38, 80, 82-83
 Pieczenik, Steve, 79-83
 Pine, Fred, 190
 pity, 200-201
 Plato, 188
 pleasure, 2, 19, 204
 "pleasure principle", 2, 19
 Powell, John, 205
 procrastination, 69-73
 psychological abuse, 123-124. *see also* abuse
 psychotherapy, 160-165, 183-184. *see also* support groups; therapy
 "pushing the river", 150

Race Trap, The (Johnson), 30
 rage, 96-100. *see also* anger
 rationalization, 80, 83, 153
 "reality principle", 2, 3, 19
 Reasoner, Harry, 155
 recovery, 172-173. *see also* support groups; therapy
 relationship inventory, 133-135
 relationships, 105-135. *see also* family; parents
 abusive, 106-111
 addictive, 124-127, 131-135
 balance in, 25
 change and, 107-109, 113-115
 criticism in, 49-50
 infatuation and, 128-130
 intimacy in, 5, 79-80, 127-130, 132
 masochism and, 111-115
 with milestone people, 78
 self-inventory, 133-135
 self-loathing in, 145-146
 success in, 130-132
 therapy and, 110-111, 132
 unavailable partners, choice of, 115-120, 190
 relationships, harmful, 105-135
 repetition compulsion, 17-28. *see also* compulsion to repeat
 definition of, 1-3, 6-8, 18
 recovery from, 189-208
 as symptomatic behavior, 8-9, 21
 Resnick, Stella, 5, 199-205
 responsibility, 91-94, 114, 152-154, 158

Ridgeview Institute, 83
 role models, 62-63, 100-101, 112, 121-123, 159
 Russert, Tim, 82
 Russianoff, Penelope, 95-101

Sarton, May, 5
 satisfaction/gratification, 181-183
 Schwarzkopf, Norman, 82
 scientific thought
 on addiction, 185-186
 on brain chemistry, 57-58
 on genetics, 33-35
 on stress reaction, 200
 'scripts', 140, 142
 Self One, 154-156
 Self Two, 154-156
 self-acceptance, 146-148
 self-awareness, 27-28, 101-104, 153, 198-199
 self-centeredness, 124

self-defeating behavior, 55-86
 anxiety about changing, 183-184
 chronic lateness, 150-152
 failed strategies and, 109-110, 138-141
 rationalization and, 82-83

self-destructive behavior, 19-20, 79-84.
 see also self-defeating behavior
 self-directed individuals, 34
 self-doubt, 37-41
 self-esteem. *see also* self-worth
 antidepressants and, 162
 comfort zones and, 35-36
 compassion for self, 184
 criticism and, 113-114
 developing, 25
 self-defeating behavior and, 109-110
 self-directed individuals and, 34
 work and, 76
 self-loathing, 95, 142, 144-146
 self-mutilation, 79-80
 self-punishment, 111-113, 151
 self-sabotage, 110
 self-talk, 49, 88, 151
 self-worth, 179-180. *see also* self-esteem
 basic need, 36
 criticism and, 113-114
 freedom and, 114
 low, 40, 123-124, 146, 184
 money and, 37-41
 physical abuse and, 96-98
 relationships and, 105, 107

Why Do I Keep Doing That? Why Do I Keep Doing That"
by, Dennis Wholey

- self-inventory, 50-53
- work and, 76
- Seligman, Martin E.P., 88-90
- serotonin, 34-35, 57, 58
- 'set of compressed rules', 140
- sex, 18, 45-47, 90, 129, 132
- Shainess, Natalie, 111-113
- siblings, 31, 63, 69. *see also* family
- Silicon Valley, 177
- smoking, 166-170
- somatic-experiential therapy, 205
- spirituality, 174, 182, 186-188
- St. Augustine, 188
- St. Vincent Millay, Edna, 12
- strategies
 - failed, 138-142, 144-146
 - survival, 22, 40-41
- stress, 42, 150-151, 176-181, 200
- sub-personality, 110
- substance abuse
 - alcohol abuse, 61-62, 81, 90
 - alcoholism, 61-69, 83-84, 108
 - drugs, 56, 90
- success, 43-44, 130-132, 177
- suffering, 187-189. *see also* pain
- support groups
 - 12-step programs, 66, 68-69, 158-160, 186
 - availability of, 73, 94, 98-99
 - for codependents, 24, 26
 - value of, 162, 173-174, 180, 186, 192
 - survival, 22, 23, 24, 40-41
 - sympathy, 200-201
- symptoms
 - alcohol abuse, 62
 - as expression of conflict, 18-19
 - overview of, 8-9
 - as patterns, 21
 - physical, 149-150
- Talbott, G. Douglas, 83-84
- technology, 175-177
- Teitelbaum, Sylvia L., 189-190
- Teresa of Avila, 186
- therapy. *see also* support groups
 - cognitive-behavioral therapy, 205
 - medication and, 34-35, 161-163
 - 'negative practice', 203
 - psychotherapy, 160-165, 183-184
 - relationships and, 110-111, 132
 - seeking, 26-27, 146-147
 - somatic-experiential therapy and, 205
 - value of, 3-4, 20-22, 173-174
- "This Is America" (television program), 207
- Tipping Point, The* (Gladwell), 177
- Tompkins, Silvan S., 137-141
- trust, 126
- 12 Ways to Quit Smoking"(India times website), 166
- 12-step programs, 66, 68-69, 158-160, 186. *see also* support groups
- Twentyman, Scott
 - on abusive relationships, 120-121
 - on conscious awareness, 190
 - on Freud, 17-18
 - on repetition compulsion, 19-20, 26-27
 - on solutions, 137
 - on therapy, 21
- unavailable partners, 115-120, 190
- unconditional love, 48-49, 122
- victim, 108, 121, 130, 200-201
- vulnerability, 196-199
- war, 81, 82
- Washington Post, The*, 175
- Webster's Dictionary*, 55-56
- Weigscheider-Cruse, Sharon, 36, 40
- When Am I Going to Be Happy?* (Russianoff), 95, 101
- Why am I Afraid to Tell You Who I Am?* (Powell), 205
- Winfrey, Oprah, 8
- work, 74-78, 144-146
- workaholism, 40, 90, 163-165
- worry, 83, 87-88
- "Yoga Technique to Break a Habit", 166-170