

*Who says
children don't
come with
a manual?*

THE MANUAL

Dr. Faye

The Definitive Book on **PARENTING**
and **THE CAUSAL THEORY**

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PREFACE

This is my life's work. It is a user's manual to the human being and a parenting book. I believe it offers the most comprehensive account of human behavior and human personality to-date. It is a map of human development as it takes place from the inside out, including how to make a personality, how to undo and heal disorders and how to be the best you can be.

It will help you to understand how your parents came to be who they were, why they chose to raise you the way they did and how those choices manifest in your behavior every day. It is a chance to understand killers and saints, yourself and your baby, your friends and your lovers, and even your dog. The information in this manual is observable, verifiable, replicable and consistent. It is the science of character.

So far, we seem not to afford ourselves the ability to treat our psyches and minds as we would any other area of nature, where every cause has an effect and every effect causes something else. We look for the easy answers that aren't really answers at all: He was a bad seed. She's got the vengeance gene. His chemicals are imbalanced. She was born talented.

In every other area of science from weather to illness to physics, the things we used to think of as "mysterious" were simply once unknown. They were only unknown. Operating under the assumption that things could someday be understood, we began to find the answers.

Yet when it came to souls and psyches, we had a bad habit of mistaking the unknown for the unknowable and we ignored the causes and effects right in front of us. The reasons for this choice to give up our point of view and our capacity to see will be discussed in this book. But for now, I propose that most of us arrive into adulthood more blind than we know.

In the field of psychology we have had many ways of not finding the truth. We have purported that the causes of these changes can never be known and represented, that the causes are within a metaphorical black box that cannot be opened (Behavioral Theory) or perhaps shouldn't be opened. We have fathomed that traits are inborn (most analytic theories) with a myriad of explanations from original sin to bad seed, pretending we are on the trail of the actual genes that account for behavior.

Social sciences have fathomed that these differences were racial and then cultural. More modern versions of this sociology have represented that different cultures reach different levels of awareness up a ladder of consciousness, leaving transcendence to the minority and overlooking parenting as a way of catapulting social consciousness forward. New sages seem to evidence a high level of enlightenment in their theories, yet regrettably they have the same blind spots. With emphasis on meditation and transcendence, they too rule out environmental cause. Even most social workers appear to operate from the view that children are abused and neglected by parents who

are, at least in part, products of bad genes. All but a few anthropologists and psychotherapists recognize the essential role of the parent-child relationship in the evolution of human consciousness.

Unfortunately, every generation has a group of authorities at the top that retains the power of definition. These gatekeepers welcome information that further supports the going theory. They either ignore or ridicule information that challenges conventional wisdom. This bias is especially activated if it points toward parenting as the primary vehicle for the evolution of consciousness. For thousands of years, parents have been both protected and vindicated at the high cost of awareness. Ironically, most of them would rather have had the information and the clarity.

Our bar is too low and we have settled for the idea that our personalities are a roll of the dice. In fact, I think we find the assumption comforting, especially if we think we are gifted and even more so if our character becomes our identity, something we think is inborn. However, those of us with low self-worth experience such ideology as a form of damnation and abandonment, even though they accept their fate with resolve, like the untouchables in India.

Psychology is a soft science that could be harder. It could also be less political and corruptible. We could come much closer to a true science if we weren't serving so many masters. This theory, The Causal Theory, proposes a tangible way of understanding behavior that is grounded in reality.

This book isn't a marvel of modern science or communication and it was never funded by anything but my own pocket. Only in part is it a product of my education and to a great degree, it survived my education. It seems to be born of a series of insights and blessings. The first blessing was a handicap, or so I thought. I was born with my left eye turned out, which I suppose made it very difficult for my mother to gaze into my eyes, a key ingredient of attachment. Before I turned four, I had two eye surgeries to straighten out my wall-eyed look. When I entered adolescence, my eyes began to trouble me again as it became painful to read. If I pushed forward, I would get migraines. This is still true. It slowed down my education and I became addicted to opiates at one point. I have developed a third eye, one that enables me to skim a book to get the author's bottom line, surmise her motives, agenda and the ramifications of her thinking. This helped me become a good listener, especially to teachers. I developed the ability to visualize. Somehow this led me to see people's ideas as ideas that were not written in stone, and I think it also helped me to see myself in others.

My father, Paul Stoye Means, worked hard so my mother could stay home. My bonding with my mother, Kathleen Clifton Means, bonding was sufficient to provide me the necessary strength to speak up when I believe something is wrong, while inadequate enough that I am driven to speak on behalf of babies everywhere. As the result of a difficult childhood, I had an additional need to make sense of things. I had parents I loved, who loved me but didn't know how to parent. My mother was the intellectual daughter of a farmer who taught his children to labor and to ask good questions. My

mom was a tough woman who set me to work at age five, yet she best related to me through ideas. I became a good student to please her and my favorite moments in my childhood were when we talked philosophically.

I remember having to pick the switch from the backyard tree she would use to punish me. My worst memories were of her whipping my bare legs while cackling the words, "Dance, dance, dance!" But she never asked me to repress my feelings. I was free to cry if I needed to cry, something I have since learned was redeeming. The abuse made me think she enjoyed hurting me. I never remember thinking that it was for my own good and it gave me the impression that she didn't know what she was doing, my second blessing.

CHAPTER 1: CREATING A PERSONALITY

*“Though the laws of the internal evolution...are at the moment undiscovered, ...if it were possible to find them, the rate and direction of all other cultural change could be explained.” --
Lloyd deMause*

This is a parenting manual and it is also about The Causal Theory, which is a theory of developmental psychology that explains how we become who we are without consideration of invisible forces, especially genes. Thus, it is a guide to understanding ourselves as well the kind of information that will enable us to avoid major and even smaller mistakes in raising a child. The bonus is that this theory helps us raise an extraordinary child from scratch or heal the injuries we might have suffered or inadvertently made. You can jump in at any time, but the sooner the better.

My goal within these pages is to improve your ability to perceive. In order to see more clearly you may need to question some of the things you have always believed to be true. Throughout this manual I poke at sacred cows, including my own. I imagine that every reader will sooner or later become offended in reading this text. I want to encourage you to let yourself be challenged and to try not to throw the baby out with the bathwater. You don't have to accept all of the information in this book to appreciate some of it. However, if you fathom new explanations of behavior and question older ones for even a few seconds, you will become a sharper thinker and a more perceptive person.

Most of us are individually and collectively attached to the notion that our traits and personalities are inborn. When we think this way, we write off available information about how someone is doing. This book challenges superior seed and bad seed theories and any theories that place the blame for personality on the child, including gene association, original sin, reincarnation (that babies choose their parents) or astrology.

There is no inborn genetic temperament or predisposition in you or your child or anyone for that matter. There is no inherited Attention Deficit Disorder. There is no schizophrenia running in families, at least not via genes. There is no inherited depression or intelligence. This is both the bad news and the good news. It is bad news because as of today, you know that how your children turn out is up to you. There has been no other time in your personal history during which your actions will have created as many profound and lasting results rippling into future generations. You are responsible for the quality of another human soul and with it, your legacy. You can create amazing children who leave the world a better place or, depending on the amounts and types of neglect, selfishness, meanness and thoughtlessness, you can create any disorder from ADHD to schizophrenia, with different formulas for each of course.

This is good news because, other than physical traits and socioeconomic conditions, there is no such thing as “luck of the draw.” Parenting is a game of chess, not craps.

Depending on how clearly you see the game board and how thoughtfully you respond to surprises, you can raise a winner. When you get off to the right start, your child will be low-maintenance by the age of three or four. If you follow the basics in this book, you will rear what I have been calling a Miracle Child: one who is resilient, in love with life, inspired, creative, problem-solving, ethical, charismatic, good natured, confident yet humble and ethical. You can raise a child for greatness with less effort than you would raise an average child without any guidance from this theory. Your efforts will be an adventure, not a sacrifice. Many parents have set out intuitively to accomplish this and some have succeeded. Now you too can succeed, with The Manual.

If you're repairing problems that have already developed, this information can help you learn from your mistakes and heal your child from past parenting errors. A child who has derailed can be turned around and become what I call a Transcendent Child. The child who successfully corrects is wiser than the Miracle Child, just as the adult who does therapy and corrects is wiser than the adult who never had to develop that kind of self-awareness. Children are so much easier to correct and heal than grown-ups, but this theory works for adults too, including you. In fact, the ideal path is where the entire family works to self-correct.

The key to being a good parent is learning to truly see your children, read their behaviors, accept their authentic feelings, hold a high bar for ethics and goals, and coach them. If you believe what you see is inborn, you cannot read all the messages they are sending you. These messages are to guide you, indicating how you are doing as a parent and how they're doing in your care. These messages in your children's behavior are essential for you to read so you can correct the course of your child's path. When they are young, this is easy to do. Likewise, you need to pay attention to yourself and make your own self-corrections along the way.

An essential perspective in this theory is that we never beat ourselves up for what we didn't know or do correctly in our past. That was then and this is now. We are all heir to something and we start from where we start. That is just the way it is for each of us. From wherever you are beginning this journey, I'm glad you made it to this moment. Most people never get this far. Whatever you have to undo or redo, this manual will help you with your adventure. Self-loathing and guilt are impediments. "Whoops" is good. From wherever you start, let go of self-judgment or denial and put on your seatbelt. Do your best. After that, feel good about yourself for doing just that.

Sensitivity to Our Environment

We are exquisitely sensitive to our environment, especially the social aspect. This sensitivity begins at birth, as I will explain herein. How infants are treated determines who they think they are and how much they conclude they are worth. However, in order to drive this point home, I offer you some adult references.

We are all aware of the agony we experience when someone we love betrays us or chooses someone else. Breakups and divorces can be devastating for us, so you can

imagine how a young child feels about being left behind, especially when they cannot understand your reasoning.

I notice that when I have enough money to pay my bills I feel differently than when I do not. When the money comes in I notice that a safe or comfortable feeling of relief washes over me and the flowers in my garden look lovelier.

I have had the good fortune of staying at five star hotels a few times. I've marveled at the way I was treated and the accompanying feeling of worth that surrounded me like a golden mirror. That wonderfully comfortable assumption of regard is the feeling we all want 24/7, so a goal of mental health and raising babies is to achieve a secure, though not superior, feeling inside where ever we are.

It's the same type of experience that gang members offer one another. This social regard within the gang makes rehabilitation difficult because rehab means giving up the unconditional acceptance and replacing it with requirements such as getting sober, finding a job and showing up for appointments on time. These new behaviors are authority-set, foreign and not hard-wired, so the gang member might not want to sacrifice that feeling of regard for the sense of inadequacy that comes with learning to meet social expectations. They aren't so sure they want to leave that safe feeling for a feeling of inadequacy.

That said, I believe that the best reassurance of self-worth, if we didn't get it in early childhood, is learning a skill that will take care of us for the rest of our lives. Expertise solves so many problems, at least for a while.

Our sensitivity to how other people see us tends to define us, usually incorrectly. While a goal in mental health is to be above or free of these invisible definitions, know this: How we treat one another is beyond measure. How we learn to feel about ourselves no matter what people think of us is also beyond measure. Read this book with an awareness of this sensitivity and your understanding of the words within will run deeper.

CHAPTER 2: PREVENTIVE DIAGNOSIS

“Throughout the work I have concentrated on problems of aetiology and psychopathology, believing that it will only be when we have a good grasp of what the causes are of psychiatric disorder and how they operate that we shall be in a position to develop effective measures either for their treatment or for their prevention.” --John Bowlby, Father of Attachment Theory, Attachment, Separation and Loss

It is perhaps more than revolutionary to present diagnostic information to the general public; it may be downright insurgent. We psychotherapists are trained that we should not diagnose anyone who has not requested an assessment in a professional context. We are also trained not to diagnose children with adult diagnoses. Of course we may think it. That doesn't mean we actually dissociate from what we know. There is, generally speaking, no need to openly assess someone with whom we interface in our private lives. For me, when I'm off duty, I simply like to just be and let the other person just be. However, it appears that some of us are actually walking around with blinders on. While those of us who see more clearly must pretend not to see what we see, it is an easier mandate to obey when one does not see cause and effect in behavior. It is easier to obey when one does not believe that the causes of symptoms are childhood experiences.

We psychotherapists are instructed only to diagnose in the sanctity of our office, but our venue does not make us any wiser. Yes, there are assessment instruments that facilitate a diagnosis, but when one sees clearly enough, there is usually no need to test a patient to get a diagnosis. Symptoms are symptoms. We see what we see and we know what we know regardless of our location. Presenting issues are usually a pattern of behaviors with a common history. The best diagnosis is the one that includes a correlation between history and symptoms. Unfortunately, many if not most diagnoses are wrong or incomplete due in part to expedience without considering histories. I have recently been involved in a case where I needed to assess whether a person I learned about in my personal life could have done something that would have put her children at risk, if the rumor was true. I had no way of knowing whether the rumor was true, but I did have accurate information about other things she had done as a lifestyle. Those other things led me to a reasonable suspicion that the rumor was worthy of investigation by the Department of Children and Family Services, if they so deemed. Without the other information about how she conducted herself in her public life, I would have doubted the rumor. The other information was key. When asked by officials to explain myself, I discovered that I was expected to do so without reporting on the patterns of behavior that influenced my decision to call. I was expected to justify my DCFS report without explaining my reasoning because to describe her documented actions was to diagnose. In the same moment, I was both commanded and forbidden to say what I thought. The ban on diagnosing was stretched to the point where I was considered wrong for having even reported patterns of behavior. I was sent a message that one should shut the eyes. The truth was that if I had met with the woman in my office, I would have had far less information than was otherwise available to me. I

suspect that the facts learned out of the office offered more information than she would have revealed in the office.

I have on my shelf a book entitled *Bush on the Couch: Inside the Mind of the President* (Frank, 2004). It is a book in which a psychiatrist brilliantly evaluates the childhood and choices of former President George W. Bush. I am a member of the International Psychohistory Association and subscribe to the *Journal of Psychohistory*, wherein histories are repeatedly reported and interpreted. Some of the players are still alive and their actions are interpreted by professionals and lay people alike. I believe the more knowledge we have about the causes of behavior, the better we will understand one another. Alice Miller did a wonderful job explaining the behaviors of famous and infamous people based upon their childhood and corresponding adult choices throughout her generous catalog of published works.

I have been asked if I would interpret the behaviors of famous people for a reality show. I would be willing to interpret based upon the information provided in the show, as if we were interpreting a vignette, but the interpretation would only be as accurate as the information provided. It would demonstrate cause and effect more than claim actual accuracy. Assessment should be a life skill for all of us because people often tell us things that don't match their actions. We need to understand a person by their history and also learn about them through their actions and words. It is clear that diagnosis belongs to professionals alone and under strict guidelines for good reasons. However, when one actually believes as I do that the creation of personality disorders is in the home, it becomes apparent that the information about how personality and behaviors are created must be shared with parents. It is by telling parents the effects of their parenting that they become self-conscious, self-aware, responsible and mindful of the importance of their actions. By teaching parents this information they become more perceptive and aware of what to look for and how to see more clearly. The following information must be used judiciously, never ever to hurt people, only to understand them, especially yourself.

We've learned over the years at PaRC that the more cause and effect information that's shared with students and clients, the more power it has to inspire growth, dissolve denial and resistance to healing, improve social awareness and most importantly, prevent parents from doing the same things their parents did that they might otherwise believe were okay to do because they "survived." In deterring parents from repeating the mistakes of their parents, we prevent the creation of more personality disorders. The more parents understand about how pathology is created, the more likely they'll refine their practices in the interest of their child's well-being.

Our experience has been that most students relish the information they learn in this chapter. It sets them free and helps them make sense of their lives. However, it's imperative to note that personality and behavioral labels are not permanent.

Personality structures and disorders are simply descriptions of different combinations of coping mechanisms and interaction skills from childhood. These learned systems

developed and served us in the context of our families of origin, but out in the rest of the world where people are unlike our families, these coping mechanisms and interaction patterns are outmoded, sometimes inappropriate, and need to be replaced. As students, one of our main purposes in life is to unlearn what was “normal” for us and replace it with healthy interaction skills, the ones we were supposed to learn originally. To do this takes great self-awareness, courage, love of truth and humility. We choose how we want to be, do the work to become it and authenticate our true or original selves in the process. Our reward is finally seeing clearly that to which we’ve always been blind. This clear seeing creates insight, if not enlightenment.