

PATHWAYS COUNSELING: Neural Paths to Mental Health

There are two basic psychological problems. First, you treat the pathway as the way instead of as the pathway to the way: thought-things, looping, knowits. Second, you struggle with a wrong pathway.

The way is the energy that does all. The pathway is the neural connection to this energy. Pathways request (pray) for energy to perform behaviors (thinking, feeling, acting) for you. Your two attentions (attention for self and other) travel the pathways. Attention will follow the path of least resistance. Think of the pathways as pipes in your mind. Your attention will go the bigger pipe given a choice of pipes of various sizes. Connections increase pipe size. Connections are associated ideas.

4 STEP SOLUTION TO WRONG PATHWAYS

- 1. RECOGNIZE WRONG PATHWAY:** You recognize that you have a neural pathway to some behavior you do NOT want. Or, you recognize that you have a recursive pathway: knowit. A pathway that turns back to itself as what can know, do, or be is never going to know, do, or be as it is, of course, only a pathway.
- 2. REMOVE BY SHORT-CIRCUITING:** You create a dead-end pathway for the pathway to the wrong behavior. Hence, you make it NOT an option. Neurologically the unwanted pathway hits a pathway that requests energy to block the unwanted pathway from reaching energy. You literally short-circuit the undesired pathway.
- 3. REMOVE BY OFFERING OPTIONS:** You create a redirection pathway to the right behavior from the wrong pathway. You create optional pathways that coexist with the wrong pathway so that you are aware of choices when you encounter the wrong pathway.
- 4. REPLACE WITH STRONG OPTIONS:** You reinforce and strengthen pathways to the right behavior. "I am doing this for my family." "I am doing this for my relationship with God." "I am doing this for my own integrity." You increase the meaning and purpose of the right pathways to the right behavior thereby making them more of an option. The more connections you make to the right pathway, the more likely your attention will choose it.

6 PROBLEM APPROACHES TO WRONG PATHWAYS

- 1. DON'T PATHWAY:** You resist the wrong pathway and so strengthen it. You cannot end a pathway. No pathway can be changed without brain damage. Once you learn a pathway, it is with you for life. The more you think the pathway should not exist, the more you are thinking of the pathway and so strengthening it.
- 2. TRY TO CHANGE:** You try to change or control the wrong pathway so it is the right pathway. This is impossible as a neural pathway can only be what it is. Hence, the more you try the worse it gets.
- 3. HATE PATHWAY:** You hate the wrong pathway by creating a negative pathway about it. This is wrong hate: damning. Hate that says "no" and so makes it NOT an option is right hate. Deny it don't damn it.
- 4. MAKE OTHER BAD:** You try to make the wrong pathway into another wrong pathway that you do manage not to follow. This cannot work as one pathway can never become another pathway.
- 5. LOVE PATHWAY:** You justify, rationalize, accept the wrong pathway to end your conflict with it. This does provide relief but typically leads to more conflict as you have trouble truly believing it. This is not calling the pathway or the wrong behavior something else, but is trying to accept it as it is.
- 6. COVERING PATHWAY:** You attempt to reframe or lie about the real nature of the pathway. You make excuses for it, normalize it, rationalize it, and generally try to make it appear good even though it is evil. This is trying to make the wrong pathway and behavior appear as right. You are trying to make the bad some good. Again, impossible.

2 NEUTRAL APPROACHES TO WRONG PATHWAYS

- 1. ESCAPE PATHWAY:** You try to avoid situations that bring up the pathway. This can be a good technique early in recovery. However, if it is just avoidance of the problem, then it keeps you from facing and dealing with your issues.
- 2. DISTRACTION PATHWAYS:** You seek to engage in activities that are absorbing so that the wrong pathways have no time and place to be activated. This can be a good technique especially in early recovery. However, this can also lead to obsessive and compulsive behaviors such as workaholism.