

BEing There Counseling™ Booklet #3

Issue-Hours

THE MEASURE OF GROWTH



BY

BEING THERE ENLIGHTENMENT SYSTEMS, INC.

www.BEingThere.net

“Issue-Hours” Introduced

As you have learned by this stage in your counseling, it is rare that the situations in your life are the real cause of relationship problems. Situations are merely the catalysts that raise individual issues, issues that we carry with us at all times, usually out of our awareness.

When our issues are triggered, strong emotions often lead us to reactionary behavior. If we do not recognize and take charge of our issues right when they emerge, we feel a cascade of emotional energy that our unconscious uses in survival tactics, to fight or flee, push people away, create distance, and remove us from the “danger” we have perceived. It is this reactionary behavior that we complain about in others, and that others complain about in us.

Having issues is never the problem. We all have issues; this is an inevitability of being human. It is not the issues that cause the problem. The problems are caused by not recognizing the issues and dealing with them appropriately. It is only when our issues are allowed to run unchecked that they are a problem.

Issues belong to the individual. Our issues are our responsibility to recognize, identify, own, take charge of and use effectively. If we recognize the emergence of our issues before we react to them, we have the opportunity to use that emotional energy to engage with others in profound ways, ways that lead to greater intimacy.

“All relationship problems are due to confusion over who is responsible for what.” Typically, one person has an issue triggered by some inadvertent situation, and reacts to it. Their reaction then invites up issues in the other person, who also reacts. Both partners then have issues running them, and feel justified in defending themselves with more unconscious behavior. One issue, reacted to,

begets another's issue, which when reacted to, begets another issue, and so on, until a simple situation is compounded many times over.

Whenever two people experience a relationship problem, their task is to sort out these issues to determine who is responsible for what. Dealing with issues is made even more difficult with the emergence of additional issues that emerge during the attempts to sort out responsibility. Each individual must be continuously looking for the responsibility that is his or hers.

Remembering the Sequence of BEing, you must be looking for the behavior that is yours, the emotions that are yours, and the causes (i.e. responsibility) for the emotions that are yours. Your job is to claim what is yours, and to give up what is not yours.

If you and your partner are in pursuit of a conscious relationship, one that is devoted to the development of true intimacy, then you will strive to work through every issue completely. When an issue is completed, a new and profound sense of intimacy occurs. You have worked hard to create this intimacy. Even though issues are not "fun" or pleasant, you have a sense of appreciation for how they, and the time they took to resolve, led you to this new level of intimacy. You value them for the awareness they invited, the insight you gained, the truth you discovered, and the intimacy you experience. Successfully dealing with the issues that arise becomes the measure of growth in your relationship. Issue-hours are, literally, a labor of love.

How many issues have you dealt with, and how much time have you invested in doing so? Issues and hours. Issue-hours! This is the measuring device for all conscious relationships. If you want to develop true intimacy, based in Personal Truth, then you and your partner must invest the time to deal with as many issues as time allows.

Issues are constantly present. There are plenty of issues to
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Issue-Ho

Date	Partner	Issue
		Sub-totals from previous p

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examine in an effort to create greater intimacy. The limit will always be how much time you are willing to commit to this pursuit. As you improve your emotional skills you will be dealing with issues more efficiently, which in turn, allows you to explore more issues. The less defensiveness you practice, the more issues you will resolve. Early recognition of an issue allows you to deal with it right away. All of these skills allow you to accumulate more issue-hours; not just hours, but issue-hours.

Keep track of the time you spend on every issue. By keeping a log of the issue-hours you achieve, you will strive for greater efficiency, and further depth in your exploration. If an issue was raised during discussion, but not resolved, then it is an issue that remains unresolved. Do not log it until it is resolved. Only then will you account for the various stages of engagement. It is not the purpose of this log to count the number of hours that an issue is felt or suffered. This log is to track the hours needed to arrive at a resolution of an issue once it is directly addressed.

Addressing issues effectively requires training in emotional skills. One undertakes this training in counseling and in retreats. Reading certain kinds of books can assist in this learning process, but it cannot substitute for direct training. BEing There Counseling™ and BEing There Retreats™ provide essential application of emotional skills training. Several retreats address the practice of logging issue-hours, and the value of doing so. You can begin the process by using the log in this booklet. Ask your counselor to review the difficulties you encounter in logging issue-hours. This is a powerful tool in your pursuit of Higher Consciousness.



Issue-Hours Definitions

D-Time Defensiveness Time. The amount of time that either partner was behaving defensively during an issues discussion. This may be expressed as time or as a percentage of the Total Time. The reduction of D-Time is in direct relation to your willingness to feel all that you feel and to deal with all that you feel. This form of discussion occurs in the Power Level of Consciousness.

E-Time Engaged Time. The amount of time when both partners are engaged in the resolution of the issue, regardless of who initiated the discussion of the issue or who may appear to be at fault. This may be expressed as time or as a percentage of the Total Time. This form of discussion is an essential part of the Intimacy Level of Consciousness. All issue-related time is either D-Time or E-Time. Maximizing E-Time creates more efficiency, and leads to faster development.

Total Time This is the total time needed for both partners to arrive at a greater Personal Truth from the starting point of someone's declaration, "I have an issue I'd like to deal with, if you are willing to." All behavior, prior to one person initiating a deliberate attempt to deal directly with an issue and the other person accepting such an invitation, is considered reaction, and is not logged.

Issue-Hour One issue/One hour. This is the basic unit of measure of personal growth work. Higher Consciousness is realized through the accumulation of issue-hours. It may require thousands of issue-hours to master emotional skills. One issue = One hour.

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Having issues is never the problem. It is not dealing with issues that creates problems.

Dealing effectively and efficiently with issues requires skills and practice.

This is the measure of your personal growth. BEing There teaches you how.