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Why can't I enjoy Sunday evening?

Over the last 15 years, since first beginning my work with people in business, I have learned that many experience a terrible dread on Sunday evening. Putting two and two together, Sunday evening was the evening before they returned to work; this connection never seemed to be obvious to them. Why wasn't the connection between the dread, Sunday evening and the work week obvious?

The psyche is very unique; it is designed to protect itself. In principle, it's designed to protect itself from painful thoughts, actions and experiences. Unfortunately, when you grow up experiencing painful thoughts and actions on a regular basis, the resulting feelings are memorized by the body and become normal. This old painful feeling becomes what you expect to feel. In other words, the dread of Sunday night feels normal, and therefore it doesn't raise any suspicions or questions.

This capacity to feel normal is not really the normality of biology in nature. It's the normality of the family environment in which you grew up. To challenge this family environment is to do something forbidden. You're not allowed to challenge the home of your mother and father. To a child, challenging the mother and father would be to put your survival in jeopardy. This is the way a child processes their circumstances. To place your life in jeopardy is simply a forbidden behavior in the psyche, so you accept and adapt to what you feel and call it normal.

It's important to recognize that your vulnerability as a child, your powerless state of being as a child, your helplessness as a child, is supposed to evolve into a feeling of strength and confidence as you meet the challenges that you face out in the world on a daily basis as you progress through childhood and into adolescence. This evolution of confidence comes about naturally when a child is raised by a loving mother and father who are supportive, understanding, and above all do their job, which is to nurture, facilitate and protect the children, not teach them what "you" want them to know. It's a natural process and does not require any additional intervention beyond the basic requirement: nurturance and protection.

It's important to have a proper perspective on this topic of parenting. Everybody, and I mean everybody, has things that happened to them as children that could've been handled better by mom and dad. This is because nobody is perfect, and nobody behaves perfectly all the time. This notion of perfection of

course shows up with dentists all the time. It is an invention of the mind to solve a problem: how can I get the love from mom and dad that I'm not getting?

If perfection doesn't really exist, and the desire for perfection is just a defense mechanism to protect you from the reality that life was not giving you what you needed, then your need to be perfect Monday through Friday would never have solved the problem. Coming to terms with the fact that your belief in perfection would not have solved anything as a child is very important, because this is at the heart of your dread on Sunday night.

When you go to work Monday morning, you can either see yourself experiencing an opportunity to make money, enjoy your patient interactions, enjoy helping people, and enjoy interacting with your staff, while you build your business into a moneymaking machine and feel good about yourself or you can see Monday morning as a reminder that you were inadequate to get your needs met and ill-prepared to face the morning and the next five mornings because of a belief that you aren't perfect and cover up the fact that you didn't have the perfect childhood.

All beliefs come together as a result of our experiences with our mother and father. Whatever mom and dad said was the truth. Mom's and dad's truth became your beliefs, and you live your beliefs through your actions. What's interesting is that your thoughts are not as important as you might believe them to be.

Your thoughts are not as important as you feel they are. This is because your thoughts are just tertiary manifestations to your actions, and your actions are secondary reflections of your beliefs. Your thoughts, actions and beliefs culminate in a feeling. These feelings become what you are supposed to feel every day when you wake up. What you are supposed to feel on Sunday night is what you are anticipating on Monday morning, and every morning until the next weekend. Year after year, it has become normal for you to live out this level of expectation, your belief: the dread.

Monday morning is just the fulfillment of what you expect to happen, but what you expect to happen is what you create in adulthood. Yes, you create the Sunday evening dread. You create the dread by the staff you hired, the types of clients use service, the amount of money you charge, the money you collect, as well as the color of the uniforms you have everyone wear, the décor of the office and the staff members you refuse to fire.

Your daily life is a canvas and your beliefs, feelings and behaviors are just the palette of colors available to you. Unfortunately, you don't choose the colors. They were chosen for you. For more information on this perspective, see my website: DrCarter@peaks-coaching.com