

The Power of “No Self” in a System

1. Michael Kerr writes, “No self has a powerful effect on a relationship system”. Often, we think of no self and codependents are weak and victims (I did feel this way). But when you read Melodie Beattie’s book *Codependent No More* she talks about stop controlling as a CD.
2. Edwin Freidman in his book *Generation to Generation* even states the most powerful people in the relationship system/family/workplace are the

most dependent or most immature
(those with no-self)

3. Passivity and disappearing and choosing No-self sends a current of anxiety through the emotional field/system or relationship
4. No-self stance and state reinforces the status quo and keeps the relationship from changing
5. Being a self, disrupts the enmeshment and fusion in the relationship system, it disrupts the dysfunction, because the anxiety and emotional forces in the relationship that keep the problems in place

*NOT
Think
just in a
linear
cause +
effect
way*

6. Again, no-self shifts your anxiety to the relationship system or to others, anxiety shedding is what everyone does in a dysfunctional family and system. This ping-pong is the glue that keeps everyone in their emotional place, playing their role, fitting in. If we resist the need, desire to shed the anxiety and stop dumping this anxiety back into the system/relationships WE CHANGE—THEY CHANGE they change because they have to adjust to our improved functioning

7. Focus on your functioning not others
8. Stop wielding your No-self and accept the limitations, humility, and power of being a Self. *Supervisor e.g.*
9. If you operate as a no-self, you and the systems stay stuck in the box
10. **Learn your own immaturity, shame, and self-criticism and accept these with love and begin to heal.**
11. Learn to function in a system with more calmness, this is key
12. Stop controlling your relationships with No-self, change the system with a Self
13. Become

14. a more responsible "I"
15. learn to declare self,
16. explore your wants, needs, and beliefs,
17. learn detachment,
18. focus on your own functioning in the system vs others, let go of the functioning of others
19. let go of others functioning,
20. learn about your own subjectivity (how you see the world and wounds that shape your functioning)

Thanks everyone, keep growing up and keep finding yourself, and keep going deeper