

February 20, 2012

EDPS 5069-090

I have decided to address the topics of Self-Rationalization, Self-Betrayal and Self-Justification. I think the most important part of these words and the actions that they mean; is the use of deceiving oneself. I looked up these words in dictionaries online and here is what I found.

Self-Rationalization- The root word is Rationalize.

1. To bring into accord with reason or cause something to seem reasonable.
2. To substitute a natural for a supernatural explanation of<*rationalize* a myth>
3. To attribute (one's actions) to **rational** and creditable motives without analysis of true and especially unconscious motives <*rationalized* his dislike of his brother> ; *broadly* : to create an excuse or more attractive explanation for<*rationalize* the problem>

(<http://www.merriam-webster.com/dictionary/rationalize?show=0&t=1329798038>)

Self-Betrayal's root word is to Betray. To betray means;

1. To lead astray; *especially* : **seduce**
2. To deliver to an enemy by treachery
3. To fail or desert especially in time of need <*betrayed* his family>
4. To reveal unintentionally <*betray* one's true feelings>**b** : **show**, **indicate****c** : to disclose in violation of confidence <*betray* a secret>

To prove false (<http://www.merriam-webster.com/dictionary/betray>)

Self-Justification is; the act or an instance of making excuses for oneself.

(<http://www.merriam-webster.com/dictionary/self-justification>)

In reference to the readings, the definitions and meanings of the words are very similar. Terry Warner talks about when we are lying to ourselves we often feel emotions like this; hurt, sad, lonely, angry, betrayed, victimized, or bitter. We are anxious and fearful of others. He says we get so absorbed in ourselves at times and easily take offense at others actions. He talks about why he thinks humans can get so selfish. He talks about self-betrayal going against what we feel we should do, or not doing what we felt that we should have done. We are betraying a sense within ourselves and not only, what others expect us to do. Going against our conscience is what I think he means. I think part of that is lying to ourselves, and changes our way to view the world in some circumstances. He believes that our sense of self comes from; our culture, religion, faith, values, all that surrounds us. He talks about our connection to other human beings, "intimately bound up with other's thoughts and feelings." "Self-Justification is making what is wrong seem right and trying to control the situation, justification is trying to make something straight or bring it into line." I think he is trying to say it is making excuses for not doing what we should do so

we can try to feel better about the circumstance and blame others for our action, or non-action. He also talks a lot, about how we accuse others and shift blame to try to give ourselves a sense of entitlement and feeling right. We not only justify, rationalize and betray ourselves; we start believing in and living a lie. We live in a distorted reality where everyone else around us is at fault and we are not. Marty didn't get up to feed the baby because he had to get up really early and go to work, so he shouldn't have to do Carol's work since it's her job to take care of the kids. He rationalizes and self-justifies his inaction and starts getting very bitter and angry towards his wife because she cannot read his mind while she is sleeping. He wants her to take care of the baby, but he is awake and notices the need. He should feel an obligation to fulfill it. Instead, he feels entitled to blame it on his wife who is unaware of the situation. Sounds silly to me, but that is real life for many people.

I found his article; "Making Victims of Ourselves" very helpful and insightful. I notice there are some things I have done in my life, I need to change some attitudes, focuses and actions-- that affect my relationships that I had not thought of, and did not know I was doing. When I think of my spouse or loved ones in bad ways and expect them to fail or hurt me, I am setting relationships up for failure. When I obsess about the unfairness of life-- and how I feel I am doing everything right and trying my hardest, I see a distorted view of reality. I am, "Accusing others, excusing myself (my behavior), and displaying myself as a victim (when I am not a victim.)"