

# The Origins of Behavior



**Emergence University Group 6/22/2024 | Segment #1 (10: - 10:15 am) Shelby**

**Question:** Why do you want to learn emergence?

- Tom - To better heal people
- Hanna - Nothing else I've learned makes sense so I want to keep learning Emergence
- JB - Continue learning how to see more
- Linda - Have a better life and help my clients have a better life
- Clancey - I want to learn more about myself and once I learn about me I can see other people because I can see myself
- Erik - I love the science of emergence
- Sam - It works — I've seen it work on my own life and other people
- Athena - There's a beauty in it. There's a wholeness; a completeness . Even if I can't see all of the corners of it.
  - SP to AL - Steven Hawking would have said that it's Elegant
  - AL - Korean word for "Complete" is also perfect & integrity. Seeing this in each individual
- Tori - When I learn emergence I feel more human
- Lexie - I feel more connected to the real world. I feel less alone
- Elena - Similar to Clancey - better understanding of myself to understand others
- Jesse - When I learn, I am sitting with little boy Jesse and helping him understand what is happening
- Shelby - Emergence is in my bones
- Steve - I would like to leave the world a better place for having lived

**Emergence University Group 6/22/2024 | Segment #2 (10:15 - 10:30 am) Hanna**

**Question:** Where do inferences come from?

1. Behavior begins to exist at the edge of gender identity. It is the transition point between an urge and beginning to do/act in the world. Gender identity begins to translate into behavior.
2. There are four kinds of inferences that come from Socialization. Inferences are there before we behave. Inferences drive behavior, and the four types of groups (cult, family, loose, individuals) socialize us, and this then drives our inferences.
3. Each of the four groups has rules that collectively then form our socialization.
4. Inference is your mind's sense of 'is this, or is this not, the right thing to do.' Group identity → Socialization → Inferences → Person's behavior.

**Emergence University Group 6/22/2024 | Segment #3 (10:30 - 10:45 am)**

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**Emergence University Group 6/22/2024 | Segment #4 (10:45 - 11:00 am) Sam**

- In between socialization and behavior is inference
- A loose group is a group where the individuality is stronger than the family.
- In a loose group you don't even know what the rules are
- In a cult "it's a law"
- If you do not know the rules there is a great deal of ambivalence around situations.
- There's a reduction of anxiety in a cult because you have a forced stability. This also exists in a more humane way in a family group.

**Emergence University Group 6/22/2024 | Segment #5 (11:00 - 11:15 am) Clancey**

**Question: [Forbidden behaviors]** What behaviors were you socialized to believe were forbidden?

- **Hanna:** "talking back" to or arguing with her parents; "do what you're told to do happily or you're in trouble". Hanna grew up in a family group but also a cult group (because of the religious influence). This is similar to JB's early experience.
- **JB-** can't picture many rules from his father/step mother's "cult house". He can picture sitting on the couch with his sister and wondering what they were going to have for dinner. He wasn't allowed to ask for a specific food item for dinner. He had to eat what was given to him.

**Question:** Is JB able to ask for what he wants to eat as an adult (when amongst friends, family, etc.)? JB states he normally waits until people ask him what he wants -- he doesn't volunteer it.

- **Athena-** lots of rules growing up. She grew up in a "family group". Obedience was very important which has become part of her adult life unconsciously. There is a family group rule in her family that when they have guests over and the guests leave the house, everyone has to say goodbye outside and wait til they leave to go back inside. She gets anxiety about this and even has a lot of trouble leaving her own house because of it. She will wait to set up her GPS if she needs it until she exits the driveway.
- **Tom:** Lying is forbidden. He was terrified when he got caught lying. He admitted he lied a lot as a child (up til 5 years old). He got in trouble a lot.

**Question:** how often in Tom's life does he get anxiety about breaking a rule?

- **Shelby:** 1.) Junk food is forbidden. Her mother never ate it, so no one else could. 2.) Don't sit in mom's chair (the queen's throne). She gets a lot of anxiety when Tyler sits in her mom's chair.
- **Elena:** Men in the family must be taken care of first. Elena also states that she's learning that she doesn't consider her own needs (if she even knows what they are) and doesn't consider herself as an individual in her family. She doesn't think about what she wants --- she just obeys.
- **Athena:** There is a hierarchy in her family for everything. Similarly to Elena, the men must be taken care of first. Her mom is always the last person to sit down, as she makes sure everyone is taken care of first. She gives the good kimchi to the men. Athena gets mad at her mom for this.

**Emergence University Group 6/22/2024 | Segment #6 (11:15 - 11:30 am)**

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## Emergence University Group 6/22/2024 | Segment #7 (11:30 - 11:45 am) Elena

### SUMMARY ↷

- The group shared about the rules we grew up with and how we had to practice obedience from a young age.
- Most members expressed being in a family group or a cult group and personal preferences are often ignored for the sake of what we infer about how we behave.
- Some of us struggle to figure out what we feel about the rules/if we feel they are stupid or not.

### DETAILED ↷

- **What is a family or cult rule that you think is stupid? (Birth - Age 5)**
- **Hanna:** The pressure to celebrate birthdays (and other holidays) is stupid. "My favorite birthday was in March 2020, everything was shut down, there was no expectation on me."
- **Erik:** "Being nice to people if you don't like them." Giving hospitality and then judging/commenting on appearances and behaviors.
- **Lexie:** You cannot say something about a family member to their face (only behind their back). HOWEVER, adults can directly talk shit to the children, but not vice versa.
- **Clancey:** You cannot share if you are worried about someone directly to the family member. No direct good/bad statements about the family member.
- **Sam:** Uncle Marty (who is a One) will shit-talk directly to the person fairly freely. Other family members, too.
- **Tom:** The family has to be seen as a whole going to church. If someone was sick, the whole family does not attend the church service. Every other time, going to church on Sundays was required.
- **Linda:** If someone on the "outside" talks shit about the family, the whole family will be against that person. The family protects individuals against outsiders.
- **Shelby:** "I can't think about a single rule that doesn't apply to my mom. It's all about making her happy. There is an unspoken rule about if she's unhappy, make her feel better." Cannot talk badly about mom.
- **Steve:** "You always had to clean your plate." You have to wait until everyone is done eating before you leave the table.
- **Erik:** You have to wait to eat until everyone is seated and served.
- **Hanna:** I've internalized so many of them, so I don't know if the rules are bullshit.
- **Elena:** I actually don't know which rules I think are stupid - except the constant need for bread 😊
- **Linda:** "You can't go out and play, until the house is clean." "My mother was the cult leader."
- **Athena:** You cannot hang up the phone, until the elder hangs up first.
- **Clancey:** Splitting time between divided parents, switching every two weeks. (Jesse related to this, too)

**Emergence University Group 6/22/2024 | Segment #8 (11:45 - 12:00 am) Jesse**

**Question:** Any inferences you've had about why we're doing this?

- Sam got curious, feels important but can't tell
- Shelby- it's hard to distinguish between personality and behavior
- Steve- How do we distinguish who we are as people compared to rules in our life
- Linda- learning about inferences, developmentally from our childhood

to help us see now.

**Question:** Every time Steve runs a group, people have inferences about what's happening. How are your inferences affecting what's happening today?

- JB- I've been letting myself go away and come back more in this group. Feels new.
- Erik inferred this group will drain him and that he's just going to shut down.

**Question:** Steve asks, is there a rule underneath that?

- Erik says he's supposed to be present every minute and that everyone deserves his focus and attention.
- Steve has no inference that he'll have to know ahead of time what he's going to say or inference that he'll memorize what he did say.
- Steve- Pre learning is driven by the interest of the baby. Not driven by the rules. Naturally driven by your own interest. Steve is happiest when the group is of individuals. Welcoming individuality.
- Shelby - it comes naturally to be aware of her mother at her house but she is seeing more choices now recently.
- Lexie- Can relate to a pressure to stay present and not walk away from the group. Never seen teacher leave the class to go to the bathroom or get something.
- Steve has a socialization to take of his needs before the group.
- Lexie said Steve says the opposite to the rule but the rule is so strong it overrides it.

## Emergence University Group 6/22/2024 | Segment #10 (12:00 - 12:15 PM) Erik

**Question:** What are some rules that you think should exist in groups? Any kind at all? Not you as a person but things that annoy you that other people don't do.

- **Hanna:** using their bathroom as the shit bathroom
- **Tori:** all rules should be written down so people who may be confused would have it clear.. unwritten rules are the worst
- **Tom:** you can't be visibly annoyed when your rule conflicts with someone else's rule - keep it to yourself.
- **Clancey:** no yelling, and no tailgating
- **Erik:** attempted to give rule about not waiting to be close to others but it was unclear how to design such a rule.
- **JB:** no physical violence - witnessed violence at work and was affected by this
- **Steve:** clarifying the rules and then we will lead into what the enforcement is. Asked if we need to use violence to prevent violence is that allowed, and would that be a rule breaking of the rule. Steve tells story about takedowns at his previous employment at a rehab, that you were trained to do them and there were circumstances when it may be necessary.
- **Tom:** Tells story of "trust training" or rules to help de-escalate problems.
- **Linda:** Talks about a panic button in the admin area and that she hasn't been given training (AKA RULES) about what to do in circumstances
- **Steve:** this is the point of the group that we don't know what rules exist for us, which for this situation is a big deal. This is something we should speak about.
- **Lexie:** no commenting on food choices
- **Steve** mentions Italian style discussion about salted or unsalted butter
- **Lexie** clarified that its criticism about food, what you eat and don't eat
- **Elena:** Do you get criticized? **Elena:** not so much criticism, but body shaming about self about needing to diet.

**Emergence University Group 6/22/2024 | Segment #11 (12:15 - 12:30 PM) Linda**

**Question:** Which group identity do each of you have?

- **Shelby:** Not sure if it's a cult or family. Mom is the leader. Steve said cult.
- **Sam:** Family group. Steve said there are 2 identities – the family has an identity, and Sam has his own identity.
- **JB:** Parents divorced young. 2 families. Mom was a single mother for the first 13 years; Dad was married to a woman for 20 years, who was a 1. Rules for each family unit were different.
- **Steve** said there was one family, one cult, and two different identities. Living with Mom was more of a family group, living with Dad and stepmom more like a cult (with stepmom being a 1). JB recognized two different identities.  
**Note** - If a 1 or addict is in a group, it's more like a cult group because there is one identity.
- **Jesse:** He had 2 separate cult leaders, his parents divorced, and 2 separate houses. Both 1s. This is how he is affected by inferences and behavior.
- **Tom:** Mom and Dad were together. Mom was the leader and did everything; Dad was a big baby. Steve said it sounded mostly like a family group.
- **Sam:** Question—Can a one exist in all four groups? Steve said: Tom's Dad could be a one, but Mom ruled the family group. The family influences socialization and how you act with other groups. We are talking about how we are each influenced by the group we come into in the world.
- **Hanna:** Family group. Steve asked her if religion played a big part in socialization. She said her family group embraced outside religion. He asked about early childhood socialization and birthdays. She said maybe she woke up to a cake and cards and was made to feel special that day.
- **Erik (on birthdays):** Similar to Hanna, he was made to feel special that day. Always cake.
- **Lexie (on birthdays):** She always chose what she wanted for dinner.
- **Sam (on birthdays):** He expects people to ask him where he wants to eat. When he was young, he ate McDonald's French fries and spaghetti on his birthday. He pictured it and saw their suffering.
- **Jesse (on being sick):** Both cults acted the same when he was home from school. Mom brought him breakfast in bed. Dad would call him king of the day. Steve asked if he still expected that. He said yes.
- **Linda:** no memory of family unit under age 5

**Emergence University Group 6/22/2024 | Segment #11 (12:30 - 12:45 PM) Tori**

**Question:** Enforcement - What happens when someone breaks a rule? How do we enforce rules?

- **Eric:** "I'm disappointed in you"
- **Hanna:** Ask them nicely, explain why they should follow the rule
- **Clancey:** Get a ticket (for tailgating)
- **Tom:** Being "punished" but without being sure of what the punishment is. The **threat** of the punishment is the punishment.
- **Jesse:** The silent treatment
- **Tori:** Ejection from the group
- **JB:** Grades

**Emergence University Group 6/22/2024 | Segment #12 (12:45 - 1:00 PM) Tori**

**Question:** Rules exist because...

- **Tori:** So we don't hurt each other
- **Hanna:** When there isn't compatibility, things aren't smooth, rules help

**Question:** Rules should fit us. Why do rules exist? Do you think we should have to have them?

- **Tom:** Rules are a means to prevent suffering

**Question (not sure who asked this one):** What is the difference between rules and structure?

**Steve:** Rules have **enforcement**. Rules exist because human nature is imperfect. If we have enough in common, we don't have to have rules to be a group.