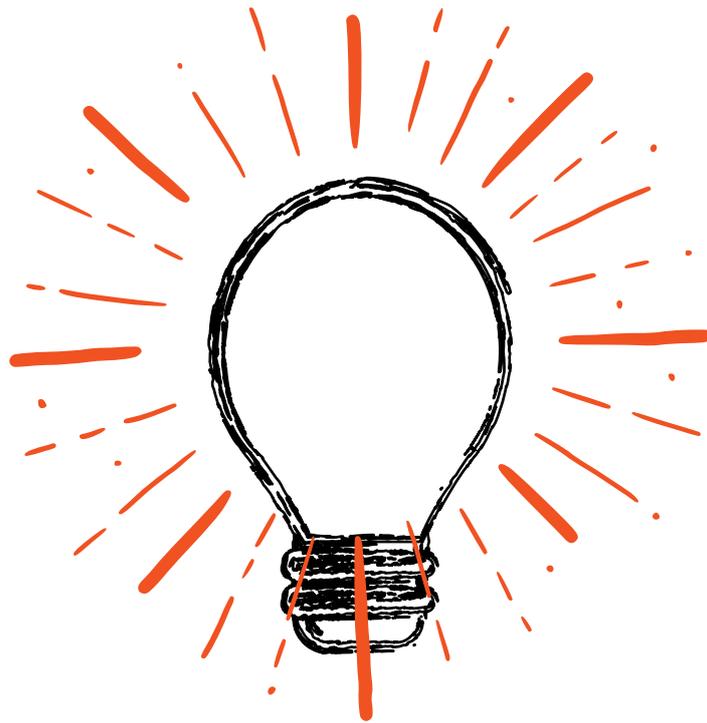


EXTRA LEARNING RESOURCES FROM *FAMILY RULES OKAY*

YOUR GUIDE TO  
 $2 + 2 = 4$



MATT HUDSON

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**“In the end the Party would announce that **two and two made five,** and you would have to believe it. It was inevitable that they should make that claim sooner or later: the logic of their position demanded it. Not merely the validity of experience, but the very existence of external reality was tacitly denied by their philosophy.”**

**- George Orwell, 1984**

# INTRODUCTION:

## YOUR GUIDE TO $2+2=4$

As a thank you to you for buying *Family Rules Okay* and making it to the last page I have put this short guide together. Your life really should add up and it's those areas where it doesn't that will always cause you the most trouble. The following guide gives you some extra insights that aren't in the book, but I believe they will help you with your maths.

If you are in a situation where  $2+2=5$ , then quite simply the math doesn't add up. Let's take a look at a few examples of underlying Family Rules that result in you handing over your power to others.

# 1. THE 5 RULE METAPROGRAMS

There are five metaprograms that govern how we apply the rules of life to ourselves and others (see the list below).

1.



**My/My:**

My rules for me, my rules for you.

2.



**My/. (period):**

My rules for me, I don't know about others.

3.



**My/Your:**

My rules for me, your rules for you.

4.



**Your/. (period):**

Your rules rule my life. Living to obey. Have no rules for themselves except to obey the rules of their master. Often found where abuse has been present.

5.



**No/My:**

No rules for me, my rules for you.

Keep in mind that any context which appears hypocritical requires two key psychological patterns or metaprograms. These patterns are No rules for me/My rules for you (No/My) and Your rules for me/Full stop (Your/.) If you are in this environment, you will get a sense that something just isn't right. It's a tricky situation to find yourself in because you know that they are playing a narcissistic game, but if you call it out, you will be the one who is punished.

**"They are playing a game. They are playing a game of not playing a game. If I tell them, I will be punished. So, I must play the game, of not playing the game" - R.D. Laing**

Ronnie Laing made it very clear for us to sense Family Rules in his book *Knots*. The poem above shows the complexity of the double bind.

## 2. WHAT'S A DOUBLE BIND?

A double bind is a psychological term that refers to a situation in which an individual receives conflicting messages from different sources, making it difficult for them to respond in a way that resolves the situation. In a double bind, one message may be verbal and the other nonverbal, or both messages may be verbal but contradictory. For example, a parent may tell a child "I love you" while simultaneously giving them the silent treatment, or a boss may say "I value your opinion" but then ignore the employee's input.

Double binds can be particularly problematic in the context of diagnosis and treatment of mental health issues, as they can make it difficult for individuals to communicate effectively with their healthcare providers. For example, a patient may be told by their doctor that their symptoms are "all in their head" while also being told that their symptoms are "real" and need to be treated. This can lead to confusion, mistrust, and a lack of motivation to engage in treatment.

Treatment of double bind situations can involve helping the individual to identify and understand the conflicting messages they are receiving, and to develop strategies for resolving the situation. The first step is to set clear boundaries and communicate assertively with the other person involved.

The key here is for you to be and remain assertive, this can be a little difficult at first because you will have your amygdala to contend with. The more you understand how Family Rules work the easier your life will become. The underlying dynamics and emotional responses attached to auditory EMIs may very well be driving your negative experiences.

It's important to note that double binds can be a form of manipulation and abuse, especially in personal or professional relationships. To make two and two equal four, it's crucial for you to:

1. Have self-awareness,  $2+2=4$
2. Have the ability to set healthy boundaries
3. Communicate assertively

Double binds are real, and they are born out of Family Rules that were never upgraded. Keep the three steps above in your mind and maybe reach out to a friend and seek support when necessary.

### 3. PRESUPPOSITIONS & MEANING MAKING

Your mind is a meaning-making machine. Milton H. Erickson was an American psychiatrist and psychotherapist known for his innovative approach to hypnosis and psychotherapy. He is considered one of the most influential figures in the field of hypnotherapy. Erickson's approach to hypnosis was different from traditional approaches, as he focused on using indirect and subtle methods to induce hypnosis in his clients. He believed that traditional hypnotic techniques, such as giving direct commands to the client, were too rigid and did not consider the individuality of each person.

Erickson used a variety of techniques to induce hypnosis, including storytelling, metaphor, and presuppositions. Presuppositions are assumptions or beliefs that are implied or taken for granted in a statement or question. Erickson used presuppositions to influence his clients by making subtle suggestions that they would unconsciously accept as true.

For example, he might say "*As you continue to relax, you may find that you can remember more easily,*" which implies that the client is already relaxing, and that this relaxation is helping them to remember more easily. This subtle suggestion can then influence the client's behaviour, making them more relaxed and open to suggestions.

Erickson's approach to hypnosis was also characterised by his use of what he called "strategic therapy". This approach involved using therapeutic strategies that were tailored to the specific needs and characteristics of each individual client. He believed that every person was unique and that a one-size-fits-all approach to therapy was not effective. He also used a wide range of therapeutic techniques, including hypnosis, psychoanalytic techniques, and behavioural therapies, in order to achieve the best possible outcome for each client.

Overall, Erickson's approach to hypnosis and psychotherapy was highly influential and continues to be studied and applied by therapists and hypnotists today. His focus on the individual and his use of indirect and subtle techniques, such as presuppositions, has had a lasting impact on the field of hypnotherapy.

## 4. PRESUPPOSITIONS PRACTICE EXERCISE

This is an exercise I used to give to my students to get them thinking about presuppositions. Have a look at this sentence:

**“If that cat meows again I will be forced to put him outside.”**

The sentence is simple enough, now I want you to write down as many presuppositions or alternative meanings as you can come up with. (The record is 40!!!) This is a great exercise for loosening your Family Rules, think of it like warming up before you go to the gym.

Here are some example presuppositions to get you started:

- There is a cat.
- There is an outside.
- The cat may be male.
- There may be more than one cat.

The key here in building presuppositions is that anyone should be able to agree with the presupposition that you've come up with based on the sentence.

**“The cat had been meowing very loudly and was upsetting the neighbours.”**

**“The cat was a name given to an actual tiger that lived their, and its meow was a roar that was very upsetting to the neighbours.”**

To become self-aware, you need to know the difference between presuppositions and projections, that I like to call “mind reading.” Presuppositions are based on what is and can be corroborated by others. Mind reading, however, is based on your mental projections and they don't actually have a basis for reality.

Erickson utilised this and here's an example: as you're reading this now you haven't noticed the tiger behind you yet. Here I've used a presupposition, and a mind read. It leaves your mind to create the tiger behind you. Therefore, in order to make sure  $2 + 2$  always equals 4, you have to keep checking.

## **5. DON'T UPSET THE APPLE CART**

**“Don't upset the apple cart”  $2+2=5$**

This is a common family rule that basically means to put up with what is happening because if you say anything you will make matters worse. This rule will have been created when you observed one or both of your parents/caregivers getting angry or upset after being given feedback. If you imagine a cart full of apples all neatly sat on top of each other, removing one may be enough to have them all tumble to the ground. The 'apple cart' is the person whom you perceive as having power in the context, your perception is being held in place by the family rule. Other rules that fit within this structure are:

- “You'll just have to grin and bare it”
- “Don't try to swim against the tide”
- “Don't rock the boat”
- “Don't be a troublemaker”

All of the above Family Rules drive censorship and inaction. Your amygdala will fire up the flight, fight, freeze system and your primitive brain will close down your smart brain. The freeze response is usually your system's choice for you, which was fair enough when you were five years old but not when you were 50! We all know people who will stick their heads in the sand and hope the trouble will pass by, instead of stepping up and saying “Enough!”

## 6. RUNNING AN AWAY-FROM PATTERN



Avoidance is an away-from pattern that costs energy to maintain, lots of energy. All the while you don't step up or speak out, you put yourself under massive pressure. This is how Family Rules can be detrimental to your health. The psychological rule is held in an auditory Emotional Memory Image, which drives a physiological stress response in your body. Voilà, you now have the basis for psychophysiological dis-ease.

All of this happens because our Family Rules haven't been updated and we continue to give our power away or hand it over to others.

# 7. CAT GOT YOUR TONGUE?

**“Has the cat got your tongue?” 2+2=5**

Did you ever wonder why people use the phrase “has the cat got your tongue?” When you enter a situation and your mind perceives a threat, the fear response can close down your ability to speak. This fits beautifully within the Family Rules process as we have seen above if you speak you may upset the apple cart. Therefore, you learn to ‘hold’ your tongue for fear of speaking out and all hell breaking loose. I’ve never actually witnessed “all hell breaking loose” I’m sure it must have happened at some point in time for it to be in common parlance. To be honest it probably serves as a warning that if you dare to say anything then the other person will be angry with you.

Our tongue is an amazing piece of equipment and believe it or not it’s hard-wired for Family Rules.

The human body has 12 cranial nerves, which are nerves that originate in the brain rather than the spinal cord. Surprisingly, six of these cranial nerves are directly connected to the tongue and its function (these are highlighted in **orange** on the next page.) Perhaps this has developed through evolution, because if you spoke out of turn in the tribe you may have faced ostracisation and death. Today we can still see this with social media, where the power of the mob is directed to maintain popular narratives.

## The Cranial Nerves

The cranial nerves are numbered I-XII and are named based on the regions of the head and neck that they innervate. They are:

1. **Olfactory nerve (CN I)** - responsible for the sense of smell.
2. **Optic nerve (CN II)** - responsible for vision.
3. **Oculomotor nerve (CN III)** - responsible for controlling the muscles of the eye that move the eye and control the size of the pupil.
4. **Trochlear nerve (CN IV)** - responsible for controlling the muscles of the eye that rotate the eye.
5. **Trigeminal nerve (CN V)** - responsible for sensation in the face, jaw, and teeth, as well as controlling the muscles of the jaw.
6. **Abducent nerve (CN VI)** - responsible for controlling the muscles that move the eye.
7. **Facial nerve (CN VII)** - responsible for controlling the muscles of the face and for the sense of taste.
8. **Vestibulocochlear nerve (CN VIII)** - responsible for hearing and balance.
9. **Glossopharyngeal nerve (CN IX)** - responsible for taste sensation in the back of the tongue, sensation in the pharynx, and control of the muscles of the pharynx and larynx.
10. **Vagus nerve (CN X)** - responsible for control of the muscles of the larynx, pharynx, and soft palate, as well as sensation in the larynx and pharynx.
11. **Accessory nerve (CN XI)** - responsible for controlling the muscles of the shoulder, neck, and larynx.
12. **Hypoglossal nerve (CN XII)** - responsible for controlling the muscles of the tongue.

Cranial nerves are important for many of the body's functions, such as vision, hearing, taste, smell, movement, and sensation. Damage or dysfunction of cranial nerves can lead to a wide range of symptoms, such as difficulty seeing or hearing, difficulty speaking or swallowing, and loss of sensation or control in the face or tongue.

# 8. THE PHYSIOLOGY OF FAMILY RULES

## Do Family Rules Have a Physiological Impact?

In my experience, the answer is quite definitely yes. Let's take a look at a particular passion of mine, conversion disorder, or functional neurological symptom disorder, Somatoform disorder, or  $2+2=5$ . That's a lot of names for the same thing by the way. It kind of makes you wonder why it can't just be called "psychosomatic", which it definitely is, and it definitely was called before the pharmaceutical industry had a hand in it. Once you have a diagnosis then you can have medical treatment, but what if the problem originates from your childhood and is still running inside your mind? The math doesn't add up, does it?

Conversion disorder or Somatoform disorder is a type of neurological disorder in which a person experiences symptoms such as weakness, numbness, tingling, or loss of vision or hearing, but there is no medical explanation for these symptoms. It is thought to be caused by psychological stress or conflict that is then "converted" into physical symptoms. Conversion disorder is diagnosed when a thorough medical examination and testing do not reveal any physical cause for the symptoms.

Treatment for conversion disorder typically involves addressing any underlying psychological issues through therapy and counselling, as well as working with a healthcare professional to manage any physical symptoms that may be present. These treatments don't go hunting for **No/My's** and **Your/.'s** by the way or give you feedback on your non-verbal responses to specific questions. This would at least begin to create more of a conscious awareness for you of your below-conscious rules.

All of the above is the typical approach for diagnosing and treating unexplainable neurological problems, however as we've just discovered there is a valid explanation for the body to be responding this way. I hope I've got you wondering if it's possible that conversion disorder, could actually be a normal response to fear.

## 9. MATHEMATICAL BOUNDARIES

$$2+2=4$$

We all agree that  $2+2=4$ , so what you need to focus on is evaluating the math consciously and moment to moment until such time that it works automatically for you. If a person tells or asks you about something and you're not sure ask for clarification. Ensuring that you both know and agree on what you are talking about sets clear boundaries, it keeps you both safe.

## 10. WATCH OUT FOR SNEAKY "WE"

A sneaky "We" will appear when someone has messed up and wants to include you in the clean-up process. They will begin the conversation with "We've got a problem". Now, if you don't immediately correct that sneaky "we" then you have let your boundary wall down and you have now been volunteered into something you have no reason to be connected to. How do I stop them "We"ing on me, Matt? Remember the 3 steps to ensuring  $2+2=4$ .

1. Have self-awareness,  $2+2=4$
2. Have the ability to set healthy boundaries
3. Communicate assertively

If you have difficulty with steps 2 and 3, you will more than likely have a Family Rule running.

A good idea would be to use the [MindReset app](#) prior to meeting up with people that you have problems communicating with.

Integrity is  $2+2=4$ . Living from this position will always guarantee your sovereignty. However, it may not always be fun or easy, but when you look yourself in the eye you'll know the maths works. So in conclusion, I'd encourage you to always do the maths.