

Dear Mind/Soul Explorers,

The Ultimate Desire of Human-Beings---To Be Accepted

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【Abstract】

Being truly accepted is essential for human-beings. Lack of acceptance breeds aggression and dissatisfaction and is destructive and catastrophic. Being accepted almost equals being loved. Indeed, the most important element of love also is acceptance. Confirmation of acceptance is not only important but also delightful and pleasant itself. For us our own happiness depends upon our dearest' happiness and therefore we need to love someone devotedly to be truly happy. We have a tendency to wish our dearest's well-being more than our own and at any cost inherently. Suffering and sad moments can give spice to life, however, we tend to wish to protect our dearest from all harm and sadness and suffering. We need acceptance for our own well-being, and at the same time, we need our dearest to be perfectly happy. And acceptance from your dearest is almost enough for your perfect happiness. Even in working situation, we try to avoid rejection from employers and this resembles our wish to avoid being rejected by friends and sweetheart. Fear of refusal can prevent creativity.

【Key Word】

acceptance, to be loved, the quality of acceptance, human desire, aggression, self-sacrifice, confirmation, dearest, acceptance in working situation, sense of attribution, refusal, rejection, creativity, flexibility of corporation, bone fracture

Various Desires of Human-Beings

Appetite, thirst, sexual, sense of self-efficacy, intimacy, to be recognized, self-respect, reproduction, accomplishment, sense of belonging, social status, to be popular, to be needed, to exist, destruction, death, improvement, personality development, curiosity, etc.....

To Be Loved

What it means to be loved? Being cared for? Being given? Being understood?

Being smiled at affectionately? Being caressed? Being treated courteously? Possess your loved one exclusively? Making someone mad with you? Being gazed at tenderly and affectionately? Being adored? Being kissed passionately? Being listened to earnestly and sincerely?

Romantic Love

Children can be perfectly happy just because they can feel their parents' love. Sense of sure love is essential for happy

childhood. Then what about grown-up people? They also want to be loved keenly. What complicates things is that there sexual desire is added to one's life and because of its strength and nature and novelty, it becomes the person's one of primary concerns at a certain stage of life. Since romantic love develops at about the same time when one feels this strong urge, some people misunderstand this urge to be romantic love and some people misunderstand true love to be mere sexual urge. It is very difficult at times to detach these two elements from each other because in most romantic relationships both of these exist.

Confirmation of Acceptance

Each behavior is done just to confirm if you are truly loved or how much you are loved. When you look at your beloved one's eyes and can find in those eyes true love shining, you will most certainly feel assured. When someone listened to you earnestly, patiently, and sincerely, you will most certainly feel sure that you are understood and accepted. Being given something means it cost the giver money, time, energy, efforts, painstaking, self-sacrifice, or any other resources and devoting that much for you means the person thinks of you so much and wants to understand and be of some help to you so much and subsequently can grasp what you are and what you wish exactly, that means true understanding and love and ultimate acceptance. The objective of

these behaviors is both to confirm and enhance love and faith and intimacy. Even when you are sure that you are loved, or can believe that you are loved without any doubt, you wish to confirm it by means of words and other behaviors or things. It gives you such a relief and pleasure.

Confirmation itself has its own pleasant aspects. It can reveal you vividly that blessed moments and allow you experience again and again that poignant, exquisite happiness.

Just to remember the first time you encountered your beloved one, or just to remember one of the happiest moments nearly equals to live those blessed moments again. Memory is beautiful, more beautiful than actuality at times.

Whether You Are Truly Accepted by

Whether you are truly accepted is important. By how many people you are accepted is of secondly importance. When one person sincerely understands you and accepts you, you will most certainly truly be satisfied and wants nothing more. If you are not accepted by anyone, you will feel uneasy, dissatisfied, and irritable. When a child is not accepted, he/she displays aggression. Aggression is destructive. It can destruct not only people and things surrounding him/her, but also can destruct him/herself. Human-beings cannot be happy without being truly accepted. This means human-beings need love and affection

inherently. However, not all of us realize this fact fully.

Especially, abused children are likely to deny their true desires and subsequently forget that they dearly wish to be accepted. In other words, they wish to be loved by their parents dearly and cannot get it at any cost, they are forced to be resigned to that fate and continuing to wish that futile desire breeds pain, sadness, loneliness, anger, dissatisfaction, helplessness, or depression in the end and so they begin to deny their true desire. This is a coping strategy to avoid being hurt excessively and a wise choice in a way, but neither productive nor forward. They must choose between being hurt to the degree almost unbearable and trying to forget the existence of their dearest wish. Both are merciless things for any child to accept and still they confront this harsh reality.

Therapeutic situation

The word “acceptance” is very common in the field of clinical psychology. This is one of the most important elements in psychotherapy. I’ve heard of this term on numerous occasions and believed that I had grasped its essence long time ago. But when I read Harvard Business Review this afternoon, I realized that my understanding had been insufficient. To be sure, I had grasped the importance of the experience of being accepted in therapeutic situations and what it means to be truly accepted, however, I had not

realized that acceptance is the concept that underlies all other therapeutic approaches.

Being listened to, being allowed to speak freely, being allowed to be silent, being given a secure space and time and opportunities to concentrate on ruminating about one’s own life (past, present, and future), well-being, beloved ones (both departed and existing), without being disturbed means they are allowed to be just themselves and think highly of their own selves---it nearly equals placing highest priority on their own precious selves and they can be freed from the false belief that they are worthless, unimportant, trivial, sinful, hopeless, social pariahs, losers, etc....

They can regain self-confidence, pride, self-esteem, sense of being loved and needed, vitality, capability, innate ability, true wishes, etc... and rediscover life’s meaning. Simply being yourself and gazing at your mind is essential at a certain stage of life. Looking back and being obsessed with past traumatic experiences is not only unproductive but also harmful----it poisons life devastatingly and unprofitable indeed. But examining the causes and consequences of the traumatic experiences and contriving to avoid recurrence of such affliction is beneficially therapeutic. Making most of past experiences to your benefit is what all of us ought to do to recover and begin

to make progress and grow up again. Having moments of self-reflection and examining your own life and mind then summing up courage and hope to go forward is a delightful thing.

It gives you such pleasure---you can taste life fully and appreciate the pleasure of just living---how delightful the fact that you were born as a human-being and have lived until now---being loved, loving, suffered and rejoiced, cried and wept (not only when you are sad, but also when you are rapturously happy , there exist various kinds of tears---because of sadness, loneliness, poignant pleasure, great relief after terrible dread is removed, humiliating, gladness, and no apparent reason), laughed and smiled, shouted and growled and yelled at someone, being depressed, deeply thinking, being hopeful, feeling desperate and helpless, feeling as if you were perfect, cannot believe life is worthwhile, wish to die, wish you were not born, almost believed no one loved you, did something naughty and then apologized and be forgiven, learning God's love, keenly feel the joy of life, feeling miserable, wish to never die, or to live forever, whispering secrets, cuddling your puppy, studying, working, eating, drinking, singing, running joyously, hugging your father's knees and hands, giving your father a bear-hug after his long absence, being kissed by your dearest mother, parting with your dear

folks, playing with your chums, discussing with your bosom friends about your future and dreams enthusiastically, quarreling or fighting, sassing back and being scolded or punished, encountering dear people, accomplishing something splendid and feeling proud of yourself, made someone cry and repented, sweet memory of first love, broken love, almost believing that you were the most unfortunate individual or the happiest person in the whole world, being encouraged by someone and feeling reassured, your mother was proud of you about something and you could believe you were truly worthwhile again, confess your cherished love toward someone, almost want to kill someone, wish to leave home, felt as if you were deserted by everyone, wish to be flower or animal, wish to be characters in fairy tales or adventurous stories, etc.....

Delightful Characteristics of Human-Beings

Living as a human-being is delightful. Mind you, I'm not saying human-beings are more superior than any other existence. Each existence has its own precious life and excellence and beauty. Comparison is nonsense. However, as a human-being, I know how exquisite to live as a human-being---even suffering and sad moments shall be seemed to be dear after decent interval and such seemingly bitter things can give spice to life. If life is just full of sweetest moments,

it will be a bit monotonous and gooey. But then, in times of great suffering, we almost wish life to be consisted of happiness and delights.

Always Living for Your Dearest's Sake

It is also natural that you wish your beloved one's life is perfectly happy without anything unpleasant or sad or terrible. We wish to protect our beloved ones from any harm, even at the cost of our own life. Being loved is splendid, but just being able to tell that you love someone dearly is also delightful, too. The ability to love is one of the most blessed things that human-beings were given. Without this, life will be scentless and far less delightful. To love and be loved, to accept and be accepted, to think of others' well-being more than yours, the process of self-sacrifice, time and energy spent for someone else, even to trust someone and be betrayed, is exquisite gift from the Providence. Yes, all of us will die someday.

Life is just meeting and parting. All pleasant things come to an end. We live just limited amount of time. So it is important to love and help and make happy your beloved ones as best as you can while you are living. Unpleasant things also come to an end. Suffering ends someday. Nobody needs to suffer eternally. It is natural you almost wish to live forever if you can live your dearest. It is also natural that you don't want to live if you must lose your dearest. After all,

our happiness depends upon how much our dear people are happy. In this point, we can never live all by ourselves. We need someone to love to be happy. We have inherent wish to love and be loved. Lovers' happiness is in each other's keeping.

Sense of Attribution

Sense of attribution, or an important advantage of work

According to Harvard Business Review, Refusal from coworkers triggers violent reactions. Those who were refused can tend to overreact, procrastinate, take monetary risk, have poor performance of intelligent test, or perpetrate aggressive behavior. We do almost anything to avoid refusal from our friends, sweethearts, and employers. One of the principal reasons why we make various efforts so as not to make errors in working is fear of refusal. It is generally considered that money can be the greatest compensation for such sacrifice.

We must not miss the benefit of social acceptance. Amongst many advantages we acquire from working, sense of attribution is crucial.

In a recent survey conducted by C. Nathan Dewall, an assistant professor of Kentucky University, subjects were demanded to imagine a situation in which they were unemployed. These subjects' typical answers were, "I will end up losing all my friends." Praise, privilege, increase of salary, parties held inside the

company, employees' trips, and so on they consider as proof of acceptance. It is generally known that we must avoid failure or errors, keep a certain work performance and result to stay the member of the group.

Another manifestation of fear of refusal is failing to be creative because of this fear.

Creativity

Creative thinking is essential for corporate development. However, creativity involves a certain risk. Not all original, inventive, or ingenious projects are followed by success. Fear of refusal, or in an extreme case, fear of immediate unemployment, can prevent one's wish to be creative.

Suppose a manager ordered his employees to create i Pad application and said, "The inventor who made the errors most frequently will be laid off." This strategy seems to be a rational and reasonable one on the whole, however, creativity of the employees disappear.

Fear of Rejection

At Google Company each employee is encouraged to spend their working time for their respective significant activity and they are said that even initiatives without any progress are unacceptable. This means that even if the projects you were in charge of can result in failure, it doesn't mean subsequent refusal. If a manager's basic principle is of this sort, it

becomes easier for sense of acceptance to be bred and can be followed by great innovation.

Then every corporation ought to follow Google's example? Not necessarily. Only a bit of acceptance can enhance sense of well-being.

Experiment 1: each subject was assigned to a small group consists of 5 members and was informed that the remaining 4 members don't like to work with them. All the subjects displayed hostility and aggression. However, in a case in which only a member of each group wishes to work with them, aggression decreased dramatically.

But the plus effect caused by adding the numbers of co-workers who accepted them turned out to be far smaller than the effect caused by the person who accepted them firstly. Most corporations can bring out potential creativity of its workers to the fullest extent by a bit of attitude of acceptance.

Strict and rigid rules convey a message to the effect that any deviant thinking that is necessary for creative thinking is unacceptable. On the contrary, if the corporation is flexible, message of acceptance is conveyed and greater sense of secure can be fostered.

Indeed, refusal is as severe as bone fracture. Even if the person could endure it, rejection can be great threat for our survival.

【Conclusion】

Acceptance is almost everything for human-beings.

【References】

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【要約】

真に受容されることが、人間にとっては不可欠である。受容が得られない時、攻撃性や不満が生まれ、それは破壊的な結果をしばしばもたらす。攻撃は、周囲のみならず、しばしば自分自身にけられてしまうからである。受容されることと、愛されることというのは、ほぼ同義である。愛情の最も重要な要素もまた受容である。受容されていることを確かめることは、重要であるのみならず、それ自体が、喜びや幸福感を与えてくれる。私たち人間にとって、自分の幸福は愛する人の幸福次第であり、それゆえ、本当に幸せになるためには、誰かを一身に愛することが必要なのである。私たちは、自分よりも、愛する人の幸福を願う気持ちを、生得的に持っている。苦しみや悲しみが、人生に彩りを与えてくれるものであっても、大切な人を、すべての害悪、悲しみ、苦しみから守ろうとするのもまた、自然なことである。自分が幸福になるために、受容されることが必要であると同時に、愛する人が完全に幸福でなければならない。最愛の人から受容されれば、それはもう、完全な幸福といってもよいくらいのものである。仕事においても、雇用者からの拒絶を避けようと努力するもので、これは、友達や恋人からの拒絶を避けたいと願うのに似ている。また、拒絶への恐怖は、創造性を抑えてしまう。

【キーワード】

受容、愛されること、受容の質、人間の欲求、攻撃性、自己犠牲、確認(確かめ)、最愛の人、職場での受容、帰属意識、拒絶、創造性、企業の柔軟性、骨折