

Your Reactive Complex

*What are they?
Where do they come from?
How many do I have?
Why do they stick around?*

Reactive complexes are behaviors, feelings and emotions that accumulate during early childhood development and dictate how we are going to respond to a particular situation in our interpersonal relationships and even the way we treat ourselves. These behavior patterns are part of our personal make-up and are largely responsible for how we go about life.

Reactive complexes come from incidents that occurred during our life time (there is a school of thought that believes some reactive complexes may come from past life experiences as well - Dr. Brian Weiss M.D. 'Many Lives, Many Masters') and have left a lasting impression on our psychological state of mind, our personal map of reality. They become an unconscious road map that has us behaving a certain way, whether we like it or not, under specific conditions, and most dramatically during stress.

To help you understand how many reactive complexes you might have and how they affect your life, think of anytime you caught yourself speaking or acting in a way you did not like or regretted later. Think about the times after reacting with somebody at work or home you felt uncomfortable in your body, a bit uneasy. These may be the signs that you reacted emotionally with someone rather than rationally and the results are unsatisfactory to you.

Our reactive complexes are hard wired into our personal computers, *our brains*, and these complexes represent stored information that comes into play when triggered by the appropriate message. Our brain does not care when the data was entered; all it cares about is correctly carrying out the instructions. At the time this information was loaded, it most probably was the correct response to survive the immediate situation. It is saved information, stored as *implicit memory*, kept below our conscious awareness and it remains unchanged over the years. It is our 'Book of Survival'; decisions made when we were very young; often we were under stress or experiencing trauma.

Times change, we grow up, and if we are reacting to life with emotional behaviors based on childhood decisions we often run into trouble. Changing the negative behavior patterns in our lives is possible with one's desire and conscious effort. We can start by becoming aware of how we feel after an exchange with somebody that was uncomfortable or stressful. Check in with your emotions... how are you doing? Check in with your body. Your body will not lie to you. Your mind can be in denial of even the obvious, but your body will never lie to you. Are you knotted up and tense? Is your back beginning to bother you? If you find yourself uncomfortable, reflect on what just happened with that person and yourself. How could it be better next time? When self-awareness is done correctly, you become engaged in the magical process of waking from the dream.

Living the truth is always better than living the lie. Get started and make the changes now.

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