

The Drama of the Interrogator

The Drama of the Interrogator is to criticise, condemn & complain.

I criticise my frustrated ability. When my ability is frustrated and does not come up to standard, it is open to piercing criticism of what I am doing.

I condemn my angry demeanour. When my power is depleted and I am in need of emotional energy, I am open to scathing sarcasm as to who I am Being.

I complain about everything that I find to be intolerable and unacceptable. When my authority or choice is undermined, it is frankly open to cynicism of what I have chosen to have.

My Inner Critic needs to accomplish, achieve and succeed. It suffers greatly when it is incapable of achieving high standards of performance in what it wants me to do.

My Inner Judge condemns because it needs to be just, be right and be good. It suffers greatly when accused of the incompetence of being guilty, wrong and bad, because of who I am Being.

My Inner Complainant needs to be comfortable, safe and free. It suffers greatly with the incapacity of making wrong choices and not being able to have everything that it wants and desires, exactly as it wants and needs me to have.

Being a Critic, a Judge and a Complainant are three ways that the Interrogator competes for emotional energy.

By criticising the actions of another, I undermine their ability, which makes me superior to them.

By condemning the authority of another, I judge them to be wrong, which makes me right and better than them.

By complaining about who someone is being, I make them bad, which makes me appear to be good.

I complain when someone is bad and not good, I condemn when someone is wrong and not right and I criticise when someone is not doing things properly.

It is my need to be good, right and proper that drives me to criticise, condemn and complain.

I reflect onto others the poor standards that I cannot accept of my Self.

My criticism, condemnation and complaint about others are due to my own lack of power, authority & ability in my Self.

It is because my self-worth is not good, my self-confidence is not right and my self-esteem is low that I feel inferior to other people.

Being an Interrogator is the sub-conscious drama that I employ to try to rectify my own negative appraisal of my Self.

Criticising, condemning & complaining are the three negative reactions that I experience when being the victim of my own drama.

It is the action of one or all three negative attributes that expresses my own victimhood.

When I am the victim of someone's lack of power, I will complain.

When I am the victim of someone's lack of authority or bad choice, I will condemn them.

When I am the victim of someone's lack of ability, I will criticise them.

My complaint is often seen as nagging, gossip or moaning, my condemnation is the result of my judgment, blame and retribution and my criticism is often tinged with sarcasm and cynicism.

Sarcasm is bitter, caustic irony that sees the bad in others good. It is a form of anger created by a negative perspective of life that highlights incompetence.

Cynicism seeks to destroy the stronghold of social conventions. A cynic is intolerant of the authority of society in general and suffers the intolerance of its own inability to act from its own authority.

Criticism is a detailed negative analysis of a situation or of an action. The critic seeks to eradicate imperfection by highlighting it. It is a frustration created by the inability of others.

Sarcasm, criticism and cynicism are the three weapons of the Interrogator that are designed to cause embarrassment, shame and humiliation and send the 'Aloof' scuttling off to their cave.

I am critical of a person's inability; I am cynical of a person's incapacity; and I am sarcastic about a person's incompetence.

Criticism undermines my ability and destroys my self esteem; cynicism undermines my authority and destroys my self-confidence; and sarcasm undermines my power and destroys my self-worth.

Low self-esteem through criticism is shame; low self-confidence through cynicism is embarrassment; and low self-worth through sarcasm is humiliation.

Shame experienced through criticism creates frustration; embarrassment experienced through cynicism creates intolerance; and humiliation experienced through sarcasm creates anger.

Sarcasm is fed by the resentment of non-approval; cynicism is fed by the remorse of non-acceptance; and criticism is fed by the regret of non-acknowledgement.

The need for approval is without power and attracts sarcasm; the need for acceptance is without authority and attracts cynicism; and the need for acknowledgement is without ability and attracts criticism.

I am not only a victim of cynicism, sarcasm & criticism; but also a victim of my low confidence, worth & esteem; my shame, embarrassment & humiliation; my resentment, remorse & regret; my anger, intolerance & frustration; as well as being a victim of my disapproval, my non-acceptance & my lack of acknowledgement.

The intensity of my criticism, condemnation and complaint will determine the extent of my victimhood as will the degree of my victimhood determine the extent of my complaint, my condemnation and my criticism.

I will always be a Victim of my own Interrogation and my own Control Drama.

Keith Collins

The Inner Coach

keith@theinnercoach.eu

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