

# HUMAN STRING THEORY



## Human Relationships

Humans are extremely social beings. **We need other humans** to interact with because it is a part of our make-up. An interpersonal relationship is an association between two or more people that may range in duration from brief to enduring. In the course of our human lifetime there are many types of relationships that we will encounter with other human beings. Often time the first relationships that we experience are:



- **the Parent/Child relationship**



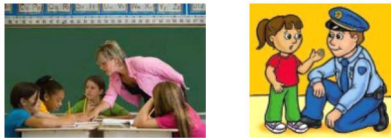
- **then maybe sibling relationship**



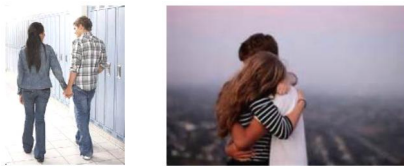
- and playmate/friend relationship



- and classmate relationship



- and authority relationship



- and possibly a male/female relationship.



- And possibly not so friendly relationships

need to  
know



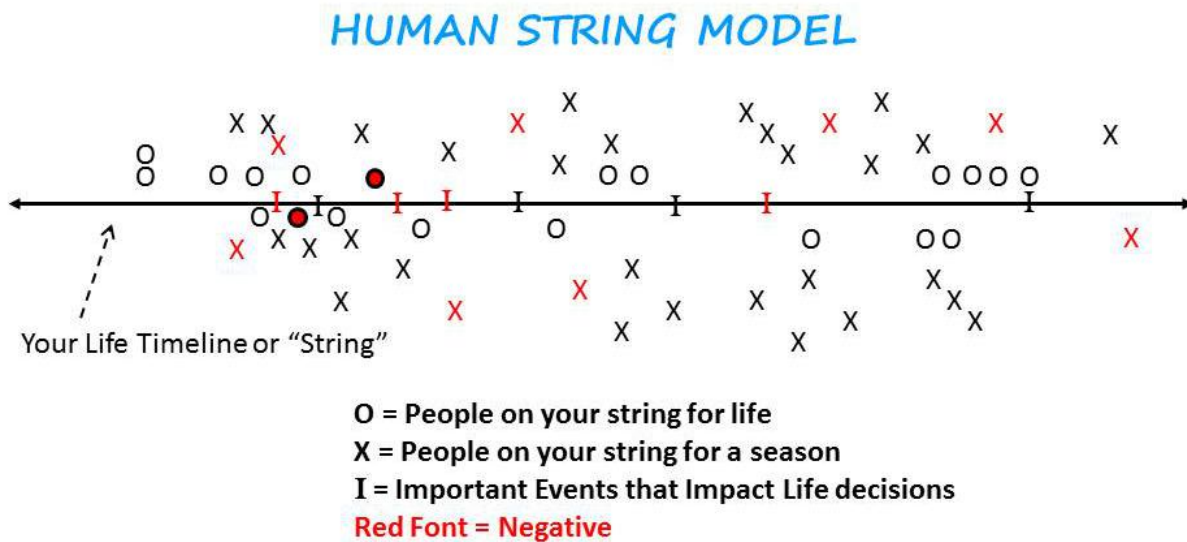
No matter what the encounter, humans possess a strong **'need to know'** how events and encounters relate to them. I want to understand how things are connected because these connections in some way may make 'me' feel good or bad about myself and ultimately others in 'my' world. But for many people, their understanding of their connections remains a mystery and leaves **'broken strings'**

in their life. We shall discuss **Human String Theory**....*how all humans are connected.*

## HUMAN STRING THEORY

The remainder of this lesson will focus on the Model for Human String Theory. This model by no means is an end all. But the Human String Model can be applied to ALL humans who have ever lived on the Earth. Because we are **all part of the Human Family**, there must be a **common theme**. Hopefully with this new understanding of human behavior, we can **relate to our past, cope in our present, and possibly predict and/or change certain future events**. I hopes that others will view this Model and possibly build on it until we can come to an understanding that fits **Everyone**.

### The String Model



There is one fact for all humans that were born on Earth; we all have a specific amount of time to live on this planet before we die...this **timeline** is our **"String"**.

### The O's

The first of the **3 key elements** on my 'string' is the **"O"**. The **O's** are people who are connected to me **on my 'string' for life**. **My family** (*ancestors, parents,*

children, spouse, aunts/uncles, cousins, grandchildren...) whether living or dead, and regardless if I met them or not, are all **O's** on my 'string'.



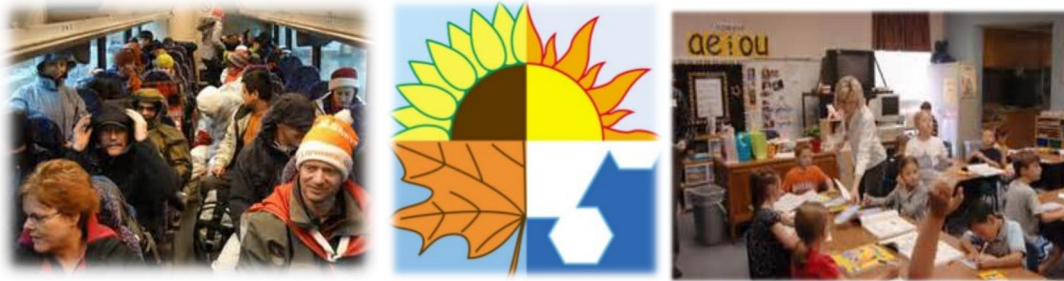
**Family** can provide not only **biological connections** but also an **example**, an **identity**, moral/social/economic **support**, and **expectations**. They are the **foundation** that I am **permanently connected** to and play a **major role** in **influencing** "internal me". I never met my biological father, but his absence carved a deep void **inside me** that impacts many of my *emotions* and life *decisions*. I suffer **internally** from **abandonment** and **rejection**. These deep **internal** emotions also cause me to be fiercely loyal to all those who are under my umbrella. On the flip-side my grandmother, mother, and stepfather *instilled* **morals** and **values** like family connection, spiritual connection, work ethic, fairness, respect... that **influence** "internal me" positively. As I age, mature, and converse with my siblings and cousins, I can see that we are not living separate lives....instead we are living one **strongly inter-connected life** with many **shared viewpoints** passed down by ancestors.

“1 in 6 boys  
is sexually  
abused before  
the age of 16”



I also have an “abuser” that molested me as a child on my ‘string’ for life. This **negative ‘O’** also affects me **emotionally**. I live with bouts of anger, rage, excessive caution & suspicion...*maybe for the duration of my life.*

## The X’s



The second element on my ‘string’ is the “X”. The X’s are people (or other living beings) who are **connected** to me **on my ‘string’ for a season**. Their **primary role** is for me to **learn lessons** from them. These people may be in my life and impact my ‘string’ for a brief moment or many years. They are **not** a **permanent** part of my ‘string’, but the **lessons** from them may be **permanent** in my **internal make-up**.



The X’s may be a close friend, a teacher, a classmate, a pet, a pastor, a neighbor, a coach, a girlfriend, a stranger that I met once....They are in my life for a duration

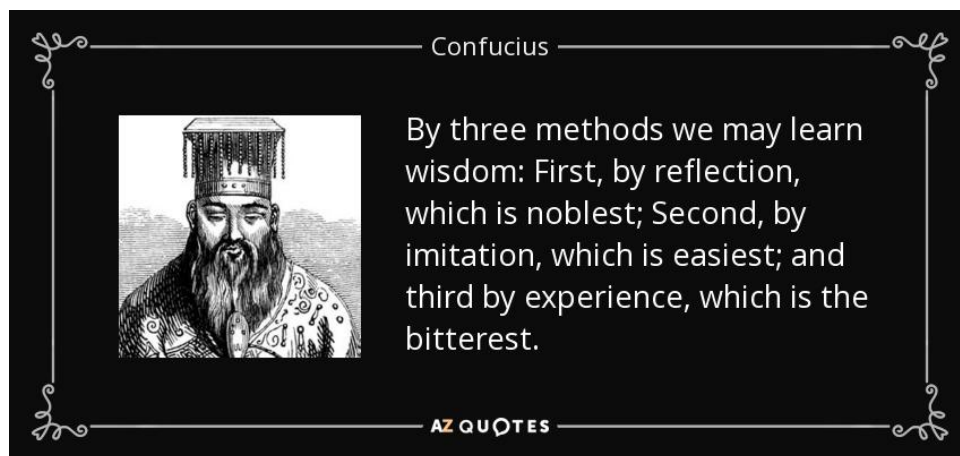
and make a **lasting impact** that helps **shape my views** about myself, others, and the world.

**NEVER  
QUIT**



My junior high school football coach **influenced** me to develop a **“Never Quit” attitude** which has **consistently manifested** with family, friends, work and spirituality....while my basketball coach helped me and my teammates avoid a **serious encounter** with the **school board** and **police**...His actions *instilled* a **lifelong belief** that **“second chances”** are a **necessary** piece of maturation. I am thankful for the many **“X” encounters** on my **‘string’** that have **impacted “internal me”**.

## The I’s

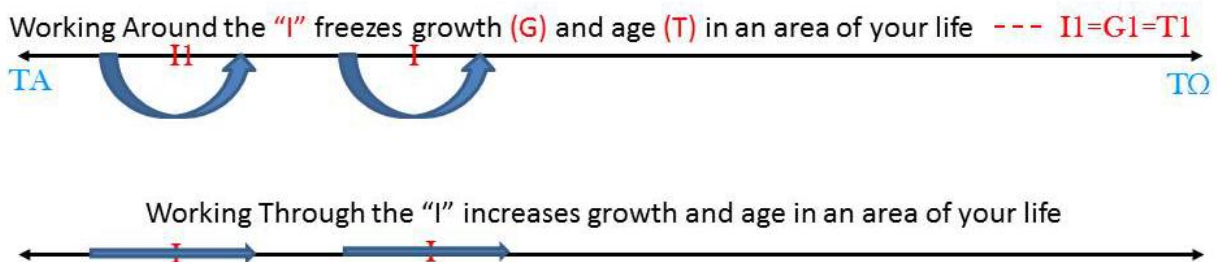


The third element on my ‘string’ is the **“I”**. **I’s** are **Important Events & Experiences** in my life that **impact** my **life decisions**. All humans have **I’s** and they are **critical** to the **individual growth** of a person. **I’s** may be **positive** or **negative**, but they are **Never Neutral**.

# Lif CHANGING EVENTS

A **negative "I"** may be the time *when I was molested...embarrassed by someone...when I discovered someone cheating in a relationship...in a fight at school...when I was not picked to play with the other kids...when someone told me that I was fat and slow...when I realized that my natural father was never going to be in my life...when someone I cared about died...*

I didn't have the proper tools to work through **negative 'I' events** at the time that they happened, and the **timeline of life continued** to move. So I just simply tried to **work around** the **negative I's** so that I could **appear 'normal'** and **cope**. But I am **not normal**, I am **'BROKEN'** because of the **"I" events** on my 'string' that have been worked **around** and not **through**. See the diagram below.



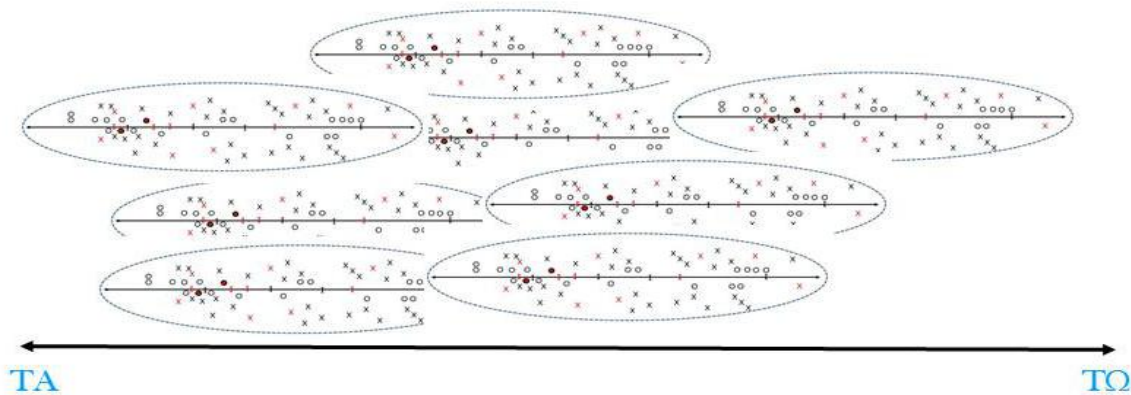
When I work **around** the **"I" event**, **"internal me"** is **STUCK**. Although time may be moving & I may achieve growth in other areas of my life, I am **STUCK** on my 'string' **at my negative "I" event** if I try to work around it. **No growth** occurs & I **remain the age** at which the **"I" event** impacts me...I can be 50, 12, & 7 yrs old at the same time. When I work **through** the **"I" event**, which takes **tools & time**, I gain **growth & maturity**.



On the **positive side** an “I” can also be the *time that I won the championship... when I was picked for the all-star team... the time that someone told me that I have a great smile... when I received my first paycheck... the birth of my children... the moment I became a believer in Christ...*

No matter what the “I”, that **moment** in time was **critical to my viewpoint** in life and that **life-changing experience** impacts “**internal me**” and **influences my decisions** until today. **Always remember:**

## ALL STRINGS ARE CONNECTED



Now that you have this new knowledge of ‘Strings’, remember 5 things:

- **Learn your connections** (this may be slow and take time, but the rewards are worth it)
- **Learn the lessons all around you** (be open to new truths...there



are many building blocks)

- *Be patient and compassionate to others who haven't learned their connections or lessons*
- *Every action that you take may have an impact on yourself, others, and the world.*
- *Let Love be your default as you move forward.*



*"Man did not weave the web of life - he is merely a strand in it. Whatever he does to the web, he does to himself." Chief Seattle*