



# **Emotional Bullshit: The Hidden Plague that Is Threatening to Destroy Your Relationships-and How to S top It**

*Carl Alasko Ph. D.*

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**An invisible disease is affecting every aspect of your life.** Insidious and creeping, it shapes you everyday – from the bedroom to the boardroom, from your shopping splurge, to the extra helping at your holiday dinner, to the dangerous liaison at work. It's called **emotional bullshit, and it's encroaching on your happiness.**

In *Emotional Bullshit: The Hidden Plague That Is Threatening to Destroy Your Relationships – AND HOW TO STOP IT*, Carl Alasko, Ph.D. sheds light on the stealth disease of Emotional BS: that is, the **Toxic Trio of denial, delusion and blame** that we fall back on when faced with difficult situations. These three dynamics work together to distort and manipulate truth, create a delusional reality, and shift blame when things fall apart. With the toxic trio in action, it's all but impossible to get at the heart of the problem. **The result, however, is obvious – no one can achieve happiness and fulfillment.** And when used in the world of business, Emotional BS can lead to financial ruin.

In his over twenty years working with individuals, couples and families as a psychotherapist, Dr. Alasko has come to recognize the same problem underlying all his patients' unhappiness. When confronted with an unpleasant or inconvenient reality, they fall prey to the **TOXIC TRIO:**

- **DENIAL:** *“My girlfriend enjoys a ‘good time’ at parties, sure. But she doesn’t have a drinking problem.”*  
**Decoded:** There is no problem. Everything is okay. You're exaggerating.**See:** the drinker, the overweight, the wallet full of maxed-out credit cards (pg 12)
- **DELUSION:** *“Working late isn’t a problem. My family will understand when I get that big promotion.”***Decoded:** I'll tell you what's true. Don't believe what you see – believe me.**See:** the demanding boss, the neglected partner, the alienated friend (pgs 63, 138)
- **BLAME:** *“She knew I hated sloppiness when she married me. Why can’t she pick up after herself?”***Decoded:** You're the problem. I was forced to do it; I had no choice.**See:** the clean freak, sub-prime mortgages, Napoleon Bonaparte (pgs 45, 84)

When the Toxic Trio works together, we become stuck in a cycle of emotional BS, preventing us from moving on or learning from our mistakes.

**Emotional bullshit's pervasiveness in society can be found everywhere,** from rising divorce rates, weight gain, and debt, to angry outbursts at work, loss of control over our children, and a lack of fulfillment in our lives. The solution is deceptively simple: You focus on your Core Needs, which is any behavior that advances your long-term best interest, and ask yourself the Master Question—*“What do I need from this situation?”*. **Honestly addressing the larger issue – not just in the short term – cuts the BS in every relationship: between friends, co-workers, couples, in parenting and especially in business.**

Frank, concise and unapologetic, EMOTIONAL BULLSHIT sheds light on this hidden plague, and provides concrete advice to keep it from infiltrating your relationships.

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