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Sharing Trust Linguistically

About 6 months ago I wrote a story (viz. [A Model Story](#)) about my journey through life up to that point in time. It took me 65 years to write, is clearly, concisely and well defined, and has been shared to my satisfaction.

01: Speechless With Anger

Briefly, from the age of 6 I was trapped in a perfect double Catch-22 unable to trust anything I said, and over the next 18 years destroyed my trust in every sound I'd ever uttered. Aged 24 I reversed the process and after 40 years of a form of non-career work I completed the creation of trust in every word I've ever said – an incredible achievement and a success that had as main by-product [a book that contains a valid description of a complete working model of the human mind](#) – a model that can be truly understood solely by sharing the experience of working through the book, and not by reading extracts from or summaries of it.

The book was produced in consultation with a broad range of experts in content-related fields and of interested people and was marketed to thousands more people. Right now having shared my life story to my satisfaction my experience now is one of being speechless with anger at:-

- their absence of interest in and unwillingness even to take a look through the book, a manifestation of the spuriousness of their individual claims of being actively interested in learning linguistically what works and makes sense.

Since childhood the overwhelming majority of people on the planet have always had at least some ability to use words to communicate successfully with another person – an observed fact – and the act of reading the book demands that these same experts and other people be willing to entertain the possibility that:-

1. a contribution from a person who didn't have this same ability just might be of value.
 2. as individuals they might just be wrong about every single thing in their own experience – a totally unreasonable idea.
- getting almost zero recognition or financial reward for either my above achievement or main by-product.
 - my having needed to use up almost all career years to date working on the above (simply in order to communicate spontaneously and successfully using words),

something that the overwhelming majority of people on the planet have never needed to do for their individual selves.

- having needed (during a lifetime of conversations and before I ran out of years) to have my attention focussed primarily internally (on non-career work) in order to reach this milestone.

02: Trust Created Linguistically

For the first 24 years of my life I was trapped in a state of linguistic: confusion, uncertainty, powerlessness, helplessness, hopelessness, shamefulness, isolation, terror and desperation – a state of no self-confidence, of feeling totally unlovable, and of growing trapped anger at continuously failing to do something that everyone else (that I was in communication with) was doing spontaneously and effortlessly.

Unable to trust that any message already delivered had been correctly received by anyone including myself regardless if it had or not, I was continuously interpreting every receiver expression as additional evidence of my failure to communicate regardless of the content of the communication. In short, my entire experience became a collection of memories of and reminders of failures to communicate and of trapped anger, jealousy, and fear.

For the next 41 years word by word I was learning to use words in order to communicate truthfully (i.e. share the experience of) the double Catch-22 in which I was trapped:-

- 1) normal English language structure is not geared up for the communication of this stuff.
- 2) my experience is outwith that of the overwhelming majority of people on the planet.

In breaking new ground with this work, support for my personal growth always was and is an extremely rare commodity hence my need to use the written word.

Throughout this period of time I still couldn't totally trust sharing any experience spontaneously using words since there was always the possibility that I might just be using a word that I hadn't yet learned the meaning of and created trust in using. Then six months ago the sharing of [A Model Story](#) marked the completion of the creation of trust in every word I've ever said and this event allowed me to write and share my experience completely via this description:-

- being speechless with anger (at being the only person trapped in this double Catch-22)
- hating everyone in the world (for their ignorance of, for their lack of compassion for, and for taking advantage of my weak condition)
- being jealous of everyone in the world (for their luck of being able to do something that I couldn't and for them taking for granted their good fortune and not knowing their own luck)
- being destructive of their spontaneity (i.e. if I can't have it then I'll do my best to destroy yours)
- being in love with myself (since I was my only company in my trapped reality)
- being unwilling to give any more of myself through use of words (since every previous attempt to use words in order to share my experience and so free myself from my trapped condition had failed)
- habitually re-creating feelings of confusion, uncertainty, powerlessness, helplessness, hopelessness, shamefulness, isolation, terror and desperation – my almost lifelong habitual response to every receiver expression
- being mentally paralyzed with fear (of being and being regarded as an outsider of every social group – of being totally unlovable)
- having needed to have my attention focussed primarily internally (on non-career work) in order to clarify and identify what was preventing me from using words to share my experience i.e. all this stuff
- being angry and grieving at, having needed to take responsibility for a formative starting deal in life for which I wasn't to blame, having had to push through all the above simply as a consequence of it, the fact that all this stuff is not that important anyway and that no-one cares about any of it

03: A Sound Foundation

As a natural consequence of having completed the creation of trust in every word I've ever said, my communication has at last a sound foundation regardless of words being or not being used. In other words in my communication I can now trust and have confidence in,

- being and sharing my self linguistically.
- making eye contact and knowing what is being communicated linguistically.
- the delivering of a single message in my communication i.e. no habitual and unconscious additional messages that deflect or even contradict the content of the communication.
- making a shift in the focus of my attention towards being external.