

# Application of Rational and Emotional Therapy Techniques and Cognitive Re Signification in a Case of Jealousy

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## Introduction

### Deterioration and Reorientation of the lifestyle of "Carlos"

Carlos, like many university students his age, used to have a "normal" life; his existence was spent between school responsibilities and social relationships, his family was middle class, and both parents worked; Carlos was the eldest of four siblings of two of which are men, and two are women, they were in the middle of the two brothers, therefore the relationship between male brothers. However, it was harmonious; there was not much attachment between the two, probably the chronological distance influenced this situation. Carlos's parents worked in very different fields from each other, he had his own business, and it demanded a lot of time and effort, and a good part of his activity involved checking engines and parts full of oil and grease; this meant that his personal grooming It was commensurate with his activity. On the contrary, she worked in an office, and her work forced her to be more careful with her personal grooming. The difference in occupations somehow impacted the couple's relationship since the relationship, although not very close, was not conflictive either. She somehow solved the need for communication through her son Carlos, she shared many hopes with him, and both complemented each other in mutual expectations, which meant that any situation, no matter how small, was enough to start a dialogue.

Carlos's sisters supported Mama by caring for the housework and even taking responsibility for keeping Carlos' older brother's clothes ready. There is no further information about the relationship with the sisters since nothing was mentioned in this regard, but it can be inferred that the relationship developed harmoniously. However, regarding the relationship with Dad, Carlos commented that he was very different from Mom; with his father, little communication prevailed because they did not have many interests in common.

Carlos' daily routine started around half past six days and lasted from Monday to Friday. And on the weekends, he was busy so-

cializing with friends and enjoying the Saturday nightlife. In the mornings during the usual week, he would travel to the university in the company of Mama, and he would stay there until around one and eventually two in the afternoon. There he himself made his own food because in the afternoon. At four, he started another activity. But now this was oriented to a slope of the fine arts; in this period of time, Carlos could be in contact with a hobby that he particularly liked a lot since this activity implied the use of his artistic skills for which he You could say that Carlos was a very sensitive person and above all passionate.

And it is precisely this ability to know and be able to be passionate that gradually guides him towards what ultimately became a behavioral disorder, a behavioral disorder, and finally, a major depression. Carlos attended the art school every evening for two reasons in particular. The first was due to his desire to learn and develop the fine arts, and the other was because a young woman who eventually became his girlfriend also attended this place. She, to say of Carlos was a very attractive woman and proud of herself, she had a lot of presence to the same extent, and she liked to show others her physical attributes through suggestive outfits that revealed her aesthetic charms.

At the beginning of the relationship, this was precisely what caught her attention the most, and that is how they began a dating relationship together. The dating relationship was consolidated. In the early days, the base of this union was based only on the aesthetic; with time, their mutual appreciation matured, and later, they already shared more things, including their taste for socializing, the arts, and sexuality, which they explored. Gradually until it became an important part of their daily dealings. Although sexuality is a very important part of human nature, a certain physical and mental maturity is required for its full exercise and on many occasions its practice begins when only physical maturity has been achieved, leaving aside the importance that it carries the mental. In this sense, sexual practice implies, among other things,

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the possibility of experiencing very intense sensations that somehow become unique experiences, similar to a peak experience, as suggested by Abraham Maslow (1964), who argued that the peak experience consists of in: "a state of unity with mystical characteristics; an experience in which time tends to vanish and the feeling that overwhelms makes it seem that all needs are fulfilled."

Personally, I consider this experience contains nuances between mystical and paroxysmal since it requires for its conjunction a sum of intentions that are concentrated bodily in the genitals but which in turn encompasses an urgent need to be and feel with the other regardless of the time. . This pleasant and revitalizing activity usually generates a certain degree of addiction due to the sensations it releases. In many cases, after sexual practice, it may be possible to experience a mental state of optimism, openness, and vitality. This is why it can be understood that in young people whose main activity is supposed to be academic, social, family, etc. These are ordinary activities that they can control and dominate, not sexual, whose practice causes deeper and more intense reactions and therefore requires a lot of mental effort to control the sensations.

This is essentially one of the reasons why "Carlos" began to deteriorate mentally since sexual activity gradually became his main occupation, and consequently, others that required the same attention were relegated. This over-saturation of attention to a single area of human development promotes a kind of deflection, that is, tasks or assignments that previously already had an assignment in time and presence are no longer attended to, and then by not attending to this same extent, presents a deviation in the attentional direction. Little by little, this occupational deviation alters the lifestyle since, as we have explained previously, the human being is a being of routines, which are structured and ordered according to time and presence and the fact of directing attention. Only to certain areas of development (sexual), and leaving others aside (academic, social, family, etc.) causes an internal conflict since an approach-avoidance situation occurs. Where the first manifests itself in the pleasure caused by the sexual activity itself, which requires time and presence for its execution, therefore an avoidance (non- fulfillment and absence) appears simultaneously; this conflict, which by the way, is not experienced as such, but the subject concentrates his attention on the immediate pleasure and stops thinking and paying attention to other things, without this being reflected in his momentary state of mind. The problem arises every time the task has been completed. Now it addresses its reality and then finds that those tasks that were not properly attended to continued their course, which causes addition of tasks that require physical and mental effort since what was not attended to at the time is integrated with what has to be attended to in order to complement efficient execution. It is here at this moment where the feeling of tension and pressure makes its appearance, and this will be reflected in an increase in activity of the parasympathetic system that manifests itself in symptoms of emotional instability, guilt, frustration, irritability, hopelessness, loss of appetite, apathy, difficulty concentrating and loss of self-confidence, that is, symptoms of major depression.

What exactly was the disorder that "Carlos" presented? This condition evolved in such a way because his stress level reached and remained in the exhaustion phase. According to the general adaptation syndrome (Selye H. 1963), in this phase, not only the body is activated but also the cognitive. In this cognitive activation, distortions of reality arise; that is, the subject presents alterations, among which are polarized and recurring thoughts. It only concentrates on one part of the situation, pleasant or unpleasant. In this case, his attention was focused on the unpleasantness of the problem, and in equal measure, this thought repeatedly occurred throughout the day. The idea of cognitive distortion that "Carlos" presented was that he felt a lot of discomfort because of the way his girlfriend dressed, and he imagined that other men were looking at her with the desire to possess her.

For the same reason, it triggered in him a feeling of jealousy that was impossible to control. Theoretically, what happens with recurring thoughts in which this thought is accompanied by sensations, for the same reason, every time you think of something that is not pleasant, for example, Knowing that other men would observe their girlfriend and probably also want her triggers a feeling of anger, frustration, and impotence, which cannot be dispelled since it only takes place in the mind of "Carlos," however, every time he thinks In this he will experience the same sensations. In this way, the deterioration will be reflected mentally and physically to such a degree that it will be necessary to medicate the patient to lower his anxiety levels, which will limit his functioning in other areas similarly. The measure requires attention.

"Carlos went to the office in the company of his mother; both were worried but determined to solve the problem that afflicted him in the best way. At first, I talked to both of them, and after a few minutes, I was left alone with him, and he told me in more detail what he considered the main problem. After this, I ask him to allow me to talk to his mom. In the end, they both have coincident viewpoints. Later I conclude the first appointment and schedule another that takes place three days later.

In this new session, we concentrated on commenting on his lifestyle and topics that he liked about himself, his family, activities, and dating relationships. Automatically, he focuses on the dating relationship, where he says he feels very comfortable, but there are details with his girlfriend that he finds very difficult to accept. I ask him to be more specific, and he finds getting the dichotomy he feels for her difficult. Girlfriend, since, on the one hand, he likes being with her; on the other hand, it bothers him to a great extent that when she is in his company, she dresses the way she does, and he argues that no matter how much she tells him that she doesn't like the way she dresses, she listens without replying, but without changing her style of dress.

This type of antagonism (I like being with you, but I don't like how you dress) usually confuses perceptions and, therefore, sensations to such a degree that they present feelings of guilt, irritation, difficulty concentrating, etc. That is to say, an alteration of the lifestyle

because the attention is focused on the part of human development. In such a way that the first therapeutic assignment, we guide it to the observation of life habits. In this analysis, it was possible to find that his life routine was very oriented to two specific areas, which were academic and affective. At first, his training began at seven in the morning and ended around seven at night, the time spent eating was done at the same university, and the food he ate was not very nutritious; instead, it covered the need to eat but not to feed. His perspective of achievement in this area was very high, and he established very strict performance and efficiency parameters; that is, his self-evaluation standard focused on the passing number, which could not be less than nine, the reason for this, according to him, it was due to his desire to obtain a scholarship for academic excellence. This exact self-imposed requirement and, to some extent, reinforced by the mom since, as I previously commented, both agreed on the importance of standing out academically to get a better-paid job after this process. Another aspect that affected the same dynamic was precisely her relationship with her girlfriend, which, although it caused her mixed feelings, also gave her great pleasure being with her. As seen in this slight sketch of the dynamics of "Carlos," it is confirmed that three absolutist and rigid thoughts related to the rational and emotional coexist (Ellis A. 1954). This author affirms that there are three premises or rigorous approaches that are assumed to be carried out regardless of the circumstances; this causes one to award one's expectations. In this case, the anticipation of achievement was located in academic excellence. It was not taken into account that now two situations demanded equal presence and attention, "Carlos" gave presence to his scholarly appearance but not attention since his application called on him to think about his girlfriend, explicitly trying to guess how she would be dressed in the afternoon, or if someone would see her with insane desires. These thoughts distanced him from his academic work, and at the end of the classes, he was left with a feeling of uselessness since he could not clearly understand the concepts discussed in class.

Thus, with this panorama of life, the three premises postulated by Ellis (1954) were consolidated, which are presented here:

- I have to do it right
- They have to treat me well
- I have to have favorable conditions

These premises or rigid approaches cause that when they cannot be fulfilled, a feeling of emptiness or uselessness is experienced since one assumes oneself is prevented from failing at something. If one's expectations cannot be met, the person is devalued. And it despises itself since it does not evaluate the circumstances surrounding the expectations; it only concentrates on the results. In this case, the result was that he was not having an excellent academic year, and his girlfriend did not meet his demands; for the same reason, he assumed that he was mistreated, and these two premises combined the third since the conditions of personal action were not what he expected, for the same reason his needs were not favorable.

Once we detected that a large part of the problem that afflicted him

could be solved from a cognitive perspective. We then decided to also focus the observation on behavior, but now with a baseline to confirm and make him realize the lifestyle he led and establish possible corrections to probable behavioral deviations. In the first week after this second session, we did not give an account of his life habits, and at this point, we observed that we could alter this rhythm of life a bit, adding a bit of calm to it; for this, I asked him to instead After staying at the university, he went home to eat and rest. We consulted this possibility with his Mom since she would be the one who would support him by taking him back to the university in the afternoon; the reason for keeping his Mom was that, in this way, they could gain afternoon rest time for "Carlos" The rationale for this rest is that in this way the stimuli that trigger stress reactions are reduced and being in the exhaustion phase leads to the alert stage. This slight alteration of the habitual routine significantly lowers cortisol levels and increases serotonin levels, manifested in a state of openness and optimism, which would be reflected in evening activities; on the other hand, a discussion of the approaches was also initiated. Rigid, and as far as possible, we discussed them. In this debate phase, it was possible to observe that most problems originated from dependence on the girlfriend. Therefore, I asked her to monitor now the negative thoughts they had a bond with her. At the end of this observation, we verified that these thoughts oscillated between thirty and forty per day and that they intensified the most in the evenings and on weekends.

For this, he was instructed in the thought-stopping model, and it was suggested that he incorporate thoughts that contributed to improving his state of mind. At first, it was difficult for him to control his studies; however, as we continued with the observation and recording, we were able to chart the flow of negative thoughts and an average of thirty-seven negative thoughts; he was able after nine weeks of cognitive/behavioral oriented treatment to systemically modify his life habits and control his thoughts now with this new panorama of his life, he was no longer so severe with himself. He allowed himself some small failures in his daily life. Something significant that I assimilated is that he understood that only he can control his circumstances and that those are related to others. It will not be possible for him to solve them. Therefore, he must concentrate on his performance.

Finally, he achieved and understood that when more outstanding understood and managed to realize that when more freedom is granted, more connection with the loved one is gained. Michel S. Chávez R. (The protected space of dialogue 2009) [1].

## References

1. The protected space of dialogue, 2009.

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