

Alphabet of Behavior Newsletter

March 1, 2018

The following is from an unpublished manuscript titled "The Howdy Diagram" by Franklin H. Ernst Jr., M.D.

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Special points of interest:

"Social Vandalism" is decreased by taking away a vandal's source of excitement and pleasure.

The pretend side of Randy's mischievous psychopath Child got pleasure from "secretly" inducing others into social vandalism.

The "Howdy Diagram"

Dale and his embezzler type acquaintance, Randy

Dale had known Randy for years. Randy was personable, articulate, with a faint tinge of the embezzler in him. Nobody is perfect. As long as Dale kept this in mind, things went well between them.

About 5 years into their acquaintanceship Dale began reflecting on, count up the number of friendships in the same business that began to be tainted with a sour taste. Dale figured maybe the sour taste was developing where Randy had been spending a lot of time. Otherwise Dale could not account for these souring business friendships.

Dale decided to find out. He put this to the test because Randy was a relatively newcomer to the town and in stature there. What was Randy up to?

Randy had committed himself, promised Dale to either find or provide tape recording equipment for a meeting that Dale was in charge of. Dale, shown the alternatives, selected Randy's equipment.

Randy stung Dale on this. The recordings were unacceptable and incomplete. And, Randy enforced an unreason-

able payment provision in the contract. Dale paid for the unuseable goods.

Dale decided to disengage from Randy. He figured that when dealing with a racketeer get out as soon as you see it - cut your loses short.

After this Randy periodically called Dale to offer him other deals. Dale did not go for them. He stuck with his decision to not transact with him anymore.

A few months later Dale started going to public meetings which Randy also attended. Here Dale observed Randy carrying out the self same game: conning individuals, then zapping them.

Dale did nothing to interfere. Instead, he stayed with the job he enlisted to carry out. It was Intimidating and interesting to witness and experience the restrictions placed on the freedom to speak at public forums.

When seeing Dale present the first time, Randy rushed up to him as if to effusively greet him. Dale spotted him coming and turned his back to engage someone else in conversation and generally kept his back to Randy. Dale continued this procedure over the period of years where he had to be in

the same location as Randy, denying Randy even the faintest glimmer of recognition.

Why so mean? ----- Dale explained it this way. The longer he kept Randy on hold, on a get-nowhere-with, on a delaying pattern, any recognition, the less likely Randy was to derive pleasure from his conning, cunning and racketeering. And it was the (secret) pleasure Randy got in his dealings of embezzling that kept his zest up in that activity. In short, Dale, to the extent of his ability, took Randy's pleasure away from him.

Social Vandalism

Coincidentally or not, Dale, at last report, observed Randy's decreasing zest and motivation for carrying out his tricks. Randy was seen to be less frequently gleefully chortling in those same meetings.

Here in the acts of withholding recognition: visual, vocal, handshake, smile or scowl, Dale was depleting the source of Randy's pleasure. The pretend side of Randy's mischievous psychopath Child got pleasure from "secretly" inducing others into social vandalism.

The "Howdy Diagram"

Dale's goal was to get Randy to doubt the value of his own zest and pleasure from these activities; get Randy to question the pleasure he got from believing he was successfully fooling those who were not intimidated by his actions. When Dale did not try to victimize Randy after discovering that he was a social fraud, Randy was deprived of one of his principal social advantages. Dale knew better than to do that. He knew Randy was masterful at turning any apparent victimization to his own political and social advantage.

Randy did not know what to do with constant, consistent silent treatment. The nearest thing Dale did to victimizing Randy was refusing to sign his petition for elected public office; this happened when one of Randy's hired guns pushed it on him.

Dale and the writer, as an after thought, have conjectured about the amount of network time it has taken by Randy's surrounding committees to keep him propped up. Randy had been an excellent performer for the psychopaths behind him. He had been carrying out his instructions and rehearsed roles almost flawlessly, and usually to the aplomb and adulation of the masses being entertained by his piquing the ire of the "oppressive" Parent types around himself. But now,

maybe you could say, Randy has become "burned out" about carrying out his pet game.

HELLOS and HEALTH

A few years back Ray and Sally were visiting Mona and Earl. Sally noticed Mona was short of breathe. After exchanging pleasantries and catching up with each other the subject of Mona's health came up. Mona was having a "bronchial asthma attack."

While this was going on Mona described the extended nature of the attacks and the varieties of treatment she had received for them. She had been receiving adrenaline shots every once in awhile at the emergency ward of the hospital.

Sally heard Mona mention recent trouble with an older daughter who somehow sounded unreal. Mona probably intuitively perceived her to be double dealing the family, i.e. bringing up strife potential topics repeatedly in front of Sally and Mona. But Sally left this alone.

Sally instead thought of her personal experiences using named hellos and remembered a lecture she heard recently. Sometimes you can help a person clear up their asthma attacks by giving them their name a lot of times.

Actually the lecturer had said "sometimes asthma attacks can be aborted by increasing the number of

times you give them their name if you can catch it early enough. Give that person their name a lot of times before the asthma attack becomes full blown." Be that as it may, Sally without knowing any better, (that it would not work in instances like the current one) told Mona she had heard about asthma being helped by talking to a person and saying their name to them a lot.

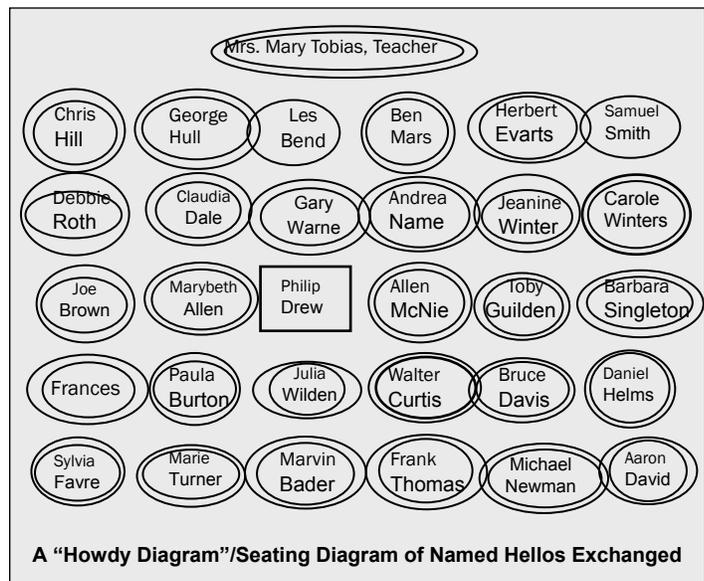
When Mona and Sally went into the kitchen alone Mona agreed. The asthma attack was continuing. Sally began to talk to Mona with almost a steady stream of words, but left Mona room for some words when she wanted. Mona did not want to talk very much because talking took that extra effort away from catching her breath. She was already too short of breath. Sally used Mona's name almost every 5 or 10 words. Within a few minutes Mona began to feel

**What's In A Name?
A First Clue to Your Roots**
from "Finding Your Roots"

Last Names

"There are over 1.5 million names (surnames) in the United States today [when this was written]. Although enormous numbers of German, Italian, Polish, Russian, and other immigrants brought their own surnames to this country during the last century, the family name picture in America is very close to what it was in revolutionary times. The federal census, taken in 1790, lists the most common surnames as follows: Smith, Brown, Johnson, Jones, Davis. Today [when this was written] the five most common are: Smith, Johnson, Williams, Brown, Jones. Americans no longer need try to keep up with the Joneses, only with the Smiths."

"Why have the predominant family names changed so little in almost 200 years? The answer is



embarrassed by it, but she let her name keep coming. Sally gave Mona her name about 150 to 200 times inside 5 minutes. That's a lot of times.

At about one minute into this (treatment) Mona increased her words. There was no increase of respiratory distress and Mona's lips did not look bluer; she was smiling a little more. By four minutes Sally noticed that Mona was breathing more easily. At five minutes Sally decreased the extra dose of words with Mona's name. Mona was clearly not complaining, but Sally felt like this was too invasive, too intrusive into "Mona's" person and space. Mona's breathing was visibly better to see.

Later Mona told Sally how much better she had slept that night. She didn't have to go to the emergency hospital for a shot that night, although she was afraid she might have to.

Sally did not know any better that straight name giving would not necessarily abort a full blown, borderline status of an asthma attack. She went ahead giving Mona an increase of "Mona's", not knowing if it would work. Instead Sally helped Mona get well of asthma that time without a shot of adrenaline.

This writer does not have any additional similar cases, or results to back up this single case anecdote. It's still not known if a 50 fold

increase in name giving a person his name can help an asthmatic person overcome an attack in mid-course.

In this case Sally was not aware of the beneficial results to asthmatics that have been achieved by increased amounts of non-erotic brush touching of the skin, eg forearm of the other person. These are the light brush touches of the exposed skin, for example, on the back of a person's hand. This latter procedure in certain instances has been helpful in bringing full blown asthma attacks under control.

Tom's Daughter

Tom was a 20 year old married man regularly employed in a civil service position and an expert ham radio operator. He was attending a lecture series on practical psychology applicable to his work. He had gained some fair amount of confidence in the information and application of it despite the subtle and not so subtle peer jeers he heard all around him, about taking this course. He hung tuff in the class in spite of peer pressure mounted by the pyramids of peers around him.

Some 12 sessions into the 16 weekly classes he brought up during discussion the harrowing story of his six month old daughter having three separate brushes with death from bronchitis, probably bronchial asthma "What can I do Doctor?" he asked; few transactions, he

meant it. These events were very frightening at home, almost panic producing.

Tom learned during the course that named hellos given to people would improve his life. He tested giving more named hellos at work. He was satisfied it made his work go better.

This course had just completed a section on brush touch. An occasional light brush touch, objectively given, may help the other person you're talking to focus better attention on the here and now.

To summarize: Tom was told about the Herring Brener reflex. Namely, brush touching and/or rubbing naked (non-erotic) skin, such as the back of a person's hand helps to open the bronchial tree and improve its functioning physiology. He was encouraged to stay with the medical regime prescribed by his pediatrician (which was sound advice) and he was also advised that he could:

1. Increase the number of times he gave his infant daughter her name, even from across the room, and
2. Increase the number of times he gave his wife her name, also, and
3. Periodically program a few more caressing brush touches of his daughter, and
4. The teacher also advised Tom tell his wife, and do the following. Pick their daughter up when she choked up, talk

that many of the people whose names mean "blacksmith" - Schmidt from Germany, Kuznetsov from Russia, Ferraro from Italy, and so on—simply "Americanized" their names and disappeared into those 2.2 million Smiths we now have. And many other names were similarly translated, such as Woods from the German Holtz, the Dutch Bos, the French DuBois, the Polish Borowski, and the Spanish Silva. Or Hills from the German Buehler, the French Dumont, the Italian Costa, the Hungarian Hegy, the Irish Bryant, the Czechoslovakian Kopecky, the Polish Zagorski, and the Scandinavian Berg."

"Some of the ethnic groups in our country have not, in general, Americanized their last names. For example, the Chinese. Surnames first appeared in China in 2852 B.C. when the Emperor decreed that all families were to choose a name from a sacred poem (Po-Chia-Hsing). Since the poem contained only 438 characters, the result is that today there are only about 1,000 Chinese surnames and only 60 are common. Chew ('mountain'), Chan ('old'), Fu ('teacher'), and Wing ('warm') are four of the most common Chinese surnames in America. Because the Chinese have extremely strong family and ancestral ties and because the names are short and easy to pronounce, very few Chinese family names have changed."

to be continued



Mastery of the Universe is Proportional to the Symbols Man Has by Which to Represent His Universe.

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"Reach for the stars."

to her, and run their hands, finger tips gently over their daughter's face, neck, and under her clothing on the skin of her back. Tom told his teacher later that his daughter was better and that the pediatrician was very much impressed with the improvement.

Network of "Social Termites"

The symbiotic personality network of social cockroaches and "social termites" were present in this same 16 week course and after the reported success using the "brush touch" technique many class members were required by (an) outsider(s) to sneer, jeer this course to the limit of just barely being inside socially acceptable. They were present in force in the succeeding class sessions.

Four weeks after concluding the lecture series Tom "happened" upon this lecturer in the hallway. In a quick 30

second visit he poured out a story of major relief and thanks. His daughter was well now, "the best she has ever been and for two months now." Unusual in this case was to hear of bronchial asthma being diagnosed at such an early age.

The speculation, Eric Berne, M.D. was right when he said "... ." See his writings "[Transactional Analysis in Psychotherapy](#)."

A person is stimulated with his name, by the now and here strokes. We need words of recognition and touches given to us. "... to keep the spinal cord from shriveling up." Have you had someone call you by name, give you your name 15-30 times a minute? See what happens. You run a good chance of it raising "goose bumps" under your skin, in your neck, shoulders, back, and other places (unless you scold the other person off).

Are these get-well responses tied in with the body balancing phenomena? Have you had someone run their fingers lightly over non-erotic skin of your body with or without giving you your name. What happens? The brush touch probably activates much the same body apparatus of improved breathing as getting your name, many times.

Pike's Hives

Pike, a 28 year old and single man, came regularly "for treatment" for reasons that were not clear. Pleasant smile, thin, he gave the information requested. Yet after he left each session the therapist wondered why was he coming for treatment.

Indirect information kept coming in about Pike throughout the period of time seeing him. Reportedly living with him was a disaster. His home was a mess: clothing, papers, uneaten food, dirty dishes continually on every exposed surface. It was roomie's job to clean up regardless of any agreement or discussion. Roomie wondered if Pike's grandfather was a frustrated garbage man.

Early on Pike identified arousal impotence as a "problem." But after a period of time this cleared when "the right woman" showed up on the scene. "She was into it, more potently than he." Just before "she" arrived on the scene and about 15 weeks after initiating treatment, he began to periodically blossom out with giant hives on his face, hands, legs, and back. He did not break any appointments because of these. Instead, he kept all appointments, almost mechanically, as if he had no choice of his own.

to be continued