

No Socializing¹

The No-Socializing Guideline supports and protects the one-point program of RC. It is not intended to limit our thinking about each other or limit the love, caring, and commitment we have for each other. As our relationships develop, we grow in our love and caring for each other, which helps us assist each other to re-emerge. Our experience has led us to believe that people inherently love all other people—and we come to love our Co-Counselors.

We want to create and maintain a safe environment for all Co-Counselors (particularly young people, women, and members of other groups targeted by oppression). We do not want undischarged patterns to interfere with the safety, trust, and effectiveness of the Co-Counseling relationship or the RC Community.

A Co-Counselor who associates another person with RC at the beginning of their relationship is likely to expect, awarably or unawarably, that the person associated with RC will act as their counselor in the relationship.

Our experience is that if we socialize with someone who is already Co-Counseling, both people have a tendency, whether noticed or not, to depend on each other instead of being fully responsible. The relationship will be built on the basis of patterns and will likely fail because of the lack of thinking, and the Co-Counseling relationship will eventually be damaged. This is a significant loss because the Co-Counseling relationship provides some of the most important support any two people can give each other.

Adding activities to a Co-Counseling relationship that do not have re-emergence as the goal is also a drain on the resources of the RC Community.

¹ The no-socializing section of this Manual was printed on blue paper in early editions, to call it to the attention of the students. This was the origin of the term “blue pages” which is today a by-word throughout the Re-evaluation Counseling Communities.

This has been the long-term experience in the RC Community.

Because of the mistreatment we have endured, most of us start Co-Counseling with strong “frozen needs” for companionship, love, cooperation, help, and commitment from others. (A “frozen need” results from the hurt of a real need not having been met in the past. When this hurt is restimulated, we often feel it as a present need.) These “needs” are part of distress recordings and cannot be filled; they can only be discharged. Supportive Co-Counselors can seem to be the “answer” to all present and past needs, because we have learned how to be thoughtful of each other within the Co-Counseling relationship. This will often appear as romantic feelings, sexual feelings, or the desire to “spend time with each other.”² A Co-Counselor can seem to be, for example, the perfect business partner, friend, or “mother or father I never had.”

Also, undischarged feelings of urgency and obligation can make us feel like we need to “solve” our Co-Counselors’ difficulties in a patterned way instead of counseling them through their difficulties to where they solve their own problems. However, we are only committed to helping each other discharge on and re-evaluate the distresses that interfere with our lives. That is all that is required in the Co-Counseling relationship.

It takes a long time for most of us to discharge our feelings of loneliness, helplessness, obligation, and patterned attractions to and fear of other people. Because of this and the oppressions in society, and until we have discharged enough, some of us will continue to be drawn toward the “comfortable” patterned behavior of socializing with Co-Counselors (including solving problems for them).

We can fulfill our human need for aware, supportive social relationships by adding Co-Counseling to the relationships we already have with our friends and acquaintances. When we socialize with “non-Co-Counseling” people, we usually take more responsibility for the relationships. In addition, as we discharge, we get better at building and enjoying good relationships. We can use these skills to share RC with people who are not already in RC. Co-Counselors are encouraged to counsel each other

² We want to create the conditions for people to work on these feelings in Co-Counseling sessions and not try to form sexual relationships. It is most useful to work on early distresses. We must also take into account the amount of attention our Co-Counselor has for this topic.

on building relationships and resources outside of RC so as not to be dependent on each other for these relationships and resources.

To address these issues the RC Community has adopted Guideline M.1., reprinted in part below:

M.1. CO-COUNSELING RELATIONSHIPS (2022 GUIDELINES)

The Co-Counseling relationship offers a unique opportunity to move toward total re-emergence from distress recordings and completely human relationships with each other. As we discharge our distress recordings connected to relationships, we become more fully able to have more aware and thoughtful agreements and understandings between us. This can allow us to have more fully connected Co-Counseling relationships. What we gain from our Co-Counseling relationships (awareness, understanding, confidence) can support our goals and relationships in other parts of our lives.

In general, Co-Counselors are not to socialize with other Co-Counselors unless they had an established relationship before they began Re-evaluation Counseling (RC). Meetings of Co-Counselors must be organized primarily for discharge, re-evaluation, and group counseling activity. Eating together or participating in any other activity together is only to support this main purpose.

People who want to learn to Co-Counsel should be informed of the no-socializing policy and supported to discharge and think about it. The policy should be discussed in fundamentals classes. People who join those classes are required to follow the no-socializing policy while working to develop their own thinking about it. People who have learned Co-Counseling and want to become members of the RC Community should be informed that following the no-socializing policy is a requirement of Community membership.

Co-Counselors will not be recommended for RC leadership or certified as RC teachers unless they have clearly accepted the no-socializing policy. Co-Counselors who are not yet able to follow the no-socializing policy disqualify themselves from teaching or leading RC. The Regional Reference Person (RRP), consulting with local leadership,

decides if a Co-Counselor who doesn't follow this policy may continue to participate in Co-Counseling events.