

PARENTAL ALIENATION SYNDROME

Get Out of the Cave !

There comes a time when everyone must face the reality that is before them. Many moons ago, there lived a man named Plato. Today we call him a great philosopher. But what have we learned from this great man? In his story The Cave, Plato depicts a world where people wear blinders.

Picture a cave and in that cave at the far back wall are a row of people sitting in chairs. These people cannot see anything that happens behind them. They can only watch the shadows they see on the cave wall and that is their reality.

A woman walking on a ledge toward the front of the cave carrying a jug on her head looks pretty scary to the people watching her shadow on the wall.

The row of people are afraid, they do not know what that shadow or the other strange shadows will do to them. So they sit and just stare at the wall of shadows. They do not turn around for fear. They do not dare venture out of the cave. For this row of people their reality consists of the shadows on the wall.

If only one would be brave and turn around or better yet, get up and walk out of the cave their reality would change.

What reality do we live in? Target parents that realize what is going on have made it out of Plato's cave. But it is so hard to convince the remaining row of people facing the end of the cave wall that there is a better world waiting if they would only be brave enough to take that step.

I have to liken the row of shadow watchers to many of our so called intelligent elite in this society; lawyers, judges, therapists. They see the strange shadows but are unwilling to turn around to see the reality that the shadows represent.

As target parents we are like the one shadow watcher that has escaped and we are trying to convince the other shadow watchers to leave the cave. But the judges, lawyers and therapists will not turn around. What can one do to convince the shadow watchers that what they see is not "reality"? What the shadow watchers are seeing is a motion picture of distorted reality.

It is time to be blunt with these shadow watchers and tell them to get out of the cave !

Most of the shadow watchers have probably read the story of Plato's cave in Philosophy 101. Perhaps these shadow watchers need a nudge to remind them of the ludicrousness of Plato's shadow watchers that they laughed at so many years ago.

Note: Some of the chief ideas of Plato:

1. Many important truths cannot be written down because books cannot explain them fully. They can only be grasped by a few men or women engaged in conversation.
2. Virtue is knowledge. If you know what is good, you naturally do it. Therefore no one does wrong willingly. But most people do not know the truth, so they act stupidly and wrongly.

Keep Plato's ideas in mind as you struggle to convince the shadow watchers their reality is "incorrect".

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