

# HIDDEN TREASURE

MINISTRY



**Transformational  
Healing Seminar**

Friday, April 23rd - Saturday 24th  
NEW DAY CHURCH  
Friday - 2pm - 5pm  
& 7pm - 9pm  
Saturday 9am-5pm

*"The healing power of relationships"*

**SEMINAR NOTES**

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# FUNCTIONAL AND DYSFUNCTIONAL FAMILIES HEALTHY / UNHEALTHY SYSTEMS

*Transformational Healing Seminar – April 23-24, 2010  
– Eric Spady -*

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## **Families Systems:**

Definition: System Oxford dictionary, 1995. 5<sup>th</sup> edition.

*“A group of things or parts working together as a whole*

*The traditional methods, practices and rules existing in the society, an institution, a business etc. (“you can’t beat the system” .you have to accept it). 1. We all do live in systems 2. Systems are a powerful force*

## ***Functional system – Healthy Family***

In comparison to the dysfunctional system – here you are allowed to be who you are.

- Unconditional love – there’s lots of grace when sin or failure is encountered with a willingness to forgive oneself or each other when needed – there are paths to restoration and repair.
- Open and flexible system -boundaries are allowed with increasing freedom as the children get older with warm support.
- No strict rules – might be changed if necessary - honesty is a strong antidote against dysfunctional patterns in which appearance has a higher value than truth.
- Freedom and acceptance - aim is for mutual growth, allowing a balance between individualism and togetherness.
- Mutual respect - power is used to benefit the whole group.
- Honesty concerning facts and feelings -can and should be strong convictions, not everyone needs to agrees.
- Everybody is allowed to maintain and develop his unique personality “unity in diversity”.

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\* Everybody is allowed to maintain and develop his unique personality “**Unity in diversity**”.

## **Acceptance is key**

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### Different positions of the Functional system

Authority (*healthy authority, parent, teacher etc.*)

Autonomous Person (*Subordinate person*)

Friend

## Dysfunctional system

- Conditional love - you're not allowed to be you, be who I need you to be
- Closed System - there is no way out of the family, you're not allowed to leave, nor would you know how to leave, relationships are a tangled mess with no clear boundaries.
- Strict Rules – there are said and unsaid family rules that must be obeyed or members will be punished and shamed. It's all about power, not respect. (ie. -the abuser will act one way to everyone else and one way at home, necessitating secrecy and a don't talk rule)
- Different roles - **abuser, victim, helper, passive onlooker**. Bullying is seen as normal, it can be brute force or subtle through quiet manipulation or illness. If the family is religious then the religion will be abusive, it will be used against you as a weapon, if you don't do what you're told, God will punish you.

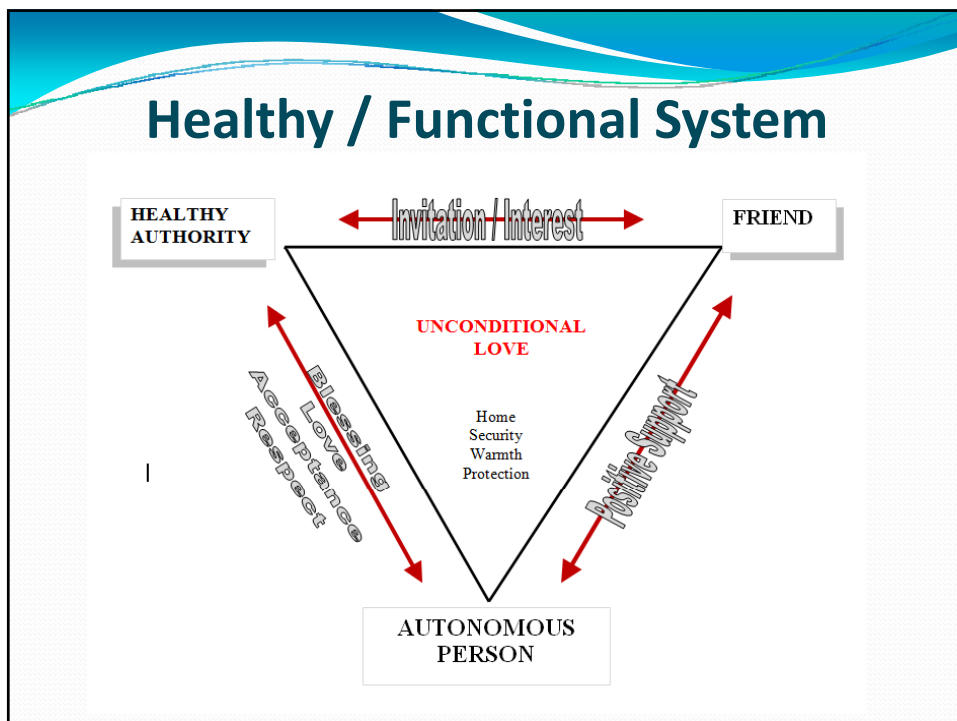
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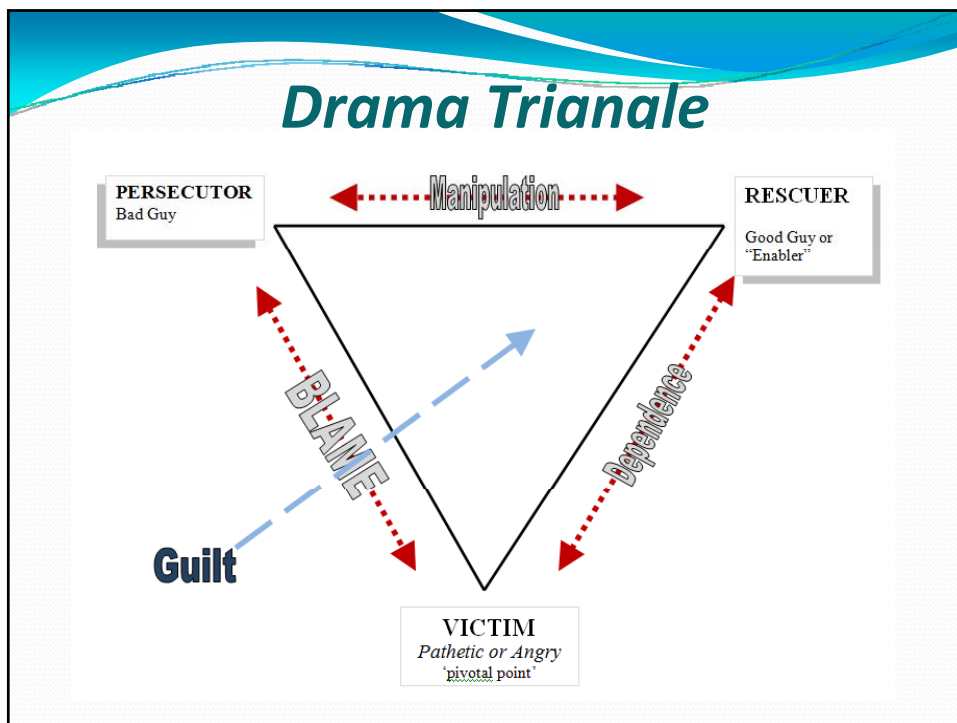
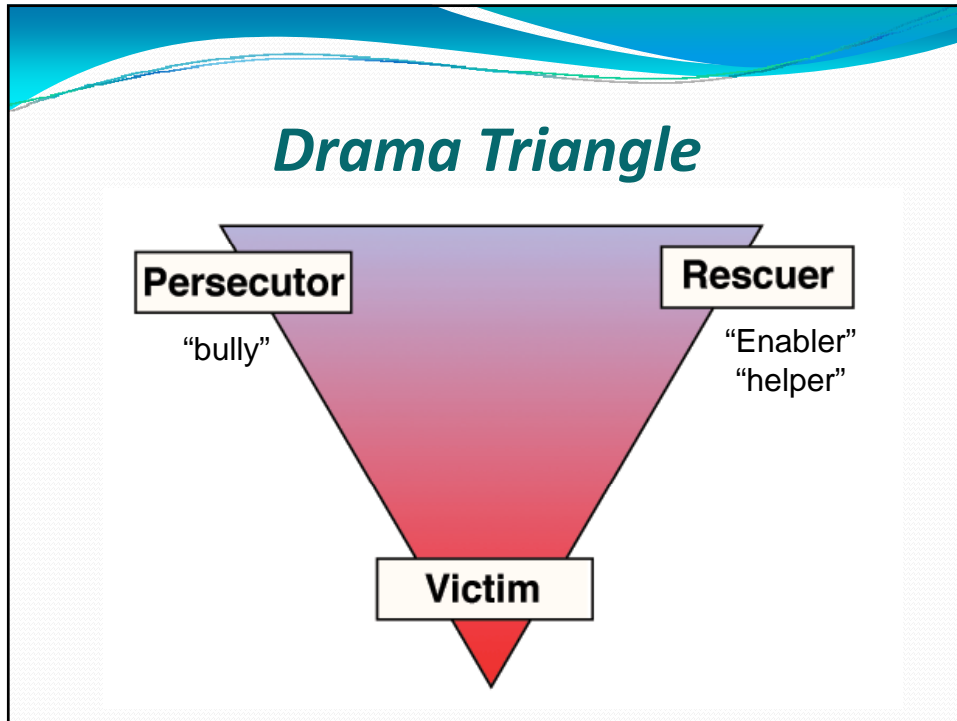
## DRAMA TRIANGLE

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Developed in the late 1960s by Stephen Karpman, the drama Triangle is a description of one of the most persuasive and damaging psychological games play today.

If you come from a family suffering from alcoholism, incest, emotional or physical violence or chronic co-dependence, you are probably aware of the chaos and drama that was part of growing up in a dysfunctional home. Having been raised in a dysfunctional family, you realize that you were expected to act out a particular role in the family for the family's benefit. You were expected to be inauthentic. **You were not allowed to be in touch with who you are, how you were feeling and what truly motivated you.** If you were raised in a dysfunctional family, you are already familiar with the Drama Triangle, **although you never had a name for what you were experiencing.** All you would know is that you felt awful and nothing seemed to turn out the way you had hoped or expected. What you were experiencing was being caught in the Triangle and having to play out the various roles and moves governed by the nature of the Triangle. **The triangle is based on blame and guilt and is put into operation whenever any type of lie or denial occurs**





## **VICTIM - "Poor Me"**

- Feels victimized, oppressed, helpless, hopeless, powerless, ashamed
- Looks for a Rescuer that will perpetuate their negative feelings.
- If stays in Victim position, will block self from making decisions, solving problems, pleasure and self-understanding.
- "Dejected" stance.

## **RESCUER - "Let Me Help You"**

- Rescues when really doesn't want to.
- Feels guilty if doesn't rescue.
- Keeps victim dependent.
- Gives permission to fail.
- Expects to fail in rescue attempts.
- "Marshmallow" Parent

## **PERSECUTOR - "It's All Your Fault"**

- Sets strict limits unnecessarily.
- Blames
- Criticizes
- Keeps Victim oppressed
- Is mobilized by anger
- Rigid, authoritative stance
- "Critical" Parent

**EXAMPLE IN A STORY**

## Triangle Example *(In Color)*

In order to give a visual of the way the participants move from one point of the triangle to another, the **Persecutor** position is shown in **red**, the **Rescuer** in **blue** and the **Victim** in **green**.

- **Persecutor = RED**
- **Rescuer = BLUE**
- **Victim = GREEN**

### **(Red) Persecutor** - **(Blue) Rescuer** – **(Green) Victim**

John: **I can't believe you burnt dinner! That's the third time this month!**

Mary: **Well, little Johnny fell and skinned his knee, it burned while I was busy getting him a bandage.**

John: **You baby that boy too much!**

Mary: **You wouldn't want him to get an infection, would you? I'd end up having to take care of him while he was sick.**

John: **He's big enough to get his own bandage.**

Mary: **I just didn't want him bleeding all over the carpet.**

**(Red) Persecutor - (Blue) Rescuer - (Green) Victim**

John: You know, that's the problem with these kids! They expect you to do everything!

Mary: That's only natural, honey, they are just young.

John: I work like a dog all day at a job I hate...

Mary: Yes, you do work very hard, dear.

John: And I can't even sit down to a good dinner!

Mary: I can cook something else, it won't take too long.

John: A waste of an expensive steak!

**(Red) Persecutor - (Blue) Rescuer - (Green) Victim**

Mary Well maybe if you could have hauled your ass out of your chair for a minute while I was busy, it wouldn't have gotten burned!

John: You didn't say anything! How was I supposed to know?

Mary As if you couldn't hear Johnny crying? You always ignore the kids!

John: I do not, I just need time to sit and relax and unwind after working all day! You don't know what it's like...

Mary Sure, as if taking care of the house and kids isn't WORK!

end

*Now that you have a basic understanding of the positions in the Triangle there are a number of key points to consider remembering:*

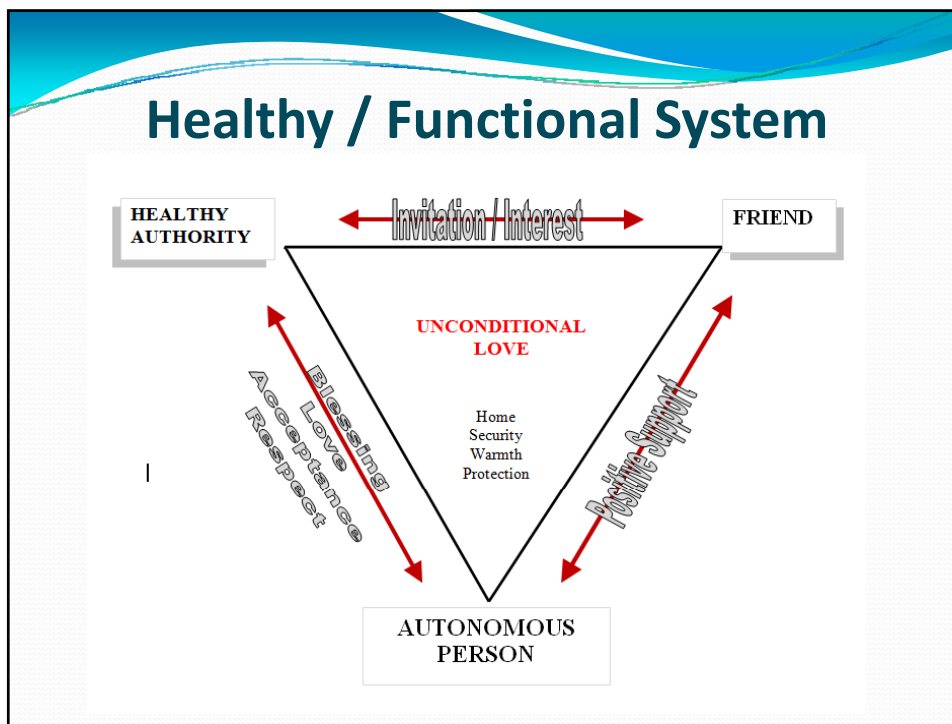
- ***1. The Triangle is based on lies.***
- ***2. All 'shoulds' are a lie.***
- ***3. All positions in the Triangle cause pain***
- ***4. There is no power in the Triangle***
- ***5. Everyone has a favorite starting position***

*Now that you have a basic understanding of the positions in the Triangle there are a number of key points to consider remembering:*

- ***6. Once you are hooked into the Triangle, you will end up playing all the positions, whether you like it or not.***
- ***7. Guilt is the experience that books you into the Triangle.***
- ***8. The "escape hatch" out of the Triangle is located at the persecutor position.***

- ***9. You can play the Triangle alone, with yourself.***
- ***10. When you actively participate in a relationship with someone who lives in the Triangle, you must be very careful of the hooks***
- ***11. Your internalized Should-er is also the voice that pushes you into the Triangle when others around you are in the Triangle and attempting to hook you***

- ***12. Being in the Triangle is not being alive***
- ***13. Suicide is the ultimate victim act, the ultimate act of self-pity.***
- ***14. Telling the truth and experiencing your emotions is the only way out of the Triangle.***



## From the dysfunctional to the functional system

“Love it, leave it or change it”

- Love it: spiritually free — socially bound
- Leave it: system will view the leaving person as Persecutor (abuser)
- Learning what it means to have healthy relationships
- Change it: “Fitting intervention”

## Victim

The victim position is the key role in the Triangle because it is the position around which the others revolve. **People operating in the victim position take no responsibility for their actions or feelings.** They truly believe that they are life's fall guys. Their perception is that everyone in the world is "doing it to them." They continually look for someone or something else to blame for things not working in their lives. Victims can frequently be identified by their usage of such language as : Everyone/anyone does it to me; you/they (the government, my mother, father, boss, spouse, children, etc.) do it to me; poor me!

## Rescuer

In the Triangle, the position of **the rescuer is the position of the good guy.** Because of the way that most people are raised, whenever they feel guilty and believe that they have been 'bad' and done something wrong, they will usually try to get out of the guilt by moving into the rescuer good guy position.

**Most people will choose a favorite position to start from in the Triangle, usually the victim or the rescuer.**

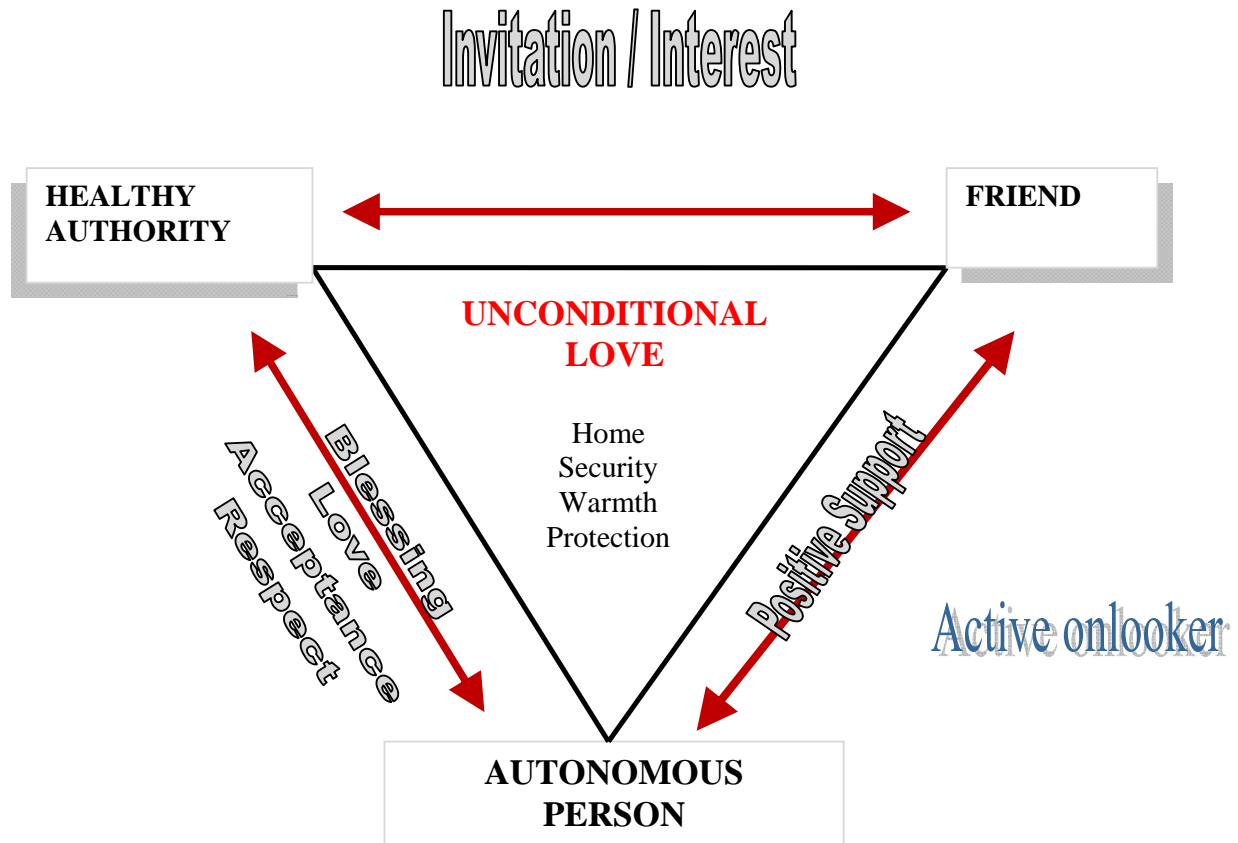
Because of the very nature of the Triangle, *rescuers must have a victim*, someone *to take care of, someone to control, someone, who by their very need makes the rescuer feel good.*

**In general, rescuers need to be needed,** and they need to be in control and be right, no matter what the cost.

## Persecutor (abuser)

The role of the persecutor is the role of the bad guy, the villain. **It is the one role that few people consciously choose as their starting place in the Triangle.** In fact, it is the role that keeps the Triangle going because people in the Triangle are attempting to avoid that position by moving into the rescuer role or by perceiving themselves as victims. No one likes to see himself as the bad guy. Even criminals in prison want to be seen as the victims of society, rather than society's persecutors. The persecutor role is the one that victims use, along with blame, to maneuver others into rescuing them. What makes this position truly unique is the fact that once a person is in the Triangle and he decides to leave it, he must leave from this position. In other words, **when a person removes himself from Playing the Triangle, anyone still playing will perceive him as the persecutor.**

# HEALTHY – FUNCTIONAL SYSTEMS



## Different roles in the functional system

### **Authority figure (parents, teacher...)**

Provides comfort, safety, growing space  
Children can leave and return to this secure place  
Use their authority to protect so others can grow and develop  
Does not view the child growing up as a threat  
(if you view your child as a threat you become an abuser)  
sees the good and blesses development  
a teenagers job is to free themselves of the closeness and then they can return to it.

### **Subordinate person (child, pupil...)**

-knows what good behavior is, it's clearly defined  
-understands that adults can make mistakes

### **Friends**

Offer support but with healthy boundaries.

Ie. like a church evangelizing - reaching out to teenagers, there is a continually invitation but freedom for them to come or not come. They are not condemned if they choose not to come.

# FAMILY SYSTEMS

## Comparison Chart

<u>Functional system</u>	↔	<u>Dysfunctional</u>
Who you are is good	↔	When you meet my need, you're okay
Allowed to be self	↔	Be who I need you to be
Grace for failure	↔	Blame and guilt even when no failure
Allowed to forgive self	↔	Blamed by others, so self-blame is good
Ways to repair relationships	↔	No way to fix mistakes
Boundaries increase w/ age (with warm support)	↔	Children are not allowed to grow up
Rules can change as necessary	↔	Strict rules
Open and flexible system	↔	Suspicion of life outside the family
Boundaries change as needed	↔	Boundaries are a tangled mess, unclear
Honesty and real feelings valued	↔	Roles and expected behavior valued
Allowed to disagree with each other	↔	All must maintain the same family myth
Reality is valued	↔	Appearance is valued
Allowed to come and go	↔	Punished if you try to leave.
Mutual Respect	↔	Power maintained through shame
Unity in Diversity	↔	Don't challenge the accepted norm
Freedom of Choice	↔	We will tell you what's right and wrong (and what God wants from you)
Discipline is to Train child (consistent)	↔	Punishment when you damage my image (unpredictable)
Freedom and Acceptance	↔	Control and guilt
<u>Ruled by Respect</u>	↔	<u>Ruled by Roles</u>



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**Shame** drives compulsions, but where did the shame come from? Often childhood trauma is overlooked as the cause of the present day shame we battle.

**Compulsion** is often the inability to cope with stress and pain. We will explore the possible root causes of our compulsions and the effects of **sexual and other abuse** and its long term effects on purity issues.

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Two Definitions of Shame

1) Healthy / natural shame  
2) Toxic Shame

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**Healthy / natural shame**

-From a feeling of shyness to a feeling of shame and guilt that comes from having behaved in a way dishonoring and ridiculous.

- All your attention and awareness is on you.  
- "Caught with you hand in the cookie jar"

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**Toxic Shame**

(Toxic) Shame is an inner sense of being completely diminished or insufficient as a person. It is the self judging of the self. A moment of shame may be so painful that one feels robbed of his dignity, exposed as basically inadequate, bad, or worthy of rejection.

A pervasive sense of shame is the ongoing premise that one is fundamentally bad, inadequate, defective, unworthy, or not fully valid as a human being. (*Facing Shame p. 5*)

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### **The Dynamics of Shame**

Shame leads to fear of being exposed or fear of exposing one self. Shame brings a need to hide, and to avoid eye contact.

- 1. Self Despise
- 2. Inferiority
- 3. Feeling left alone -deserted
- 4. Experience of disgrace

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### **The Dynamics of Shame**

Visible signs, as seen in a person's behavior

- 1. Perfectionism
- 2. Self-righteousness
- 3. Power and control through hidden manipulation
- 4. Inflict shame on others
- 5. Air of martyrdom ('victim mentality')
- 6. Isolation

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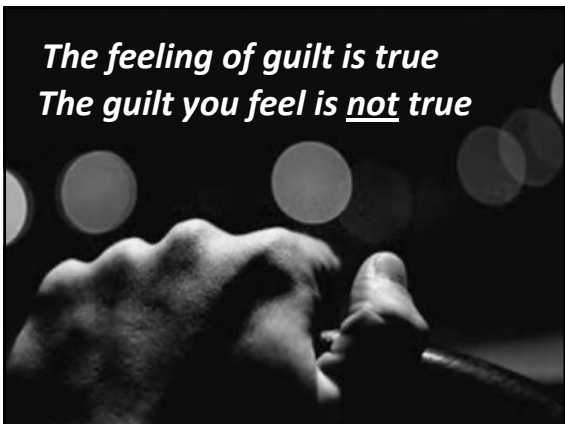
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*The feeling of guilt is true  
The guilt you feel is not true*



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### The opposite of Shame

- an inner feeling of peace.
- From unrest to peace

*Taken from 'From Shame to Peace' – Téo van der Weele*

Other descriptions

- Fragmented - to being whole
- from hiding away to standing straight

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### Trust-relationships ... Essential before confronting shame

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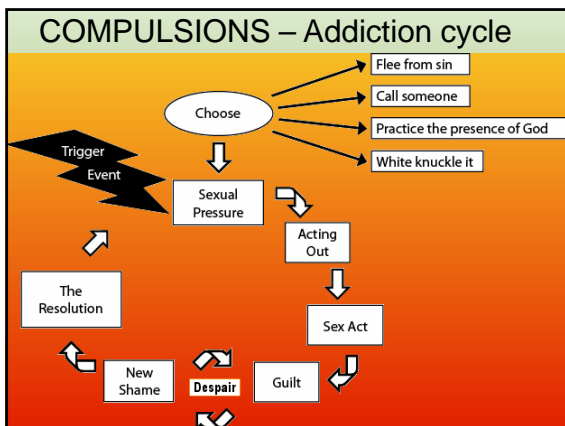
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**TRIGGERS**



- **Stress**
- **Pain**
- **Loneliness**
- **Rejection**
- **Disappointment**
- **Abandonment**

**anything that gets us into  
our internal world**

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**Short Term Contributors  
(Triggers)**



- **People**
- **Places**
- **Things**
- **Toxic feelings**
- **Toxic thoughts**
- **Toxic behaviors**

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**Long Term Contributors**

- Abuse (sexual, physical, verbal, emotional)
- Emotionally rigid, detached family
- Development of shame throughout childhood
- General obsessive tendencies
- An obsessive problem solving style
- Other addictive behaviors
- Long history of depression and anxiety
- Negative core beliefs about oneself and relationships
- "All or nothing" thinking styles etc.

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**Anxious "Toxic" State:**

- Loneliness
- Sexual preoccupation
- Extreme agitation...the desire for relief swallows up all reason and sanity.
- Depression and anxiety increase
- "I feel horrible, like I'm gonna crawl out of my skin"
- "I really feel deprived"

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Accountability

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**Ritualization:** The obvious or subtle decision made in this stage releases a foggy kind of euphoria.



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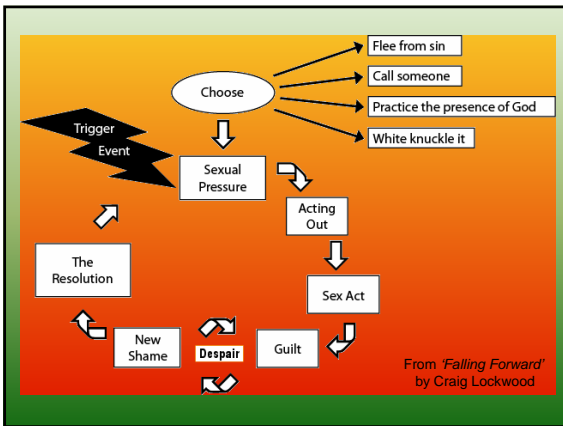
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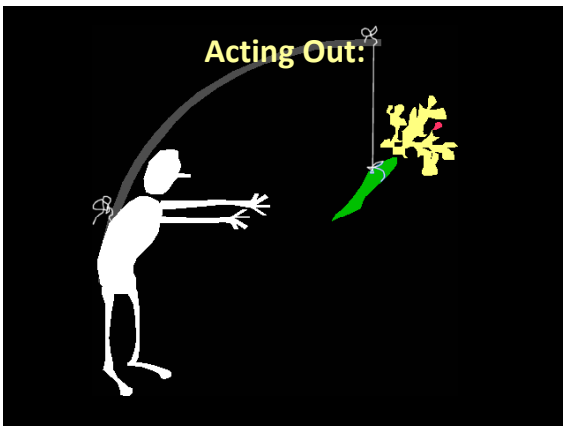
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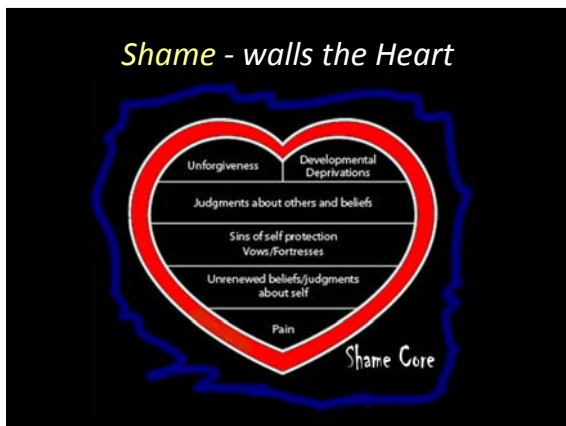
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**TRAUMA**

- **Trauma** - a generally unexpected, unfavorable event that is physically, mentally, and/or overwhelming to the person experiencing it. A single trauma can create lasting effects in the mind of a survivor, including Post-Traumatic Stress Disorder (PTSD).

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**Trauma Re-enactment**

- a trauma survivor acts-out an unremembered trauma while unconsciously projecting the details of that trauma onto current relationships ...

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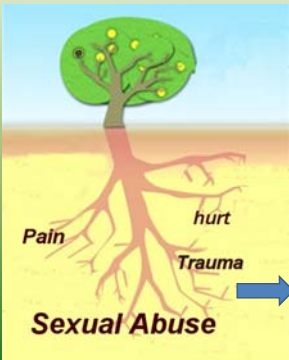
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**'One bad fruit'**

We can pluck it, but it keeps growing back (like compulsions)

We might not have any memories of this, and yet it effects the 'fruit' in our lives

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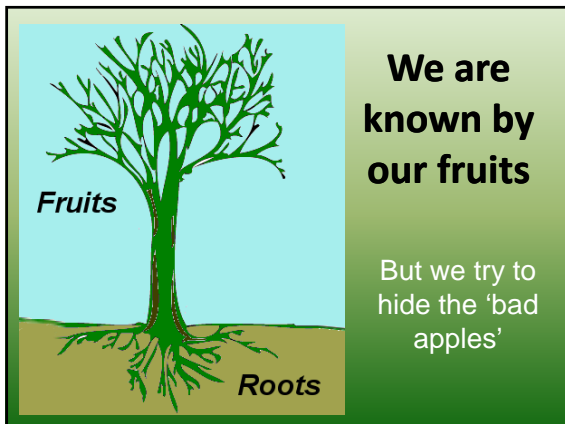
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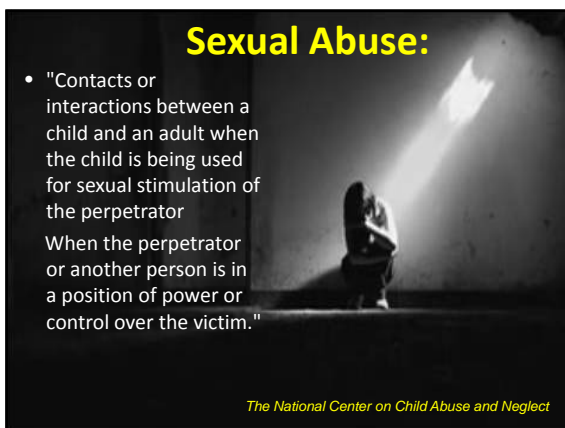
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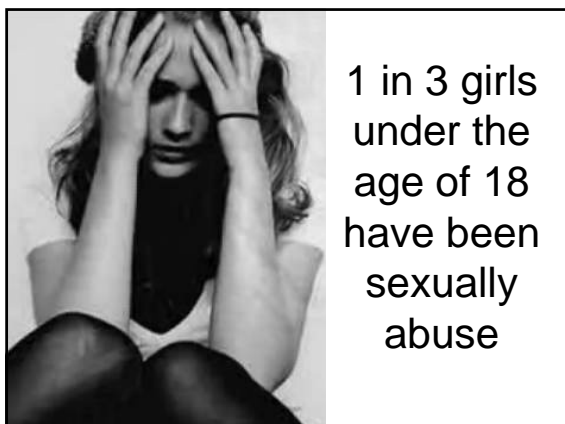
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# Addiction

**Love heals.... when it is received  
Addiction happens when there are insufficient skills  
to recover from negative feelings.**

## ***Two different kinds of Pain***

- *Not enough – VOID, lack*
- *Bad things happen pain - trauma*

## **VOID**

- *This incredible pain is called attachment pain. It will send one looking for something, anything to end it because it makes them feel as if they are going die if this pain does not end.*

## **Attachment Pain**

- *“We attach to whatever turns off the attachment pain (blocks the nucleus accumbens) – we think that this is what we really need (drugs, alcohol, orgasm centered sexual activity, food-carbohydrates specifically).*
- *This is what I love and want (now I’m attached to it).*

*(video Banana Baseball by E. James Wilder)*

## **My brain is actually created to be addicted.**

- Being loved = feeling good.
- Feeling good = being loved.
- Feeling good is supposed to come from feeling loved
- Being loved, feeling good = *life* (joy)
- Not loved, feel incredible pain = *death*

### **Joy and Peace**

- Joy = someone lights up when they see  
They are happy to be with me - It is stimulating
- Peace = I feel safe and satisfied, whole  
I am allowed to recover from interaction - It is relaxing

### **Joy and quiet addictions**

- It is little wonder, then, that addicts choose substances that simulate these two central emotional states.
- Drugs, experiences, and sexual pursuits could be subdivided into anything that attempts to re-create pseudo-joy and anything that attempts to re-create pseudo-quiet.

### **Pseudo-joy**

- *Pseudo-joy is a substitute for the interactive, personal joy of having someone's eyes light up to see you.*
- *Cocaine, amphetamines, and stimulants create the pseudo-joy while the opiates, marijuana, and downers create the pseudo-quiet.*

### **Pseudo-Quiet**

- *Pseudo- Quiet is false calm. Many thrill junkies seek danger not because of the adrenaline rush they get but because of the quiet resolve they feel afterwards.*
- *This applies to sexual pursuits also. Some sex addicts also report that the quiet time after orgasm is the only time they can stay near another person without feeling anxious.*
- *Disruption of quiet-together functions is the strongest predictor of mental illness across the lifetime.*
- *When there isn't enough peace, the mind can become overworked, leading to depression*

## **Balancing**

*Learning to control the alternating states of joy and quiet-together is central to the well-synchronized function of the brain, self-control, self-soothing and developing satisfying intimate relationships.*

## **Created to be addicted**

We were originally for an addiction to God

Psalms 42:1-2

Philippians 3:8-14

## **Bad Things Happen - Trauma Reenactment**

*As a result of overwhelming trauma, an individual is often forced to process the abuse in a way that can significantly impact and shape who they are physically, mentally, and spiritually. In an effort to manage and make sense of the baked-in thoughts, feelings and behaviors linked to the experience of abuse and to soothe the flames of intolerable trauma, an individual may recreate the recipe for themselves over and over again. The recipe then becomes one's standard fare or the usual way of responding to a wide range of stressful experiences.*

(p. 57-61 *Addictions and Trauma Recovery* by Miller and Guidry)

**Behaviors that can be seen as reenactments of past abuse include, but are not limited to**

- alcohol abuse/dependence
- drug abuse/dependence
- being in abusive relationships
- abusing/neglecting others
- cutting oneself
- burning oneself
- bingeing on food
- purging/vomiting
- hitting/striking oneself
- self-degrading, negative thoughts
- somatic complaints (physical pain)
- loss of spirituality/faith
- putting oneself in dangerous situations
- obsessing about suicide
- sexual activity you don't feel good about
- self-neglect (ignoring signs of fatigue or pain)

### **When Life Overwhelms?**

- “acting out” = reaction to stress
- Stress = life is asking more than I have
- intimacy with people is replaced by intimacy with a substance or compulsion

### **Addiction to resolve Trauma**

- *Abusing substances in order to be numb or over-stimulate oneself cognitively, setting oneself up to feel shame or guilt, sabotaging attempts at success, denying or minimizing the effects of trauma on one’s life, having negative thoughts about one’s self-worth.*
- ***These reenacting behaviors, thoughts, and feelings are a survivor’s best effort at regaining the balance they lost as a result of overwhelming trauma.***

### **Overwork**

- Many people who struggle with compulsive and addictive behavior stretch their lives to the extreme. Often they a difficult time saying no to others’ request and find themselves overcommitted. Ministry and medicine, for example, are two professions that reinforce overcommitted behaviors. The people who are drawn to these professions are very good at them and committed to helping others, repeatedly giving in positive ways, but they often do a poor job of taking care of their own needs. It then becomes easy for them to think that, because they work so hard for others, they are entitled to some reward, and some rewards....can be very destructive.

p. 170 In the Shadows of the Net by Carnes, Delmonico and Griffin, (Hazelden, 2001)

### ***We need people***

*To undo the damage the original need must be met. Love. The client must have someone love them so they can begin to believe they are lovable. Only then can life without the addiction be faced, thus the success of self-help groups.*

*Understanding, empathy and support are offered along with accountability. The relationships model a new way of coping with life – call a friend rather than turn to the addiction. The addicted discover they are lovable even in the midst of their mess and it brings courage to fight for health as they begin to believe they are worthy of love.*

*(Addiction vs. Intimacy paraphrased from *Sexual Addictions* by E. James Wilder, a DVD teaching series)*

### **Unmet needs for Life!**

- *Belonging*
- *Love*
- *Joy*
- *Peace*
- *Recreation*
- *Stimulation, etc*

*We are created to live! From the heart God gave us*

So what stops us?

- If God is the source of life
- Why don't we go to Him to receive it?

Shame says: I am bad, unworthy of love, helpless

**...what a man desires is unfailing love. Pr. 19:22**

- Shame cuts us off from God, perpetuates false beliefs
- Without real life from God all we are left with is our substitutions of filling our heart.
- We need to find something outside of ourselves to satisfy

Or someone...

**Substitutions!**

- An unhealthy relationship (give up self/ co-dependency)
- A pain killer: like food, drugs or alcohol to fill emptiness and take away pain
- An activity: like work/success, sex, shopping, gambling, TV, internet, pornography self-harm or gaming that adds distraction and excitement.

**The shame must be healed**

- When you don't have a sanctuary in yourself where you feel safe and loved, you have to create one outside yourself. Whatever you can't give yourself, you'll need to get from somewhere else.
- This makes us dependent on that something else to make us feel good and we no longer have our own choice. We must have it to feel good or we'll feel lost and alone.

**Love Heals**

- *To undo the damage the original need must be met. Love. The client must have someone love them so they can begin to believe they are lovable. Only then can life without the addiction be faced, thus the success of self-help groups.*

(Wilder)

### **How do we regain our freedom?**

- We take responsibility for our thoughts, feelings and actions.
- What we do is the fruit from the root of what we believe. Feelings are a message about what we need or want.
- Our interpretations of the circumstances are often based on past experiences.
- So if we change our beliefs we can change our reactions. We create our own feelings.

### **Learning to Self-soothe**

- Be compassionate towards yourself, just like you would a young child.
- **When we let ourselves feel our pain and receive comfort for it, we can quickly recover.**
- Heal our hearts of past damage and sin. Seek help from those who can give it.

### **Seeking His Face**

- Seek His Presence instead of hiding from it
- Don't believe the shame
- Turn to God anywhere in the cycle – He is the father to the Prodigal
- Dare to receive love

**Learn to do healthy relationships so we can be soothed according to the original plan.**

# Building Secure Attachments

The bonds that give life

## Relationships

- give life
- return us to joy
- can be mood altering experiences

## Secure relationships

- provide a *safe haven*
- a *secure base* from which to explore and learn about the world
- relationship with the parent is internalized
- becomes a model of a secure base

"Dismissing" people **avoid and minimize** negative emotion.

- They are into "the power of positive thoughts".
- They rarely acknowledge needs.
- They're into a "suck it up" philosophy.
- They see negative emotions (anger, sadness, despair) as dangerous.
- If their kids have negative feelings, they think either the kids are bad, or else they parented incorrectly. They believe that you can have any emotion you want, through will.

If we had parenting that was non-responsive to our needs as a child we learn to minimize our needs, avoid and self soothe.

"Coaching" people **like to notice** emotions.

- Talk about feelings and needs
- like to ask questions about emotions
- accept and value emotions
- use their emotions as a guide about what to do next. <sup>1</sup>

## What was your family culture?

### We learn relationships through models

#### Dysfunctional families

Teach you to live from your head

- Create strong emotions
- Punish their expression
- So we don't learn how to feel - we disconnect from our hearts
- The point is to avoid feeling abandonment and disappointment
- It's exhausting. It is easier to not care, to just be indifferent.
- When they grow up they'll say: *What's the big deal?*
  - become dismissive about other people's feelings.

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<sup>1</sup> John Gottman on Meta-Emotions

## Consistency is the key

### Good (secure)

The baby cries → Mom comes

Mom tunes into needs → 'sees' baby → gives baby what's needed → baby is comforted

### **Attunement**

emotionally available

attuned

perceptive

sensitive to baby's needs

responsive

### **Resultant template in Child**

They tend to become leaders.

They value their hearts/needs.

Ask for help and connection when they need it.

They offer comfort and support when others need it.

*If I communicate I will be taken care of.*

*My heart, my needs matter.*

*My voice/needs impact my environment.*

*I will be able to handle what happens in my world and others will support me and help me.*

### **Secure, supportive. Attuned to self and others**

- Can calm and sooth themselves
- Have internalized the ability to care for self and protect self so they are good at self-care
- They honor their needs and make wise decisions accordingly
- They are in tune with their hearts/emotions and listen to them but are not overwhelmed by them
- They have a well developed capacity for stress and can soothe others and help them recover from their overwhelming emotions
- They know what they want
- They ask for what they want
- They have healthy relationships and are able to make others feel loved and valued

**With God** - It's easy to receive His love and believe it.

**Identity** - It's easy to see self as lovable and worthy of love and effort.

## Inconsistency creates anxiety

### Sometimes (anxious)

The baby cries → sometimes Mom comes → sometimes no one comes → sometimes she smothers when I don't want her

### **(distracted)**

*Inconsistently* available, perceptive, responsive, intrusive

Anxious and uncertain as kids.

As parents they are preoccupied with their own emotional needs and they react out of unresolved past issues. Their baggage interferes with their ability to connect with their own kids. (ie. they may act like a child instead of an adult and wonder why the kids are responding the way they do)

*Others cannot be relied on.*

*My needs are met sometimes, sometimes not, which will this be?*

*The world is an emotionally unreliable place filled with uncertainty.*

*I have no control. I don't matter. My heart/needs don't matter.*

### **Anxious, Insecure, ambivalent** (mixed feelings)

- Parental interactions tend to be intrusive
- **Interactions are based on the needs of the mother not the needs of the baby/child**
- Child becomes preoccupied with attachment – always on hoping to be 'seen'
- It is hard to live life when always distracted by the possibility of attaching to someone/thing!
- High emotions without the ability to quiet self (especially fear and anger)
- Impulsive and excitable with little capacity for stress
- Highly needy, dependent and anxious – focused on receiving comfort for stress
- Can quickly "attach" in high energy relationships – and appear quite functional and then overwhelm others
- Frequent highly emotional displays
- One crisis after another

### **With God**

- Anxious, needy
- Performance and approval, high arousal, manipulative

### **Identity**

- Highly needy
- Always trying to attach to receive comfort for distress
- High affect and drama
- Looks to interaction with people (relationships) as a coping strategy
- Can use "neediness" or distress to manipulate others for attention

## Shut Down

### Never (avoidant)

The baby cries → Mom doesn't come → Baby gives up – stops crying  
(if you measure the body signals, they still want connection and comfort as much as any other baby)

### (dismissive)

emotionally unavailable  
imperceptive  
unresponsive  
rejecting (preoccupied)  
disconnected from intimacy  
mind instead of feelings  
Emotionally barren home

Child avoids closeness and emotional connection they stop needing.

As kids they are shunned by their peers.

As an adult they are dismissing of attachments.

They will not know how to connect to or comfort others so they will try to talk others out of their pain or minimize the needs they don't know how to meet.

*I haven't found our interactions helpful in the past, what good does it to go to you now?*

*The world is emotionally barren.*

### Dismissive of attachments/intimacy

- Life is painful with you, but less painful than having no one to attach to.
- Has trouble shifting gears emotionally out of shut down to interaction that is emotionally charged.
- Distant and avoidant.
- Withdrawing is a coping strategy.
- Life feels safer – and feels better alone and undisturbed.
- May be highly competent or workaholic – but will operate from duty – not joy.
- Can't synchronize (attune) or share mutual mind.
- Dismisses the importance of emotions and relationships.

### With God

- Avoidant and withdrawn
- God is at a distance, He is uncaring, unavailable

### Identity

- Avoid relationship
- Low affect (not emotional)
- Negative emotions

## **You are confusing and scary, but you are all I have**

### **Fearful (Disorganized)**

The baby cries → Baby gets hit or comforted, ignored or yelled at

Parents have sudden (unpredictable) mood shifts

Parents dissociate (zone out)

Rage or frightened

Disorienting, chaotic

Alarming

Overwhelming

Abusive, alcoholic homes

As kids they have trouble getting along with others and balancing their emotions.

As adults they have unresolved trauma or loss.

Their inner and outer worlds are characterized by chaos.

They are unable to create a safe, stable place to stand.

Dangerous coping means.

*The one I need to comfort me is the one who is scaring or hurting me.*

*I cannot make sense of this relationship.*

*Life does not make sense.*

### **Toxic relationships**

- Relationship with caregiver is the source of attachment and terror.
- Fear/terror of the attachment figure offers no comfort or synchronization – no soothing.
- Infant can't make sense of the "come here – go away" message parents give.
- Parents exhibit chaotic or disorganized behavior.
- Parents themselves have disorganized attachment, fear-based, dissociative or disoriented behaviors.
- May include addictive behaviors.
- Physical, sexual and emotional abuse.
- 80% of abused children have disorganized attachment.
- Highest likelihood of clinical problems.
- Hostile and aggressive with peers, controlling, difficult social relationships.
- Unregulated emotion followed by withdrawal.
- Abusive patterns of behavior.

**With God:** Terror and Fear. God is terrifying. Cult, spiritual abuse.

### **Identity**

- Attachment is a source of terror or comfort.
- High affect/drama and fearful withdrawal or attack.
- Very manipulative.
- Hostile/aggressive with peers. Difficult social relationships.
- Abuser abuse victim.

## Insecure bonds grows shame

**Can't get Mom to tune into me → Mom doesn't see me so I must not be lovable → shame**

(Mom doesn't hear my song she keeps wanting me to sing hers)

**I have needs Mom isn't meeting they must be bad → therefore I am bad → shame**

**I make Mom mad/sad/tired → I must be too much so I must be bad → shame**

**Perfectionism → I didn't do it good enough → I must be bad → shame**

Unhealthy families require adult behavior from the child (perfectionism)

When the child fails to do the impossible they are shamed. They feel a false guilt for having failed which turns into a shame that they can never to measure up to the parent's standard. I am worthless.

Impossible expectations → Failure to achieve it → Guilt → Rage turned inward → Self-shaming (self-hatred) → Depression (Helplessness, hopelessness)

**The rage from being shamed is turned onto self to protect parents** (attachments are survival).

Anger towards someone we are dependent on causes great guilt so anger is directed at self.

Shame measures and judges self – sees 'badness' with no hope of change, so self must be hidden

### Shaming Families

- Prefers to deal with life (overwhelm) through rules instead of child's needs or heart
- Broken rules produce shame (effectively controls behavior)
- Dismisses emotions or mocks them (except for acceptable ones)  
In extremely troubled families, children learn that strong feelings usually directly and immediately cause harmful behavior.
- Parent's 'you are' statements become 'I am' statements = child's identity

### We carry on the tradition – it's all we know

- Do you shame yourself when you become painfully aware that you feel like a frightened, abandoned child? If so, you might fear unpleasant feelings in general and 'losing control' in particular.
- when our safe haven with another is threatened we get overwhelmed by
  - a helpless sadness
  - shame about feelings of inadequacy or failure
  - desperate fears of rejection, loss and abandonment
  - a primal panic.<sup>2</sup>

**There are very few ways to cope with our pain when our primary needs for connection are not met.**

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<sup>2</sup> Hold Me Tight by Dr. Sue Johnson, p. 112

## Trauma produces Shame

With all traumas, **chronic fear and anger** are problematic aftereffects. But the **biggest** sticking point is relationship problems, in my opinion, is the **feeling of shame** that afflicts survivors. After trauma, we feel scarred, contaminated, or just plain bad. We feel responsible for the terrible things that happened to us and unworthy of care and attention. How can we ask **for what we do not deserve?**

We need our attachment bond **to be a safe haven** and also a **true witness to our pain**, to assure us we are **not to blame** for what happened and that **we are not weak** for being **helpless and overwhelmed**. A secure love relationship acts as a **protective shield** when we face monsters and dragons and helps us heal after the dragon has gone. <sup>3</sup>

### ***Trauma takes safety away, a secure bond restores it***

....the best predictor of the impact of any trauma is not the severity of the event, but whether we can seek and take comfort from others. When we cannot find love and connection, the emotional chaos deepens. <sup>4</sup>

### **New Models**

We have to have it to give it. We can change our attachment style with learning, healing and practice. Making sense of our childhood helps the most because it helps us to challenge the model and make decisions about how to relate and gain the skills we were not given. Relationships are learned through models so we need new models learned from people who relate the way we want to learn to.

### **The only thing that can change one emotion is to replace it with another emotion**

Fear dominates all emotions, except love.

Study on sexual abuse survivors who were in PTSD – only love was strong enough to calm their fears, no other emotion.

*There is no fear in love. But perfect (mature) love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.*

1 John 4:18 (NIV)

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<sup>3</sup> Hold Me Tight by Dr. Sue Johnson p. 250

<sup>4</sup> Hold Me Tight by Dr. Sue Johnson, p. 241

## **Tune in to their radio station, listen and sing with them**

Listen for feeling words. Don't ask why it bounces us out of our heart into our head. Analyzing does the same. You'll need to use your heart to understand their heart, not your head. It takes practice.

What core relational need is threatened?

1. Comfort
2. Acceptance
3. Protection
4. Emotional regulation (fear and anger)

Feel their feeling with them. Let what they say move you. Get in their head, see through their eyes.

Tell them what you are hearing with empathy (not reporting facts).

Validate the feelings, trying to get to the primary emotions. (feel your primary emotions)

Connection happens in the primary emotions

- **Hurt (pain)**
- **Sad**
- **Fear**
- **Shame**
- **Joy**

Share the moment with them without trying to fix them, once we are seen and accepted we start to relax.

In heart to heart connection dopamine is released, well-being.

*I am not alone. I am seen, understood, loved. It's going to be okay.* (This is comfort not what you say.)

Our ability to reason increases. Then we can see what actually needs to be done.

***Be a safe haven a port in the storm they can come and feel loved and enjoyed....just like God offers us.***

### References

*Parenting from the Inside Out* by Daniel Siegel

*Restarting Workbook: Based on the Life Model Book* by Shepherd's House (James Wilder)

*Hold Me Tight Hold Me Tight: Seven Conversations for a Lifetime of Love* by Sue Johnson

## Understanding the culture sexual abuse creates

### **How the family prepares the victim for abuse**

#### **The Child is emotionally Starved**

- Love is necessary to live
- The child feels needed but demeaned
- Taught to not trust her perceptions
- No one will love you but me

#### **Loyalty at all costs**

- Atmosphere is toxic with control
- Don't feel
- Don't tell
- Just be what we need
- No matter what – adult's needs come first

#### **If you tell.....**

- No one will believe you
- You will lose me
- No one else will love you
- People will hate and blame you for hurting your family

### **The stage is set**

The child is vulnerable

- Empty
- Dependent
- Shamed

#### **The child is conditioned**

- To please – conditional love
- No boundaries
- Be responsible for others

*The emotional desert of neglect of the unhealthy family leaves a child vulnerable to the attack of predator. A healthy environment in which children are respected and treated with sensitivity and compassion rarely produces abuse. Dan Allender, Wounded Heart*

#### **Betrayal has three levels**

- Family neglect conditions child
- The betrayal of the perpetrator
- Lack of support and protection

#### **Lack of protection by parents**

- Refuse to see
- Blame the victim
- Silence the victim

**No safe haven**

- The victim is left with nowhere to turn
- Victim rarely realizes how impossible it was to get help from their family
  - That's just the way it was....

**Loss of self**

- Cannot trust their own feelings or intuition
- Others define them, constant stream of internalized accusing criticism

**The Nature of the Crime – A Profoundly Personal Robbery****What is taken in the robbery?****Identity**

- It renames

**Sanctuary is defiled**

- The innermost self is invaded through perverted sexuality
- Boundaries are broken down, the body is violated and no longer safe

**Safety is replaced with fear****Freedom is taken**

- Trapped by another's need for power
- No Choices

**Voice**

- The victim is silenced

**Innocence is stolen****Love is mis-defined**

- If you love me you'll do what I want....
- Lust = love
- Child is sexualized

**Shame replaces dignity****A mask is assigned****The victim is forced to play according to the abuser's rules.**

- Powerless
- Unseen
- Acceptable only when...

### **Emotional Murder**

Sexual abuse is an emotional murder that brings with it a spirit of death. It is completely overwhelming. We are created to give and receive love. This is the extreme opposite of what we were designed for, so our fragile systems become overloaded and we blow a fuse, we disconnect. Detachment from the body also becomes detachment from the emotions since feelings are basically physical sensations. It is too overwhelming to feel, so we deaden the pain. This is necessary in order to continue to survive in life and not go crazy.

### **Schism in self**

- To survive the pain is buried
- The part of the victim that carries the pain is disowned
- The pain of the wound cannot be soothed until that part is seen and heard

### **Abuse leads to rejection of self (shame) at deep level**

- *I am in pain, it must be my fault*
- *If I do better I won't be hurt again*
- *How do I fix it?*
- *I cannot be myself because I am bad*
- *I must change to become acceptable*
- *Abuser transfers their shame to the Victim*
- *Family often shames victim*

### **My fault**

- Why did I trust them?
- Why didn't I stop it?
- I enjoyed aspects so I must have wanted it

### **We need to see ourselves in another's eyes**

It helps to create a stronger sense of self:

- Identity
- Boundaries
- Healthy desires

### **Talking about the past is important**

- So the experiences and emotions can be reconnected
- Emotions can be expressed
- To reclaim the lost voice
- To gain a new adult perspective

### **Healing requires that some pain must be faced**

When the pain is expressed, the body that has been through a war can finally receive peace for:

- The memory can be resolved
- The PTSD lessens as the memory is put in the past
- Re-connection with the body, cleansing and peace

### **But before the pain is uncovered there must be....**

- Security
- Peace
- Respect
- Boundaries

### **Safety first**

- Healing requires a reconnection with this pain.
- There must be a profound sense of safety for this to be considered.
- The counselee must trust the one helping them.
- They will sense whether or not the counselor can handle the injustice and horror of the story.
- The client also needs to know that the counselor will know how to bring the client back when they feel washed away by their pain.

If you're not sure you can handle it, it is better to be honest and go with them to someone who can. Otherwise you risk the client getting re-traumatized by telling their story. Then they will need healing for that before they can do it again. Peace needs to be established as a safe place to return to before the negative is dealt with.

### **Balance of Power**

- For the survivor, the counselor is an authority figure
- The authority figures of the past have betrayed and used them

### **Our attitude is to come as a missionary to a new culture**

- We come to learn – humility
- We come valuing their resources and strengths
- We come dependent on God
- We come in peace - shalom
- We come to bless

### **How can we make it safe for them?**

- Give them choices
- Allows them control
- Control = Safety
- It strengthens their will

### **Focus on God**

- Worship even while you listen
- He is here
- He has a plan, He will guide
- He is the source of all life

### **Listen with your heart**

- Let them teach you
- See through their eyes
- Don't fix
- Feel with them, let it move you

### **Know what is normal**

- Educate yourself
- Survivors have creative coping skills
- Their sexuality has been traumatized

### **Validate**

- You make sense
- This is a normal reaction to abnormal circumstances

*There is hope for escaping the damaging effect of trauma. If there is an adult in the situation, not in denial who can validate the child's reality and experience of the trauma and the child is allowed to express their emotions, then the child can learn to master the trauma. These elements together with time. p. 13 Children of Trauma by Middle-Moz*

### **Bless**

- Body
- Spirit
- Hurting child within

### **Cleanse the shame**

- Lightbath
- Bless the skin to feel
- Reassign blame – Who's poop?

### **Give Permission**

- To be mad and sad
- Emotions weren't allowed before
- Take time to forgive

### **Define**

- Forgiveness
- Reconciliation requires repentance

**Teach them**

- They are worth fighting for
- New self talk to replace the blaming, accusing one
- To see themselves through their strengths

**Model**

- Boundaries- Based on needs and desires
- A new way to treat themselves - with respect, honor, dignity
- Imitating how God treats us

**Life Guard**

- Unrecognized emotions are like a turbulent sea
- As we feel with them we help identify them
- We offer safety and help them recover
- We can be affected by their trauma

**Crisis of Faith**

- Recovering from Helplessness/Despair
- He stands between the abused and abuser
- Names of God

**Pray Peace**

- Trauma robs of safety
- Peace heals; It restores the soul and body

**Introduce Your God**

- Merciful
- Kind
- Loving
- Patient
- Just
- Gentle
- Humble
- Understanding
- Peace
- He also suffered unjustly

## Names of God

***The name of the LORD is a strong tower; the righteous run to it and are safe. Proverbs 18:10***

**Yahweh - I AM** "I will be with you" and "I am what you need and will ever need". Exodus 3:12, 14:

**Yahweh - Shammah** God **is There** - in the Temple Ez.48:35,  
Emmanuel – God with us Isaiah 7:14.  
He tabernacles in us now John 1:14, ASV

**Yahweh – Shalom** God **is Peace** Judges 6:24 – Gideon.

**Yahweh – Rapha** God **is Healer** Exodus 15:26

**Yahweh – Jireh** God who **sees** and so **provides**: Gen. 22:13-14 - Abraham

### Contrast my God to the Abuser

1. The God of **free will** and choice who champions us
2. *The thief comes only to steal and kill and destroy; I have come that they may **have life**, and have it to the full.* John 10:10
3. The God who **sees me** in my distress: El Roi – Gen. 16:13-14. *God finds us and meets us in our distress.*
4. The God who **invites**, doesn't control. *Come follow Me.*  
We may need an invitation if we feel like a burden. Especially if we are ashamed of our needs.  
*"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly." Matt. 11:28-30 (The Message)*
5. The God who **respects**. He stands at the door and knocks, He does not break the boundary. Rev. 3:20
6. The Lord who **listens**: to Abraham, Moses, David...
7. The God who **blesses**. He says "Let the little children come unto Me." Matthew 19:14
8. The God who **runs** (losing his dignity) for us. He meets us where we are.  
The Father of the Prodigal. Luke 15:11-32
9. The God who **does not shame** or blame. The Woman caught in adultery. John 8:1-11
10. The Living Water **who satisfies** all our needs and emptiness. Woman at the Well. John 4:1-26
11. The **mender** of broken hearts. Psalm 147:3

## How do you see me?

### Relationship with self:

Often there is a constant stream of defining negative, harsh criticism.

- *I have been hurt, therefore I am wrong.*
- *I have been shamed therefore I am bad.*
- *My reality differs with my authority figure so I must be wrong.*
- *I must trust their perspective and disown my own.*
- *Like them, I must reject my hurt, weak self and become that others expect.*
- *My needs are dangerous and must not be felt.*

### Relationship with others:

- *I am only good when I am giving others what they want.*
- *My needs don't matter.*

### Relationship with authority figures, including God and counselor :

- *I have been betrayed and powerless.*

### Questions for the Counselor:

- Am I safe with you?
- What can I trust you with?
- Do you enjoy me?
- Do you see value in me?
- How do you define me?
- Who holds the power in our relationship?
- Do you see who I really am and still accept me?
- Will you validate my feelings, experience, reality?
- Do you understand my needs, pain, experience?
- Do I make sense to you?
- Can you recover from my pain?
- Is my progress about your success or mine?
- Are you aware you can fail me?
- Will you tell me what you really think?
- Do you take care of yourself and others with balance avoiding co-dependency?
- Do you protect yourself, so I don't need to protect you from my needs and immaturity?
- Do you honor your commitments?
- Can you keep my secrets?
- Will you use me like everyone else?

## *Definition of sexual abuse*

There are two different types of definition. The criminal definition varies from country to country and is used in the legal system to determine if a crime has taken place. There is also the clinical definition which is what we will be focused on. Clinically sexual activity is considered abusive when children are subjected to any of these elements:

*Sexual activities*

*Adult person: difference of power and difference of age*

*No consent to....one didn't want it*

*Intercourse: genital, oral, anal*

*Manipulation of genitals or breasts (fondling)*

*Pornographic films*

*Sexual activities in front of children (including nudity)*

*Satisfaction of the offender (more than for victim)*

These are three factors useful in clinically differentiating abusive from non-abusive acts:

1. Power Differential – one has control of the other: size, physical strength, authority (parent, teacher, coach, priest/pastor), advanced capability.
2. Knowledge Differential – developmentally: child/adult. The child doesn't understand sex. Mentally challenged vs. normal development, this is a different in knowledge and understanding even if the same age.
3. Gratification Differential – even if the body of the victim reacts to the stimulation, it does not mean it was wanted. The body responds as a reflex. There needs to be a mutual decision with understanding.

*Problem*

*Suggestion*

Trauma – overwhelm, help not there when needed, no protection	Become a peaceful compassionate presence To listen, accept and validate their pain -to counteract the feeling of suffering alone
Absence of treatment at time of trauma	Listen to their story at the pace they want to go, don't push – remember the age of the abuse, they were not an adult the time. Deal with memories as they arise, don't dig.
Victim feels helpless to control life	Reflect the strengths, resources, the pearls you see in them, focus on the positive Affirm wisely, they are easily overwhelmed
Survivor cannot see solutions to their problems	Ask them what they need – they will tend to be focused on others. We can't change others we can only take care of ourselves.
Survivor does not protect themselves Sees abuse as normative	Bless them and affirm their gifts. Show them a God who suffers with them, but doesn't agree with their abuser.
Shame "I'm bad, worthless, deserve it"	Bless their bodies to be cleansed Bless their spirits to be cleansed Encourage self-trust - to listen to their intuition even when they don't have words.
Abuse warps the survivor's sense of self The perpetrators transfers their guilt to the survivor through words and actions	See them as the hero of their story. Let them hear your version of their triumph over evil's attempt to destroy them. Do it gradually, so as not to overwhelm them.
Their identity is twisted by the family's – words and actions – response to their need and/or pain	Look for the family's value system Is it healthy? Was it what the child needed? Was it what God wanted them to have? How did God intend it to be?
Limited discernment with who to trust	Educate about healthy relationships Encourage them to trust their intuition Listen to their heart and feelings

## Powerful Peace's Key Concepts for Evening teachings

### Focus on God

The counselee brings to the session: Pain, fear, regret, confusion, doubt, questions, mixed up feelings

### The counselor brings: peace and a focus on Jesus.

- The counselor brings him/herself to peace. If there is chaos within let the Lord surround it with His peace. He tells the waves to calm down. In this way a beginning counselor can let the Lord be the wall of peace around Him when his heart is not at peace.
- The counselor listens for God to lead and guide [Rom 8:26](#)
- The counselor focuses on Jesus, worshiping Him (which protects them from getting stuck in the counselee's hopelessness). Can use a name of God to focus on. Spirit, soul and body.
- The counselor looks for what Jesus is doing. They see for the counselee what the counselee cannot yet see for himself.

### What the Counselor does for the client

- Silently worships to create an atmosphere for meeting with God
- Creates safety by giving choices (giving power to the client)
- Listens to the counselee with respect, validating their experience and feelings
- Affirms wisely to convey to the client that they are enjoyed (building joy strength)
- Reframes circumstances looking for the pearl in them (thereby teaching the skill)
- Observes the counselee's body language watching for fear and/or pain
- Models healthy interaction: respectful and responsible
- Focuses on Jesus as the answer (carries hope)

### What God does for us

- Healer. He is the source of the healing – it is His job. He guides us in it.
- Maranatha . We invite Him to come where we need Him and He comes.
- Emmanuel. God is here – His presence heals. (Thank Him for His Presence to increase your awareness.)
- God gives grace = God's smiling eyes (I enjoy you + kindness).  
God gives peace = Shalom (completeness, wholeness, nothing lacking)  
God imparts life through our blessing.

**Treasure Hunt** - As you focus on the positive and on God, the client learns to do the same.

<b>Focus on the Negative</b>		<b>Focus on the Positive</b>
• What the enemy has done?	vs.	What is God doing in the counselee?
• Pain should be silenced, shut down	vs.	Encourage them to express it, comfort them
• See only their wounds	vs.	Seeing the treasure God has placed on them
• Feel sorry for them - pity	vs.	Validate their pain, agree with them 'It was tough!'
• Agree with their helplessness	vs.	Affirm their strengths, 'they survived!'
• Counselor feels overwhelmed	vs.	Seeing through God's eyes; He has a plan Identity – Who has God called them to be?
• Try to fix them; feel responsible	vs.	Have faith that God will provide for them
• Write off the past, 'what a waste'	vs.	Pearl Dive – How has God redeemed my past?

Communicate hope. Radiate faith, hope and love.

Look hopeful. Let your eyes transfer hope. We want them to feel: this is different, there is hope here.

Sometimes they have no faith of their own and need to ride on ours. That is okay.

We maintain a blessing attitude and affirm them. We look for the pearl and bring it forth. We don't want to be too intense in our praise or they won't believe us. Too much positive is overwhelming.

Contain the counselee's pain. Let them pour out their feelings and hold it for them so they can see them. Don't try to fix or explain them, just let them talk. Let them unburden their heart, then they can go away relieved. The counselee then takes it to the heart of Jesus and gives it to Him to carry.

The counselor's basis for hope rests on the conviction that God is working in them already. The counselor also looks to God for faith. Faith is often a marker that He is calling us to work with this person.

**We come with the conviction that God is already at work** in people, including the unbeliever.

What have you been doing with this person Lord?

Then bless it.

- Bless with Eyes
- Bless with words – say something encouraging and positive (usually shaming internal dialogue)
- Bless their body with peace so they can start to feel safe again

Accept where they are; find common ground with them in their experience and feelings

How can I connect with them – what we can agree about? Look for a universal...

### 7 Universal Experiences every culture shares and their opposites

- **Faith / Disbelief** – not unbelief (I'm happy that God doesn't always believe the promises we make). Everyone has a desire to have faith in something (a partner, a supernatural being, etc.)
- **Hope /Despair** (Jerusalem, I wanted to collect you like a hen – Jesus was in despair over Jerusalem)
- **Love / Hate** (God hates sin)
- **Righteousness/ Anger** (God is also angry)
- **Peace / Struggle** (God struggled with the people of Israel)
- **Joy/ Sadness** (Jesus wept at the grave of Lazarus)
- **Human Fear/ Awe** (the fear of the Lord is the beginning of wisdom) when we stand in awe of a mountain <sup>1</sup>

Shared experiences or values give us a meeting place, a common ground, something we can bless and affirm in the other. "Look we are alike, we both struggle, etc...." "Look you are like God, He also angry about the abuse you endured."

We focus on how we are alike as humans, rather than different. Our values are contaminated by sin. But they are part of the character of God (whether they know that or not)

This shared value can then become a door for God, if the person is open to it. God has reserved for Himself, a place in the heart of every unbeliever and He wants to come home.

The counselor tunes into where the counselee is so she feels understood. The universal values are used to validate their feelings and experience.

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<sup>1</sup> Romans 14:17 Righteousness, peace, joy

1 Cor.13:13 Faith hope and love

Proverbs 9:10 fear of the Lord = awe

## **Respect: Control and Choice restored**

Counselee chooses

- what to talk about
- if there is prayer
- if they are touched
- where they sit
- what name of God to use in prayer
- can have eyes open
- no one standing behind them

Silver box – if it's too much we set it aside; model wise pacing (healing happens between 3 and 7)

Listen together; have silence so the counselee has a chance to experience God's presence and words

### **I bless what I see God doing**

If there is sadness then it is validated and blessed. We don't talk people out of that sadness, we give them a safe place to be sad.

- We look for the flow and bless it. What comes next? God is working, what is He doing? The Living Water is flowing from above to where?
- Listen to God, to my own intuition and body and observe the client.
- If they don't want to be blessed, I can radiate that blessing through my eyes. I can even ask them: What do you see in my eyes?

Focus on the beauty in them in the midst of chaos and let the Lord contain the chaos within His peace.

The counselor listens

- carefully and communicates understanding.
- to try to see from the counselee's perspective. How do they perceive the world? For example do they feel doomed to fail?
- to observe the counselee's emotions and their intensity.
- for their personality expressions such as of a younger age. Do they suddenly seem younger? Does the language change? Does the tone of voice change? Facial expressions? Ask them, "Are you sometimes acting younger than you are?"
- to watch for the counselee's defense mechanisms – how do they cope?
- for signs of traumatic expressions – physical manifestations of emotional or spiritual stress, for example the counselee's hand keeps clenching. The counselor might ask about it: what did you have to do? The hand is trying to tell a story. Once the counselee shares the story, the hand may relax.
- for when their tone becomes harsh (judgmental) or their voice raises. Don't comment but keep it in mind, something from the past is shining through. Tune into all these different aspects.
- to their own heart and body for the counselee's feelings

## **Cleansing**

The body is blessed, cleansed and strengthened through the prayer of blessing.

The heart is encouraged and faith is built as God's presence is experienced in the body.

Reassign blame to abuser: Whose poop is it when someone poops on you?

Makes friends with the body that has been an enemy

Cleanse through blessing:

- The body (of toxic memories)
- Anger
- Sexuality
- Grief
- Wounded child within

That which is blessed can be cleansed. That which is rejected cannot be healed.

## **The light shower**

One way to cleanse memories is through a light bath. This is based on 1 John 1: 5-9.

Ask God to walk with you through your body and to decide to turn on the Light in Jesus name, this will make cleansing very personal. Start with your toes and go part by part through your body asking the Lord to cleanse each part of it. It may trigger memories that you can ask the Lord to cleanse. Do it often to bring a new realization that your body is cleansed. Remember Jesus said: It's not what goes into a body that makes it unclean, it's what is in the heart.