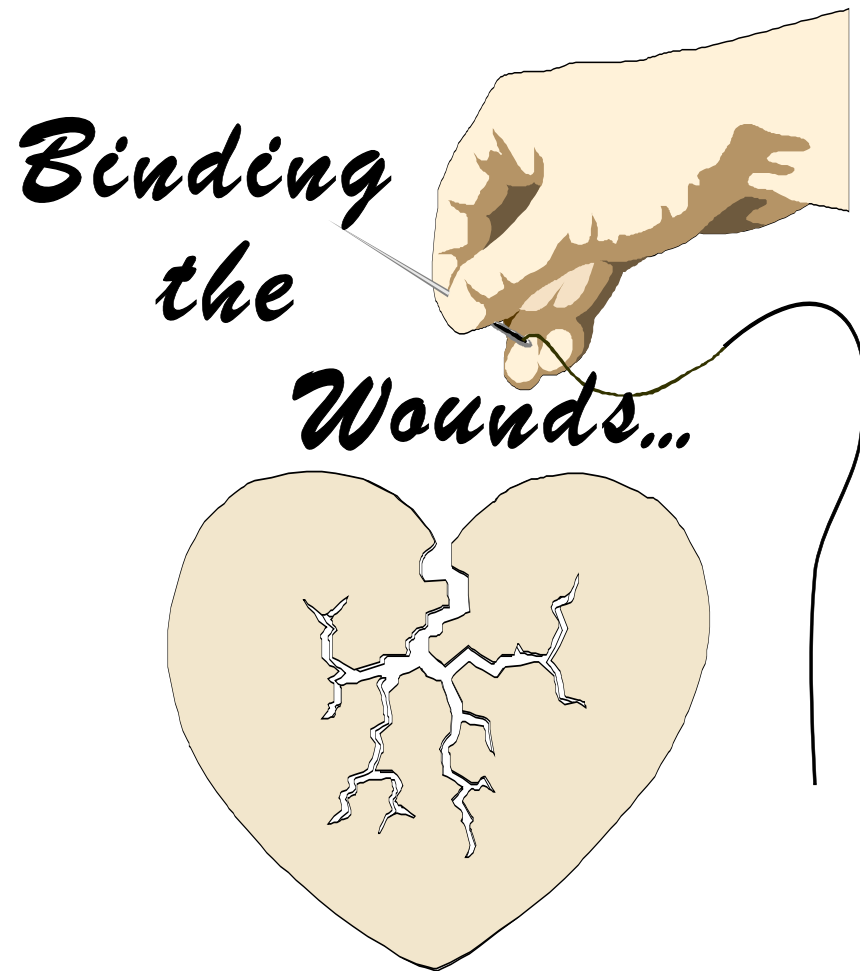


Class One



You are embarking on a journey, initiating a course of action, which will impact every day of your life from this moment onward. You chose to begin this process with a purpose in mind, just as most people who board a plane, walk up a gangplank or sit behind the steering wheel of an automobile have a goal or destination to be reached. Very few people make important decisions without cause.

Perhaps as you progress, the full extent of your need will be revealed to you.

It is wise for you to know at the outset that this journey may return you to memories long forgotten. It **WILL** teach you sound scientific and psychological information, and most importantly will either remind or inform you of the great spiritual truths taught in the Bible from Genesis to Revelation. These truths, long ago written for our ultimate benefit, have in many cases, been masked or even hidden from view by the intensity of the wounds to our bodies and souls. Some agonize for a lifetime under the paralyzing power of wounds received. While others seek to relieve the agony by the use of numbing agents so that denial becomes an easy escape.

The physical or emotional injuries we have received in life, regardless of their origin, create a painful loneliness, which is beyond tolerance for most of us . We can describe how it feels, we can rage over its injustice, we can wince at the prospect of being re-injured or we can weep uncontrollably when its enormity is all consuming. No other person can actually share it, feel it, take it away or truly understand.

All of your life experiences as well as the God-given mind print you possess, cooperate to make you think and feel as you do. Your thoughts are unique to you alone!

Only One, “despised and rejected of men” (Isaiah 53:3), “tempted in all points like as we are” (Hebrews 4:15), can truly feel our feelings and understand our thoughts. What is so amazing, is that He has the power to remove the pain which we cannot tolerate. As our sacrifice He could not rid himself of our pain was burdened Him. He had to carry it to the cross, and there sacrifice His life for the removal of our suffering, pain and sin. (Hebrews 12:2)

Sometimes it feels like God is silent in the hollow vacancy of our pain, and we wonder why He does not choose to relieve it. (Psalm 55:1-3) We find that even in the severest physical distress, when we are screaming for relief, or in excruciating emotional pain, when suicide would seem to be a welcomed escape, the gentle voice of God coaxes, “Endure a while longer - you will find the answer” (James 5:11). Our insistence on “having it our way,” our kicking and screaming for relief, nearly drowns out the gentle voice of a loving and relieving Father (Psalm 42). In our times of feeling helplessness, if we would just resign ourselves to God’s timetable, we would be able to receive the sweet anointing of God’s presence (Romans 8:28, Ephesians 1:23, John 1:4-7). He will give us light in our darkness (1 John 1:5-7) and hope in our world which feels so dim. (Romans 5:5)

As cruel as it may feel, there are lessons to be learned in our pain which cannot be discerned in our ease.

(Ecclesiastes 7: 2-4)



In the Mirror . . .

Notes

A.) As I understand it now, my purpose for joining this recovery group is:

B.) I am hoping to gain from this class: **(Be specific)**

C.) The specific incident or change in my life, or the burden

I am carrying, which brought me to the decision to begin my journey toward wholeness is:

D.) As I survey my current behaviors which seem to stem

from the lack of ease in my mind, the most troublesome ones are:



In the Word...

*"Listen to my prayer, O God,
Do not ignore my plea;
Hear me and answer me.
My thoughts trouble me and I am distraught
at the voice of the enemy,
at the stares of the wicked;
For they bring down suffering upon
me and they revile me in their anger.
My heart is in anguish within me;
The terrors of death assail me.
Fear and trembling have beset me;
Horror has overwhelmed me.
I said, "Oh, that I had the wings of a dove!
I would fly away and be at rest--
I would flee far away
and stay in the desert;
I would hurry to my place of shelter,
Far from the tempest and storm."
Psalm 55:1-8*

Looking back...



E.) What memory of fear from childhood is similar to my current fear?

F.) When I was afraid as a child, what did I do?

Notes



Looking back . . .

G.) If I could now tell my mother or father now, what I wanted to tell them as a child, the troubling experience I would share with them is:

H.) When I tried to share with a parent a painful experience or a fear, I recall they:

In the Mirror...



I.) The person with whom I currently share painful experiences or fears is:

J.) The feelings that arise in me when I cannot be heard are:



Homework . . .

*"A good name is better than fine perfume,
and the day of death
better than the day of birth.*

*It is better to go to a house of mourning
than to go to a house of feasting,
for death is the destiny of every man;
the living should take this to heart.*

*Sorrow is better than laughter,
because a sad face is good for the heart.*

*The heart of the wise is in the house of mourning,
but the heart of fools is in the house of pleasure."*

Ecclesiastes 7: 1-4

Looking Back . . .



1.) Think about a time of intense pain or suffering in your life. Write about that experience.

2.) What valuable lesson did you learn in that time of pain or suffering?

Closing Prayer

Dear Lord:

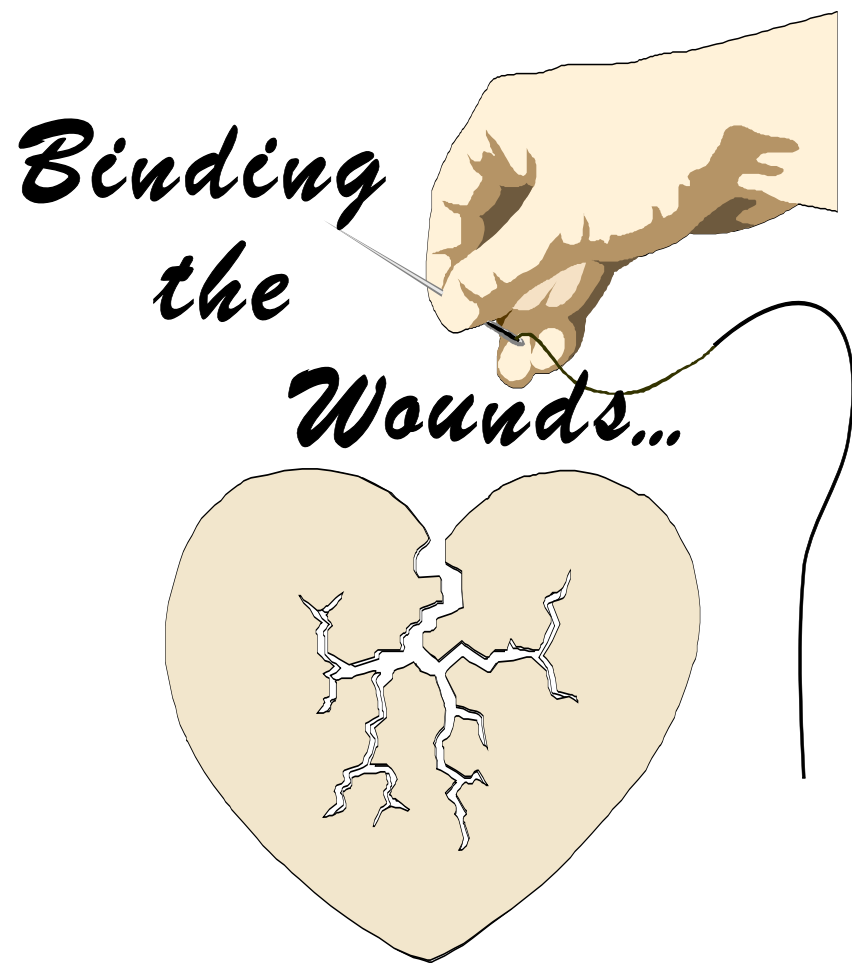
*Thank you for this group
and for the gift of recovery.*

*Please remind me often
that I am in the process of trusting you
to fulfill your promise.*

*Give me the faith to trust you for the recovery,
regardless of what I see or feel.*

Amen.

Class Two



When we hurt, our tendency is to revert to childish wants and needs. “Somebody kiss my boo-boo and make it all gone.” We call upon relief from sources which have previously helped in times of need. Mama should make *it* better with a glass of cold milk and two chocolate chip cookies. Dad should distract by a trip to the fishing hole or by handing us a hefty check for a new pick-up. As children, Grandma and Grandpa might have been able to ease the hurt with a new dress or a hot fudge sundae, or perhaps our best friend would lay with us in the tall grass of a meadow and allow us to empty our pain in tearful complaining until relief came. “Where are they now?,” we ask.

“And God, well He should just turn the water into wine or the five loaves and two fishes into a banquet for five thousand.” We may question why He doesn’t perform a miracle like He did when His spital was added to dirt, made into mud and used to bathe blind eyes, creating sight. And “if only we could graze the hem of His garment with the back of our hand, we could be made whole”, we think. “Why will no one fix me?,” we cry in desperation.

So, we develop behaviors to self-treat, to self-medicate. We buy new boats, cars, stereos, wives or husbands, or even new gods. We numb the pain through addictions to substances, religion, sex, or work. And somehow, the pain vanishes - but only for a moment, an hour, a day, a week or

The truth is that no person, place or thing can bring the permanent relief we seek. Nothing outside of our selves can fix or satisfy the wound our emotions. (Habakkuk 2:5) This is a work with which we must cooperate and participate. God’s manual for living contains the guidelines for success in turning our misery into God’s miracle. Within it,

we find the principles which guide us through a process of recovery (sanctification) (II Timothy 3:16).

Our woundedness finds itself expressed in four main ways:

1. **Feelings of worthlessness** plague every human at one level or another, and these orchestrate destructive and dysfunctional behaviors (Isaiah 6:5).

2. **Fears** manifested in anxieties, obsessions and compulsions or phobias taunt almost everyone to some degree, keeping them confined in an internal prison. (Psalm 14: 4-6).

3. **Anger**, ranging from resentment *to rage*, controls the daily experience of increasing numbers (Eccl. 7:9). Domestic violence, sexual assaults, drive-by shootings and even super-market struggles for a place in line have become common place in our society.

4. **Depression**, feelings of absolute hopelessness and the (unable to feel joy and a zest for life) plague countless thousands. Many live by the pill to elevate the mood, tranquilize the tension, lift the spirit and keep them getting out of bed each morning. (Psalm 6: 6-7)

When our pain is all-encompassing, we will devise methods to numb, avoid, dress it up or mask it. These behaviors are most often sinful (transgressing the law of God or separating ourselves from God) and are therefore destructive to self and others. Satan would keep us focused here and promote within us a driving force which compels us to sin in ever-increasing frequency and intensity - on the merry-go-round to nowhere - removing from us the privilege of experiencing an intimate relationship with his enemy, God (I Peter 5:8).

The author of life however, has a different agenda - one designed to bless us as well as guarantee our eternal sal-

vation. His plan is one of restoration; of returning us to the peace, love and joy which He originally was planned for us (John 10:10).

In order to enter into for this restoration, we must first **be willing to recognize our hurts**, or at least acknowledge the fact that we *could* have them (Jeremiah 17:9). To stubbornly insist that our life was absolutely perfect in childhood and that we have always had a peaceful and harmonious path, is to deny the validity of the Word of God and rob ourselves of being truly set free.

Living in an atmosphere of contentment and blessed assurance of eternity, is exactly the experience we will embrace as we process through this course of self-understanding.

Once we have come to the place of having a *teachable spirit* (Psalm 27:11), we need to **acquire knowledge**. God's word says so: ". . . My people die for lack of knowledge" Hosea 4:6.

Many in the Christian church have misunderstood exactly what knowledge was being spoken of here in the book of Hosea, substituting God's intent with their own interpretations. This passage speaks of the disloyalty and unfaithfulness of God's people, who seek after other lovers rather than remaining faithful to Christ and to each other as fellow believers. It refers to relationships with God and with each other, where cursing, lying, stealing, adultery and murder are the behaviors of the day. This is why God's people were dying then, and it is why they are living and dying without hope today. Hosea speaks of leaving a first love, deserting, behaving disgracefully and then returning to a life-saving love relationship. The 4th Chapter of Hosea, clearly describes these conditions

Factual and statistical knowledge benefits us, but we must take the next step of applying knowledge to personal

experience. It is at this point that we are greatly impacted.

Comparing what was then (in childhood) to what is now, will assist us to understand our mysterious thoughts, feelings, attitudes and behaviors in the present (Eccl. 11:10). It is when we understand the beginning years, that we can put them away and develop the maturity which God desires us to possess. Being truly honest isn't easy - it's frightening! It's easier to cover our pain so that no one else will really know. (Genesis 3:7) Hopefully, the recovery group you are now in, will assist you to truthfully look within.

The next step requires that you **actively resolve** those issues which separate you from experiencing peace (Ephesians 4:26). God's word has taught these principles and unfortunately, because we have not always adhered to them, we have sabotaged the mending of our fences, which would have brought us peace if we had known or adhered to the guidelines. In so doing, we still long for whole and healthy relationships with those we consider near and dear to us. What a loss!

As we progress through learning and applying knowledge to ourselves, as we use God's methods for resolving conflict, our emotional burden lightens and we begin to feel hope for the future. This is known as **renewal** - making the mind new again (II Cor. 4:16).

Recovery does not happen overnight. We do not take major issues to bed with us at night and wake up without them before breakfast. Slowly but SURELY, God gives us peace as we empty the pain!

We ought not to agree to go through a process such as this for the sake of jumping through procedural hoops in order to regain a lost or faltering relationship, or to endeavor to fix another person by cooperating, so that *they* will recover.

As we commit ourselves to and begin a recovery/sanctification (being made holy) process, our pain begins to subside, our relationships start to improve, hope revives and we find that the door, which previously appeared closed and locked, is opening and beckoning us into the presence of God.

It is Fixable!

Notes



Looking back . . .

Notes

A.) When I was a child, my _____ comforted me when I was hurting by:

B.) I recall, as a child, calling out for help and getting none.
Write about the experience:

C.) What experience in childhood gave me the message that God does not always answer my cries for help?



In the mirror. . .

D.) Currently, my tendency is to share / not to share
(circle one) what is really on my mind with others,
because:



In the mirror . . .

Notes

E.) Looking at the four ways in which woundedness is expressed, which thoughts, feelings or behaviors have I adopted.

F.) To my knowledge have I used methods to anesthetize my pain ?

G.) In order for God to heal me, I would have to allow Him to remove the following from my life:



Homework . . .

Of what or whom am I most fearful at the present time?

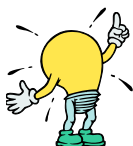
Why am I so afraid?

What ways have I used in the past or do I still use to run away or hide from troubling thoughts, feelings or experiences?



In the Word . . .

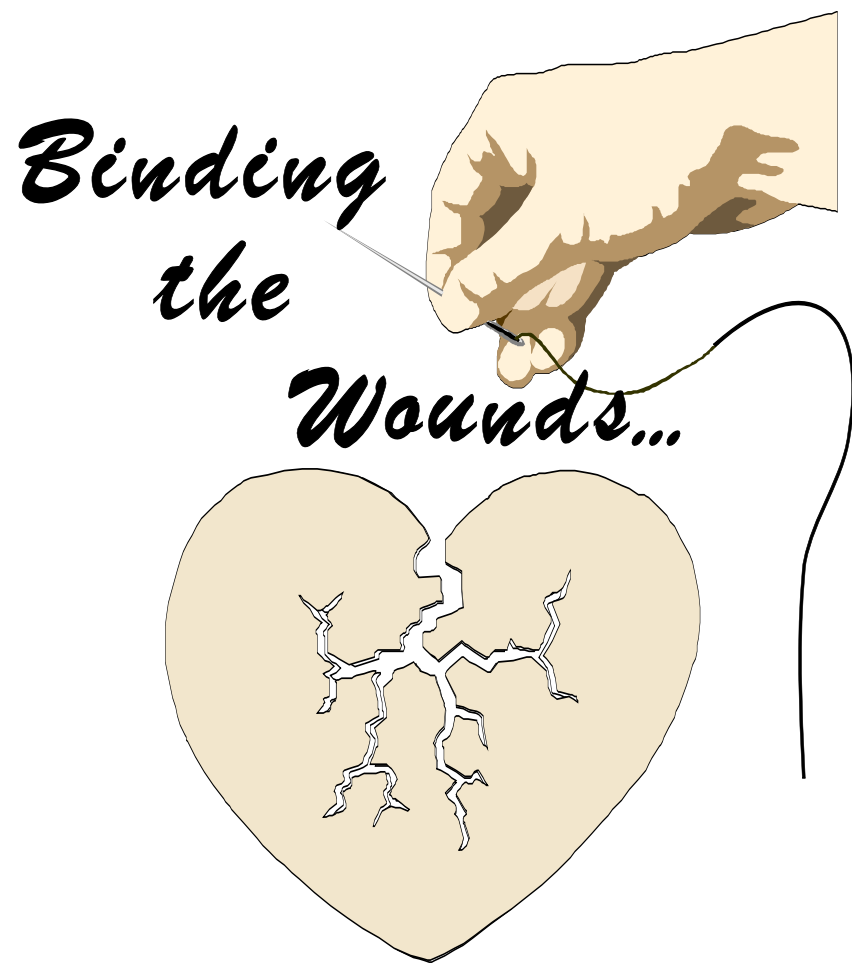
*I sought the Lord, and He answered me;
He delivered me from all my fears.
Those who look to Him are radiant;
their faces are never covered with shame.
Psalm 34:4-5*



Instructions . . .

Write a personal letter to the Lord based on this text.

Class Three





Looking back . . .

Notes

A.) Describe a significant experience of your life, which
Profoundly affected or enhanced your life.

B.) During your early childhood years, what important
event occurred, which has impacted who you are
today?



In the mirror . . .

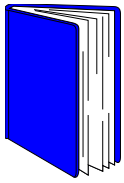
C.) What lesson, learned from the above experience, do
you still use today?

D.) According to your **feelings**, what value does God place
on you today?

None

0 1 2 3 4 5 6 7 8 9 10

Infinite



Define these . . .

Thought:

Belief:

Feeling:

Emotion:

Notes

E.) Which of these can be trusted to be truthful?

___ Thoughts ___ Feelings ___ Emotions ___ Beliefs

Why?



Looking back . . .

F.) Three lies I was told as a child which have negatively influenced my view of my worth and value:

1.

2.

3.



In the mirror . . .

Notes

G.) The lie at the core of my being is: (Be specific)

H.) The person who told me this lie is:

I.) Do I still believe the lie?

J.) I still hold on to believing this lie because:

K.) This lie has been "played out" in my life by:

L.) In order for me to give up this lie, I will have to:

M.) Am I willing to begin the process?



For you information . . .

People with Low Self-Worth usually . . .

- * Come from troubled, repressed or dysfunctional families.
- * Deny they came from a troubled family.
- * Blame themselves for everything.
- * Think they are not quite good enough.
- * Feel guilty about spending money on themselves or doing fun things for themselves.
- * Feel like victims.
- * Get artificial feelings of self-worth from helping others.
- * Settle for being needed.

Any of these sound familiar to you?

Check those that describe you.



In the Word . . .

N.) Prov. 31:10 says that the value of a good woman is:

O.) I read in John 3:16 that the value God the Father places upon me is equal to:_____

P.) Isaiah 43:4 states loving words about my value. They are: _____

God is disappointed when people place a low estimate upon themselves. He desires us to think of ourselves according to the price He has paid for us, the life of His own Son."

from **Desire of Ages**, pg. 668

Notes



Me

I am the only the I've got. I am unique.

There are two major parts of the."

There is the inside the "and the outside the."

The outside the "is what you see.

The way I act, the image I portray, the way I look and the things I do.

The outside the "is very important. It is my messenger to the world

and much of my outside the "is what communicates with you.

I value what I have done, the way I look, and what I share with you.

The inside the "knows all my feelings, my secret ideas, and my many hopes and dreams.

Sometimes I let you know a little bit about the inside the "

and sometimes it's a very private part of myself.

Even though there are an enormous number of people in this world,

no one is exactly like the." I take responsibility for the "and the more I learn

about myself, the more responsibility I am going to take.

You see, my the "is my responsibility.

As I know myself more and more, I find out that I am an OK person.

I've done good things in life because I am a good person.

I have accomplished some things in life because I am a competent person.

I know some special people, because I am worth knowing.

I celebrate the many things I have done for myself.

I've also made some mistakes. I can learn from them.

I have also known some people who did not appreciate me.

I do not need to keep those people in my life. I've wasted some precious time.

I can make new choices now.

As long as I can see, hear, feel, think, change, grow and behave,

I have great possibilities,

and I am going to grow and love and be and celebrate.

I am worth it!

Author Unknown



Homework . . .

Self Worth Exercises

Ten Character Assets

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Ten Physical Assets

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

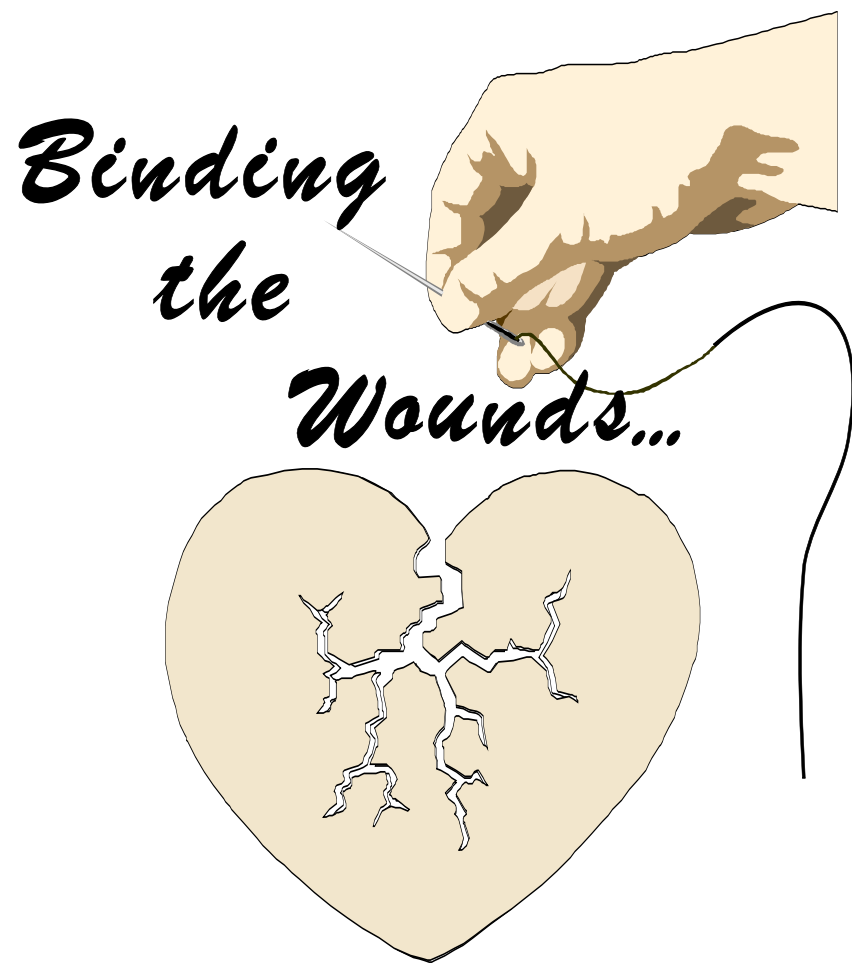
Ten People who Love Me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Ten Things for which I'm Grateful

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Class Four



"TIME" MAGAZINE

October 21, 1991

I believe that there is a devil, and here's Satan's agenda.

First, he doesn't want anyone having kids.

Secondly, if they do conceive, he wants them killed.

If they're not killed through abortion,

he wants them neglected or abused,

physically, emotionally, sexually . .

*One way or another, the legions of hell
want to destroy children because children
become the future adults and leaders.*

*If they can warp or wound a child, he or she
becomes a warped or wounded adult who passes on
this affliction to the next generation."*

Notes



In the Word . . .

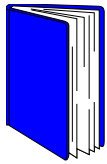
II Corinthians 11:14 - *For Satan himself* _____

Mark 4:15 - *Satan comes and* _____

II Corinthians 12:7 - *"...a messenger of Satan* _____

Revelation 12:9 - *Satan, who* _____

I Peter 5:8 - *Your enemy the devil* _____



Define this . . .

Define **Agenda:**

Notes



Looking back . . .

- A.) As I review my childhood, it seems that Satan's agenda for my destruction or damage included:
- B.) My following childhood behaviors may have been evidence of Satan's agenda being carried out in me:
- C.) An attitude I developed in childhood which still shows itself today is:
- D.) In childhood, the physical manifestations of damage, displayed in my body were: (i.e. weight gain, frequent illness etc.)



In the mirror . . .

- E.) My present physical evidence of early damage includes:



A Lost Letter

My Dear Wormwood,

The following instructions shall help you to proceed in handicapping your convert's effectiveness in the Enemy's kingdom. One of our great allies at present is her perception of herself. It is your task, therefore, to feed her poor self-esteem. Already she wastes time primping in front of the mirror and worrying about her looks.

You must continue to encourage her to compare herself with so-called "spiritual giants" whom she admires. This will eventually immobilize her. When she feels inadequate she will no longer attempt anything for the Enemy's kingdom because of her fear of failure. Her warped self-image will lead to unhealthy relationships and hinder her ability to love others. The more often she tells herself that she is a bad person - that she's not competent - the more easily she will feel threatened by others. This will turn others off to the Enemy and his loathsome Christianity.

Ultimately, her relationship with the Enemy Himself will be adversely affected. Since she is not satisfied with how the Enemy has created her, her intimacy with Him will be destroyed and she will find it difficult to trust the Enemy, pray to Him or read that detestable Book.

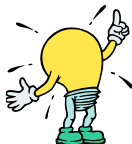
Finally, emphasize her weaknesses so repeatedly that she begins to believe that she is unimportant to the Enemy. This will push her to compulsive striving to please Him through her own accomplishments. Her work will no longer be motivated by faith, but by a dislike for herself.

Confuse her so that she never feels forgiven. If you successfully convince her that the Enemy is never pleased with her, she will grow weary and give up altogether. But, more of this in my next letter.

*Your affectionate uncle,
Screwtape*

"The Screwtape Letters," by C.S. Lewis, is a fictitious diary of scolding letters from a mature demon (Screwtape) to his young nephew (Wormwood). It is Wormwood's job to keep a recent convert to Christianity from being productive for Christ (the Enemy). Screwtape's letters point out where Wormwood has failed or missed an opportunity. I have often mused that there must be a missing appendix to these letters somewhere, that reads like the above.

Author: Beth D. Severson



Instructions . . .

Underline the phrase or sentence that stands out to you.

E.) I underlined this phrase/sentence because:



In the mirror . . .

Notes

G.) Reading in the "Lost Letter" the results of Wormwood's attack on the "woman", I compare myself as follows:

Check each item which applies.

- _____ Poor self-esteem
- _____ Concerned about appearances
- _____ I compare myself with others
- _____ Immobilized by negativity
- _____ Feel inadequate
- _____ Not active in the service of God
- _____ Fear of failure
- _____ Unhealthy relationships
- _____ Ability to love others hindered
- _____ Feel threatened by others
- _____ Turn people "off" toward God
- _____ Poor relationship with God
- _____ Difficulty trusting God
- _____ No desire to read the Bible
- _____ Difficulty praying
- _____ Feel unimportant to God
- _____ Constant striving to please God
- _____ Motivated by self dislike
- _____ Never feel truly forgiven
- _____ Weary of striving for a relationship with God



In the Word . . .

Notes

Jeremiah 29:11 -

Job 42: 1 - 2

H.) The plans that I feel God has for me are:

I.) The roadblocks which I have erected to prevent God
from fulfilling His plans in my life are:

J.) In order to remove the roadblocks, I will have to:

*As you come to Him, the Living Stone - rejected by men
but chosen by God and precious to Him,
you also, like living stones, are being built into a spiritual house
to be a holy priesthood, offering spiritual sacrifices,
acceptable to God through Jesus Christ."*

I Peter 2: 4 - 5

*being confident of this, that he who began
a good work in you will carry it on to completion,
until the day of Christ Jesus."*

Philippians 1:6



Homework . . .

Damage Control Inventory

The following questionnaire is ***not*** designed to determine how dysfunctional your family was, but to help you understand the effects that your early childhood had on you. It focuses not on your parents or your family but on yourself. It is not, so much, the purpose to look backward as it is to look inward. Working through this questionnaire will not give you reasons to resent your past, but give you insight and information for improving your present and future.

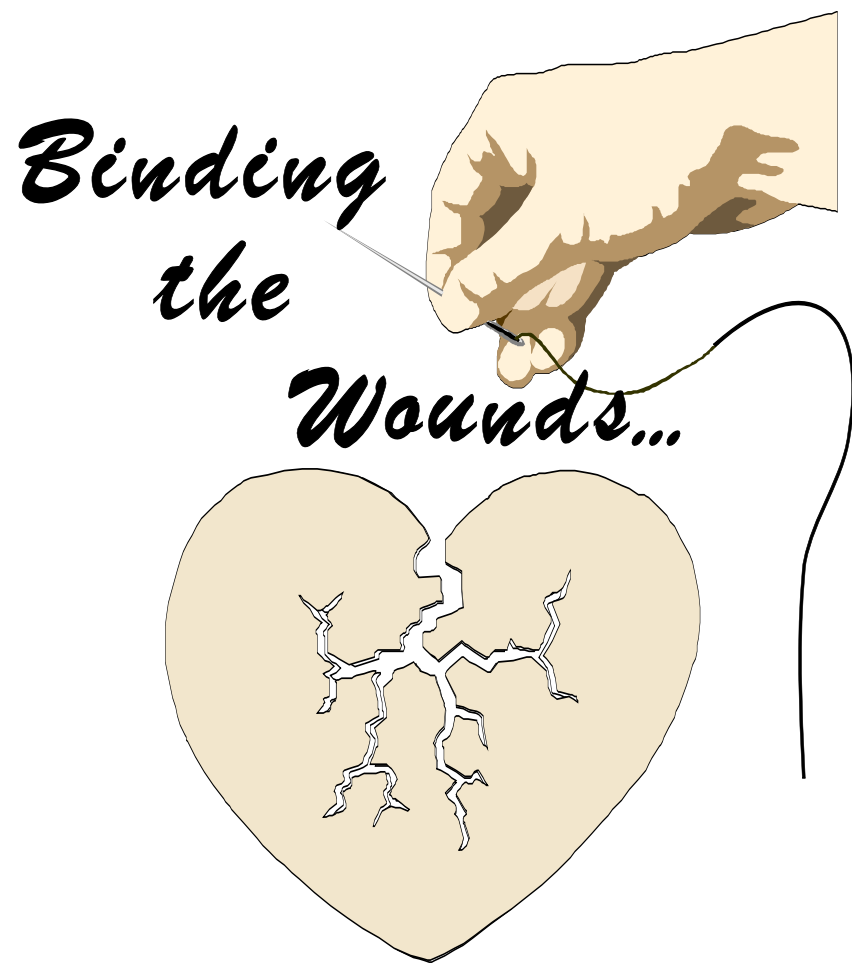
Answer each statement with a 'yes' or 'no'

1. _____ I often feel unloved even though I am surrounded by people who care about me.
2. _____ I often feel a general sense of unhappiness and cannot pinpoint why.
3. _____ In many situations I am not sure what is normal.
4. _____ I often feel I don't get treated fairly.
5. _____ I have an abiding fear that I won't get enough of what I need.
6. _____ I often feel guilty without knowing why.
7. _____ I very often experience fear that others will "find out" the truth about me.
8. _____ I am often impatient with others, reasoning that they consider themselves superior to me.
9. _____ I fear others' anger and will go to extremes to avoid anger.
10. _____ I often experience a general rage toward life.
11. _____ My anger is often vented on those who are not the cause of the anger.
12. _____ In relationships I greatly fear and expect that I will be abandoned.
13. _____ I usually expect nothing to work out well for me.
14. _____ I often question whether a situation is abusive.
15. _____ I find it easier to suffer abuse than to confront abusive situations.
16. _____ My first tendency is to deal violently with conflict.
17. _____ I find it difficult to ask for what I need.
18. _____ I frequently feel that I do not belong.
19. _____ I feel inferior to most people I meet.
20. _____ I often feel a need to prove myself.
21. _____ I often refrain from activities I would like to undertake for fear of failing.
22. _____ I find it difficult to relax and do nothing.
23. _____ I find it difficult to express feelings.
24. _____ My emotional life is generally flat; I experience few feelings.
25. _____ I am often involved in relationships that fail.
26. _____ I cannot recall much, or any, of my past (especially childhood).
27. _____ I often apologize or feel I should, even when I know I am not at fault.
28. _____ I minimize my accomplishments no matter how well I have performed.
29. _____ I have a difficult time making decisions about my personal life.
30. _____ I feel vulnerable if I don't get constant affirmation of my worth.

Damage Control Inventory (pg. 2)

31. _____ The need to make commitments in a personal relationship fills me with dread.
32. _____ I find myself fearful of committing to a relationship, while still needing others to commit to me.
33. _____ I live in fear that my children will suffer the same fate as I have.
34. _____ I seem to frequently trust untrustworthy people.
35. _____ I frequently confuse pity with love.
36. _____ I remain loyal to untrustworthy people no matter how much damage it causes me.
37. _____ I never know when I have done enough work.
38. _____ I often pretend to have feelings I don't actually experience.
39. _____ I tend to become sexually involved in relationships before I know they are healthy or safe.
40. _____ I feel intense anxiety if I am not involved in a romantic relationship.
41. _____ I have often watched how others act and then copied their behavior rather than act spontaneously.
42. _____ I worry a great deal of the time.
43. _____ My pattern seems to be to throw myself wholeheartedly at impossible tasks.
44. _____ My self-worth is based on approval from others.
45. _____ I frequently feel I have let others down.
46. _____ I seem to live from one crisis to another.
47. _____ I seek relief from anxiety by engaging in compulsive behaviors.
48. _____ If I sense I am not unconditionally loved by everyone, I feel there is something drastically wrong with me.
49. _____ When I feel unloved, my pattern is to isolate from other people.
50. _____ When confronted by conflicts and problems, I tend to limit my options, often feeling there is really nothing I can do.

Class Five



Recovery

Notes

*In the process of recovery,
we look at the past to discover the truth
about the present.*

*One cannot hope to alter history,
to change the memories
or delete the damage done to us.*

*However, God who is omniscient
(controls the past, present and future)
can so alter the present
that the pain is removed
from the past.*

Nancy A. Rockey



In the Mirror . . .

A. If I could be certain that God would remove one painful experience for me, I would ask Him to remove:

Looking back . . .



B.) If one negative childhood experience could be erased, I would choose to erase:



Looking back . . .

Notes

C.) As Ron and Nancy shared their childhood circumstances, a positive memory which surfaced from my childhood was:

D.) As Ron and Nancy shared, a negative memory that surfaced from my childhood was:

What was then, is now."

E.) In my own words, the statement in the above box means:



In the Word . . .

Notes

*I, the Lord, have called you in
righteousness;
I will take hold of your hand.
I will keep you and
will make you to be a covenant
for the people and
a light for the Gentiles,
to open eyes that are blind
, to free captives from prison
and to release from the dungeon
those who sit in darkness.*

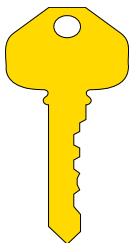
*I am the Lord;
that is my name!!"*

Isaiah 42: 6-8



In the mirror . . .

F.) Somewhere, hidden deep inside me, there is a locked compartment filled with pain and hurt. I seldom or never open or look at it. The key (what I need) to unlock and open it is:





Childhood Dues

The truth about our childhood is stored up in our bodies, and although we can repress it, we can never alter it.

Our intellect can be deceived, our feelings manipulated, our perceptions confused, and our body tricked with medications, but someday the body will present it's bill, for it is as incorruptible as a child, who, still whole in spirit, will accept no compromises or excuses, and it will not stop tormenting us until we stop evading the truth.

**"Then you will know the truth,
and the truth will set you free."**

John 8:32

Instructions . . .

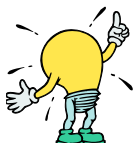
Self Examination

First it is important to learn the practice of consciously observing ourselves. We need to realize that no matter what the thought, feeling or action we are presented with, it is merely a reflection of who we are. The are not us, because we are much more than the sum total of all the thoughts, feelings and actions we experience.

Second, we need to identify who we really are. The secret of all spiritual work is that of identification. All spiritual traditions aim towards this goal of anchoring our sense of identity in the Eternal. The ability to hold this inward identity, despite any outward events, is what leads to spiritual maturity, inner peace and poise.

Third, because we are identified with the Eternal, we need to embrace every aspect of our being, with utmost compassion. In this way we become a healing presence for ourselves, and also those around us. Our be-ing-ness radiates a quality of deep insight and connectedness with the whole, something for which all spiritual teachings have us strive.

**In the Notes section, rewrite the above in
your words.**





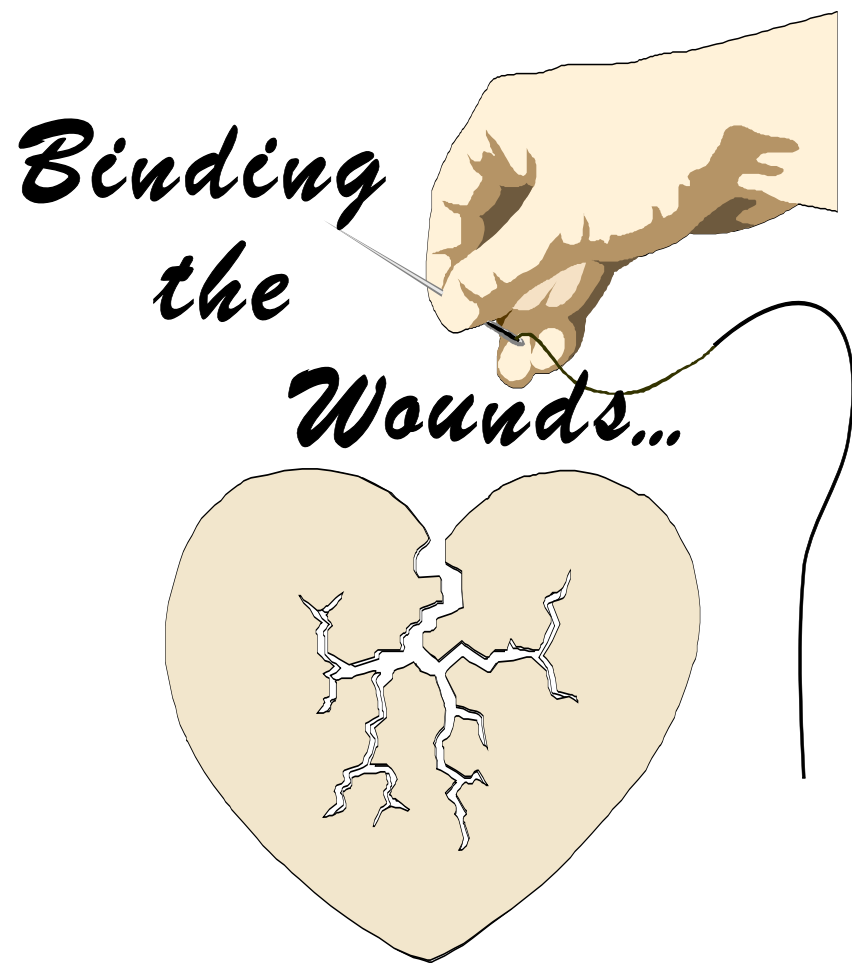
Homework . . .

Write on pages 6 and 7, the story of your early childhood (Birth to Eight Years)

This is an important exercise. Be sure to do it!

My Childhood

Class Six



Basic Needs of a Child

Be sure to score according to the attitudes and behaviors within the family - not out in public.

Mother Father

1. ____ ____ **Mother and Father** present physically and emotionally.
2. ____ ____ **To be loved - and to love.**
3. ____ ____ **Acceptance** - to be received, heard, included & considered important.
4. ____ ____ **Affirmation** - words and acts of encouragement and/or praise.
5. ____ ____ **Support** - a supply of strength and encouragement to achieve.
6. ____ ____ **Trust** - to be able to rely on the primary care givers.
7. ____ ____ **Knowledge** - receive knowledge/instruction according to age/need.
8. ____ ____ **Safe and Nurturing Touch** - without fear of pain or invasion.
9. ____ ____ **Direction** - training for self government - decision making.
10. ____ ____ **Participation** - active time and caring devoted to the child.
11. ____ ____ **Sense of Security** - consistent, peaceful, routine & happy home.
12. ____ ____ **Wings** - freedom at the appropriate age and maturation level.

Give each parent a score from
(Never / poor) 1 _____ 10 (Always / excellent)

Notes From Video



Looking back . . .

Notes

- A.) At the beginning of the tape, Rockeys briefly discuss their early marriage. For each of them, something learned in childhood is brought into adult to color their view of life or relationships.

The memory I recall from childhood which still influences me is:

- B.) My accurate memory of childhood goes back to about age _____.

***We are not responsible for what comes to us -
only for what we hold onto.***

- C.) Re-write the above sentence, as it relates to your experience - in your own words: (What are you holding onto?)



Circle the numbers of the questions to which you would answer *yes*.

Inventory

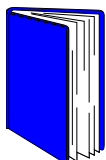
1. In childhood, I was afraid of my parents.
2. I felt like I had to walk on pins and needles sometimes to keep my parents from getting angry.
3. My parents hit, slapped, choked and/or pushed me (not spanking).
4. I felt like I deserved to be punished.
5. I sometimes felt that I had done something wrong, but couldn't figure out what I had done.
6. I have lost all respect and love for my parents.
7. My parents were very good to me most of the time, sometimes downright wonderful, but occasionally, very cruel and scary.
8. Sometimes my parents drove me crazy or made me feel like I was going crazy.
9. Sometimes I used to think of ways to kill my parents.
10. There was a time or two that I feared my parent(s) would kill me.
11. I have been told by my parent(s) that they would kill me.
12. There was a time when one of my parents threatened to commit suicide.
13. I have thought that suicide would be a good thing for me, because everyone would be better off without me - actually better off if I'd never been born.
14. I believe that I was abused as a child.
15. I have, in the past, been forced by my parents to do something I didn't want to do.
16. Because I love my parents, I have put up with thing(s) that I felt were wrong or made me feel uncomfortable.
17. When I was a child, I sometimes felt isolated, like there was no where to turn for help, because no one would believe me anyway.
18. I have lost a job in the past, because of my parents.
19. In childhood, and sometimes now, I feel emotionally numb.
20. I felt that I had to say that I was doing OK, even though I wasn't.
21. In childhood, I was afraid to tell anyone about what was happening in my life, because I was afraid that my parents would get in trouble or even have to go to jail.
22. I feel that I am better and smarter than those people who were abused.

If you found yourself answering "yes" to several questions,

**even if you think there are *good reasons* for your answer,
you were damaged in childhood, and it **DOES** affect your adult relationships.**



Homework . . .



Define this . . .

Perception:

Re-written in my words:



Looking back . . .

Mother Perceptions

I loved her _____ I hated her _____
She had faith in me _____ She smothered me _____
She was proud of me _____ I could never please her _____
I could confide in her _____ She didn't understand me _____
She was generous _____ She was tightfisted _____
She was selfless _____ She was self-centered _____
I wished she would die _____ I wanted her to live forever _____

Father Perceptions

I loved him _____ I hated him _____
He had faith in me _____ He smothered me _____
He was proud of me _____ I could never please him _____
I could confide in him _____ He didn't understand me _____
He was generous _____ He was tightfisted _____
He was selfless _____ He was self-centered _____
I wished he would die _____ I wanted him to live forever _____

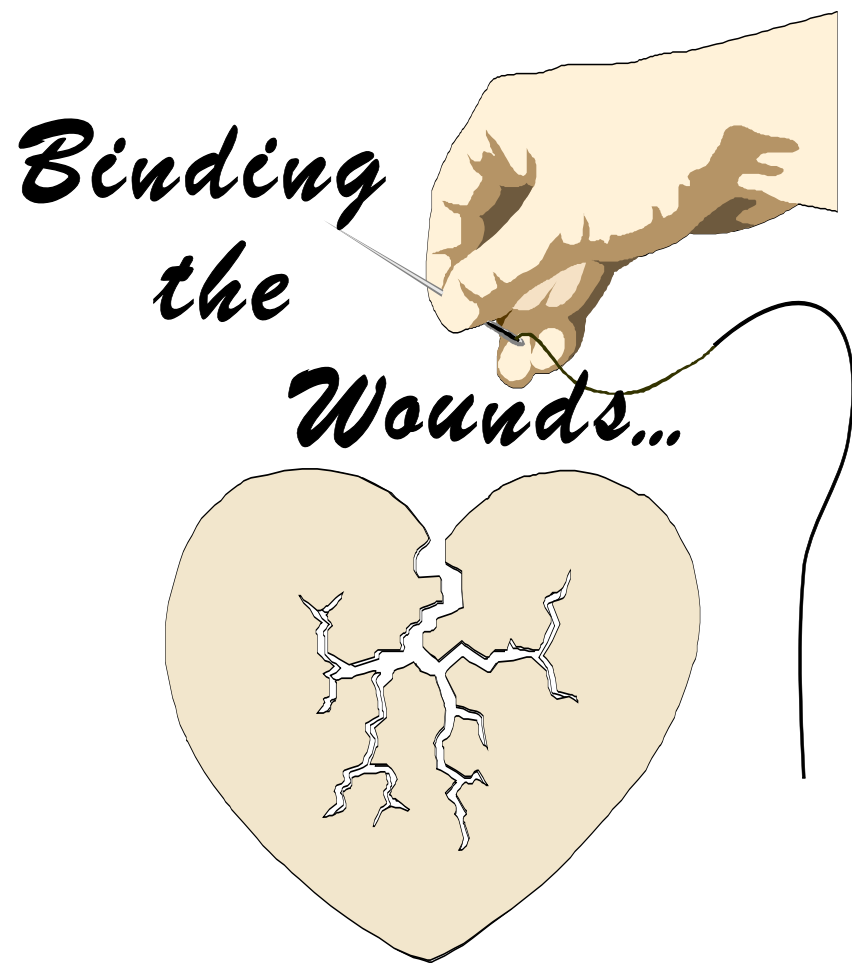
Place a "star" on the line where your feelings/perceptions are.

Be sure to do this homework!!!!

***Write a letter to either of your parents regarding your feelings as a child
about: The love you felt he/she had for you.***

This letter is NOT to be sent.
Write it on this form.

Class Seven





Looking back . . .

- A.) What do you know about the circumstances of your birth - the delivery process and the time after?



In the mirror . . .

- B.) **When** you look in the mirror at yourself, to what animate or inanimate object would you compare yourself?

Why?



Looking back . . .

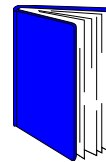
- C.) Looking back to early childhood, to what adult do you feel you were bonded?

- D.) What attribute made bonding with this person easy?

- E.) With whom in childhood did you have a relationship which felt like a **bind**? (hurtful or constricting)

Why?

Notes



BOND: a uniting force or tie; a link
(usually involves trust)

BIND: to compel, obligate or unite,
as with a sense of moral duty
(Often does not include trust)



In the mirror . . .

- F.) What visual memories from childhood occasionally come up in memory and cause you stress or discomfort now?



Looking back . . .

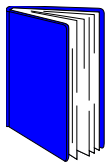
- G.) Looking back on your early childhood, what sounds do you recall as being prevalent in your environment?
- H.) What sounds were upsetting or irritating to you?
- I.) Describe an incident when sights or sounds caused your parents or other family members to become angry:



In the mirror . . .

- J.) What sights or sounds are irritating to you today?
Why?

Notes



Define this:

Notes

Empathy:



Looking back . . .

K.) Who in your childhood demonstrated empathy toward you, or modeled it with someone else in your presence?



In the mirror . . .

L.) Who in your relationships today, demonstrates empathy toward you?

M.) To whom do you demonstrate empathy?

Do you empathize more in intimate relationships or casual ones?

Patterns of Feeling and Relating

Leftover Feelings - *The type of parent we had and the way we felt toward him/her will determine our choice of a life partner. We will choose like or unlike the parent of the opposite sex. Even though we may not find ourselves consciously thinking about that parent, our partner choices are made through the **filter** of our childhood experiences and feelings.*

*Once into the marriage relationship, we may find ourselves in trouble. If we married a partner **like** our parent, we will resent them every time they do something that reminds **us** of our parent. If we marry someone **unlike** our parent, their behaviors will be foreign to us, and will cause us distress in the marriage.*

*We find ourselves actually experiencing our mate as though they **were** the parent with whom we had difficulty. This is called TRANSFERENCE. It is our tendency to direct feelings toward people in the present that should really be directed toward people in our past.*

"If someone hurts us, and we fail to work through our wounded feelings, we will distort future relationships that appear even close in character to the one in which we were hurt.

If we have unresolved feelings toward our real parent, we need to deal with that relationship".

Patterns of Relating - *It is necessary that we understand the dynamics and patterns of relating that we learned from our parents. These patterns of relating, called dynamics, are like maps laid down in our brains; they determine how we will operate in different kinds of relationships and circumstances.*

The Bible says that we repeat unhealthy patterns of relating until we take ownership of them and work through them. (see Mark 7:8-9)

*Patterns such as **avoidance, control, compliance, dominance, passivity, aggressiveness, over control, mistrust** and a host of others can become hard-wired into our brains. We were designed to take in the patterns we observe, and they were to become the templates for our lives. That's what parenting is about—modeling. We internalize the ways of our parents, and then live by them.*

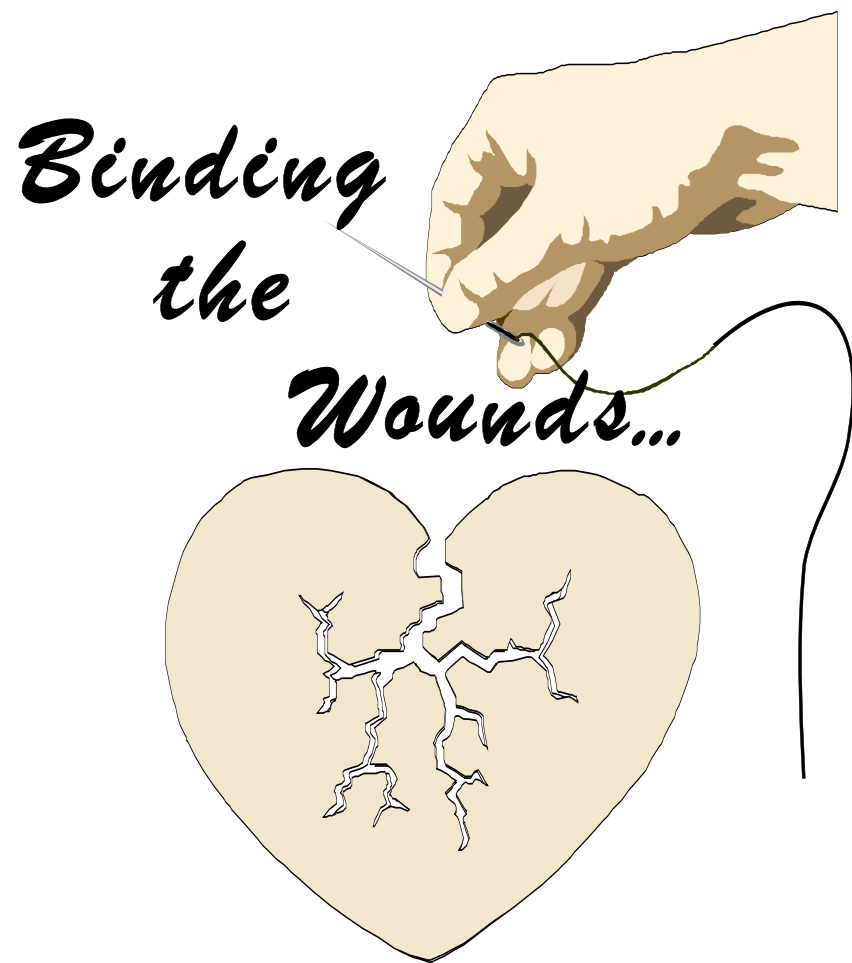
We need to become aware of our dynamics and patterns and change them into more helpful and healthy ones.

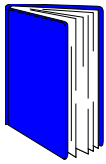


Homework . . . Important Work!

Using the reading on Page 5, write about the Patterns of Relating which you learned from childhood, how you learned them, and how you use them today.

Class Eight





Define these . . .

Mind:

Conscious:

Sub-Conscious:

Conscience:

Notes



In the mirror . . .

A.) Relate a recent time, when you had an emotional or physical reaction which seemed to come from "out of the blue". (i.e. response to sight, sound, smell, taste or touch)

B.) As you recall that reaction now, can you relate it to an experience in your childhood? _____
Describe:



In the Word . . .

Notes

“We know that the law is spiritual; but I am unspiritual, sold as a slave to sin.

I do not understand what I do. For what I want to do I do not do, but what I hate to do.

...As it is, it is no longer I myself who does it, but it is the sin living in me. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

For what I do is not the good I want to do; no, the evil I do not want to do - this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me who does it.

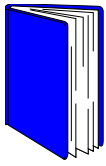
So I find this law at work; When I want to do good, evil is right there with me”!

Romans 7: 15-21 (NIV)



Instructions . . .

Re-write the above text in your words, relating it to yourself



Complete these definitions . . .

Notes

Repression is a God-given _____ to
hide a _____ from the past, which
could _____ if it should resurface.

The Mind is a _____ - _____ collection of
_____ of _____ the _____ moment.

The formula on which the mind works is:
_____ yields _____.

What was then, is now!



Looking back . . .

C.) I recall a time in early childhood, when I was very
angry. The circumstances which created that anger
were:



In the mirror . . .

D.) When I become very angry now in adulthood, the
emotion usually triggering that anger is:

E.) The hurtful feeling which most often triggers my anger
is:

It's Fixable!

**ANGER is not a primary emotion.
It is a secondary response
to a primary feeling.**



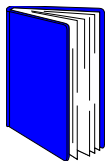
In the mirror . . .

Notes

F.) The hurtful feeling which most often triggers my anger is:

G.) Honestly looking inside myself, I realize that I have brought childhood baggage into my current relationships, especially the most intimate relationship I have. One example of making my significant other pay for what was done to me in childhood is:

That which I know about myself, I can change by God's grace.



Define this . . .

GRACE - the unmerited, divine assistance of God for the regeneration and sanctification of mankind.
(according to Webster)

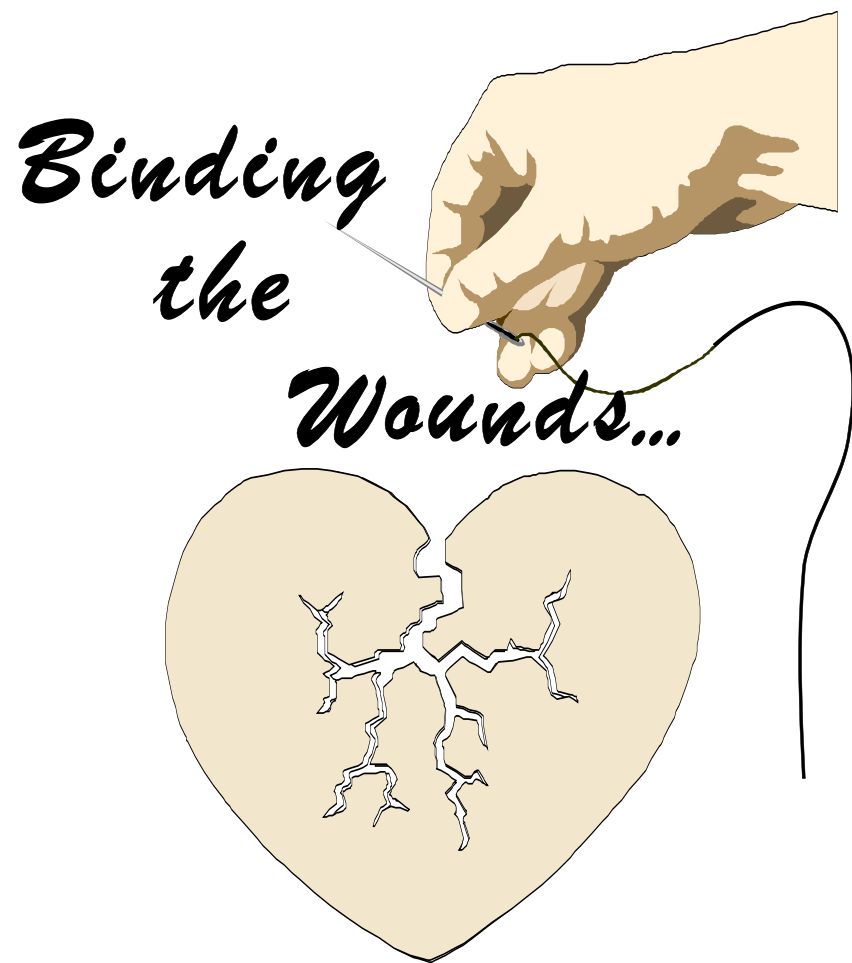
Grace: Titus 2:11 & 12

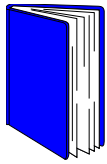


Homework . . . Important Work!!!!!!!!!!!!!!

On this page, write a letter to the person with whom your are in closest relationship, in which you apologize for the specific ways you look through the filter of your past, and have hurt him/her.

Class Nine





Define this . . .

Enmeshment:

Enmeshment can be seen as:

Detrimental - "They make so many demands"

Enriching - "My folks are so generous with their money"

Denial - "I don't have a problem; I never see them!" **THEM**"

Notes



In the mirror . . .

A.) In the video just seen, a question was asked regarding a dysfunctional family and enmeshment with them.

As I view my family of origin

I see myself as:

separate from them or *enmeshed with them*?

Circle correct answer

B.) The evidence which backs up my answer is:

C.) The way in which I am enmeshed with my family is:

D.) The process of recovery creates a change of our view of our parents. The change is:

_____ > _____ > _____



In the mirror . . .

E. As I recover I am beginning to distance from some of the behaviors and words heard in childhood, that continued to hurt me or others.
The specific changes I am making are:

F.) I am no longer believing some negative things said to me in childhood, such as:

In the Word . . .



John 17:20 - 24

G.) Having read this text, I now realize that regardless of how my parent may have viewed me, God's view of me is:

Notes

Science has discovered that there is an atmosphere which surrounds every individual, and is called an "aura". It can be pictured with special cameras.

Another term for it is "atmosphere". This atmosphere is charged with our thoughts and our feelings.

Notes

H.) On the tape, it is likened to _____

I.) As we recover, the signals we emit begin to change.
Also, we are no longer attracted to deeply damaged people as we once were. Our behaviors begin to _____ as we change the lie at our core to _____.

J.) Sometimes as we recover, we begin to _____ friends because our _____ are no longer based on our need to cover the _____ at our core.

K.) We discover that many have been our friends because of what _____ from us.



In the mirror . . .

L.) An example of how my relationships are beginning to change is:



Victim to Victory

Changing Victim Phrases

1. *I can't*"- These words originate in fear or lack of hope. These factors often hinder us from moving on with life. "I can't" says that you have no control over your life.

Instead say - *It's worth a try!*

2. *That's a problem*"- Sometimes we say "he's/she's a problem." Those who see circumstances and people as "problems" are immersed in fears and hopelessness. Life is full of barriers and detours - and they are opportunities to learn and grow.

Instead say - *That's a challenge!*

3. *I'll never..*"- These words are the anchor of personal stagnation. They signal unconditional surrender to life's circumstances and give God no opportunity.

Instead say - *I'm willing to try!*

4. *That's awful*"- This is an inappropriate over-reaction that holds us back. It's problem focused rather than solution focused.

Instead say - *Let's see what we can do about the situation.*

5. *Why is life this way?*"- a normal response to major setbacks, but many never move beyond it to recovery. A companion statement is "Life isn't fair". It's true—life is unpredictable, unfair, and not always as we want it to be. But our response to it is our choice. The healthiest choice is found in James 1:2-3.

Instead say - *This trial is part of the process of my perfecting. Teach me, Lord!*

6. *If only . . .*" This phrase imprisons us in lost dreams, the past and unfulfilled expectations.

We need to be ushered into the future! Give up regrets, and get on with life!

Instead say: - *Next time!*



Homework . . .

Answer These

1. My vision for my relationship with the person closest to me is:

2. My vision for incorporating God's word in my life is:

3. The blessings from God which I would like to experience are:

4. The way I would like to be a blessing to my spouse or significant other is:

5. The way I would like to be a blessing to my parents or children is:

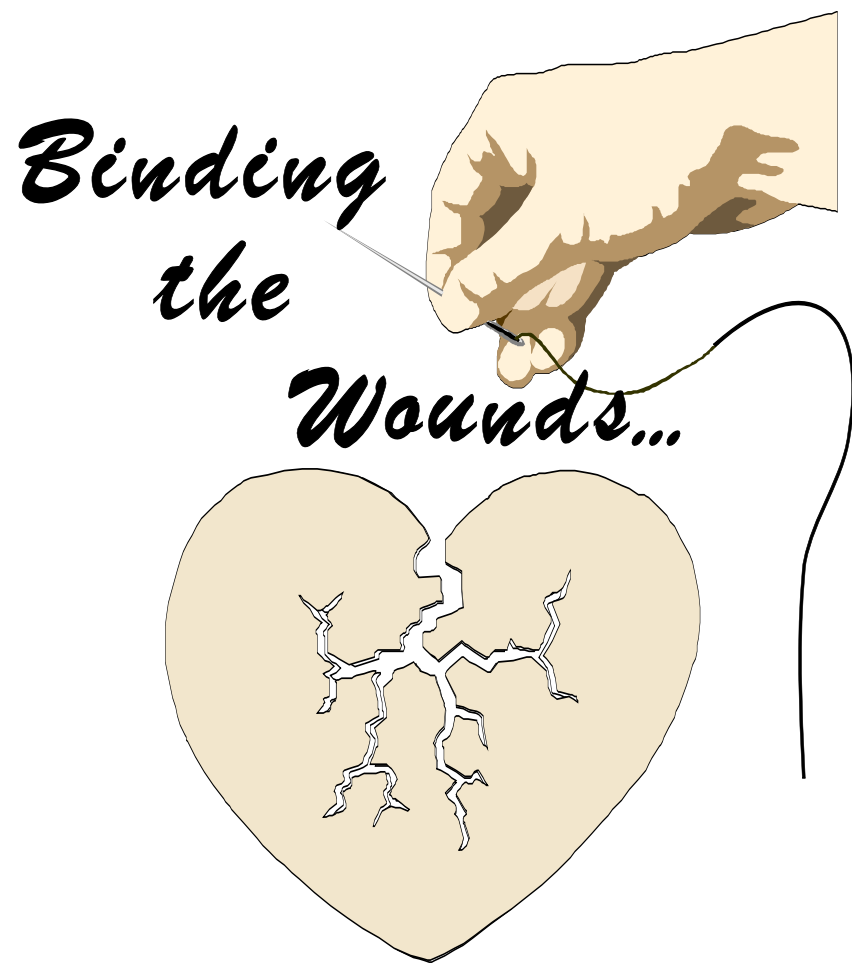
6. My vision for my thought life is:

7. My vision for my emotional life is:

8. My vision for the next year of my life is:

9. The Bible text which I have chosen as a promise for this recovery process is:

Class Ten



The Limbic System

Notes



Instructions . . .

Fill in the blanks

- A.) The **Thalamus** is a _____ mechanism, which sends information to other parts of the Limbic System.
- B.) The **Neo-cortex** is a _____ .
- C.) The **Amygdala** is the seat of _____ or _____
- D.) The process is that a stimulus comes to the brain through one or more of the senses or emotions, and goes directly to the _____. The Thalamus sends some information to the _____ for filing (future use) and some to the _____, the headquarters of our _____.
- =====

Damage occurring in early childhood, short circuits the sending of information to the Neo-cortex. Most of the information is sent directly to the amygdala, for survival.

Because of this, our responses in later life are mostly knee-jerk, emotional reactions, void of logic.

A stimulus comes to a damaged person from the outside world, and the reaction they have is on an emotional level rather than logical. Such damaged individuals can have minimal or no reaction at all (void of logic or emotion). These individuals are severely damaged.

Such behavior can be seen in a Catatonic Schizophrenic, who is curled into a fetal position, in a world of their own, and non-reactive to outside stimuli, including pain or discomfort.



In the mirror . . .

Notes

E.) In the last few weeks, I had an emotional reaction to a stimulus. It was when:

F.) If I would have given myself time and opportunity for logical thinking, I would have:

G.) From this experience I learned:



Looking back . . .

H.) In childhood, I felt like I did recently when:

I.) The way that my childhood experience differed or was the same in my reaction was:

What was then, is now!

Remember?

Notes

- J.)** In Ron's story about supper being 5 minutes late and his reaction of leaving to go eat at a restaurant, what was the old emotion which surfaced, which prompted his decision to leave?
- K.)** By leaving, Ron was taking _____.

**In childhood, when damage occurs, it is most often
outside of the control of the child.
In adulthood, we become the slaves of the memories
and past emotions. In order to survive,
we **take** control.**

- L.)** When I take control of others, I forfeit _____.

When childhood is out of control, adulthood takes control!

The Price I Pay To Be In Control

The loss of:

1. The relationship
2. Time
3. Money
4. Intimacy
5. Caring
6. Energy



In the mirror . . .

1.....10

Not necessary

Very crucial

- M.)** On a scale of 1 - 10, how important is it for me to be in control. Why?



In the mirror . . .

N.) My need to be right is at _____ on a scale of 1 - 10.

O.) I am willing to make others wrong:

1. _____ 10.
Never Always

P.) My need to be right has caused me to loose:

- 1.
- 2.
- 3.
- 4.
- 5.



Looking back . . .

Q.) In my childhood, the controller in my family was:

R.) The consequences in childhood for going outside
the will of the controller were:



In the mirror . . .

S.) In my most intimate relationship, the person who is in control is _____.

T.) If your mate is the controller, how are you disciplined or punished for not complying with his/her wishes?

U.) When I control in my intimate relationship, I do it by:

V.) When I am in control, I discipline or punish my partner by:

Notes



In the Word . . .

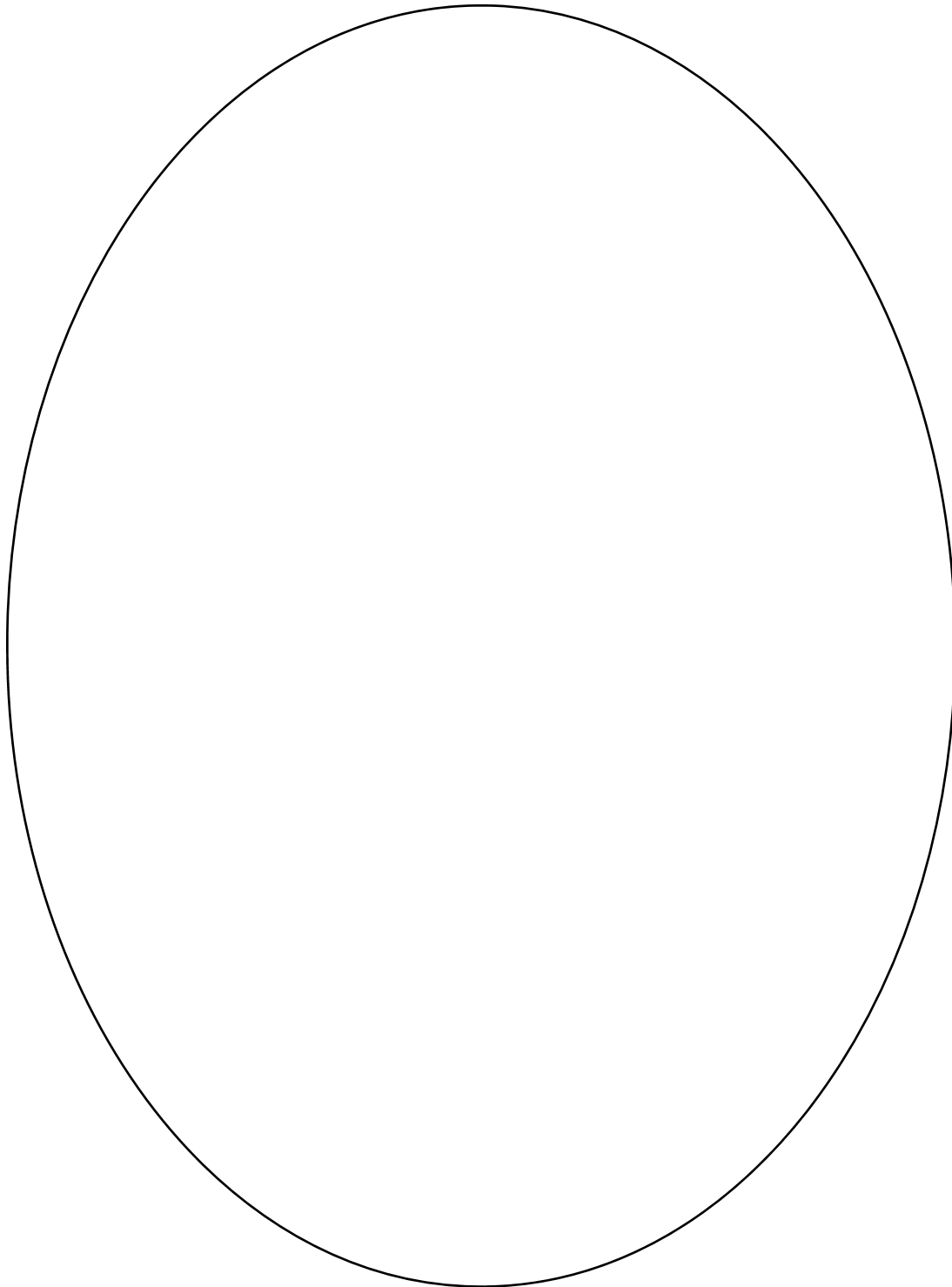
Revelation 3: 19-20

W.) God has disciplined me in the past by:

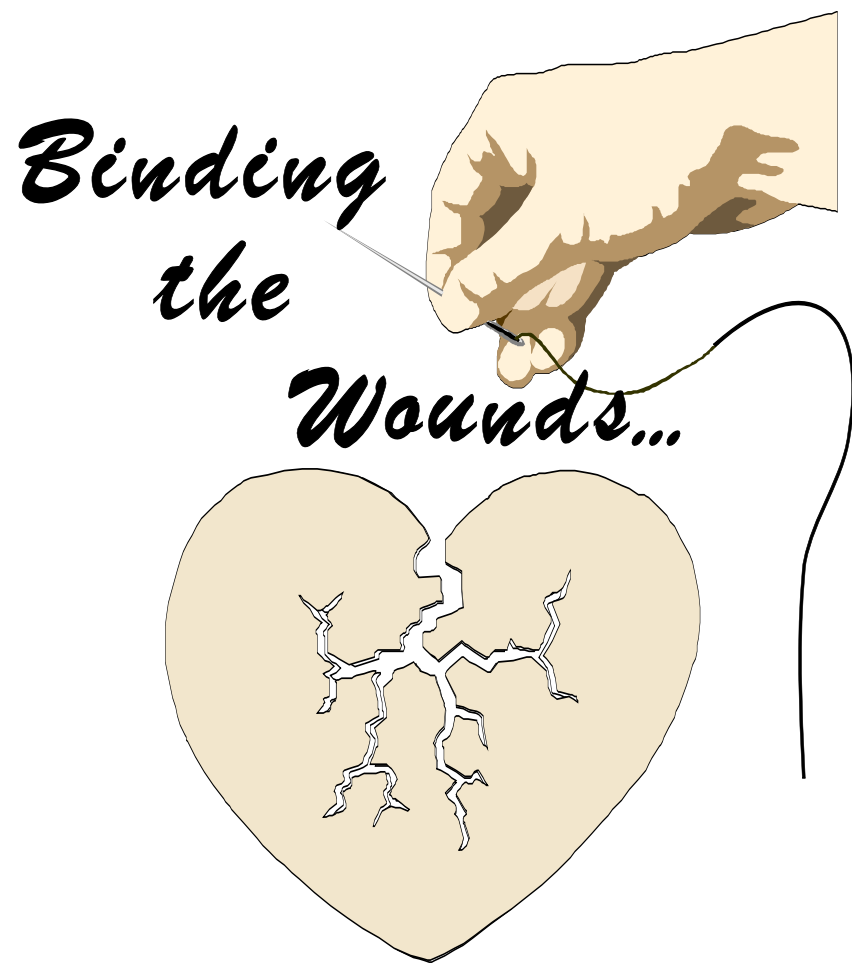


Homework . . .

Create a prayer to God regarding your need for recovery



Class Eleven





In the Word . . .

**Genesis 1:31
II Peter 2:4
Revelation 12:7-10**

Read about Satan's (Lucifer's) rebellion in heaven and his ultimate rejection from heaven. Who rejected whom?

Isaiah 41: 9-10

What does the Bible say about God's attitude toward you?

**Isaiah 53:3
I Peter 2:4**

The Bible says that Jesus has endured the trials that we have. Read about that in the above texts:



In the mirror . . .

A.) As I see it NOW, I was rejected by:

Notes

Conditions Producing Rejection

Notes

- ☐ Difficult Delivery
- ☐ Parents wanted child of the opposite sex
- ☐ Accidentally conceived / Unwanted child / Adoption
- ☐ Late in life baby and/or expected to bring joy or fix marriage of parents
- ☐ Premature birth
- ☐ Not bonding at birth
- ☐ Father not active with mother during pregnancy, delivery or caring for the child.
- ☐ Birth defect (real or perceived)
- ☐ Twins who were seldom allowed to be their own person
- ☐ Born out of wedlock
- ☐ Child called names perceived negative by the child
- ☐ Fighting between parents
- ☐ Always expected to be perfectly clean
- ☐ Communication is lacking between family members
- ☐ Childhood abuse
- ☐ Excessive nudity or fear of exposure/ no modesty
- ☐ Child expected to behave older than their his / her age
- ☐ Left alone too much or never left alone
- ☐ Expected to behave older than their age
- ☐ Told: "You're to be seen and not heard"
- ☐ Alcoholism, Drug addiction, religaholics, or workaholics in the home (addictions)
- ☐ One parent put child first and neglected spouse
- ☐ One parent does all the discipline
- ☐ Parent yells at the child
- ☐ Child feels over responsible
- ☐ Smothered by parent(s)
- ☐ Sibling comparison
- ☐ Affection or praise based on performance
- ☐ Extreme poverty or wealth
- ☐ Divorce of parents
- ☐ Abusive parents: to the child or to each other
- ☐ Remarriage of parents (competition between siblings)
- ☐ Inconsistent discipline

Check those which apply to you



In the mirror . . .

Notes

B.) In my current relationships I feel MOST accepted with the least amount of criticism and judgment placed on me, by: _____.

C.) This person shows their acceptance of me by:
(be specific) -

D.) Of my current relationships, the one who I most accept, without criticizing, judging or placing conditions on them, is: _____.

E.) Currently, the person who requires things of me which are burdensome to accomplish is: _____.

*Sometimes I wonder if I can ever measure up. **T** **F**

*In that relationship I succeed at:

*In that relationship I fail at:



Looking back . . .

Notes

F.) When I was a young child, these were the conditions/ requirements placed on me to be or to feel accepted by my parent(s):

G.) I **never** **occasionally** **sometimes** **more than not** **always** felt accepted by my mother. (circle one)

H.) I **never** **occasionally** **sometimes** **more than not** **always** felt accepted by my father. (circle one)

I.) In my attempts to meet up to their requirements, my parents responded by:

Mother _____
_____.

Father _____
_____.

J.) When I felt that I could never match up to what my parents wanted of me, I:

K.) My most painful memory of childhood rejection is:



The type of people or behaviors which I tend to reject are:

Specific people I have rejected:

1. _____

Reason I rejected him/her _____

2. _____

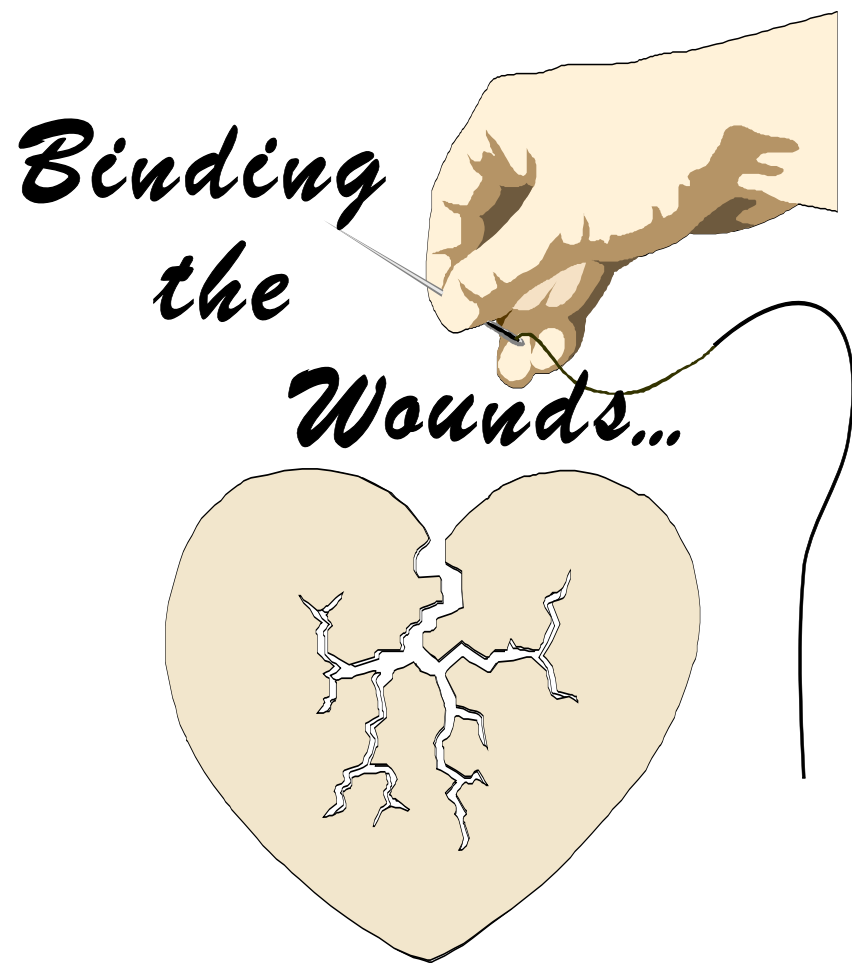
Reason I rejected him/her _____

3. _____

Reason I rejected him/her _____

4. How do these rejections relate to what I learned in childhood?

Class Twelve





Looking back . . .

Notes

A.) Have you struggled with any of the items below—in childhood or currently?

Check the items which apply to you.

1. Superficially charming and engaging
2. Affectionate with strangers or attempting to leave home with strangers
3. Refusing, resisting or feeling uncomfortable with affection on parental terms.
4. Hyperactive, over-active or attention deficit.
5. Destructive to self or others.
6. Significant learning problems or lags
7. Fire setting, fire play, or fascination with fire.
8. Hoarding, gorging, eating abnormalities or hiding food.
9. Intense control battles.
10. Incessant chatter or asking nonsense questions.
11. Cruelty to animals, siblings or others.
12. Poor, underdeveloped or no conscience.
13. Fascination with weapons, blood or gore.
14. Daily lying or lying in the face of the obvious (crazy lies).
15. Parents who felt like giving up or were hostile toward you.

**These are frequently noted symptoms used by professionals to assess attachment disorder.
(Experiences of Rejection)**

B.) Recall an incident in childhood related to one of the items above:

C.) Share that incident with your class members.



In the mirror . . .

FOUR MAJOR REACTIONS TO REJECTION

1. Feelings of Worthlessness
2. Anger
3. Fears
4. Depression/Sadness

D.) The current reactions I feel or display are:

E.) I demonstrate my feelings of worthless by:

F.) The ways in which I demonstrate my anger are:

G.) I am afraid of: I fear:

H.) When I feel sad, depressed or negative, I:

I.) In the process of my worthlessness, anger, fear or depression, I hurt:

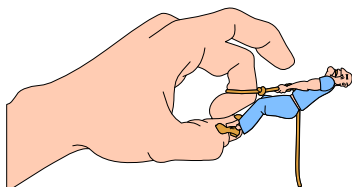
Notes

Source of Our Feelings & Behaviors

Listen carefully and fill in the left column named "Damage Received."

Damage Received	Character Defects	Resulting Behaviors
	Lacks the right to feel good about self. Lacks the right to take risks.	Tends toward perfectionism, procrastination, and settling for 2nd best.
	Don't feel valued for who I am.	Tends to have unhealthy relationships. Leans toward materialism. Has an overly competitive spirit.
	A disbelief in possibility of intimacy. Afraid to trust. Doesn't feel safe.	Relationships tend to be superficial. Has drive to sabotage relationships.
	Distrust of self and others. Ignorance of others feelings. Destroys/denies own feelings.	Emotional flatness. Emotions are pretended. Feels estranged from others.
	Disbelief in personal safety. Considers unsafe touch as normal.	Abusiveness to others. Emotionally withdrawn. Sexual frigidity.
	A disbelief in true intimacy; Feels uncomfortable touching or being touched.	Dependence in most relationships Tends to have fear of commitment.
	Feels the need to look/be perfect. Difficulty with self-acceptance. Doesn't feel has right to be flawed.	Obsessive about appearance, Excessive fear of aging.
	Distrusts authority or whatever feels like authority. Doesn't feel the right to belong.	Grandios ideas. Feeling of being damaged and different. Chronic distrust and a sense of insecurity.
	Fear of trying new things Fears and expects punishment. Cannot make mistakes.	A haunting sense of inferiority. Tends towards perfectionism. Pretended ignorance. Anxieties.
	Feels: "I must be perfect." No right to refuse. No right to be tired.	Hyper-responsibility. Denial of personal pain. People-pleasing.

"From Anger to Forgiveness" Earni Larsen & modified by Ron & Nancy Rockey
Copyright (c) 1997 Ron & Nancy Rockey





In the mirror . . .

Notes

- J.) Write two examples of how the results of these experiences in your childhood, are manifested in your daily experience in your home and family.

Share with the class



In the Word . . .

Psalm 94: 14

- K.) Re-write this text, personalizing it to yourself.

**This evaluation will help to show how well
spiritual direction was formed in childhood!**

1. Did you as a child enjoy being touched by your parent/parents ? _____
2. Did you spontaneously touch either of them when you
first saw him/her after being separated for a time? _____
3. Did you, as a child, respect what your parents respected in life? _____
4. Did you generally appreciate what your parents valued
in life -- i.e. the Bible, vocation, etc.? _____
5. Were your friends, as a child, the choice of mother/dad? _____
6. Did you wear clothing and hairstyles that your parents approved of? _____
7. Did you as a child choose the activities your parents would have chosen
for you? _____
8. Did you choose music that reflected your parents approval zone.? _____
9. Did you enjoy having conversations with your parents? _____
10. Did you agree in general with your parents opinions? _____
11. Did you enjoy going places with your mother & dad? _____
12. Growing up did you obey your parents regularly ? _____
13. Did you as child generally reflect a warm affection
for your parents? _____
14. Did you as a child naturally enjoy looking into the eyes of your parents? _____

Score each question from 1 to 5, and *(too many 3's raises questions of denial)*

1 = never 2 = seldom 3 = sometimes

4 = usually 5 = always

These scores may indicate:

14-20 Danger, resolve immediately

21-30 Warning, proceed with caution

31-40 Watch out for falling rocks.

41-50 Things may be bumping along, but, o.k.

51-60 End of Construction. Drive carefully.



Homework . . .

Write this letter to someone who rejected you.

Dear _____;

The purpose of this letter is to share with you the results of the pain I received, having felt rejected by you.

I want you to know that I appreciate:

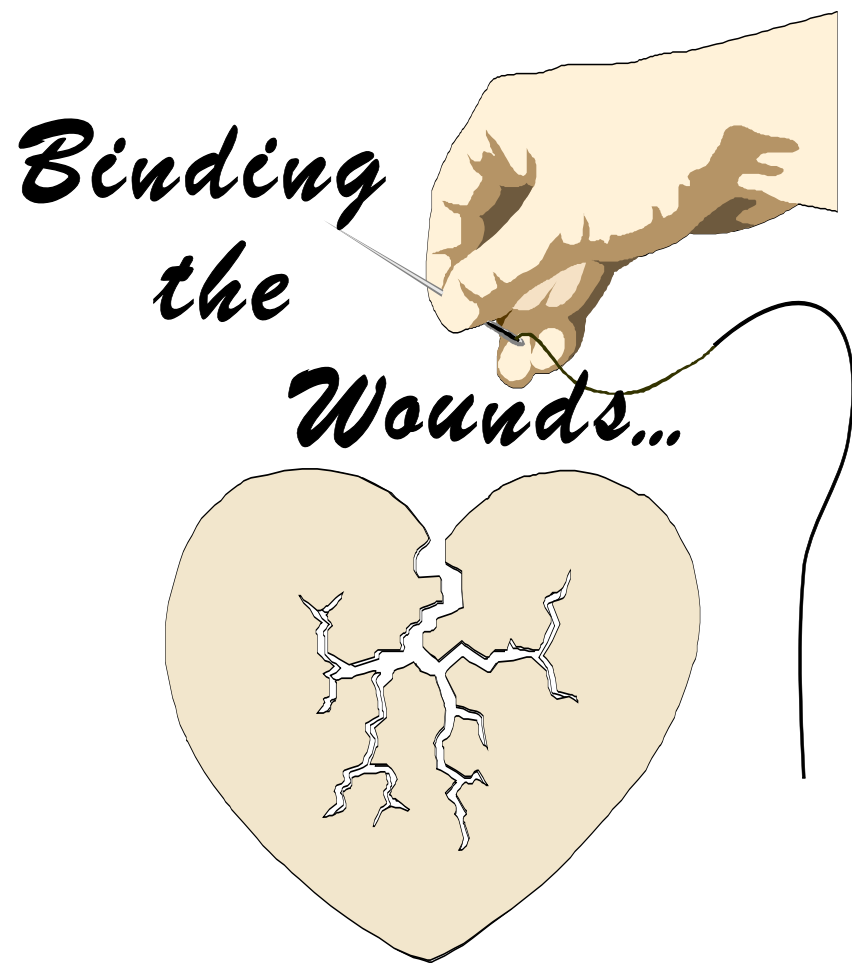
I want to tell you about the pain I felt:

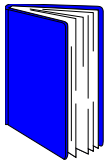
The effect of that rejection on my life has been:

My goals and plans for the future include:

I want you to know that I am aware that people who reject others, are themselves feeling rejection. We cannot pour out acceptance when our cup's filled with rejection. Because of this knowledge, I have chosen to:

Class Thirteen





Define these . . .

REASON:

EXCUSE:

Notes



In the Word . . .

The Bible's Writings about Inappropriate Sexuality

Leviticus 18: 6-18 -

Leviticus 20: 11,17, 19-21 -

Deuteronomy 27: 10, 22-23 -

Ezekiel 22:11 -

I Corinthians 5:1-2

It's Fixable!

Thoughts on Sexual Abuse

Taken From "The Wounded Heart"

by Dan. B. Allender

Notes

- * The victim's struggle to trust will be proportionately related to the extent the parent(s) failed to protect and nurture her/him as a child.
- * The enemy is the pain and whatever is responsible for it.
- * The enemy is the internal reality that will not cry out to God, in humble, broken dependence.
- * The part of ourselves that we hate the most is our longing to be wanted and enjoyed.
- * We are ashamed of two interrelated forces: **disappointed longing** and **misplaced trust**.
- * For the woman or man who has been abused, one of the greatest enemies of the soul is the longing for intimacy.
- * The vast majority of sexually abusive events, occur in relationship with a family member (29%), or by someone known to the family (60%). Only 11% is perpetrated by strangers.
- * The experience of being profoundly used and let down by someone we trusted and relied on, sears the hope that relationship can be purely enjoyed.
- * Sexual abuse is the final blow that sabotages the soul in a climactic betrayal, mocking the enjoyment of relationship and pouring contempt on the thrill of passion.
- * The tragedy of abuse is that the enjoyment of one's body becomes the basis of a hatred for one's soul.
- * Abuse strips a person of the freedom to choose.
- * Denial separates the mind from the agony in the heart. It is the dividing wall between the "good" and "bad" selves.

A.) Which statement speaks loudest to you? WHY?

(Answer in the NOTES section)



Looking back . . .

Notes

B.) If you have memory of sexual abuse, name your abuser(s).

C.) What type(s) of abuse did you receive?

D.) In the process of the abuse you received, do you recall ever having a sexual (physical) response? _____

E.) Have you felt guilty or responsible for the abuse? _____

F.) The self-mutilating or self-destructive behaviors I have adopted as a result of my abuse are:

G.) Do you recall having been sexually abusive to another person?

H.) The one(s) **I abused** is: (specific name not necessary).

Symptoms of Sexual Abuse

1. Powerlessness:

- * Loss of a sense of self
- * Loss of a sense of pain
- * Loss of a sense of judgment

2. Feelings of Betrayal:

- * ? Role of non-offending parent
- * Hyper-vigilance
- * Suspiciousness
- * Distortion and Denial
- * Loss of hope for intimacy
- * Loss of hope for strength & justice

3. Ambivalence:

- * Addictions
- * Denial of pleasure
- * Self-protectiveness
- * Avoidance of passion

4. Depression:

- * Learned helplessness

5. Sexual Dysfunction's and/or Addiction

6. Compulsive disorders

7. Physical complaints

8. Feelings of Worthlessness

9. Abnormal style of relating

(Very forward or Very withdrawn)



In the mirror . . .

- I.) Looking at the above list, I realize that I may have some of these symptoms. Which ones are mine?
(check appropriate answer in above box)

Recommended Reading

The Wounded Heart"

Author: Dan B. Allender

NavPress



Homework . . .

Talk to someone who you know was sexually abused.

Ask them about their feelings when the abuse was occurring and in the weeks, months and years afterwards. Write a report on this sheet regarding what you learned.

NO NAMES PLEASE!

You may write about yourself if you're a victim.

Help Me

*Where is that woman
The person I should be;
Did she wander away,
One day,
When I wasn't looking?*

*I think I left her
Abandoned,
By the highway,
A long time ago.*

*How could I have done
Such a thing
To my best self?
Forgive me, sister -
I traded you cheaply
For a mess of pottage.*

*The road back is rough,
Pot-holed and neglected;
Shadows are long
In the waning light.
How smooth and sunny
It was,
When last I saw you.*

*Are you waiting still;
Believing in my return,
Existing on faith
In my self-loyalty?
Or, will I find,
Around that bend,
A small and lonely
Pile of bones?*

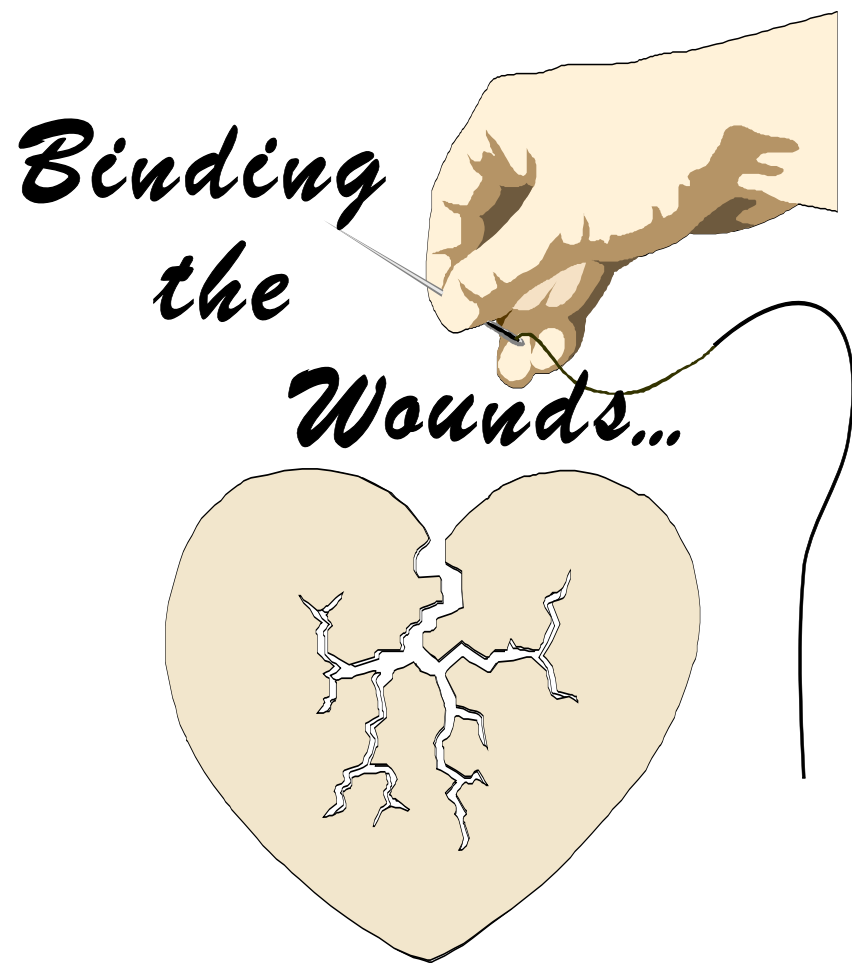
*Oh, friends and lover,
Help me find my sister!
She is too precious,
Too fragile and exquisite,
To wait alone.*

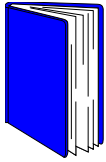
The Poem

Re-write the Poem about yourself

Priscilla S. Perry

Class Fourteen





Define this . . .

Emotional Abuse

***Emotional Abuse** involves either the profound omission of involvement or the equally destructive commission of shaming a child. A parent who abandons a child is emotionally abusive; a parent who betrays a child's trust by failing to protect them against harm or defending them when harmed has emotionally abandoned the child. On the other hand, emotional abuse may involve active, aggressive patterns of shaming a child.*

The Major element of murder - (anger) is seen in emotional or physical abuse. It is imperative, however, to recognize that the constituent elements of emotional abuse (abandonment and shame) and physical abuse (cruelty, inconsistency, and rage) are found in countless other forms of 'murderous abuse' perpetrated, to some degree, by all those with whom we are in relationship.



Looking back . . .

A.) Having read the above information, I look back to childhood, and can see those who were emotionally abusive to me. They were (identify):

B.) Others who were emotionally abusive include:

Notes




Looking back . . .

Notes

C.) As a child, the offensive and hurtful names I was called included:

Name	Name-caller
_____	_____
_____	_____
_____	_____
_____	_____


D.) The negative words said to you about your worth and value, your abilities or lack there of were:

E.) Knowing that our greatest damage comes from those who SHOULD be nurturing, give an example of a “hurt” done by someone who should have been nurturing to you during childhood.



In the Word . . .

The Bible teaches about WORDS:

I Thessalonians 5:11

Titus 1:9

Hebrews 3:13

Ephesians 4: 29-32

Notes



In the mirror . . .

F.) The last time I “tore someone else down” instead of “building them up” was:

G.) This relates to an incident that occurred in my childhood, when I was the victim. What happened was:

H.) I look at it, the precipitating “hurt” which causes me to blurt out unkind words or actions:

Added Information

Notes

As very young children, even as infants, we take in everything we hear and see around us (kind of like a sponge). And because we are so young, we can't determine the true intent of the messages that we are getting. We may distort or misperceive the messages. We may not understand that negative messages from adults have more to do with **their pain** than **our behavior**.

So, as you soaked up these messages, they may have had a positive or negative effect on you - depending on how you interpreted (or misinterpreted) the messages. The problem occurs, when you take in information, accurate or not, it stays "stuck" in your mind. Unlike a sponge, you don't always squeeze the misinterpretations out! So you may grow up believing negative things about yourself that are no longer true or were never true in the first place.

Although you may not always be consciously aware of it, you live with a resident **critic**. It's that critical voice inside your head that is always there, judging you and even attacking you. Your critic can be quite harsh, blaming you when things go wrong, pushing you to impossible standards of perfection, calling you names, telling you what you "should" or "must" do. He or she takes your self-worth, and puts it through a Cuisinart!

But, accompanying that critic, is your **Booster**, your healthy voice. That voice may be soft-spoken, and you may not pay attention to it very often. But it is there, viewing your world realistically. Your Booster supports you, encourages you, allows you to make mistakes, without telling you that it is the "end of the world".

"You don't have to hang out with enemies even if they are within yourself." (Susan Jeffers, Ph.D)

Improving your self-worth involves challenging your critic; questioning the negative messages and irrational beliefs he/she constantly uses. *You must develop your healthy inner voice, your Booster, so that you can replace negative messages with positive ones and replace irrational beliefs with more realistic ones.*

Use your Cuisinart for making Smoothies!





Looking back . . .

Notes

I.) In childhood, my *Booster* was: _____

J.) The feelings I got when I was in the presence of my *Booster*, or even just thought about him/her, were:

K.) Some of the positive and encouraging things my *Booster* said or did were:



In the mirror . . .

L.) The ways in which my *Booster* has positively impacted my adult years are:

M.) The *Booster* in my life today is: _____

N.) In a book by Joyce Landorf entitled “*Balcony People*“, Joyce tells about her balcony people (the applauders in her life). The person(s) that I applaud for:



Homework . . .

Make a list of people you can "Boost"

Write a Note of Thanks to the *Booster* in your life. Then send it!

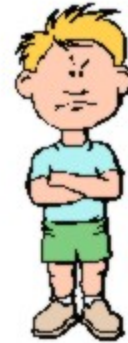


Childhood Emotional Damage

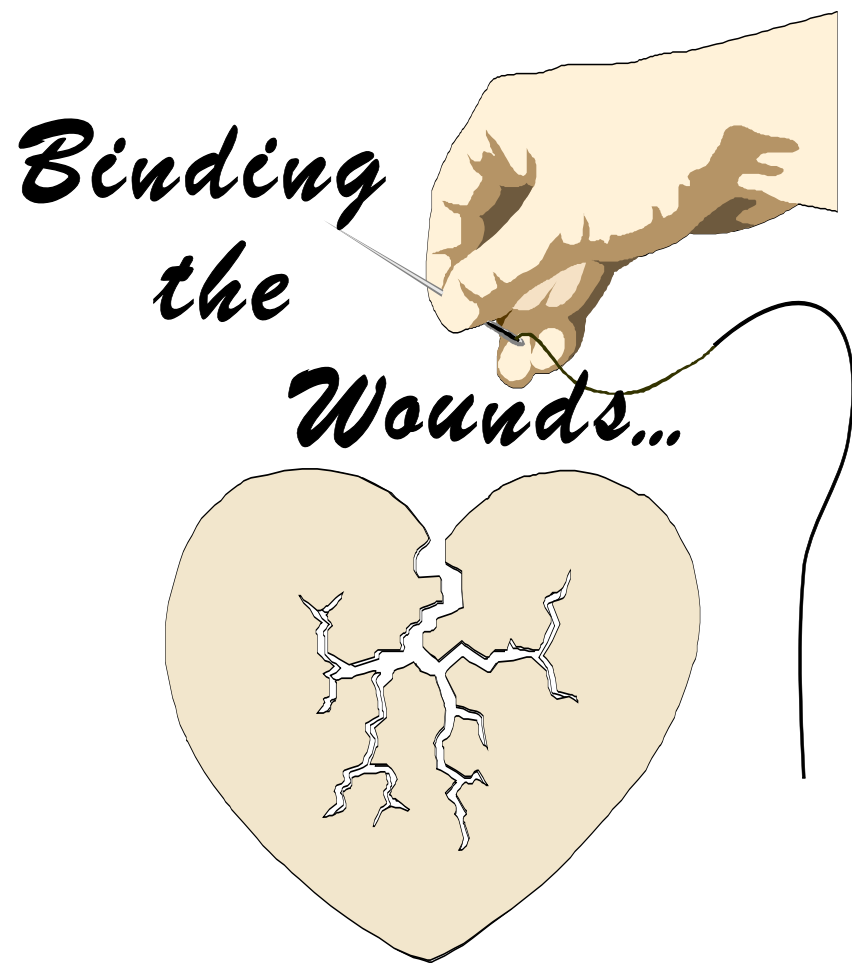
Emotional child abuse refers to the damage to the child's psychological life and emerging personal identity, primarily caused by parent's and family members immaturities, insecurities, defensiveness, and conscious or unconscious aggression toward the child.

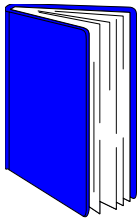
by Robert W. Firestone, Ph.D.

1. Overprotecting attitudes:
Limit the child's experience and ability to cope with life.
2. Neglect:
Disinterest or outright rejection make a child feel unlovable.
3. Intruding on the child's boundaries:
Speaking for the child, or living through the child.
Limiting growth experiences, or physical or sexual abuse.
4. A Possessive, insensitive, proprietary interest in the child:
The child belongs to him/herself, and is not merely an extension of mother and father. Each child has a right to personal thoughts, feelings, likes & dislikes.
5. Verbal abuse, ridicule or sarcasm:
Words said which demean individual or discard their thoughts/feelings.
6. Acting out hostility or covert aggression toward the child:
Spanking in anger or physically painful touch
7. Undue demands for submission and conformity:
A demand for obedience without relationship causes rebellion.
(The Law of Relationships)
8. Instilling a feeling that the child is bad:
Shaming the child, i.e. "You are a naughty boy/girl".
9. Fostering unnecessary guilt regarding bodily functions, nudity & sexuality.
10. Stifling the child's curiosity and spontaneity.
11. Teaching that all personal needs/wants are "selfish."
12. Mixed signals regarding competition, for example: "Get out and get what you want, but live by the Golden Rule."
13. Perpetuation or teaching a maladapted approach to life:
For example, prejudice toward women, men, people of other races or religions.
14. Being dishonest with the child and misleading him/her perception of reality. In other words, lying to or misleading the child.
15. Excessive permissiveness can do emotional damage
In this case, the child doesn't develop proper controls over acting-out behavior, and doesn't develop proper socialization or positive attitudes of self. Over-permissiveness can mask neglect. The child develops negative attitudes toward him/herself when acting-out behavior isn't checked.



Class Fifteen





Define this . . .

Physical Abuse

Notes



In the mirror . . .

My Opinion of:

Victims of Physical Abuse:

Perpetrators of Physical Abuse:

True or False?

- _____ Men abuse women because they deserve it.
- _____ Women stay with abusers because they enjoy the abuse.
- _____ Children can be spanked but should never be beaten.
- _____ Children are never damaged just by watching abuse.
- _____ You should always punish a child the moment the infraction of your commandment takes place, regardless of how angry you are.
- _____ The Bible says if we spare the rod, we spoil the child, and that gives us permission to use sticks, belts or paddles on them.
- _____ There isn't a parent alive, who would cut their children, burn them, scald them or yank them around by the hair.
- _____ Some parents are just evil. They have kids just so they have someone to beat up on.
- _____ The Bible says that a man's body belongs to his wife, and she belongs to him. That means I can make any demands I want and he/she has to comply.



In the mirror . . .

**Please check off or circle each type of behavior
you have found yourself doing in time past, or still today.**

Slapping, punching, grabbing, kicking, choking, pushing, poking, pulling hair, pinching, biting twisting arms.

Rape (use of force, threats, or coercion to obtain sex)

Use of weapons, throwing things, keeping weapons around to frighten. Intimidation (blocking exits, threatening or scary gestures, use of size to intimidate), driving recklessly, shouting over one another, punching walls, banging the table, knocking things around.

Damaging or destroying other's possessions, abusing pets, damaging or destroying joint possessions.

Restraint (disabling cars, locking doors to prevent person from exiting, sitting on another, preventing another from using the phone, taking another's car keys to restrain them)

Yelling, swearing, being lewd, using angry expressions or gestures.

Criticism, name-calling, mocking, put downs, ridicule, accusations, blaming, use of demeaning gestures.

Harassment (uninvited visits or calls, following another around, checking on them, embarrassing them in public, not leaving when asked to, bothering another at work)

Isolation (preventing someone or making it difficult for them to see or talk to friends, relatives, or others, e.g. criticizing her friends, making jealous comments or accusations, not helping out with the children when spouse wants to work or go out)

Pressure Tactics (rushing another to make decisions, using guilt or accusations, sulking, making threats to have affairs)

Economic abuse (withholding money, the car, credit cards) Making others account for their spending, overspending yourself, using the legal system against others to control them, using money for drugs or alcohol.

Claiming "The Truth", being the authority, defining another's behavior, manipulating logic.

Lying, withholding information, being unfaithful.

Withholding help on childcare or housework, not doing your share, not following through on agreements.

Emotional withholding. (not giving support, validation, attention, compliments or respect for another's feelings, opinions and rights) Showing no other feelings but anger.

Not taking care of yourself (Hygiene), abusing alcohol or drugs, staying out late, being reckless, not asking for help.

**Doing any of the above to children is physical abuse
and damaging to their sense of worth and value.
It also creates internal anger & rebellion.**



Looking back . . .

Notes

A.) Those people in my childhood who have been physical-ly abusive to me are:

B.) NAME ABUSE In

--	--

childhood, I was physically abusive to:

C.) Describe the incident(s) in childhood that left permanent physical scars on your body.

D.) The feelings I felt at the time of that severe abuse were:



In the mirror . . .

Notes

E.) The most recent experience of being the victim of physical abuse was:

F.) Knowing that a child who is abused has the tendency to be physically abusive themselves in later years, review your life and list those people or animals to whom you have been physically abusive:

Have you ever fantasized hurting others?

G.) In adulthood, have you discussed your physical abuse with your parent(s) or others who perpetrated upon you? _____

H.) What was the response of your perpetrator?



In the Word . . .

Biblical Counsel to Families

Ephesians 5: 25-31:

Ephesians 6:4



In the mirror . . .

*In the light of the Bible texts I just
read, the changes I need to make are:*

Notes



Homework . . .

Write a letter of apology to someone upon whom you perpetrated physical abuse. Can be sent after the next class, if you wish to do so.

*Using the outline for a Letter for Healing, (next page)
begin a letter to the person who was the perpetrator of the most
severe physical abuse in your childhood.*

It should be the person closest to you, who was abusive.

*This letter should express all the feelings and results you can think
of. Give yourself several weeks for it's composition..*

A Letter for Healing

Dear _____

1. The purpose of this letter is to share with you the pain I received as the result of:

2. I want you to know that I appreciate:

3. I want to share with you the pain I have carried as a result of:

4. The effect on my life of the damage which was done to me has been:

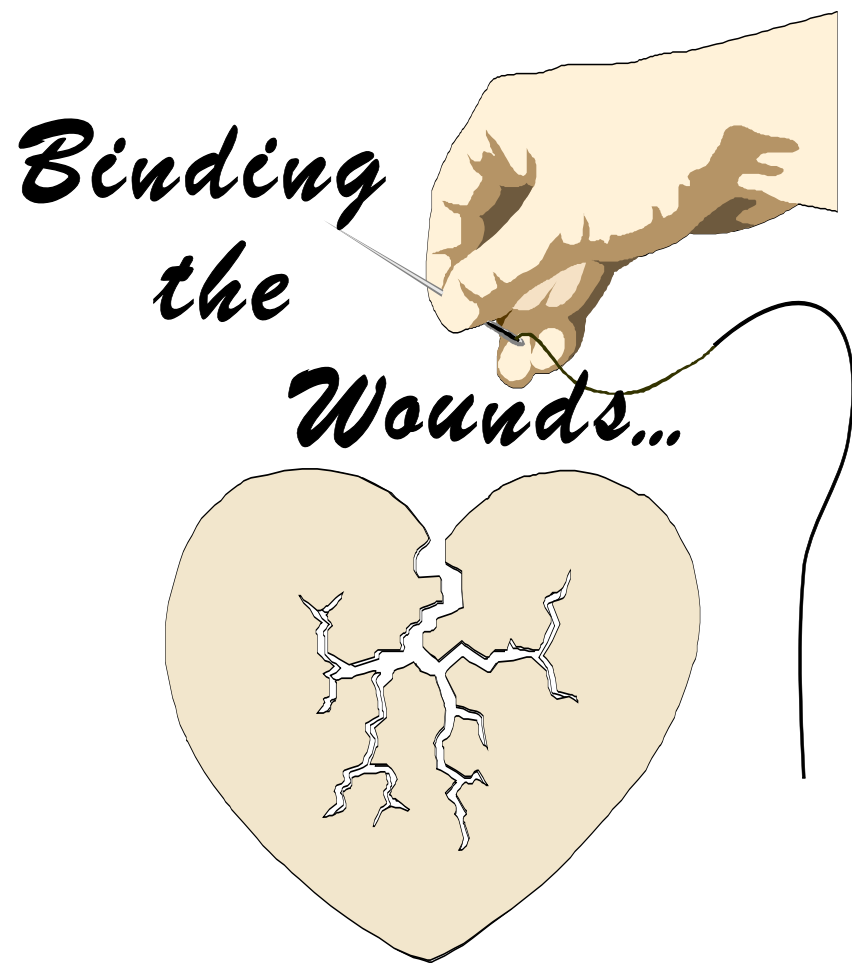
5. My goals and plans for the future include:

This letter is being written as a part of my healing process. It is to empty myself of the _____ which I have felt toward you since _____.

Now that this letter is complete, I will be filled with the Holy Spirit, because that is what I have asked God to do with the void.

The purpose of this letter is to empty yourself of the infection of anger, sadness, guilt etc., and the resulting behaviors which are destructive to self and others. It is NOT to be used for revenge or to trash the perpetrator. You are the one carrying the heavy load, and you are the one who needs relief in order to go on with your recovery (sanctification), creating for yourself a joy, peace and love filled life.

Class Sixteen



Internal Struggles

Genesis 3: 6-13

*Seduced and tempted by the serpent, Eve chose to eat of the forbidden fruit, and then offered it to Adam.
Sin entered the world
Mankind has suffered consequences of the fall since then.
Evil increasingly abounds in each succeeding generation.
Love, peace and joy eludes most people
Why?*

I. DAMAGED:

1. Sense of Shame ("I am dirty, different, depraved") Is. 6:5
2. Self-worth (value) is deficit. ("I am no good!") Ps. 22:6
 - a) We pivot on our view of self.
 - b) Self worth determines destiny (Success or Failure)
3. Have a sense of hopelessness Ps. 25:3

II. DISTANCED:

1. Sin separates Is. 59:2
2. We hide from ourselves and lie to ourselves (fear the truth & lie to ourselves)
Prov. 19:9
3. We hide from others (fear them knowing about us) Prov. 14:10
4. We hide from God (fear Him knowing the truth about us) Gen. 3:8

III. DEFENSIVE:

1. We devise mechanisms (behaviors) to keep people away from us
2. We refuse personal responsibility for behaviors Prov. 21:2
3. We assign blame and judgments on others Prov. 3:30

IV. DENIAL:

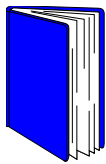
1. Refusal to acknowledge the truth about ourselves Prov. 11:2
2. We say we are without sin or fault Prov. 14:12
3. We have need of nothing Rev. 3:17

These internal struggles are thoughts and feelings which come as a result of the damage we experienced during the character-forming years (last trimester of pregnancy through year 7). As a whole, they are the results of Satan's agenda to destroy.

*Our conscious and unconscious experiences, thoughts and feelings, drive our behaviors. Behaviors which are damaging to ourselves and to others, only lower our view of self, thus further deteriorating our behaviors. **The feeling created from the cycle, is hopelessness.***

Once we feel hopeless, we will cease to progress.

***Man looks on the outward appearance, but God looks on the heart.
1 Samuel 16:7***



Define these

SHAME -

GUILT -

Shame says: _____

Guilt says: _____



In the mirror . . .

- A.) Currently, I find myself feeling _____
about the things I have done in the past.
- B.) On a scale of (1 — 10) I would place my self-worth
at a _____. (Avoid 5)
- C.) When I feel guilty, the way I hide is:
- D.) I hide from God by:
- E.) The way I protect myself from others is:
- F.) I keep people away from me by:

Notes



In the mirror . . .

Notes

G.) Usually when my guilt/innocence is in question, I blame:

H.) The "If Only" game works sometimes. The circumstances of my life that I tend to blame for my behaviors and inadequacies usually are:

I.) Do you tend to make believe that everyone else has "the problem" and you're "lily white"?

J.) Answer this: My major character defect is:

Explain:

K.) The way I see it, the greatest emotional need in my life today for the development of my character and the improvement of my relationships is:



Notes

Dear Lord,

*I'm thankful that there is no question
about who you are. Your attributes and your
work here on Earth, give me the certainty that I
can come to know who I am,
and that I have value in Your eyes.*

*I ask you to help me
discover the fragile bases upon which
I have built who I am.*

*Loosen my hold on these and strengthen my grip
on the foundation that You have established for me.*

I want to enjoy you.

This is a new thought for me.

*But I don't want to just know You and glorify You,
but to delight in You as well.*

*And thank You that I have been
chosen for blessing.*

In Jesus ' name.

Amen

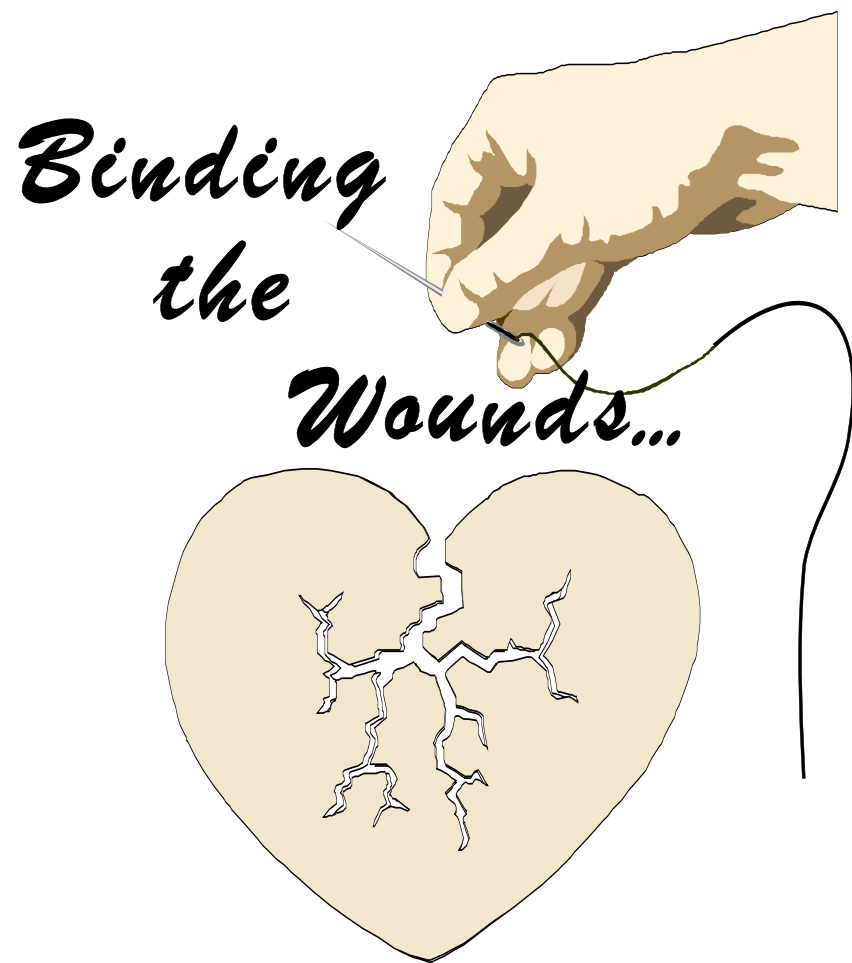
from "Chosen for Blessing"
H. Norman Wright
Harvest House Publishing



Homework . . .

**Using the Internal Struggle List on Page 2, Look up the Bible Texts,
and assess your mechanisms for dealing with life, which came from
your childhood damage. Write what you find here.**

Class Seventeen





In the Word . . .

***Perseverance must finish its work
so that you may be mature and complete,
not lacking anything.” James 1:4***

Notes

If basic needs are not met in childhood, we become stunted or dwarfed in our emotional development. We do not move beyond the age of reliance (dependence) on someone outside of ourselves to meet our needs. Having someone else to depend on is the mode of operation we continue in until some **knowledge** is received which sparks us to begin a determined process to mature.

In our immaturity, we remain subject to the mode of thinking, that someone outside of ourselves is responsible for orchestrating the circumstances of our lives. We count on them to provide the warm and nurturing environment which was not available to us in the years when our character (thoughts and feelings) was being formed, (conception to end of 7th year of life).

We think or say:

You are responsible to fix my meals and have them ready when I want them - whenever that is!"

If you would just , then I would . . . "

Why don't you talk to me, comfort me, make me all better, fix my boo boo?"

You do what I say when I say it, or before!"

We make everyone else, especially those in our immediate family and/or those closest to us, meet our needs, but they do it so imperfectly! So we spend our days judging, evaluating, criticizing, compelling, controlling and demanding. Or more subtly, we withdraw, and just wish that others would read our minds and meet our needs. We have not actually been able to identify our **needs**, but have an ever-expanding list of **wants**.

Sometimes we collect "things" in an attempt to make ourselves satisfied, we hoard possessions, we always have to have a new car or dress or tool or . . .

These things satisfy us briefly, but they are only tiny pacifiers to the child who has not matured past early childhood.

**Do take heart. ITS FIXABLE!
You can grow up, EVEN at your AGE!**



In the Word . . .

Luke 1: 41-52 (Amplified Version)

Speaks about occurrences in the womb of Elizabeth during her pregnancy with John the Baptist.

Luke 2: 41-52 (Amplified Version)

Speaks of the experience of taking Jesus to the temple when He was approximately 12 years of age

Notes

In Elizabeth's womb, Baby John _____
when Mary was visiting Elizabeth.

When Jesus was about 12, His parents took Him to Jerusalem to the temple. When it was time to leave, Jesus _____
in the temple. When His parents found him after several days of looking, they found that he had moved from the age of _____
to the age of _____

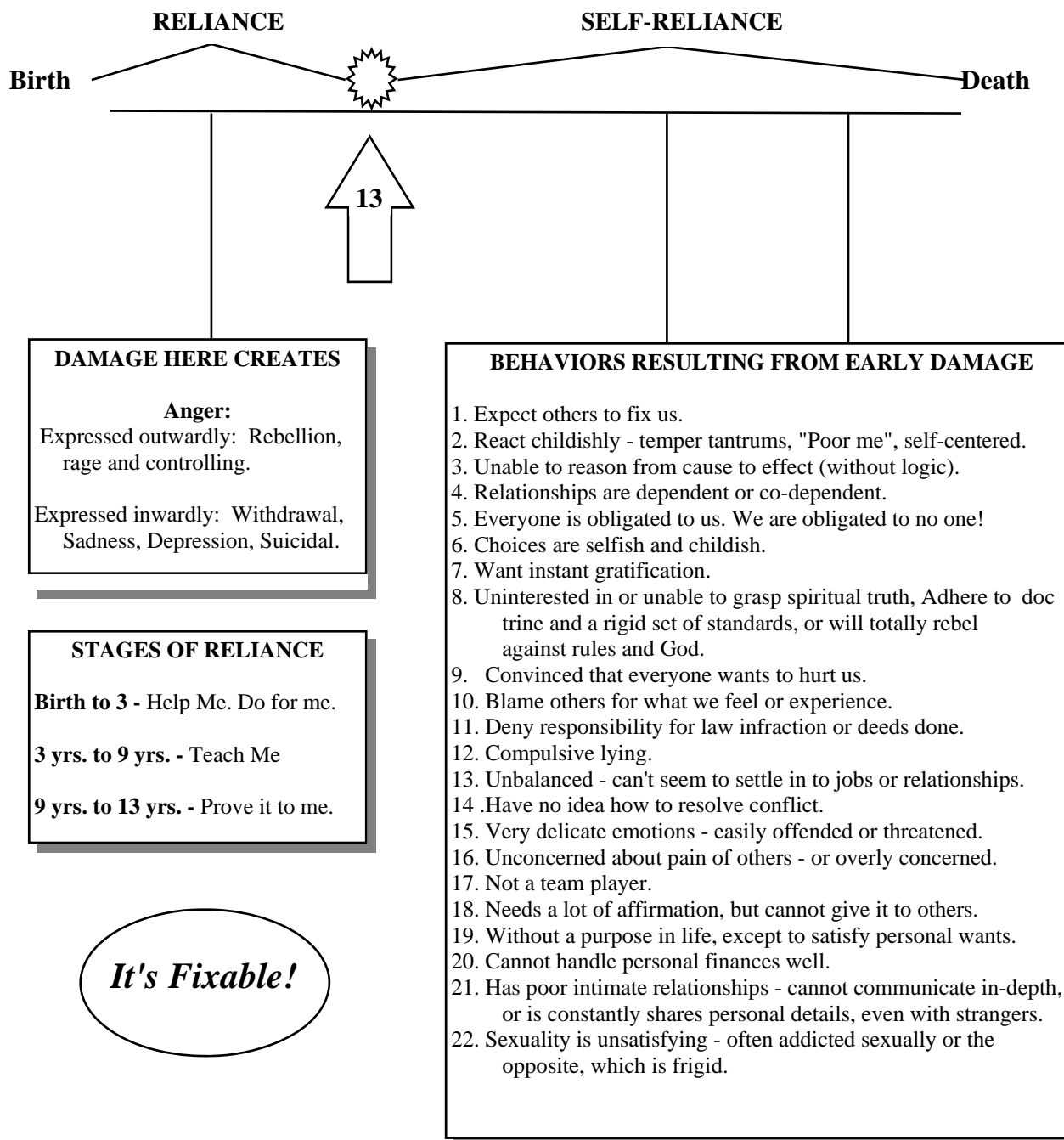


Looking back . . .

A.) I feel that my parents let go of dominating or controlling me when I was about _____ years of age.

B.) I recall an incident that took place in which I discovered that I was on my own as far as decision making goes. It was:

C.) I recall the first "big" decision I had to make. It was when:



D.) Having reviewed this chart, I now feel:

E.) If I had to determine my Emotional Age, I would say I am about _____ years old.

For Your Information

It is possible for an emotional blow to be so severe that it not only blocks development, but actually reverses it, putting the person back at an earlier stage. An emotional blow of this nature might be suffering abuse from one's parent(s), sibling or spouse; the tragic loss of a parent, spouse, sibling or close friend; the commission of some act which is so shameful that it drastically alters one's life; involvement with the wrong crowd at school; deep hurt by a coach or teacher or any of a myriad of other possibilities.

It is not the isolated, traumatic incident that is usually the most detrimental to human development, however, but the consistently subtle, yet extremely powerful message that says, in effect, "You aren't loved." "You aren't good enough." "I'm ashamed of you." "I don't value your feelings or opinions."

A person who is steeped in this environment not only believes that something is terribly wrong with himself, but that all of these hurtful communications are "normal" and will never be any different.

It is an insidiously powerful situation which is, unfortunately, common to many. **Parental modeling is the most influential in human development.** The way parents use their authority either contributes to a child's health and stability, or to his insecurity and instability.

(from "Your Parents and You" by Robert S. McGee)



Looking back . . .

- F.) Having read this piece by McGee, I think that I should re-think the age at which I put myself emotionally. I would now say that I am approximately _____ years of age emotionally.

You Are Fixable!



Homework . . .

Use the list of 22 items on Page 4.
Write two or three sentences describing "where you are"
as it relates to each item on the list.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.

13.

14.

15.

16.

17.

18.

19.

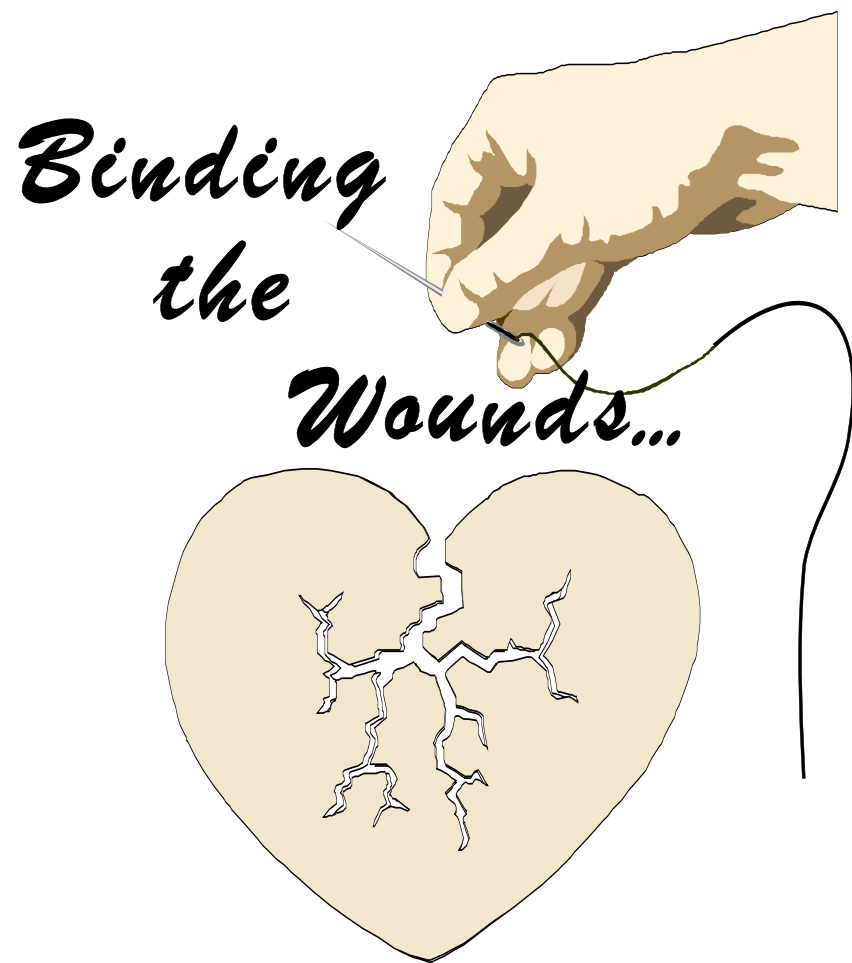
20.

21.

22.

And in addition . . .

Class Eighteen



Behaviors of Damaged Teens

Notes

When children are damaged beneath the age of self-reliance, or during the pre Rite of Passage years, they hold onto behaviors of young children, carry them into adolescence, thus greatly complicating the teen-age years.

The work of the teen years is to discover their identity as separate and different from their parents. Damaged teens suffer with exaggerated and complicated thoughts and behaviors because of the inability to let go of the childish behaviors in which they are stuck.

Adolescence is therefore, confusing to teens and parents because of a dramatic pendulum swing of behaviors. One moment teens are elated, and the next they're contemplating suicide. Or they may stay in the elated, crazy-like acting out phase or its opposite, the depressive state.

By the time adolescence arrives, some have a mask, a false persona, that is well crafted. These have learned what it takes to please their parents or friends, and while their thinking and feeling is one way, their external behaviors are the opposite.

It is usually in the privacy of their locked bedrooms, that the damaged teen will drift off into a dream-world, isolating themselves from the intrusions of reality. While the software, of the mind, tells them that it is time to distance from parents, their need is to be somewhere safe - away from intrusion, criticism, peer pressure etc. Others play the game just the opposite, and will rebel outwardly as dramatically as they can, making the bold statement that they are indeed, separate from their families

It is during early adolescence, that the outward acts of anger due to their damage, take the form of illegal and daring exploits. For some, that acting out began at a much younger age, but it escalates during those **identity** years.

Some teens are not able to discover an identity of their own, and find themselves being absorbed into the crowd of their peers; dressing, eating, and acting like the "guys." Others find themselves distant from the group, and in a head-phone, musical world of their own. Lonely and isolated by choice, they languish for the comfort of just one friend and the acceptance of just one other guy or gal.

Eating disorders kick in during these years, accentuating the craze to be a "twiggy." Sexual addictions become common heightened and sexuality confused during this time of discovering sexual as well as personal identity.

Self-centeredness takes on added punch during adolescence, and is almost certain to be carried into adulthood.



Looking back . . .

Notes

- A.)** How did your mother look and behave at home?
- B.)** How did your mother look and behave in public?
- C.)** Relate a time when in teen years you were embarrassed by your mother's appearance or behavior.
- D.)** How did your father look and behave at home?
- E.)** How did your father look and behave in public?
- F.)** Relate a time when in your teenage years, you were embarrassed by your father's appearance or behavior.



Looking back . . .

Notes

G.) When I was a teenager, I spent most of my time:

H.) My relationships with my peers were:

I.) The most difficult experience I can recall in teen years was:

J.) A rough experience of teen years that I think I handled well was:

K.) The most important thing to me during adolescence was:

L.) So far, the hardest part of adulthood has been:

Damage Expressed as an Adult

1. Conformity to other's expectations for acceptance.
2. Difficulty making proper decisions. They are made by default or based on childish, self-centered wants.
3. Form co-dependent relationships - *The rocks in my head fit the holes in yours*"- partner becomes parent.
4. Refuse to be accountable (obligated), but everyone else must be!
5. Feelings of childishness.
6. Use survival behaviors, dishonest, blaming others, and hiding etc.
7. Have little or no confidence, but may appear arrogant.
8. Communicates by: pouting, screaming, accusing, using extremes (you always/never), refusing to speak, have nothing to say.
9. Isolates - hides in substances (drugs or alcohol), computer, TV, reading, sleep, even religion.
10. Has trouble managing anger (has temper tantrums).
11. Overly possessive of partner, children or friends.
12. Financially unstable and irresponsible.
13. Has little or no discernment (appears to understand others, but has no idea about self.)
14. Sexual feelings & behaviors exaggerated.
Sexual addiction and/or drivenness (multiple partners, pornography, masturbation, demands sex frequently)
15. Cannot bond with another adult.
16. Hostile, Anxious, Depressed, Insecure, Inhibited, Feels inferior, Indifferent, Quiet (withdrawn), overly compliant, submissive to an extreme.



In the mirror . . .

RATE YOURSELF - 1 to 10

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.



Homework . . .

Dear Lord,

*For too long I have lived
more in the past than in the blessing
of the future.*

*I need help in identifying the baggage that is
no longer essential in my life.*

*Thank you for being willing to take my regrets
and banish them forever.*

*Show me the areas which
I need to improve on in my life,
and instill within me the
strength and courage You gave to Joshua
and have promised to me.*

*Lord, I want to be a
today and tomorrow person for You.
I will look to the future for what You have for me.
Thank you for choosing me for blessing.*

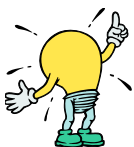
In Jesus' name.

Amen

Taken from *Chosen for Blessing*"

by H. Norman Wright

Notes

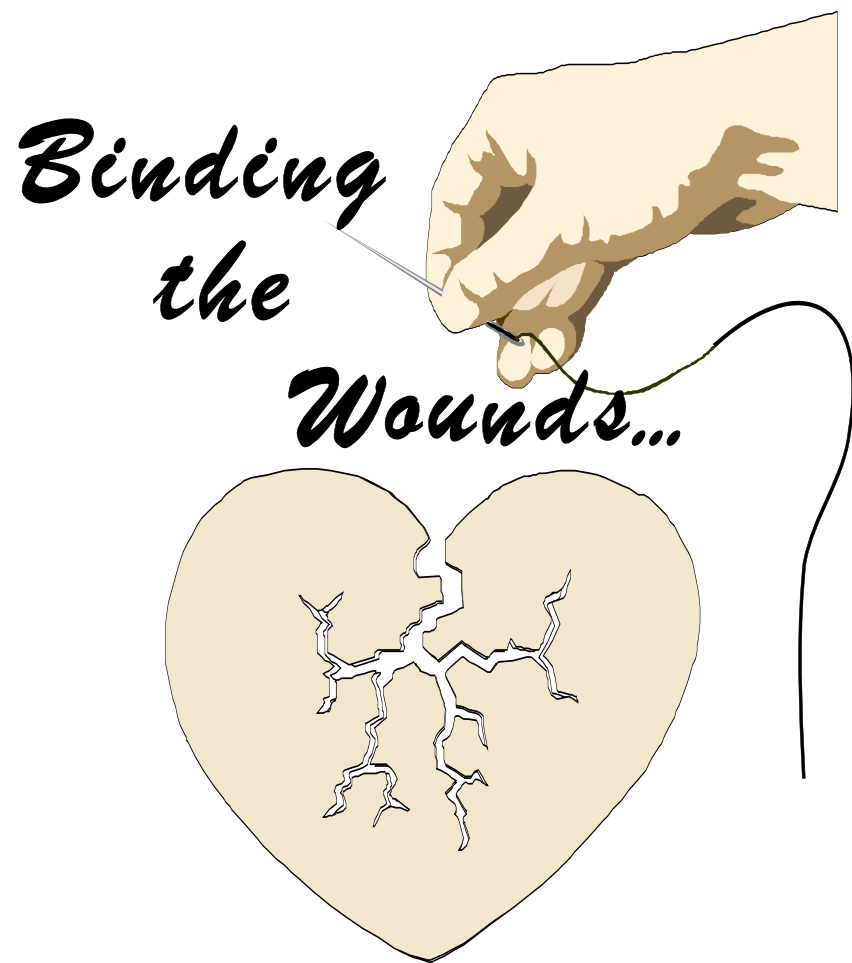


Instructions . . .

**Using the list on the previous page, re-write this
prayer on page 7 in your words, being specific to
your needs.**

My Prayer

Class Nineteen





In the Word . . .

"And do not grieve the Holy Spirit of God,
with whom you were sealed for the day of
redemption.

Get rid of all bitterness, rage and anger,
brawling and slander, along with every
form of malice."

Ephesians 4: 30-31

Notes

A.) Personalize this text.

What are you bitter about? List those things.

What has been the root of your rage?

Why is it so compelling to gossip and/or slander
others? Who taught you this?

What is malice, and where does yours come from?



Looking back . . .

Notes

Before You Were Born . .

* What do you know about your mother's pregnancy for you?

1. Was she married to your father?

2. What was their relationship like?

3. Was your father actively involved and happy about the pregnancy? _____
Were you wanted?

4. How difficult was your delivery?

5. Were you able to bond with your parents in the first 4 hours of life?



What I wish . . .

regarding the births of my own children:

Steps to Maturity

Infancy

AGE:
TASK TO BE ACCOMPLISHED:
HOW THAT TASK IS ACCOMPLISHED:
RESULTS OF TASK ACCOMPLISHED:
RESULTS OF UNACCOMPLISHED TASK:

Where Am I?

1 2 3 4 5 6 7 8 9 10

Toddler

AGE:
TASK TO BE ACCOMPLISHED:
HOW THAT TASK IS ACCOMPLISHED:
RESULTS OF TASK ACCOMPLISHED:
RESULTS OF UNACCOMPLISHED TASK:

Where Am I?

1 2 3 4 5 6 7 8 9 10

Pre-School

AGE:
TASK TO BE ACCOMPLISHED:
HOW THAT TASK IS ACCOMPLISHED:
RESULTS OF TASK ACCOMPLISHED:
RESULTS OF UNACCOMPLISHED TASK:

Where Am I?

1 2 3 4 5 6 7 8 9 10

School Age

AGE:
TASK TO BE ACCOMPLISHED:
HOW THAT TASK IS ACCOMPLISHED:
RESULTS OF TASK ACCOMPLISHED:
RESULTS OF UNACCOMPLISHED TASK:

Where Am I?

1 2 3 4 5 6 7 8 9 10

For Your Information . . .

The brain has three layers, each developing at a specific age. The first layer of the brain is concerned with basic survival needs, physical boundaries and territorial defense. This is the layer of animal instinct and animal behavior. It is the most basic layer of development in the human brain.

The second layer of the brain is the portion that governs pleasure, pain and understanding of the physical world. Emotions are housed in this layer, and it's the portion in which many spend their life, according to Dr. Joseph Chilton Pearce, author of several books, about the brain.

The third layer is unique to humans. It is the area of the brain where abstract thinking occurs, the place of limitless possibility and expanded thinking. This layer provides us with the ability to be empathetic, cooperative, logical, and conscious of more than ourselves. It contains the capacity and ability to respond to life for the mutual well-being and fulfillment of ourselves and others.

According to Dr. Pearce, 95% of individuals in our society were not properly assisted through the sequential stages of growth and development, thus making it extremely difficult for them to experience mind expansion and love, without intervention, including knowledge and a recovery process.

The two primary reasons for this deficit are:

1. Lack of bonding with mother/father at birth
2. The need for heroes in teen years has not been met in our society.

For individuals to expand to a place of loving connection, they must unlock the third layer of the brain, which is directly connected with the heart. The connection is accomplished by opening your heart to love, which ignites the firing of neuro-transmitters. This firing elevates you to the third level of the brain, where limitless feeling and thinking is possible.

Taken from *Why Do I Do What I Do?"*
Virginia Dunstone
Gate Publishing

It's Fixable!

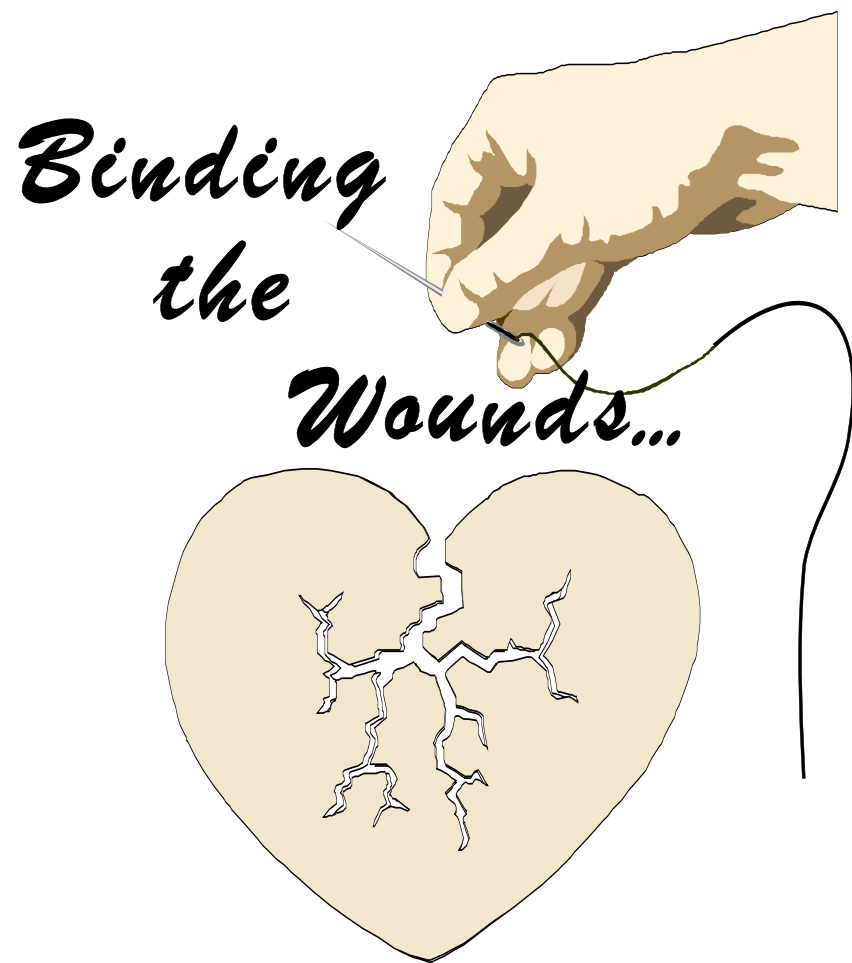


Homework . . .

Important Work!!!!

Write a one page essay, based on what you have learned so far,
about what has blocked you from experiencing love in the way
you would like to have experienced it in your life.
Include your relationships with others and with God.

Class Twenty





In the Word . . .

For you, brethren, were
(indeed) called to freedom;
only (do not let your) free-
dom be an incentive to your
flesh *and* an opportunity or
excuse (for selfishness), but
through love you should
serve one another.

Galatians 5: 13
Amplified Bible

Notes

A.) To me, this text is saying:

*The more that a child is deprived of nurture and guidance in
early childhood, the greater will be their fantasy that a spe-
cial person will come along to supply all their needs.
That fantasy usually leads to great disappointment and un-
satisfying marriages.*

*Happiness and fulfillment comes from recovered lives not
something or someone from outside of ourself.*

*Our lie at our core will, however, prevent that happening -
and it's not reality either!*

***We must** remove the lie and replace it with the Truth.*

*When we are willing to allow God the access to us
so that He can assist us to remove our stumbling
blocks, He will dwell within us, and our core lie
will be replaced with **The Truth***



Looking back . . .

Notes

B.) The primary care-givers who met my physical, emotional and spiritual needs in infancy were:
(name them)

C.) The one I could count on the most was:

D.) The way I learned to meet my own need for comfort and security was:

E..) I remember as a child having:

Everything I Wanted	Nothing I Wanted
---------------------------	------------------------

Place a star on the line, 1 to 10

F.) The first time it dawned on me with great impact that I wasn't the center of the universe, was when:

G.) The most self-centered member of my family when I was growing up was:

I say that because:

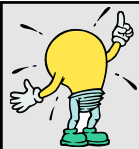


Looking back . . .

Notes

H.) When I became a Christian, the basic way my life changed was:

I.) Was the lie at the core of my being turned to Truth along with my baptism?



Instructions . . .

Read Ephesians 4:22-25. Relate this to the diagram of the wheel, and re-write the text.

*In order for Christ, the Truth, to dwell within me,
I must remove the current occupants of my heart
(mind).*

J.) The current occupants of my heart (mind) are:

K.) This is what it will take to empty my mind for the indwelling Christ to have room there:

The Toddler's Creed

If I want it, it's mine!
If I give it to you
and change my mind later, it's mine!
If I can take it away from you, it's mine!
If it's mine, it will never
belong to anybody else,
no matter what!
If we are building something together,
all the pieces are mine!
If it looks just like mine,
it IS mine!

Author Unknown

Children do not know where you end and they begin,
so what's yours, is theirs!

L.) Ask yourself, "of what things or people am I very possessive? "

Is this childish or adult?

Explain

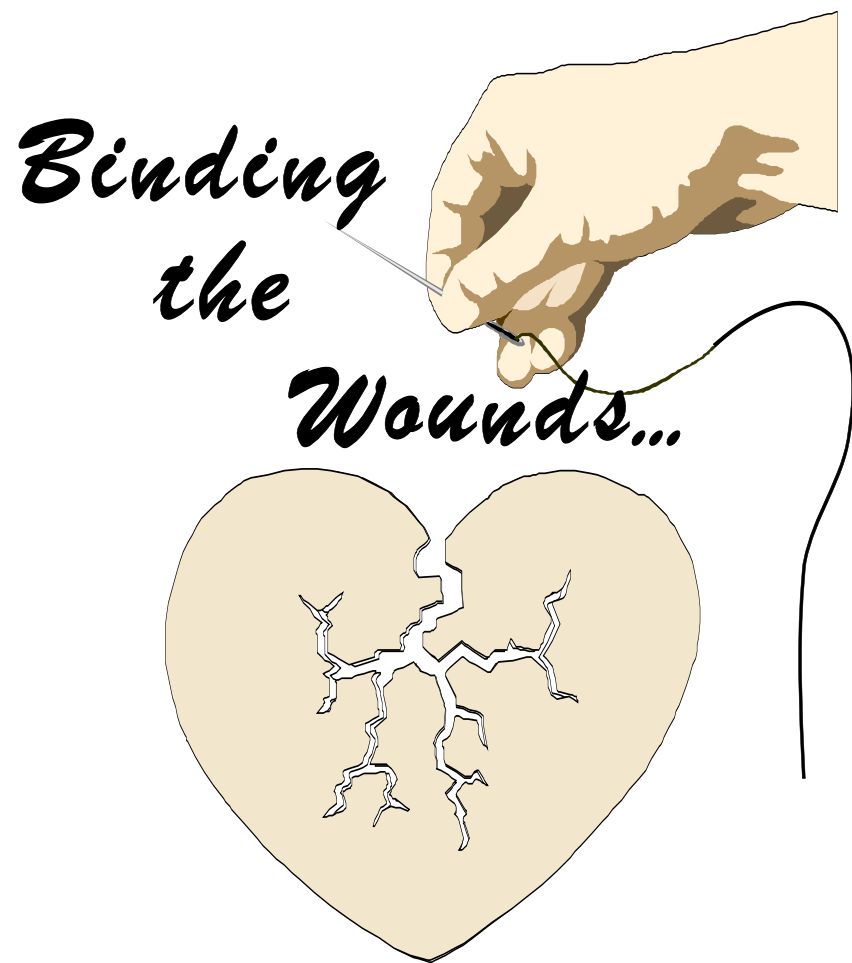


Homework . . .

Finish the letter you started in Class Fifteen - to someone who was
cruel to you in childhood.

Write a prayer to God regarding the place in your heart (mind) or inner core,
that you desire for Him to occupy.

Class Twenty-One





In the Word . . .

*For this reason a man will leave
his father and mother and be united
to his wife, and they will become
one flesh.*

Genesis 2:24

It is interesting to note in this text, that it is the **man** who is commanded to leave his father and mother prior to marriage.

God created husbands, who are the symbol of Christ, to be the initiators in the marriage relationship, just as Christ is the initiator in His relationship with us. It was Christ who left His home in heaven to come and dwell with mankind. In our interaction with Him now, He remains as the initiator; the One who lovingly woos us, speaks comfortably in our ears, and draws us to Himself.

God created women to be the responders in the marriage relationship. When, having left the family home and placed all others in a position behind the woman of his choice, he comes to the marriage with nothing or no one between his wife and himself, the wife cannot resist that total devotion. Women are 90% emotional, and they respond wholeheartedly, with great enthusiasm, to a husband who will invest his emotions in her bank!

The husband is the priest of the home, the leader, the model. The wife will observe the total devotion of her husband, and the position she holds as first in his heart (even before his mother), and she will open her heart completely, release the relationship with her father and mother, and give herself fully, in a trustful and loving bond with her husband.

And the two shall become one!

Notes



In the mirror . . .

- A.) The person or the thing which I need to remove from my experience so that I can bond completely with my mate is:



Looking back . . .

Notes

B.) The relationship between my parents was:

C.) My father was: _____ Physically present
_____ Emotionally present
_____ Physically absent
_____ Emotionally absent

D.) My mother was _____ Physically present
_____ Emotionally present
_____ Physically absent
_____ Emotionally absent

E.) My relationship with my mother was:
_____ positive and enjoyable
_____ negative and binding

F.) My relationship with my father was:
_____ positive and enjoyable
_____ negative and binding

G.) My father's parents were **happily** / **not happily**
married (circle one).

H.) My mother's parents were **happily** **not happily**
married (circle one)

It's Fixable!



In the mirror . . .

Notes

- I.) Looking at my marriage, I see that:
- J.) Have I shut down my hearing due to the hearing load I carried in childhood?
- K.) Have I blown an emotional fuse because of the emotional load I was required to carry in childhood?
- L.) Have I denied feelings, because the feelings I felt in childhood were so painful?
- M.) Looking at my marriage, I see that I:
- N.) The things I need to do to break the chain of dysfunction in my family and to succeeding generations are:

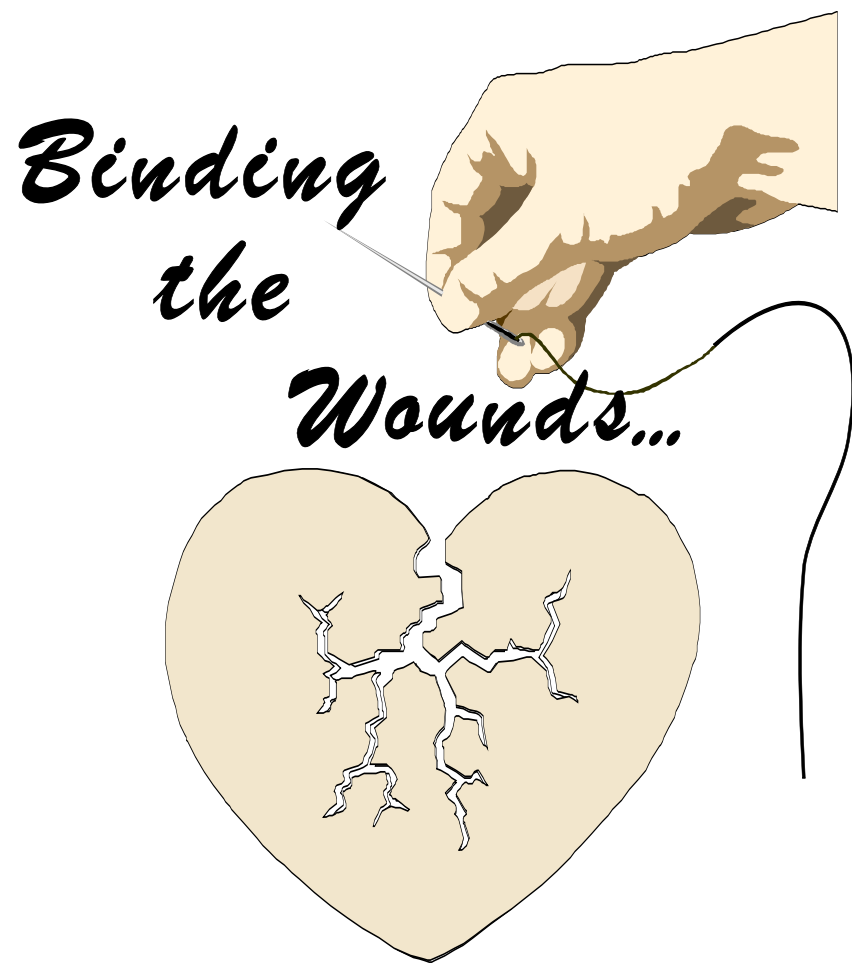


Homework . . .

Important Work!!!!!!

Write a letter to the parent to whom you have been bonded,
preventing a perfect bonding with your mate.
Use the outline you have from previous homework.

Class Twenty-two





In the Word . . .

*I waited patiently
for God to help me,
then He listened
and heard my cry.
He lifted me
out of the pit of despair,
out from the bog
and the mire,
and set my feet
on a hard, firm path
and steadied me
as I walked along.
He has given me
a new song.*

Psalm 40: 1-3

Four Steps to Recovery

- 1. Acquiring of Knowledge**
- 2. Applying of Knowledge**
- 3. Actively Resolving**
- 4. Alleviation of our Pain**

A.) My purpose for attending these classes was:

B.) I have learned that I:

C.) My plans for the future include:

Notes

For your information .

Notes

In the book *My Utmost for His Highest*, Oswald Chambers says we must *keep to the point*. "There is only one way to save ourselves, and that is to give all that we are to God. "I am determined to be absolutely and entirely for Him and for Him alone."

How can we do this?

One word tells the story: *submission*.

We must lay aside our pride, our fears, and our own desires and allow God to mold us. There are many who struggle with the thought of submission, but the truth is that those are still broken. One of the symptoms of brokenness is that we have a need to be in control over ourselves and others. We maintain the status quo at the sacrifice of vast amounts of energy. Our greatest fear is letting go, afraid that God can't be trusted - He might force us to do something we don't want to do!

Satan would like us to believe that submission means letting another person control us, but God isn't just 'another person.'

He does not take advantage, He gives us the advantage!

Revelation 3:20 says that Christ stands at the door of our hearts and knocks - He asks permission for entrance!

In I Corinthians 13:5 we are told that Love does not insist on its own way. "Rather than control us, God desires us to freely give Him ourselves and our devotion.

*God is not controlling, He is relational! When we offer ourselves to Him, we move from a state of immature dependence and/or independence, to **interdependence**, where we share a mutual dependence. In interdependence we offer all that we are to God (and often, that's not a whole lot), and He offers Himself to us (and that's everything!) Our relationship is built on trust, respect and love.*

God is the POWER for recovery. Our relationship with Him, guarantees our ultimate recovery, and an enjoyable time in the process, as we observe the majesty and abundance of His transforming power.

While we retain our identity in recovery, we empty the trash we have carried for so long, so that there is space for the beauty of God's spirit to dwell in us, and His loving attributes to shine through us.

The power of His Spirit added to the personality which He created within us, produces the renewed mind, the transformed life and the recovering, renewing, life-giving, loving Child of God that you were intended to be!

Help for the process . . .

Notes

"Rest in the Lord; wait patiently for Him to act"

Psalm 37:7

"I will not leave you comfortless: I will come to you."

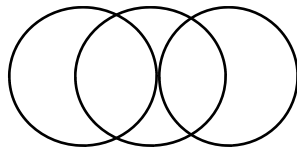
John 14:18

"Those who sow in tears shall reap in joy"

Psalm 126:5

"Weeping may endure for a night,
but joy comes in the morning."

Psalm 30:5



1. Spend time with God each day, when you take the time to **Listen** as well as to Talk with Him.
2. Stay in close contact with a friend from your group.
Encourage each other in your recovery process, by sharing, meeting together for fellowship, sharing and accountability.
3. As memories surface, share with a trusted friend, journal and write letters to offenders or those you may have offended.

The hand will write what the mouth cannot speak

4. Memorize promises from the Bible. 2 Peter 1:3-4 tells us that we become partakers of the divine nature through the promises of God.
5. Praise God often for the progress you have made, are making and will continue to make.
6. If you feel "stuck", visit with a counselor or pastor to assist you or point you in a direction. Don't fear this!
7. READ! There are many excellent Christian books on the market. Remember, knowledge is the first step!

Take Inventory!

Notes

- 1. Do I experience the fruit of the Spirit?**
Love, joy, peace, long-suffering, kindness,
goodness, faithfulness, gentleness, self-
control..
- 2. Am I at peace with my family and myself?**
- 3. Am I involved with other people who love God
and are centered in Him?**
- 4. Am I content regardless of my circumstances?**
- 5. Do I love unconditionally?**
- 6. Do I truly love the Lord with all my heart, mind
and soul, and my neighbor as myself?**
- 7. Am I free to be intimate with God?**
- 8. Am I free to be intimate with my mate?**
- 9. Am I open to friendship which can be mutually
beneficial?**
- 10. Am I determined to continue "recovery" - the
plan to work on my issues for the rest of
life, so that my life is Spirit and joy-filled?**

***God Bless You
as you
continue your recovery
process.***

***Know that we continue
in ours, and will as long
as we have breath.***

Ron and Nancy

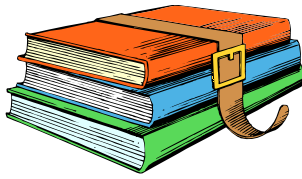


Homework.....

1. Call someone from your class each week to encourage them.
2. Read at least one good book each month - underline it - absorb it - use it in your life.
3. Each week, use a Psalm (begin with Psalm 1) and read it, study it and rewrite it in your own words.
4. Continue the letter writing process, and each day that an upset of any kind comes to your, get out your pen and notebook, and write about it.

Remember: The hand will write what the mouth cannot say.

5. Praise God often for His kindness to you.
6. Encourage and affirm others.
7. Meet with someone from your class at least once a month for sharing and fellowship.



Books We Recommend....

David A. Seamands,

Healing for Damaged, Emotions, Wheaton, IL: Victor Books

Healing of Memories, Wheaton, IL: Victor Books

If only, Wheaton, IL: Victor Books

Putting Away Childish Things, Wheaton, IL: Victor Books

Dan B. Allender,

The Wounded Heart, Colorado Springs, CO: NavPress

The Wounded Heart, Companion Workbook

Bold Love, Colorado Springs, CO: NavPress

Rich Buhler,

Pain and Pretending, Nashville, TN: Thomas Nelson Publishers

H. Norman Wright,

Chosen for Blessing, Eugene, OR: Harvest House Publisher

Gregory Jantz,

Healing the Scars of Emotional Abuse, Revell Publishing

John Townsend,

Hiding from Love, Colorado Springs, CO: NavPress

Carolyn & Paul Meier,

Unbreakable Bonds, Grand Rapids, MI: Baker Books

Cloud and Townsend,

Boundaries, Grand Rapids, MI: Zondervan

Now what? Where do I go from here?

Suggestions for Further Work and Growth

1. **Share** your recovery journey with people who notice your changes, and invite them to join a class, you might even think about going with them.

2. **Continue to learn:**

Read books from recommended reading list

Arrange to read with your class members and get together to discuss your reading and what your learning about yourself.

Get into another class and bring someone with you. Once through the class for most people is not enough. You will get a whole new picture on your own recover by doing it again.

Get into different class to further your growth and recovery. Other seminars by Ron & Nancy are:

Belonging: Examining the attachment style we have developed, how it has benefited or wounded us further and then learning how to choose to become securely attached.

Created For Success: Designed for engaged or married couples, this 16 session seminar focuses on the Biblical “law of marriage” and its application in your marriage.

Beyond the Veil of Fear: This seminar looks at causes and manifestations of fear, fear’s impact on physical and mental health and overcoming its hold in the life.

EIDO: A 7-day intensive designed for graduates of “Binding the Wounds,” who are very serious about personal understanding and growth. It incorporates the use of 5 inventories, extensive teaching and uplifting experiences. (Life Changing)

Journey to Nai: 13 Session designed for teens but enjoyed by kids of all ages. It uses the classic movie, “The Wizard of Oz,” as a guideline for lesson learning and personal application.

Now what? Where do I go from here?

Suggestions for Further Work and Growth *(continued)*

3. **Become a facilitator!** There is major personal growth available for those who choose to benefit others by offering emotional healing. As you facilitate, you grow and watch others grow too. You can do this!
4. **Inquire of the family and friends** who can fill you in about your history; your other family members and your heritage. It'll be quite enlightening and you'll see the generational patterns clearly.
5. **Get outside of yourself** by looking for ways to offer your assistance to others, such as:
Volunteer at local hospital, hospice or nursing home.
Observe people in your circle of family and friends who could use encouragement. Send a card / note to them, invite them for tea and crumpets, bring them an inexpensive bouquet, etc.
6. **Learn to care for yourself:**
Take a long bath with lavender for relaxation.
Get a pedicure
Read a good book
Take up a hobby - woodworking, fishing, golf, embroidery, knitting or crocheting, scrap booking.
7. **Start an exercise program**
8. **Continue to look in the mirror** observe your responses to people. What characteristics in others create reactions in you? Who in childhood had those behaviors? Write about it!
9. **Write your story** - including your recovery process.
10. **Pray regularly** for others who need recovery or are on the recovery path.
11. **Keep in touch** with group members and your facilitator, sharing yourself and asking them to share with you.
12. Keep in touch with Ron and Nancy Rockey on their website. (www.urfixable.com) and (www.itsfixable.com) On urfixable.com you will find on-going video teaching, live and mini-seminars, and video "Mindful Moments" and a host of other helpful information.