

Background

- Raised 2 boys on my own.
 - Robert Lindsay – 40
 - Michael Lindsay - 39
- Common law married – not divorced from the 1st husband – good friends. I never had a need to divorce him.
 - We parent together
 - Tom Adair – he’s another child I’ve taken on – he has club feet – you run and get this, my feet are bad.
 - I can go do what I want. I’m in a relationship but I can come and go as I want.
 - He’s a good provider
 - Money controller – if it wasn’t for him I wouldn’t have the lifestyle I have – he has picked me out of the gutter and given me a good life
 - I don’t want confrontation. I’m not happy. I don’t make the financial decisions.
 - It’s more work than I thought – I’m staying away from my home – I escape – go stay with my girlfriend or babysitting with my child.
 - I stay with my
 - Kids are very spoiled – they have been given a lot and there is little appreciation – Benefit – I get to spend time with my grandchildren. I get to be the parent because they aren’t parenting the way I want them parented. Son is unhappy – in an unhappy relationship – has these kids – Age 2 and 4. She wasn’t a good parent. He stayed with her because she had a child
 - Son ran off with her girlfriend when she was pregnant with the 2nd child. They live on a property owned by ex-husband – it’s all free.
- Whole family has phobias
- I don’t lie

Issues

- Went back to school for nursing – age 49 – couldn’t pass the requirements. I was so determined – I surrounded myself with such good people.
- ANXIETY
- Phobias
 - I have to be in full control
- You give birth now you take care of me
 - Run over top of dad and uncle
- Hashimoto’s disease – autoimmune – gut
- ADHD
- Not able to relax

Relevant History**Contract:**

I want to be able to wind down and relax

- To do whatever I do from JOY
- To learn to set better boundaries
- To enjoy life.

I need to stand up for myself better

- To stop avoiding confrontation
- To deal with things like wills and getting the house in my name, getting my divorce
- To seek to control more without a fear of getting in trouble
- To get my nursing
- To leave this relationship

I need to stop acting as if I'm the hired help

- To function more as an equal to Tom as well as others
- To stop being complacent
- To stop being parent/caregiver to anyone.

I want to feel a sense of worth and value

- So that I know why I'm here
- To do what I need to do for me.

Summary of Work

<p>Part – that keeps me in the lifestyle with someone I don't respect.</p> <ul style="list-style-type: none"> • I want to make people happy • It makes me happy to see others happy • I don't want anybody to be sad. • HURT breaks – I feel sick 	<p>Dad's family</p> <ul style="list-style-type: none"> • His dad would tie him up and beat him with a baseball bat • He would beat his mother • Had multiple affairs
<p>I wanted to be the centre of attention.</p>	<p>My parents were SWINGERS</p> <ul style="list-style-type: none"> • Mom had no education
<p>Age 5 – I'm scared of my dad – he will give me the belt like he does the boys – I hid under the trailer.</p> <ul style="list-style-type: none"> • I was so scared I would be killed • I would make them suffer – they were not looking after me. • SCARED • Our family would get lost in the woods – we would go for drives. • I didn't feel secure with my parents. • 	<p>Search – RCMP</p> <ul style="list-style-type: none"> • Grabbed me and hugged me when I came <p>Dad kicked the shit out of mom and she ended up in the hospital.</p>
<p>Mom & dad split up when I'm 10 – and then I was taken in the middle of the night.</p> <ul style="list-style-type: none"> • Scared. • I'm the protector of the children – I know this is unfamiliar to me - • Older sister and brother – older by 5 and 7 years. <p>No childhood</p> <ul style="list-style-type: none"> • Not stable – we never lived anywhere long enough to get to know neighbors, friends, teachers • I would gravitate to those who were nice to me. • Stuff = security – it's mine – I could focus being a child – looking after it <ul style="list-style-type: none"> ○ Nun would give me a little necklace of Jesus, a 	<p>Mother</p> <ul style="list-style-type: none"> • Alcoholic family • She would lock us in the bedroom when we were bad. • If you were bad – you went to bed with no food. • Eat it or do without • Food was a punishment in our house. • Mom – running a hippy house – smoking weed, multiple men • She had no education • We had 7 children

<p>hanky, a pencil</p> <ul style="list-style-type: none"> • I felt special – made me happy <p>To eat made me very upset – if I took a piece I would waste it and I would be in trouble.</p> <p>Get</p>	<p>Father was very adventurous with food.</p> <p>Everyone had chores</p> <ul style="list-style-type: none"> • You were there but not allowed to make noise • Seen and not heard • Kids don't act out – that would be not good. • Saturday while mom polishing floors only time we could be free • Candy was padlocked – on Friday night you got a little taste. • Good was padlocked – we had to be conservative with it.
<p>Age 10 – I'm in charge of 4 children – Sister was an infant, 2, 6, 7</p> <ul style="list-style-type: none"> • Petrified <ul style="list-style-type: none"> ○ I slept on the couch ○ I was afraid that someone would break in. • Cried – I'm not supposed to cry - I'm the oldest girl <ul style="list-style-type: none"> ○ I need to be the savior of the other 4 children. • I needed adult clarity – this was my adult person who could tell me what is going on in the world • SCARED – It's weak to be scared. <ul style="list-style-type: none"> ○ I don't want the younger children to be scared. • Settled in Delta BC – dad would go for a week – made sure we had food, paid the rent. • I broke • I would smuggle pants into school – I thought I was cool • Wasn't allowed to leave the house • I cleaned the house, did the birthday cake, dressed well, ready for school • I decided to be the best mom I could possibly be. • Stressed out • Angry – It's not my job, I have an infant to feed, I have to get up in the night to feed her. I have a 2-year old to deal with. Then a 4-year old and 6-year old. • I had everybody on a routine • The house was really clean • Frustrated – Nobody listens – 2-year old pulled TV down on herself – ended up in hospital and my father is furious with me because he had to leave his girlfriend to go to the hospital. • I would look out and ask if people cared. I was in an apartment complex and wonder – can you please come and help us – tell my dad this isn't normal. • Does she not care? <ul style="list-style-type: none"> ○ Disturbed 	<p>Parents split up</p> <ul style="list-style-type: none"> • Mother got custody • Dad was a millright – worked in forestry – building towns – stayed in place only 6 months. • You have to wear skirts and have long hair <p>How dare you go outside on the swing.</p> <p>Father – furious</p> <p>How dare you go break my shoulder making him coming home because I was in a brace.</p> <p>Other mothers stay home with their kids and take them to school.</p> <p>Mom never tried to find us.</p> <p>By leaving us alone he put me in charge.</p> <p>ANXIETY</p> <ul style="list-style-type: none"> • Will someone know

<ul style="list-style-type: none"> ○ She doesn't care? ○ Is she not concerned that dad is leaving me alone. ● I'm burdened with looking after these children <ul style="list-style-type: none"> ○ This is not normal ○ I wanted to learn, go to school, play ○ I wasn't allowed to do it ○ TRAPPED ○ I wanted to make lemons out of lemonade. ● I start gravitating to those that will mother me <ul style="list-style-type: none"> ○ I need people who will be kind, give me advice ○ People lover. ● I would do anything if you will be my friend <ul style="list-style-type: none"> ○ Give them stuff ○ Make them feel important ○ Make them feel happy ○ Do stuff for them that they will enjoy ○ Satisfaction – they like me. ○ They think I'm wonderful. ● NORMAL ● I'm not worthy ● What did I do wrong that they don't like me. ● I didn't feel SAFE anywhere... 	
<p>I would do anything to be your friend</p> <ul style="list-style-type: none"> ● If I don't help you out you won't be my friend ● 	
<p>Age 14 – we were put in foster care – we were all separated – I went with a really good family.</p> <ul style="list-style-type: none"> ● GUILT – if I have fun ● I got to be a kid – I didn't want to be a parent again. ● If they wouldn't let me do stuff, I would go stay with an Aunt and Uncle ● I had never dealt with money ● I would learn my times table to get money. ● Expectation that people that care for me can abandon me. They can dump me. ● I don't trust people to not abandon me. ● I don't trust that I'm worth loving. ● I don't let people in – makes me selfish. 	<p>Sisters were sexually molested. Boys were beaten in care.</p> <p>Ran a motel – paid me to clean. They would let me run the hotel.</p> <p>Dad took off to Hawaii and put us in Foster Care.</p>
<p>Age 16 – Children's Aid paid for an apartment for me.</p> <ul style="list-style-type: none"> ● No drinking really, no drugs, no promiscuity – I wouldn't ● I had to make it on my own so I did. I had to get up and go to school. I had a good social worker – she let me away with murder. I had a good allowance. ● I was so selfish about what I wanted ● Freedom ● I had fun – straight and narrow. ● I don't trust adults. ● I don't trust love 	

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Age 19 – I got pregnant and had children. <ul style="list-style-type: none"> • I was getting married as a place to go • Wall went up – I don't trust him because he doesn't defend me. • He didn't come to live with us. 	
Age 18 – I liked the family unit – they had a mother and father and it was a family unit – had Sunday dinners together. <ul style="list-style-type: none"> • I wasn't up to the standard of their living. She wanted the children but she didn't want me. Age 26 – I separated from her.	My mother-in-law rules my husband. She dominated our children. Her husband is a foreman. <ul style="list-style-type: none"> • Took me to court to try to take my children • Judged called that family a circus • I got custody and then they got visitation at her discussion. • I got a variance for the property should it come to him later in life.
Age 20 – made a decision – I can take the low and poor me – the victim or <ul style="list-style-type: none"> • I will surround myself with people that will help me and I can learn from them. I want to be a good person • HURT • I'm not worthy of a female person • I must be a horrible person. 	Mother-in-law that hates me <ul style="list-style-type: none"> • Wanted full control over their children My husband never stood up for me.
Age 21 – My sister who was 11 was being molested in the foster home. She would come and not say anything. And then I would send her back.	Sister – highly intelligent – wanted a baby – she is handicapped now – has this guy live with her who is also disabled. He keeps the house. But she can't stand him. She is very private and secretive.
Age 26	
The guy I left my husband for. <ul style="list-style-type: none"> • I put up with a lot • I must have made him do that... • He almost killed my sister's baby. • I can live with you but I won't love you. 	Anger issue – he would smash things - signed him into the Psych.
I'm living with Tom <ul style="list-style-type: none"> • Selfish – I'm totally independent • I've used Tom for the lifestyle he provides • We do have a life with him. • I have to be in control 	He's such a child <ul style="list-style-type: none"> • Horrible hoarder -

Beliefs:

- I don't feel worthy
- I don't feel value
- Food is punishment

Manifests:

- no permission to just relax – I'm exhausted – I function on adrenaline.
- I live in this nice house with a pool and I never use it
- I know better but I do nothing about it
- I'm tough – you can't push me around.
- I have drama – my kids had relationships with people who don't function well.
- I worked really hard to provide a life for my children
 - The people they pick up with are 'bad' people – with anybody
 - Youngest son marries a girl, together 6 years and all of a sudden she is having an affair and he wants to have her back. Her mother is chasing after her. He lies to us and doesn't tell us about multiple affairs. He decided to build her a house so she wouldn't run around on him. If he bought her a new vehicle and furniture she would stay. He didn't want a broken family.
 - He is highly intelligent, driven, master plumber, he has master horses – he takes broken people and wants to fix them.
- I left my husband – really nice guy – and I left him for this guy with anger issues.
- I want to control my health
- I never tell people my story – I'm embarrassed about my story.
- I don't validate that I have a problem so I don't use it as a crutch
- My son orders around their father and Uncle.
- I'm super aware of the dysfunction around me – I hate it
- I search for people who are education so that there is minimal dysfunction.
- I tried so hard to have my kids be 'normal'
- For the past 23 years – I have raised the children of professional folks – and run their home.
- I decided to be the best mom I could be.
- If I've been bad I will go days without eating.
- The need to save others.
- I look after my stuff
- I always have lots of food – I want everybody to eat anything.
- When people come into my home, I wait on them.
- Parenting style – I did the opposite of what I experienced.
 - Lots of food
 - I played with my kids
 - I spent time with them helping them with homework
 - I need to be in control – where they went.
 - I'm going to do everything for them. I'm going to give them everything.
 - Protect them
 - Control everything
- Physically sick when the child is hearing about mother's problems.
- Anxiety –
 - Not going to get anti-depressants – I'm weak
 - I could go places – go to Concerts
 - I can't take all the chatter, chatter, chatter of groups
 - I get spun out
- Winter – I get really depressed – I don't like cold

- Dark at 4pm – I couldn't look out to see people.
- **GUILT – I did a terrible job as a parent** – that's why they have picked up with these people and that's why my grandchildren are suffering.
- **Being social makes me happy** – I'm free.
 - Religion – Catholic – devoted.
 - Friendliness – I talk the ears off people.
 - I talk to anybody I come in contact with anyone
- My always giving them everything has created selfish kids.
- It makes me happy to help others because that makes them happy
- I can't just let lose and have fun because I might have to take care of somebody.
- Relationships – I won't be vulnerable – I can be tossed out like trash
- I learned to use people
 - I don't trust you but you're useful.
- Causes me to stay longer in bad relationships because I make the problems between us about me.
- I don't feel secure in life
 - I'm not adventurous – what if...
 - I don't let a lot of people into my life
 - I have lots of acquaintances
 - I have to be in full control
 - You won't tell me what to do...
 - I feel safe to go this way...
 - I don't want to get lost
 - Very controlled life – Brockville – lived in the same areas – under my control.
 - Relationships have to be under my control.
- Stories – about why I need to mistrust
- I feel like I have to be busy all the time.
- I'm a good girl = busyness – not facing the fears of the 10-year old girl
 - I have to tell people all the things I have to do.
 - I over-do

Outcomes of Our Work

- I got Math and Science in 6 weeks to get into Nursing school by September.
- Heartbroken – missed my registration by 2 marks.
- I'll take on any challenge
- Two wrongs don't make a right
- She was good to her grandchildren.
- Don't keep festering about the past – it happened.
- I will never be mean to you.
- I'm not a vengeful person.
- I do enjoy
- The swing set – CM – feeling limp – she doesn't want to get in trouble.
- CM can't imagine what this child has been through.
- You're not weak to be scared and you're not weak
- Heart-broken – give her that
- There is a lot of tension, unsureness...
- Kind of lifts...
- Unsure... I am you
- We don't live here anymore. My siblings grew up, they have their own lives and I have mine. We managed for as long as we had to manage

- It all turned out – it could have been worse – nobody went to jail, no hookers, no drugs – we did it – we did a wonderful job considering we didn't know how to do it – we figured it out. We need to be proud.
- It's a miracle – I am a miracle – statistically I shouldn't have been able to do this. We were advanced – WOW – really – I can't believe it. Anything could have happened had we not been there... they would have been so broken and that leads to substance abuse as well as this and that.
- PROUD but hesitant – I have never heard those before...
- Update – it's really exhausting – doing like the Christmas Carol – see the beginning and the end of the story. She couldn't believe – it's like a wave – started off here, we were stuck, went further – brings up her confidence. These educated people are relying on a person who don't know her history – the trusted me and they were really good to me. They would send me to manicures and gifts from their travels.
- They really appreciated me and they liked my energy – I have a lot of energy – it's a lot of busyness also a lot of efficiency and I'm reliable. We had pride in our job – to get the best recognition – we give 100% on everything we do.
- Giving 100% is a value I have – effect is people are really nice to me and they keep having me back. Creates friendship.
- It's like doing a quilt – eventually you had
- Determined to do the best job she could. I made the best out of the worst – I became a strong, independent person if I hadn't been put in that situation. I can mentor a younger person.
- Adult self – always finds the good in people. Life fits together like a quilt and you won't know until your last day of life how it will all unfold.
- I live life – I give people the benefit of the doubt – learn from rough patches and come out the other side. I will not use my past as a crutch or use it to my advantage. It was the hand I was dealt. I will do the best I can and be the best person I can with what I was given.
- Learning to tread water – go with the flow – we can't change what happened yesterday, but we can go forward. Let's see how today progresses and then tomorrow and then the next day.
- Likes the concept of flow – it's a good attitude. If you have a shitty attitude that is what you're going to get.
- I'm going for the stars – I'm going to try that.
- Young Ruth is very proud – relaxed and unstuck – a load off the shoulders – I'm lighter – I'm dealing with why I was stuck at the age. I'm 60 – how could I be selfish.
- I want to live at a certain standard.
- I may not have parents, but I have standards. I didn't need parents to get what I wanted from life. We will be the best damned parents and grandparents. We won't do the same with the next generation. Nothing will be given to them. I'm going to be tough love grandmother. You have to show me respect and show me how you will solve your problems. We can come up with strategies – and you choose the path. I believe in tough love. Let them fall on their face – the more times you're knocked down and determined – you will be a better person. She is laughing but she's PROUD.
- Giving them everything doesn't work just because we didn't have anything.
- The people I work for don't give them everything. They need to fail in order to learn.
- Their kids RESPECT me.
- This kind of wisdom makes young self really happy. These are all professional people asking me about parenting.
- She is realizing I have a brain and if you give me a chance I can use it. I got determined – I realized I had a head on my shoulders – I will see what it can produce.
- Nursing – I made sure I didn't fail. Part is excited.
- I function very well under pressure. Part sees it as a strength.
- I am a determined person and I will make it happen. It made me the better person that I might not have been today.

- I was bigger than that situation – PROUD
- I have a lot of respect in the community.
- I have worked only for professional people for the past 23 years. I got there because
- Connected to the adult self – is to be a child – be a child – going to 4H, playing dolls – hopscotch – learn, try stuff, fail and let's do it again... read a book, play, be interested in stuff, learn, enjoy being a child. Let's make the best of a day.
- To be her support system – a mentor
- Resentment is a waste of time.
- Grow up, be a good person, be helpful, be kind
- Wonderful life
- I would have gone to University
- Focused on studies
- Struggle anywhere – get help.
- We can't be good at everything.
- We need to be here for each other – we all have a part to play – we need the differences. We are all gifted in another way.
- Had she understood that – She would have had self-esteem, made sure she had a good support system. Have school, the teacher – I wouldn't have stopped because it is hard. She is determined – she is surprised.
- She didn't do anything wrong.
- Adult mind will mentor her. We will have some failures – that didn't work so let's try it this way.
- Make her comfortable learning – if you have an interest follow it. Let's figure it out. How do you feel that we can do it. What is the most comfortable way for you to learn it?
- I would have really enjoyed my 20's and 30's – I would have been at school – Psychology, Philosophy. I wouldn't have lived with someone for a lifestyle.
- I would have focused on providing for myself and then finding a partner that I loved.
- Young self is feeling more secured – someone took the interest to pay attention and to give her encouragement.
- With this connection – it feels secure.
- Worth – knowing you have a support system and security – that is wealth in itself.
- Everything I accomplished in life is a product of my WILL
- I was already special – I didn't know it.
- 2 Angels on my shoulder – guiding me all the time. They protect us and keep us safe. Make me brave.
- Intuition – she thinks it's neat – never knew about it.
- Very helpful to know I have all of these abilities. I have talents I didn't even know I had.
- The freedom to ENJOY my life. We can maybe improve other people's lives. I have an interest in mental health, I like to give my time to the Church. I like to go to the food bank. Every year I sponsored a child and I got my children involved.
- Philosophy around generosity – there has to be boundaries in the generosity.
- RESPECT
- Own your shit – you do it, own it. Fix it. I will back you up – prove to me that you will do the work.
- Treat my home like a palace.
- We are born with love. The takeaway is that my attitude is loving
- She can't believe I have that amount of love. I made a negative into a positive. I nip stuff in the bud – I deal with things right away.
- It's time to throw this book into the fire. WE've read it, it's done. Let's start a new book.

Session Summary

Issues	<ul style="list-style-type: none"> • Anxiety • Phobias • Not able to relax
Background	<ul style="list-style-type: none"> • Even before your parents separated and before you were abducted by your father, you were afraid. You didn't feel secure with your parents. • Your childhood was far from stable – moving from place to place every 6 months when your dad's job changed. As a consequence you never had a chance to form friendships or to really focus on school work and succeeding at it. • Friends were those you could make happy; security came from the stuff you got from people that made you feel special. • You didn't have a childhood per se but after your father took you, you grew up very quickly having to look after 4 younger siblings, one of which was an infant. You were expected to get up in the middle of the night to tend to her and were left for days on end to care for the others. Dad would stay with his girlfriend. • The feeling you never allowed yourself to feel was the terror you felt at being left in charge. You weren't allowed to cry or to be afraid – those things were weak. So you held it in. • As a 10-year old you were scared and stressed out with the responsibility • You felt guilty when your father got angry because you didn't look after your younger siblings well. • Nurturing took the form of getting everyone in a routine and keeping the house clean. You were frustrated when your brothers and sisters didn't mind you. • You became increasingly anxious because you could see the other families around you with moms who were with their children. Where was your mom? When would your dad come home? You were left to manage on your own and you were scared bad things would happen. That anxiety still lives in you today. It is the reason why you need things so organized. • Essentially you didn't feel safe; you didn't feel worthy of love; the fact that no one seemed to care left you believing you had done something really wrong. • From then on you made friends by making them happy – you have been a giver. • By the time you were 14 you had shut off your heart. You had been hurt by people who should have loved you and you didn't let people in. You saw them as useful and that pattern continues into your life today. • The fact that you can't just love people means you can't let them in – it makes you more selfish than you wanted to be. • The fact that your kids are not doing well – you feel a need to make them do better because it's your fault they aren't parenting properly. That is the result of your dad guiltting you about your parents of your siblings. • You are unable to find a partner that you love; nstead you find people that will 'provide for you' is because you don't trust love. You don't search for it. • Your independence is also a factor of not opening to anyone.
Old Beliefs	<ul style="list-style-type: none"> • I'm not worth loving • What did I do wrong that they don't care for me? Like me? • Crying/fear is weak
Changing the Story	<ul style="list-style-type: none"> • Ruth you took a journey backward in time to meet your 10-year old self. She is at the swing set on the same swing where you broke your clavicle • Seeing your younger self there it is hard to really understand what she has been through and how she is feeling. • Through your conversation with her, she is able to hear that she did a good job – her siblings turned out OK. She turned out OK. You reassured her that she figured it out and

	<p>a sense of PRIDE starts to grow in her. It's a MIRACLE that you survived and went on to do so well in life. She has never felt pride before but connected to you, her future self, that is what she starts to feel.</p> <ul style="list-style-type: none"> • You took her through time to help her see all the families you have helped and all of the good you have done. She can see that educated people felt they couldn't have done it without you/her. She connects to your commitment to give 100% of yourself to whatever you take on. It is hers as well. • She allows herself to merge with other attitudes you hold. Always find the good in people. Life is like a quilt – you won't know until your last day how it will all unfold. Give people the benefit of the doubt. Learn from the rough patches and come out the other side. Don't use your past as a crutch. It was the hand you were dealt – make the best of it and become the best person you can. • Connected to you she can learn to tread water and go with the flow. She can't change yesterday but she can move forward. She also likes your view about maintaining a good attitude. • Through your eyes, Ruth, your younger self sees her strength. She sees what you have been through as well as your determination to keep moving forward. You never stopped. You would always shoot for the stars. She feels really PROUD of what you have done with your life. • The load of responsibility comes off her shoulders – she's lighter because she's no longer stuck at the age of 10. She may not have had parents but she didn't need them. All she needed was her determination. • She can also see that giving her own children everything wasn't love – they need to earn it. The next generation – your grandchildren – will grow up with tough love. You will help them to fall on their faces and be there to support them as they pick themselves up. You now realize they need to fail in order to learn. This type of love creates respect between you and the grandchildren. • Connected to her adult self she now realizes she had a brain. Once you got determined and had a goal in mind you did what you had to do and got your nursing diploma. She is excited. • She also learns about how to parent by how you cared for the children of the Professional people you looked after. • Your younger self realizes that her resentment and frustration are a waste of time. Connected to you her job is to grow up and become the good person who is helpful and kind. If she faces challenges or problems she will ask for help. • She can also see that she has gifts inside her that the world needs as does everyone else. We all need each other in order to succeed and that gives her the self-esteem she didn't have. • She also realizes she never did anything wrong. You, Ruth, her adult self will mentor her. Together you will meet any failure she has. But with your encouragement her focus will be enjoying her life. As a child that would have meant playing more. As a teen she would have expanded out into interests. She would have focused on her education more and gone off to University. She wouldn't have married young but instead would have cultivated her talents. She embraces your philosophy of generosity with boundaries. • As we closed the session she came into your heart so that she can grow up to become the self-esteem and enjoyment of life you were never able to feel. • So many of your attitudes Ruth demonstrate love of self as well as others in a way she has never experienced before. Love is something she was born with – she just never had the opportunity to express it. Going forward she will!
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