



Changing Your Story

Module 2



MODULE

02

Jane's Story

Jane's Story

- ▶ A little girl feel unacceptable because she is emotional – called toilet seat because she is up and down a lot – moody.
- ▶ Becomes a tattler tail and a pleaser – always the happy one – making her parents happy so that she fit in. Decides not to cry because she will get in trouble.
- ▶ At Grenville she becomes the 'good student' – goes along with what is expected. Wears a mask that she is 'happy'. Not sharing her emotions.

Jane's Story Cont'd

- ▶ Fitting into her role as a 'female' – based on mom. You tow the line. You support from the background. You keep the man happy because he's the breadwinner.
- ▶ Cook, clean, support the kids emotionally. She hovers from the background.
- ▶ Marc is the professional – put him on a pedestal. He's smart – he knows better than I do. I let him make decisions.

Jane's Story Cont'd

- ▶ She didn't pursue a 'career' outside the home; fell into mom's pattern of support within the home.
- ▶ Became super organized about all things to support her family.
- ▶ She has suppressed her emotions allowing only anger to show – just like mom.

No. 01

What were Jane's core issues?

Jane's Core Issues

- ▶ Emotions are unacceptable
- ▶ Didn't like her body; therefore didn't like herself.
 - No sense of who she is or what is special about her
- ▶ Angry/frustrated – bullying sister + other kids
- ▶ A need to fit in – to feel valued, seen, validated –
 - How she fits in - tattler + cleaning of toilets
- ▶ Suppressing emotions until they explode

Homework Questions

- ▶ How did I set the scene for the adult Mind to meet the Part?
- ▶ How did I help Jane bond to her part?
 - Did it make sense?
- ▶ What sorts of questions did I ask to bring about change?
- ▶ How did I check to see if the part was changing?
- ▶ How did I get core issues to change?

No. 01

Change

Change – Introduction of Adult Self

- ▶ See people as people – it relaxes them, they feel accepted – they will open to you.
- ▶ Relationships are far simpler and happier when love is fueling them rather than obligation.
- ▶ Loving her children rather than pressuring them
- ▶ The importance of being vulnerable with others – allows LOVE to flow – they find it easier to love and respect you as well as themselves.

Change – Introduction of Adult Self

- ▶ Jane couldn't bond – uncomfortable in her stomach
 - Talks to the part – reassuring her she will become a beautiful, sexually desirable woman.
- ▶ Talked about intuition – how it became her guide – not about what we learned in school or about what degree we got. Confidence.
- ▶ Shared her parenting style – dancing their way through ups and downs with LOVE. You promoted them, taught them about their beauty.
- ▶ I have other things to teach my children – seeing each person as important.

Change – Introduction of Adult Self

- ▶ See people as people – it relaxes them, they feel accepted – they will open to you.
- ▶ Relationships are far simpler and happier when love is fueling them rather than obligation.
- ▶ Loving her children rather than pressuring them
- ▶ The importance of being vulnerable with others – allows LOVE to flow – they find it easier to love and respect you as well as themselves.

No. 01

CALM

Change – Adult Self Teaching

- ▶ Marc is growing more comfortable with emotion as she becomes comfortable with her emotions. She gives him permission.
 - Emotion is a strength
- ▶ Asking for help is a **STRENGTH**
- ▶ Being honest about your viewpoint brings greater intimacy in relationships
- ▶ Jane and the part realized she needed to be less concerned about Mikey and Sarah – to let them make their mistakes and learn from them. She doesn't need to control...

Change – Part Updating

- ▶ Her intuition is a source of high intelligence. She doesn't need 3 or 4 degrees to prove she is worthy.
- ▶ Intuition/instinct is a **STRENGTH**. When she uses this in decision-making, it is always **RIGHT**.
- ▶ I don't need guidance from the outside. I can ask for help. Going forward she will be more **AWARE**.
- ▶ Her knowingness has been with her always. She can trust it – makes her **CONFIDENT**. Sees herself as **STRONG**.

Change – Part/CM Changing

- ▶ Suddenly everything Jane has ‘known’ – all of the perspectives that were hers, she suddenly validates as REAL and IMPORTANT because they are hers.
- ▶ I will follow my instincts going forward.
- ▶ Connected to God – he has been with her always – PEACEFUL, GROUNDING.
- ▶ Awareness of the IMPORTANCE of her role – made a house into a home, set an example about emotions, vulnerability and strength. AFFIRMED the importance of these qualities.

No. 01

BONFIRE

Bonfire

- ▶ When did I ask for she and her part to assemble around a bonfire?
- ▶ What role did the book play in that scene?
 - How did I know it was time to do this section of the change?
- ▶ Using the fire as a magnet what did I pull from her body?
 - What do you feel the significance of that is?
- ▶ What did I do with the energy left behind after the storybook had burned?

Finishing the Process

- ▶ At some point bring the part back inside the body
 - Connect it to the CM with its new thoughts and feelings
 - Give it the suggestion to grow up in its own way and timing
- ▶ Ask it to expand its new feelings throughout the entire body filling in all the spaces left by removing all the old energy.
- ▶ Ask the CM – How are you feeling now?
- ▶ Are all parts of you in agreement with the changes made today?
- ▶ Are there any questions that need to be answered before we close the session?

Homework

- ▶ Listen to Ruth's Change – take notes
- ▶ What core issues needed to be resolved?
- ▶ What happened when Adult Ruth was introduced to young Ruth?
 - What role did adult Ruth play in changing her younger self?
- ▶ Identify the step-by-step process of change documenting what new emotions/thoughts replaced old ones.
- ▶ Were all core issues resolved?