

Client: PamH

F43

Date:

Background

Issues

Relevant History

Contract:

Summary of Work

<p>She wants to have passion – that makes me feel alive – I pursue – progress – feeling of accomplishment</p> <ul style="list-style-type: none">• Part doesn't have any memory of excitement• Decide – about mothers – pursued motherhood and expected to feel really fulfilled in that.• Experience as a parent – difficult children – really hard• I knew I was very good at nurturing and taking care of people• Nurturing is what I would be good at – not finding a lot of fulfillment in motherhood.• Careers – a job that she was really good at, did well at, pursued – she just never did that.• She took the easier route of motherhood – it felt safer – she didn't think it would be as challenging.• She thought she'd be really great at it – it would be her career.• Feeling trapped by choosing motherhood and it feeling difficulty• Because it was so challenging – children – even this I'm not good at. It must be hard because I'm just not good at it – it's my fault. Feed into that whole thing – belief – not being good enough.• I can't excel and be good at stuff.• What I thought I'd be good at is really, really hard. It must have something to do with her.• Learning is hard and not fun.• How is learning connected to career – to pursue a career and be good at something there is a lot of uncomfortable in the middle and anxiety to get to that point of being good at something.• How coped? Look for distractions –	<p>Mom</p> <ul style="list-style-type: none">• Negative• FEARful – worst case scenario• Unplugs everything in the kitchen – fearful of a power surge• Raised my brother and I as if something bad will happen• Praying for everyone or something bad will happen.• She will over-parent making me feel like I'm dumb• Mother felt like she needed to instruct me on everything• Talking to me like I'm a child or stupid – I don't have these common sense tools on your own.• You're not capable.• It's her job to keep all of us SAFE.
<p>Age 5 – ballet recital – loving it</p>	

<p>Age 7 – soccer scenario – DETERMINED</p> <ul style="list-style-type: none"> • Fought them so much • Being the only girl on the team – insecurity • Feeling so ‘out of place’ – my dad always loved soccer – just wanted to make him proud. • I was the only girl. I didn’t know what I was doing. • I feel dumb. • I’m anxious and fearful about the world <ul style="list-style-type: none"> ○ It’s a sad, scary place ○ It’s unsafe ○ I’m always looking for the danger – on ALERT. ○ Always waiting for something bad to happen. • You always have this sense of ‘worry’ <ul style="list-style-type: none"> ○ Programmed to be prepared, see the accident before it happens. ○ There is always something around the corner. ○ You need to be VIGILANT or bad things will happen. 	<p>Parents never pushed me to do anything.</p> <ul style="list-style-type: none"> • I knew I couldn’t change your mind. <p>Male/Female</p> <ul style="list-style-type: none"> • I was less than because I was a girl • Mother – under-achiever – role of mother is all she is. • Everything centred around home and motherhood – that is the highest calling. Anything else doesn’t really matter. • Mom wanted to be home raising kids • When she worked, she was there to provide money. • Her heart wasn’t in it • Grandma lived with us – her whole life was her children. She wouldn’t leave the house. • Her sisters are all the same thing. Motherhood was everything. Not a lot of careers or friendships.
<p>Age 7 – doesn’t like to be put on the spot</p> <ul style="list-style-type: none"> • Things feel unstable at home. • She just feels unstable – no confidence – overwhelmed by life or emotion • She just wants to be invisible • Everybody being able to see her insecurity, her sadness – a feeling of being naked. • I’m broken... I always felt too much – absorbing everyone’s feelings and emotions. Overwhelmed. • Always felt scared. • Try to control – always be aware of what was not being said, feelings in the house, interactions in the house, how did mom and dad responds. • Felt like I could stay ahead of it – nothing would be unexpected. Control. Gave me something to focus upon. • Made her feel more secure – not as out-of-control • The marriage was crumbling between my parents – would they get a divorce. I didn’t think I knew anybody who had divorced. A broken family – they couldn’t possibly. When they did – SHOCKED. • I’m different than everybody – ASHAMED – my family is broken. 	<p>Your parents are DIVORCED – just wanting to die.</p> <p>Inside on the stairs to go upstairs</p> <ul style="list-style-type: none"> • Introduction – a little bit of disbelief – she knows it’s me. SURPRISE.
<p>Age 8-9 – anxious/nervousness</p>	<p>Joining a soccer team</p>

<ul style="list-style-type: none"> • Strategy to Quit when things made her anxious • Made a decision to be like a background girl • Not pursue anything • Go unnoticed – do the minimum so she wouldn't stand out for totally failing – but not excelling. Status quo. • Not giving herself to anything. • Lessened the anxiety. I continued to feel like a failure. I never felt like I was accomplishing anything. • Triggers strategy – avoiding things that are hard. She never pursued any sports, never joined any clubs in school • Didn't really develop hobbies at the time. • Didn't really do anything that would challenge her and make her feel uncomfortable or not be good at. • Where there triggers to her nervousness? (anxiety)? • If she was asked to try something new – fear/anxiety about the failure that would come up. • Who might try to ask her to do something new – school. • I did the minimum – getting by the skin of her teeth • Consequences – fail the class, looked like the dumb girl – she didn't speak up much, she didn't pursue much, she was just there. 	<p>Dad likes soccer I'm the only girl – anxious QUIT</p> <p>Parents aren't real under-achievers.</p> <ul style="list-style-type: none"> • When I felt unsure I was never pushed through • I was so strong willed I would fight them on it. • It's your choice you can quit if you want.
<p>Age 10 – switched to a hard teacher – it was too demanding – I QUIT.</p> <p>Why do things seem so easy for other people. Why do they</p> <p>Age 11 or 12. Being on the ski hill – friends were able to learn how to ski and it was so easy.</p> <ul style="list-style-type: none"> • Everybody else seems to find it so easy. • So anxious – losing a ski and losing a pole • See – I don't know what I'm doing • Clearly I can't do anything. • There's something wrong with me. I'm not good at anything. Nothing comes easy. • Everything felt so hard... 	<p>Ski instructor – get off this hill before you hurt yourself or someone else.</p>
<p>Very small, private, Christian school – my whole life was these kids.</p> <ul style="list-style-type: none"> • One common classroom – Gr. 1-8 • I was supposed to go to HS the next year – I was so petrified – did Gr. 9 in that classroom • Gr. 10 – my friends came with me to HS – • So AFRAID and so INSECURE – I felt like I was being thrown into a world I didn't know what the heck I was doing. • To be seen and not heard • Stay in your little group. Being there but don't contribute anything. Not try anything. Boring, plain girl with no opinion – nothing to her. No skills. 	

Reiterated what I clearly thought – see someone else sees it.	Friend – I was in her shadow – this is Pam but she’s really not all that bright.
<p>Age 16 – Learner’s permit to drive – doing driver’s ed – Instructor said we can miss 1 in-class. I passed the driving but the in-class</p> <ul style="list-style-type: none"> • He might fail me but intentionally deciding to not go. I didn’t care if I failed. I was sitting around smoking with my friends. • I ended up failing because I didn’t show up. • Such an intentional choice to not go • Another way of me not giving 100% to things. 	
<p>Age 15 - Sticks with what I know – does bare minimum of absolutely everything. If she didn’t know what she was doing, she found someone who did and hide behind them.</p> <ul style="list-style-type: none"> • Be OK with being cute but dumb. • I’m dumb – I have to hide it. 	
<p>If I looked pretty on the outside they didn’t know I was dumb</p> <ul style="list-style-type: none"> • There’s not a whole lot on the inside • Struggled with food issues • Being really self-conscious – being overly concerned about the way I looked, weight, food control. 	
<p>Age 7 – 15 – feeling of insecurity</p> <ul style="list-style-type: none"> • Feeling like a failure • Coasting along • Feeling anxious • Bailing on anything that made me stand out good or bad 	
Age 15	
<p>HS – being the pretty, dumb girl</p> <ul style="list-style-type: none"> • Computer classes – half assing it the whole way. • Often I could smile and get what I needed and he saw through that. He failed me with a 49. • I checked out of the course – didn’t do the work or show up. • Another example of feeling ‘out of my element’ – NERVOUS ANXIOUS – having to do something I didn’t feel confident doing. • Not wanting to ask for help, not raising my hand in class – then everyone will know I’m dumb, I don’t know what I’m doing. 	
<p>Age 17 – workload of A-levels too much – I could cope with a full day at school and 1 hour of homework. I couldn’t do 3 hours at night as well as 3 hours on the weekend.</p>	Mom – chronic fatigue – I spent all my time listening to her

<ul style="list-style-type: none"> • I passed the exams but didn't do very well • I couldn't keep up. • SHAME – I could have done a lot better • DRAINED my battery • STRUGGLE • I would like to have done sport and Art or puttering – unwind – Focusing at school DRAINED me. Mentally I didn't have room for anything complicated. • It became a job I wasn't paid for. • The whole day was work • I stop trying – I do the bare minimum. I dropped sports and clubs. I stopped exercising, I put on weight, self-esteem plummeted. The whole dynamic of the classroom changed. 2 friends left, the other one insecure • LONELY. • What's the point – I'm not enjoying life anymore. • Exhausted – overwhelmed – couldn't cope. • I started to doubt whether I was capable. • I was behind... Damaged my enjoyment of learning. • An anchor to the enthusiasm of learning I've had. • Slowing me down. • It's unsafe to fail and unsafe to be behind. • It's too late. • I could be doing something else I can be in front of. • Unsalvageable. 	Dad
<p>Married Ken – can't have kids – it won't be easy</p> <ul style="list-style-type: none"> • Figures – of course I can't have kids. Everything is hard for me. Nothing comes easy. • Of course I can't have kids. • Life is really hard. It is extra hard for me. • There is something wrong with me. I'm broken. I'm dumb. • What did I do to deserve this. • Life was going to be really hard for me. Nothing was going to be easy and go the way that I hoped it would be. • SAD 	
<p>Age 30 – pessimistic – why would things ever change.</p> <ul style="list-style-type: none"> • I would be happy • I had these kids and all was going to be well • Questioning my ability • Still HOPE 	
<p>Age 35-36 – life is SHIT</p> <ul style="list-style-type: none"> • Going to the CHEO specialist – he was medicated. • Being there for an apt. and breaking down – there is something wrong with this one too – feeling overwhelmed and desperate. • HOPELESS – how is this my life. Wanting to run away. 	<ul style="list-style-type: none"> • In her car – driving in the car by herself alone – to have some peace/quiet in the moment. • Skeptical – we look the same. • SCARED the whole time ... anxiety driven – always waiting for

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| <ul style="list-style-type: none"> • I couldn't believe that I had one child with special needs – I had another one. We adopted privately so that we wouldn't have 2. He also had special needs. Feeling overwhelmed – I don't know what to do. I don't know how to do this. Knowing I don't have a choice. • Everyday feeling overwhelmed and wanting to run away. • A feeling of being so ANGRY – why can't I have the happy ending. Why does it always have to be so hard for me. • I don't need someone to tell me what to do. I'm able to figure it out. Sometimes it's an informed decision – do the work and do the research. Other times it's a feeling in my gut. • They're always right... I can trust in myself to know what to do. I feel calmer... • Now separate from the part... I feel less crazy – less anger – • I got through the worst that she has yet to see. Determination to not stop – to keep searching and looking. Just not taking 'no' for an answer. A knowingness that there was a solution – I would find it. It's like an intuition – a gut instinct. • Without all the anxiety I would be more clear-headed. • She's not being punished for something. I didn't do anything wrong. Tells her this – she starts calming down... she can breathe, she can think... • Part is open to having someone help her – you can trust yourself – you know how to get the answers; your gut will give you the answers • Updating her – very firmly spoke to her – almost like yelling at her – asking her 'who did this – that was you – you need to pull it together. You've got what it takes. Reality check – not a coddling. She's pulls it together – stops crying. OK, you're right I can do this. I know what I need to do. • Mom made us feel anxious and not capable – I don't see it that way – we know what we are doing. Even if you don't know the solution – you will find it. Keep searching – she always finds the solution. All the rest is mom's shit, not hers. • We never didn't know what to do – calms down, feels peaceful. She's nice – not yelling at people like her husband and her kids. • She's nicer to be around, she smiles more. The way she walks changes – her whole energy. She walks slower. • World view – everything feels slower, calmer – everything is quiet. Her mind was never quiet. She's not scared all the time. Relaxed, not worrying about the next possible problem, not trying to stay ahead of everything. She's present, she's connecting. Her parenting style is softer, calmer – they are softer and calmer. • I don't need to be anxious. I don't need to see the world fearfully, expecting the worst – the world isn't scary. It's | <p>tragedy to strike.</p> <ul style="list-style-type: none"> • I'm not connecting – I'm just always in a position of trying to keep order, trying to stay ahead of the next problem. Micromanaging. Trying to find a solution. Always trying to stay one step ahead. Problem solve. • Ken connects and enjoys. Ken never had to be the problem solver. They love him. They just had more fun with him. • There's no joy – feels heavy. SAD. • They don't see a happy mother. • They don't connect to me either. She is no fun. They don't want to be around her. • Influences their behavior – they become up tight. • Creates a heavy atmosphere. When I walked in the house, the whole atmosphere changed. • Task oriented, what needs to be done. Have they had a shower, have they had melatonin, the house is a mess. • ANGRY – everybody gets angry. We fight. Everything just escalates. • Taking care of them in exhaustion and anger. She sees them as a burden. They feel blamed, responsible for my misery. • They feel shitty – they get angry. • I kept fighting and trying – I never gave up – • I didn't bail.... Responsibility – I am in charge of these children – protectiveness – a fighter – push through it – kick the door down. • I'm stronger than I thought... I don't care what someone thinks of me – stubborn – determined... I'm right – good or bad. I know what to do. RELIEVED – less scared... • |
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<p>not dangerous.</p> <ul style="list-style-type: none"> • Story – doesn't fit – feels strange... 	
<p>After a few years of parenting – ANGER</p>	
<p>A few years ago – RAGE</p> <ul style="list-style-type: none"> • If I feel anxious and scared • I cut off emotionally and I get really ANGRY. 	

Beliefs:

- I'm not very smart
- I'm pretty
- I can't do this.
- It's too hard.
- I'm dumb.
- I don't know what I'm doing
- I don't have what it takes.

Manifests:

- Went into Esthetics – I didn't like it – I quit that
- I got married at 23 – always thought that raising children and being a mom would be my career – anything else was 'in the meantime' – I wanted children – that would fulfil me
 - Trouble having children
 - Pursue adoptions – a very difficult road – struggles were somehow related to me because clearly I'm not good at this. I must be doing something wrong because they struggle so much.
- Became a birth dula – I really loved – when our eldest son came along I quit that. This profession makes it difficult with children.
- Practicum – was hard – because we had so many challenges with our kids – had a hard time focusing on something else. Feeling a bit of relief – I had an excuse to keep pushing with the Practicum. I would feel really anxious with the process. I hope this will OK and I hope I know what I'm doing.
 - Life is too full – I can't pursue it right now.
 - Scary – I don't know what I'm doing. Not being confident.
 - Fear – what if I'm not good at this, what if I fail at this, what if I'm not effective... these thoughts come when I pursue something
 - What if I pursue this and fail – it's confirmation that I am dumb.
 - Quitting – I didn't have to feel that fear – I'm out of control – anxiety – I can't do this. It's too hard.
 - I'm dumb. I don't have what it takes.
- My life has gotten quite chaotic – cluttered
- It's hard to do what the learning part wants of me – I know I can do it
 - Things are out of control
 - That template is not workable anymore.
 - Conflict between what I want and how I know it can be and my life. Health problems, family dramas feel out of control
 - I can't live up to what she was.
 - It's too big for her to manage it.
- The desire to learn and do stuff

- Not feeling 'safe' enough to follow through.
- Anxiety is off the scale
- My degree has been really hard.
- ADHD and possibly dyslexic
- It's too much I'll never catch up
- It's not safe to keep going –
- Stalls my learning
- Memory is lacking
- Quitting
 - Avoids learning or anything uncomfortable
 - I always know I will bail
 - Looking for the excuse
 - MC Training – all that was going on – happy to have an excuse not to do it.
- Talk yourself out of doing stuff
- If you do start working towards something – you have the idea 'it's not going to go' – you're going to fail. Talked myself out of it.
 - When it's hard/scary you say 'get me out of here'
- Taking care of people – feels SAFE.
 - The only thing I was good at.
- The constant HARD for so many years
 - I lack energy for it.
 - Expecting it, being afraid of it.
- I desperately wanted to be a parent
 - I knew I could do this.
 - I'll figure it out
- Feeling increasingly like a failure – what's wrong with me
 - My kids are failing and struggling
 - Feeling like 'get me out of here' – I don't want to be doing this.
- I am being mothered every day by my mother who is anxious
 - Looks at it as showing love – it is smothering.
 - She has nothing going on – she is here finding little tasks to focus on
 - I see her having excuses to not doing anything
 - She hovers over dad and over me.
 - ANGRY.
- Mother – worries about safety. Life is going to be hard/tragic – this is how mother raised us.
 - Seeing the accident before it happens
 - Worst case scenario.
 - Always on the negative
 - Praying for this person and that – if I don't pray something back will happen.
 - Always over-mothering.
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Outcomes of Our Work

Session Summary

Issues	<ul style="list-style-type: none"> ● There is no memory of excitement in the learner part ● Having chosen motherhood because she thought she would be good at it hasn't brought joy. Instead she feels trapped in a difficult situation that she has no hope will get any better.
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<p>Background</p>	<ul style="list-style-type: none"> • At the age of 7 anxiety starts around performance. You quit soccer because it was hard, because you were different (only girl) and because you felt dumb – you didn't know what you were doing. • Compounding this was mom's attitude that life is a sad, scary and an unsafe place. You have to worry; you have to be alert all the time. • The instability at home made you unstable. You felt no confidence; you were overwhelmed by life/emotion. You decided to be invisible – to do enough so that you didn't fail but not enough to really excel. • She also learned to control – to be aware of everything going on with everybody else. Your parents' separation caused you great SHAME because no one else's parents were divorced. • Your central strategy was to quit things when they got hard because when they are hard they make you anxious. The anxiety is rooted in the feeling that you are a failure that is rooted in feeling dumb and the overwhelming feeling that you couldn't accomplish anything. • You were fine in the small one-room school you attended K to 8 but when it came time for you to leave for HS, you decided to stay back and do Gr. 9 in a home-school style so you could stay with your friends. Only when they were available did you move ahead to HS. That step was met with a great deal of anxiety. • Your central strategy in HS was to not reveal you were dumb by being pretty. Feeling dumb you didn't want to ask for help or raise your hand in class because then everyone would know you were dumb. • Essentially your learner part did the bare minimum to get by, smiling nicely at people in the hope that they would pass her through. Her computer teacher didn't and failed her with a 49. • You coasted along, feeling like a failure, feeling anxious all the time and bailing on anything that made you stand out as good or bad. Quitting anything that was hard was your go-to way of handling the difficult. • You had imprinted with mom's pattern of working to make money; you never expected to have a career or to love what you did. It was merely functional – to help out with money. Your key goal was to become a mom because you figured it was the one thing you were good at. • Being beautiful your first job was as an Esthetician – you hated it. You then trained to be a doula but that interfered with your intention to be a stay-at-home mom. • Motherhood felt SAFE. But your inability to have children became the first hurdle you faced creating anxiety in your part because her 'plan' for her future was falling apart. She felt broken and dumb. She asked the question 'what did I do to deserve this'. You decided that life was going to be really hard for you – it wasn't going to go the way you hoped. • Taking on a challenging child created more anxiety. You 'knew' the risks but this part was so desperate to become a mother that you really didn't comprehend the path ahead that you would have to follow. Noah's difficulties, his Autism that didn't allow him to connect to you like a normal child – these things merely reinforced the feeling that you were a failure and that you had done something to deserve this and your punishment – life would always be hard for you. • At the age of 35-36, during one of your trips to CHEO with Noah, you broke down and admitted there was something wrong with Elliott as well. At this point she felt HOPELESS. She just wanted to run away. Everything was
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	<p>overwhelming.</p> <ul style="list-style-type: none"> You can see how this anxiety, with you since you were young, has been triggered in your role as a parent. These difficult children who had tons of problems have maintained this feeling of not deserving, trapped in a life that was difficult, overwhelmed by feeling unable to cope. You have been scared this whole time always waiting for tragedy to strike. You're not connecting to your kids; instead you're worrying about 'what comes next', unable to enjoy the current moment with them. You have become a micromanager, solving problems that have yet to arise. Being a mother has been a heavy burden for you. You feel SAD because these children reinforce your core belief of being dumb and not deserving. You're not fun – your family doesn't want to be around this version of you. They become uptight. The atmosphere becomes heavy when you walk into the house. Your focus is on tasks. You're angry and then everybody gets angry. You fight and then everything escalates. Taking care of them is exhausting. They feel blamed, responsible for your misery. And it's all because you're scared...
<p>Old Beliefs</p>	<ul style="list-style-type: none"> I'm dumb I'm not capable I've done something wrong to deserve this Life is SHIT My life is hard
<p>Changing the Story</p>	<ul style="list-style-type: none"> What was important for you to understand is that you are NOT her Pam. In spite of how she felt, in spite of all of her anxiety and anger and fear, you never bailed on your kids. You just kept moving forward, finding solutions and figuring stuff out. You have been so 'colluded' with this part, you couldn't find 'real Pam' because all you felt is the overwhelm of your 35-year old when she discovered she had 2 special-needs children. Your overwhelm was a product of her belief system that she was dumb – that she wasn't capable – and that she was failing as a mother because of that and because she had done something wrong. These thoughts were at the base of your anxiety that has made parenting such a burden and robbed you of any sense of joy you expected to have from this career choice. Change came when you were able to distinguish 'you' from her. And from there you had a conversation with her. You Pam didn't bail in spite of the fact that your anxious part normally does. You were responsible for these children and no matter how hard it became you never gave up. You are the protector, the fighter, the one that can push through any of it. If necessary you will 'kick the door down'. Connected to you, your anxious part realizes that she is stronger than she thought. You, Pam, don't care about what someone else thinks about you. You are stubborn and determined. You know you're right good or bad. You know what to do and you do it. You feel RELIEVED to realize this is your 'true' identity. You make decisions via your gut or by researching things. You trust your gut. You trust YOU to make the right decisions because when you use these 2 strategies you are ALWAYS RIGHT. Connected to this truth, your part will be able to RELAX. You don't need to micro-manage a future that has yet to happen. You can be PRESENT; you can

connect. Your parenting style will be much softer and calmer. You are capable. You can trust YOU.

- Relieved of your mother's perception that the world is a scary place – expect the worst – you now realize the world isn't scary or dangerous. And you will know what to do if challenges happen. You have proven that to yourself over the past 14 years as you fought first for Noah and then for Elliott's well-being in the world.
- You basically tell her to pull it together. And she does!
- Looking at what happened – choosing this SAFE career – you can see how it actually forced you to find your inner strength and your capability because you would not bail on those kids. They have been a gift in your life – raising you up to become the 'more' you are capable of being.