

Summary of Work

<p>Learner part sees herself like the little girl in the Blue dress</p> <ul style="list-style-type: none"> • Energy, she’s eager to participate in school and she loves learning • It feels like the ‘real her’ – she has energy – she feels alive. • There’s too much to do. 	
<p>Age 9 – talking about school – how I liked school– it was smart</p> <ul style="list-style-type: none"> • Saving grace with mom – good student. • Having mom in the same school made her stand out. Everybody treated her like she was teacher’s pet. • She felt like a lot of the kids shied away from her. • I would have had more friends had mom not been there. • She always tended to get along better with adults anyway – she tended towards the teacher. • She could relate to them. She didn’t play like the kids did in the playground. • Expected me to go stay with Tricia in the Kindergarten • RESPONSIBILITY – big surprise • Felt really bad for Tricia – I couldn’t bring her out to play with me. I stood with her by the fence. I wasn’t able to be with my friends on this side of the play yard. • Alienated. ANGER – I shouldn’t have to do this. I’m not a mom. But somebody had to do it. • It hurts her that nobody is looking after Tricia – Trish was really sad and scared and this part didn’t know what to do. • I needed to look after Trish too because nobody else was. • Trish became a big handful. She was a brat. She was mischievous, playful, she wouldn’t do her chores. 	<p>Mom - She taught at the same school</p> <p>Browners – identified as being smart.</p> <p>Trish had a terrible time sleeping. I would tell her stories in this soft voice. Cuddled up with her.</p>
<p>Gr. 5 or 6 – no babysitter – I had to have all the stuff done + I would have had to make lunches.</p> <ul style="list-style-type: none"> • 2 years went by – asked if she could start doing something. • Mom said OK – gave Trish peeling potatoes – Trish did it poorly – ‘that’s how you get out of doing things’. • She had terrible, terrible stress around school. • Mom wanted me to ‘do’ her homework. I wrote all of her speeches. • 	<p>Trish never had to do anything.</p>
<p>I was nothing</p> <ul style="list-style-type: none"> • I was invisible – to everyone but my dad. • No self-esteem • I’m alone. It doesn’t matter what I do. • I can eat – no one sees how much I’m eating. 	<p>Mom’s side of the family</p> <ul style="list-style-type: none"> • All teachers <p>Approval from teachers</p> <ul style="list-style-type: none"> • I don’t have negative

<ul style="list-style-type: none"> • Comforting – food is company. 	<p>consequences from mom.</p>
<p>Age 14 – Mint Green suit – being at home in the room with the box</p> <ul style="list-style-type: none"> • School was socially awkward for me • I was isolated • 1st significant weight gain. • I was isolated, down, frumpy, dowdy • I was at the confirmation but in this awful green suit • Dad benefited from me having this ‘frame of mind’ • I’m isolated, sullen, I don’t go out much, I’m down • I wouldn’t leave the house. I didn’t have a social life. • HOME – I hid – it is SAFE. • I was his ally. • No FUN – nothing. • OVERWHELMED. I had no energy left to learn. • I had an excellent memory, I was smart, picked things up quickly. I did well on tests because of my memory + the stuff I picked up quickly. • I never got into things in depth. • It didn’t matter that I wasn’t learning – it only mattered that I got the marks. • Benefit to high marks – the only thing I did good in my mother’s eyes. • I know that if I’m too smart I will leave dad behind in the dust • I really like school and I know he doesn’t. • I’m his ally – I would betray him if I went on to University – to get a degree. He would be alone. • RESPONSIBILITY – there’s too much to do! • If I go to university it would be a confirmation that I too thought he was stupid. • With dad as an ally 	<p>Apartment with that Box Room Chores</p> <p>People thought dad was stupid.</p> <p>Hamster Ball</p> <ul style="list-style-type: none"> • I’m stuck in this story • Weighty story that she keeps going to fix, trying to fix, trying to fix. • I should be able to fix this • I was smarter than them so I can do this • Nobody would listen • I feel invisible • I was standing there with the answers and they can’t see me • I’ve FAILED. • If all that stuff was fixed it would feel bright – people could have fun and get along. • I have to fix my family.
<p>Gr. 9 – I had to get everything done by a certain time</p> <ul style="list-style-type: none"> • OVERWHELMED • 	<p>Trish would not help</p>
<p>Age 17 – I started working P/T – I was working a lot of hours given the pressure of needing to do well at school</p> <ul style="list-style-type: none"> • Burden of working and giving the money started. • I’m working and never seeing anything for it. • TIRED • Still the chores at home in the evenings. • Still taking care of Trish. • I made some really good friends socially • I would come home – leave that job and go and work at a Variety store in the evening and on weekends – the summer after Gr. 11 • I was working a ton. I had 1 weekend off 	<p>Summer job in a factory</p>

<ul style="list-style-type: none"> • I was going to quit school and continue working so that I could help them with their debt. • I was always trying to achieve peace – if they got out of debt it would be CALM and less ANGER. • Work, work, work, work – see nothing for it. • I FAILED... trapped – not being able to have saved Trish. • Careers/Education – getting a nursing degree would not give me anything more than what I already had. Not having the degree right now is more limiting than it has ever been. 	
<p>Nancy – smacked me and said I was no longer welcome in her home if I didn't go to college</p> <ul style="list-style-type: none"> • STRESS – unable to figure out what to do • I couldn't imagine going to University • I didn't know what I wanted to do • I didn't do anything • I was scared to get it wrong – OVERWHELMED me – I will be trapped in it for the rest of my life. 	
<p>Had a job as a Nanny for a couple of years Dad gets me a job at the Security company he worked for.</p>	
<p>Working at Sunnybrooke - I had a lot of validation and respect</p> <ul style="list-style-type: none"> • 	
<p>When I refused to give them the money – when I was pregnant with Kate – they wouldn't talk to me.</p> <ul style="list-style-type: none"> • That's all I was a means to an end • Even being pregnant wasn't enough. • Sense of defeat. 	
<p>Bruyere – I was working a horrible number of hours until I got the money under control.</p>	

Beliefs:

Manifests:

- Working at home there is no validation.
- The role I do now from home – I have interaction with people on the phone – doesn't feel as bad.
- I need to be needed
- I'm invisible – there's no one to help or no way to shine – Sarah is settled – I pile on the weight again.
- The last few months I have been responsibility averse – the least little task feels mountainous.
- Hugh's invalidation of me – I'm responsible for everything.
- If my family needed me I jumped – I wanted their acceptance, validation and recognition.
- Trish sees me as if I'm a bitch – I tried so hard to look after her.

Outcomes of Our Work

- Outside in the yard in the apartment. Introduction – here to help her – we’re still fat.
- I am still this part. Colluded
- The lack of validation. Surprised it was used in that way. I didn’t realize I was feeling invisible.
- Sadness around dad and Trish – she really did care about them.
- I was/am a good person – it feels good to her that somebody sees it.
- Her goodness is innate – that is the way we need to be. It’s in her chest/heart area. A knowingness.
- Why other people like her – other adults – do they see that. I see it. I feel very maternal towards her – it’s an energy. I just want to hug her.
- Someone recognizes how hard she’s trying or working...
- Update – wants to know what happens between here and her adult self.
- Feels really happy that Trish is happy.
- Timeline of life
- A little stuck around incident at Ian – showed her we got through it.
- Show her all the work we did – it was impossible for her to fix. The only person you can change is yourself.
- She is starting to see that other people around might have seen that more than she realized. She thinks Ken And Carol saw it and so did Nancy. I’m not making it up – there were problems and it was hard. She couldn’t fix them. Ken and Carol tried a few years later and mom and dad rejected that.
- Admire her to know how to do all of that. Surprised – it really means something to her. I’m doing good.
- I’m loyal to my family. I was true to myself. I did things the way I thought they should be. Family comes first and they didn’t but that’s on them. She feels very pleased with that.
- She is also very pleased that we broke the cycle with our kids.
- There is a lot of ability there – if I could handle that kind of pressure at 14, I easily could have handled University pressure. I don’t think it would have been as much pressure.
- She was brilliant. She is happier being seen as a good person.
- There is more to her than being smart – she is very caring and sensitive and they just couldn’t see it and that’s on them.
- I would have been more comfortable in my own skin and I would have been more comfortable putting myself out there – not being invisible.
- Into the fire – feels FREEING, LIGHTER, OPTIMISTIC
- Getting stuff done before we can do anything fun – the immediate feeling – I have so much more free time. I would be having more fun with Hugh – go for walks, read books, talk about books, play games... everything would be lighter.
- Book – feels like dysfunction
- Picture I have of her now – Aunt Judy sent me this beautiful vibrant yellow sweater – mom said I couldn’t wear that color – she is wearing that sweater – I had so many compliments.
- Feels like me now – needs to get bright again.
- Her sense of responsibility would have evolved – not taking on the responsibility for other people.
- If dad hadn’t been there in Gr. 8 – I would have taken mom on – I would have fought back. I wasn’t afraid of her at that point her of her anger. I had fight – I knew it was wrong what mom was doing. I knew she had problems and needed help. I also knew she wasn’t a bad person – she needed help.

Session Summary

Issues	<ul style="list-style-type: none"> • Learning was used as a way of getting validation and acceptance from teachers – that compensated for not having a relationship with mom • If she did well at school mom didn't get upset with her – avoidance of mom's anger
Background	<ul style="list-style-type: none"> • The part was stuck at the age of 14 at home with the box • Learning and doing well had been her sole source of validation from others – at home alone with her box she didn't have any of that validation. • You also had no social life. • She felt invisible; she ate in order to 'have company'. • By remaining dowdy and frumpy, your part helped your dad because you were his ally and he had you at home. • It makes working at home today hard for you Moe because you feel the isolation of the child that wasn't with friends or receiving any validation. • It also makes you vulnerable to Hugh's invalidation • You also 'jumped' whenever your family needed you – again you wanted their validation, acceptance and recognition • You may have difficulty losing weight because your part is secretly colluding with a father who didn't want her to be popular and socially busy. • You may also have held yourself back in order to keep dad as your ally. It wouldn't have felt good to leave him behind in the dust.
Old Beliefs	<ul style="list-style-type: none"> • I'm responsible • I'm overwhelmed • Being too smart would mean I would leave dad behind in the dust • There's too much responsibility • I'm invisible
Changing the Story	<ul style="list-style-type: none"> • Connected to your 14-year old self, you were able to give her a hug and validate for her that she is indeed the good person that she is. It helps her to be 'seen' – you didn't realize how invisible you felt. • You are able to validate the care you felt for Trish and dad – validation of the good person that you innately were and are. She has been trying so hard and all she ever got was criticism. • You spend some time updating her. She comes to understand all of the work that you've done and how it would have been impossible for her to fix her parents. That situation is something they needed to address. • She was able to see that other people in your life besides her saw the problems – that felt good that more than her saw the problems. It's validation. • You, Moe, the adult self feel admiration for what your younger self attempted to do. You were loyal to your family and true to yourself. You did the things the way you thought they should be done. You put your family first; if they didn't step up that was on them. She feels really pleased with your understanding. She is also pleased that you broke the cycle with your kids. • Looking at your younger self you see the pressure she was under and how she handled it all – there is a lot of ability in her. If she could do that at 14 you would have easily handled the pressure of university – it likely wouldn't have been as much.

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| | <ul style="list-style-type: none">• She's brilliant! That makes her happy!!• She's more comfortable in her own skin which will allow you, Moe, to feel comfortable in yours. You can put yourself out there more – stop being so invisible.• Into the fire went the old story and the 'box' you learned from. You felt FREE, LIGHTER and more OPTIMISTIC• Her feeling free will free you Moe to enjoy your life more. You don't have to get everything done before you can have fun... You can have more fun with Hugh, go for more walks, read books, talk about books, and play games. Everything will be lighter...• Your part is looking different – she is wearing the beautiful yellow sweater that so many complimented you on. She's feeling bright and the color reflects that.• As she grows inside you Moe she will learn to not let responsibility for others 'weigh her down'.• You know that had your father not been there in Gr. 8 you would have taken mom on and fought back. You weren't afraid of her. You had fight within you because you KNEW what mom was doing was wrong. You knew she had problems and needed help. You also knew she wasn't a bad person.• Growing forward, your sense of KNOWING and you confidence in it will help you in all decision-making. |
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