

MODULE

01

# Example Storyline

## Cindy



# Issues

- Father 'scowls' – intense anger
- Desire to hurt him; blames HIM
- Unstable relationship; avoiding contact since a teen, ultra-sensitive to him

# Key Issue

- Core Emotion - Anger
- As much as it appears to be about him, it is about her
- Whatever makes you react is about YOU

# Cindy's Story

- Dad went through a rough patch when she was a child
  - Pressure at work
  - Thought he might lose his job
  - Problems with boss
- Became moody – took it out on his family
- Internalized this – made it about her
  - I'm disappointing him
  - I'm not good enough

# Cindy's Story Cont'd

- Developed strategies to be 'better', 'good enough'
  - Doing things to make him happy
  - Finding ways to do things for him
  - Developed a pleaser persona that is still in existence today
- Dad never came around – she failed!
  - She is UNLOVABLE
  - ANGRY
- Now everytime he scowls she becomes that teenager
  - ANGRY
  - Believing she is unlovable

# Cindy's Story Cont'd

- She has become distant from him because she can't trust that he will love her
  - Dad has changed, things did get better but he has a quick temper and it is this that affects Cindy
- Key to Change
  - Cindy & I both realized that her anger is about a belief she holds
  - It is about her past
  - It's not about her dad today
- Behind every emotion/reaction is a STORY...