



EDUCATIONAL TECHNOLOGIES, INC.

—

THE INNER BONDING WORKSHOP

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THE POWER TO HEAL YOURSELF

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LIFE PATHS

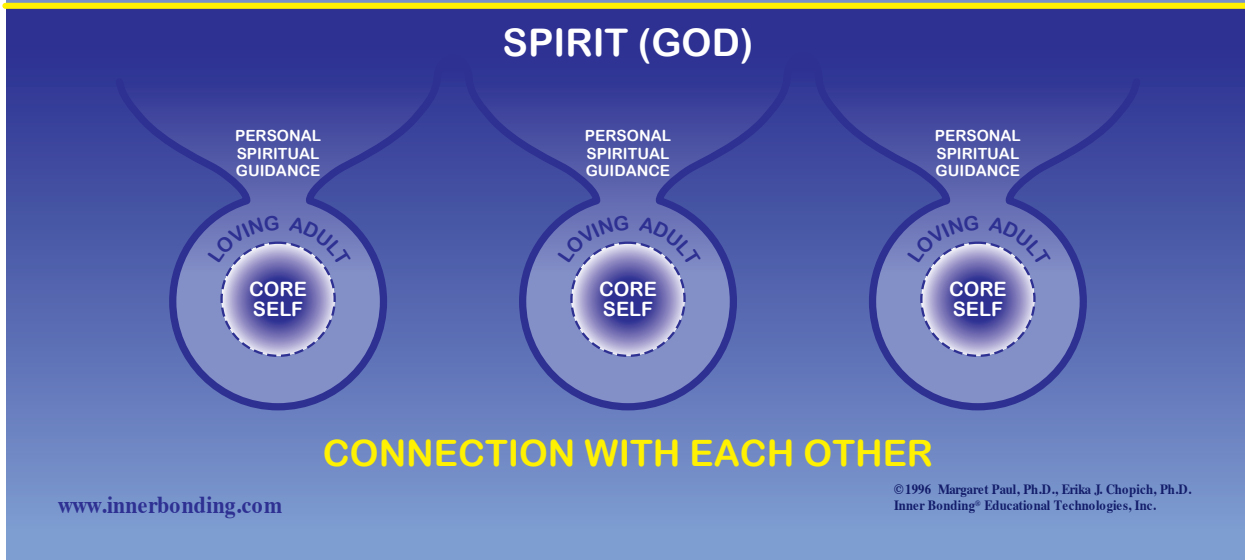
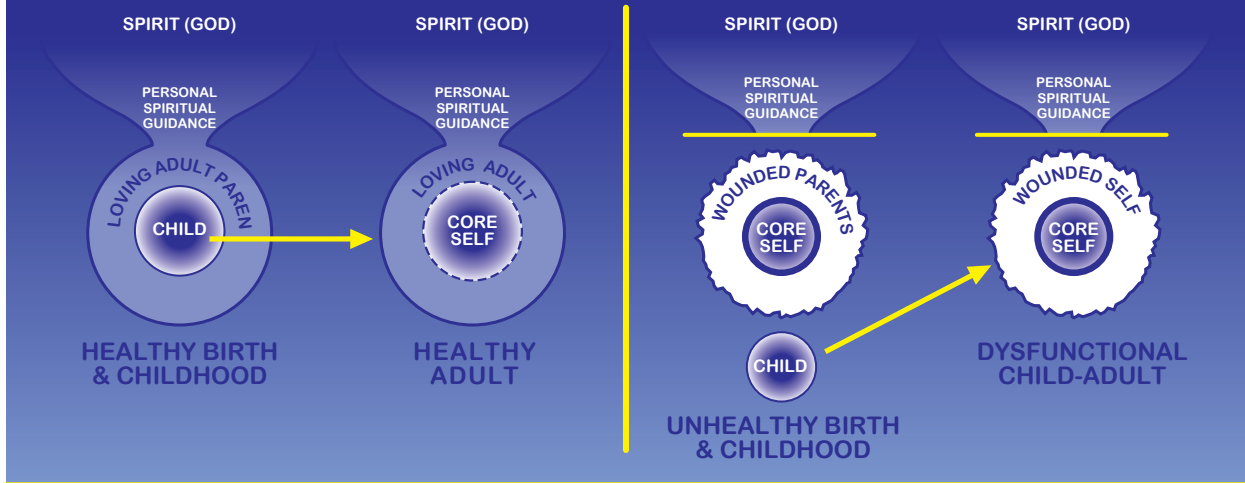
EARTHLY PATH OF FEAR THE PATH OF THE WOUNDED SELF		SPIRITUAL PATH OF LOVE/COURAGE THE PATH OF THE LOVING ADULT
<p>CONTROL in the face of FEAR -</p> <p>To get love and avoid pain -</p> <p>Find happiness, safety, lovability and worth through EXTERNALS such as people, sex, things, activities, substances</p> <p>To PROTECT against pain and AVOID RESPONSIBILITY for feeling it</p>	<p>CHOICE -</p> <p>PURPOSE -</p> <p>DESIRES -</p> <p>INTENT -</p>	<p>LOVE in the face of FEAR</p> <p>To give love to self and others</p> <p>Find joy, peace, safety, lovability and worth INTERNALLY by connecting with God's unconditional love</p> <p>To LEARN TO LOVE and TAKE RESPONSIBILITY for own pain and joy</p>
<p>THE HEART CLOSES</p>		<p>THE HEART OPENS</p>
<p>You turn to ADDICTIVE, CONTROLLING BEHAVIOR -</p> <p><u>ADDICTIONS TO MANIPULATING OTHERS</u> Anger, blaming, interrogating, criticizing, bitching, judging, shaming, perfectionism, threats, violence, withdrawal, resistance, denying, caretaking (giving in order to get), people-pleasing, complaining, demanding, arrogance, defending, lying, analyzing, convincing, lecturing, pulling, explaining, dismissing, telling feelings to blame, drama, illness</p> <p><u>ADDICTIONS TO PEOPLE</u> Attention, approval, love, connection, romance, sex</p> <p><u>ADDICTIONS TO ACTIVITIES AND THINGS</u> TV, computer/internet, busyness, gossiping, sports, exercise, sleep, work, making money, spending, gambling, shopping, worry, obsessive thinking, self-criticism, talking, telephone, reading, gathering information, meditation, religion, crime, danger, pornography, masturbation, glamour, beautifying</p> <p><u>ADDICTIONS TO SUBSTANCES</u> Drugs, alcohol, nicotine, food, sugar, caffeine</p>	<p>REACTION TO FEAR</p>	<p>You turn to THE SIX STEPS OF INNER BONDING®</p> <div style="border: 1px solid black; padding: 5px;"> <p>STEP 1 Willingness to feel pain/fear and take responsibility for your feelings and security.</p> <p>STEP 2 Choose the intent to learn about love and fear; invite Spirit into heart—open heart to compassion, becoming a loving Adult.</p> <p>STEP 3 Welcome and dialogue with wounded selves, exploring fears, false beliefs, memories and resulting behavior that is causing the pain. Explore gifts and what brings joy to Core Self.</p> <p>STEP 4 Dialogue with spiritual Guidance, exploring truth and loving action toward Inner Child.</p> <p>STEP 5 Take the loving action—put God into motion.</p> <p>STEP 6 Evaluate the effectiveness of your action.</p> </div>
<p>FEAR INCREASES</p>		<p>FEAR RESOLVES</p>
<p>You feel UNSAFE and INSECURE -</p> <p><u>WITHIN SELF</u></p> <ul style="list-style-type: none"> • Sad, depressed, alone inside, lonely • Victimized, powerless, helpless, fearful, anxious, desperate <ul style="list-style-type: none"> • Empty, numb, hopeless, unfulfilled, purposeless • Angry, hurt, jealous, envious, insecure, untrusting <ul style="list-style-type: none"> • Ashamed, guilty, unlovable, unworthy <ul style="list-style-type: none"> • Trapped, stuck, going in circles <p><u>IN RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Codependent: taker/caretaker system, dependent <ul style="list-style-type: none"> • Disconnected, distant, unsupportive • Conflicted, angry, blaming, locked into power struggles <ul style="list-style-type: none"> • Violent, violating, disrespectful • Nonsexual, unable to give or receive love <ul style="list-style-type: none"> • Dishonest, suspicious, undermining 	<p>RESULTS</p>	<p>You feel SAFE and SECURE</p> <p><u>WITHIN SELF</u></p> <ul style="list-style-type: none"> • Empowered, self-trusting, free • Grace-filled and spiritually growing • Authentic, integrated, service-oriented • Grateful, at one with Spirit and others • Joyful, peaceful, serene, aware of intrinsic worth • Creative, curious, passionate, alive, playful, spontaneous <p><u>IN RELATIONSHIPS</u></p> <ul style="list-style-type: none"> • Part of a spiritually-growing circle of love • Able to resolve conflicts lovingly • Interdependent, supportive, empowering each other • Intimate, honest, trusting • Respectful, kind, gentle • Passionate • Creative, playful

11.12.11



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THE INNER BONDING® JOURNEY TO WHOLENESS



INNER BONDING® THE SIX STEPS

STEP 1

Choose to be **MINDFUL** of your feelings, **ATTENDING** to your feelings with the **WILLINGNESS** to feel your core pain, learn about and take responsibility for how you are causing your wounded feelings, and take responsibility for creating your peace and joy.

STEP 2

Choose the **INTENT TO LEARN** with Spirit/God about loving yourself, which opens the heart and creates the loving Adult. Invite love and compassion into your heart. Utilize any meditative/spiritual practices or anything else that helps you to surrender and open the heart to connection with spiritual guidance—such as being held or doing the anger process.

STEP 3

Choose to **WELCOME** and **LEARN** with the wounded self and the core Self.

- **EMBRACE** and **DIALOGUE** with the many aspects and feelings of the wounded self:

Victim, Defender, Fixer, Blamer, Critic, Martyr, Pleaser, Caretaker, Taker, Predator, Avoider, Resister, Obsessor, Perfectionist, Addict

Explore with love, compassion and curiosity the feelings, behaviors, false beliefs, and memories of these wounded selves.

–Possible feelings to welcome, embrace and explore:

Fearful	Terrified	Trapped	Alone	Guilty, Shamed	Inadequate	Hurt	Disrespected
Anxious	Panicked	Desire to kill	Empty, Numb	Unworthy	Unimportant	Needy	Excluded
Insecure	Angry	Helpless	Depressed	Unlovable	Damaged	Jealous	Disappointed
							Abandoned

- Ask: "How am I behaving and/or thinking that is causing these feelings?"

–Possible behaviors to welcome, embrace and explore:

With self and/or others:	Denying	Obsessing	Defending	Procrastinating
Criticizing, shaming, judging, lying, angry,	Pulling	Pleasing	Resisting	Attached to outcome
blaming, violent, violating, withholding, having	Lecturing	Complaining	Caretaking	Acting out additively
expectations	Making others responsible for defining my worth and lovability			

–Possible false beliefs, underlying the above behavior and resulting pain, to embrace and explore:

I am a victim. People and events cause my feelings and behavior.	I am alone. God has abandoned me or doesn't exist.
I am flawed, bad, inadequate, unimportant, unworthy, unlovable.	I'm responsible for others' feelings.
I can and must control outcomes, people, feelings.	Resisting control is essential to my integrity.
I am selfish if I take care of myself.	I won't survive if someone I love disconnects from me.
Others' approval and disapproval define my worth.	I can't handle pain.

- **EMBRACE, DIALOGUE** with and **LEARN ABOUT** the core Self, the essence

Intrinsic goodness	Desires	Gifts	Sadness	What brings joy?	Forms of intelligence		
Intrinsic worth	Passions	Talents	Loneliness	What fulfills the heart?	Linear	Spatial	Spiritual
Intrinsic lovability	Calling	Creativity	Sorrow	What fulfills the soul?	Creative	Physical	Intuitive
Intrinsic competence			Grief		Relational	Practical	Abstract
							Emotional

STEP 4

Utilizing imagery, **DIALOGUE** with **SPIRITUAL GUIDANCE/HIGHER POWER**

- Ask for truth about the beliefs uncovered in Step 3 and bring it to the wounded self.
- Ask for the loving action toward the wounded self and the core Self.

STEP 5

TAKE the **LOVING ACTION(S)** learned in Step 4. Examples:

Set loving boundaries within self and with others.	Practice mindfulness.
Care for the body, the house of the soul.	Choose the intent to learn each moment with self and others.
Pursue the calling of the soul.	Practice these Six Steps throughout the day.
Create balance between work and play.	Make amends.
Spend time holding your wounded self and getting held.	Define own worth and lovability daily.
Help others, do service, give to others.	Reach out for help when help is needed.

STEP 6

EVALUATE THE ACTION(S). What are you feeling and experiencing? If healing is not occurring, go back to Step 4 to discover another loving action.

Evidence of healing of the wounded self and release of the core Self

Personal power	Integration	Wisdom	Compassionate	Aliveness	Intimacy
Self-esteem	Authenticity	Knowing	Loving	Passion	Conflict resolution
Peace, serenity	Transparency	Intuition	Understanding	Creativity	Respectful
Joy, laughter	Playfulness	Vision	Gentle, kind	Manifestation	Truthful
Gratitude	Spontaneity	Oneness with Spirit	Trusting	Generosity	Honoring of self/others
Freedom	Connection	Oneness with others	Have integrity		

INTENT

EARTHLY PATH OF FEAR The Wounded Self	SPIRITUAL PATH OF LOVE/COURAGE The Loving Adult
--	--

TO PROTECT
against pain and responsibility for it,
by controlling or resisting being
controlled, in the face of FEAR.



- WE ARE PROTECTING WHEN:**
- We believe others are causing our feelings and behavior—we believe we are victims of others' choices
 - We believe we can control others' feelings or behavior.
 - We are judging ourselves or others as right or wrong, good or bad.
 - We are unwilling to open to spiritual Guidance.
 - We are willing to lose ourselves rather than risk losing others.
 - We are invested in the outcome, and believe we can control the outcome.
 - We are avoiding taking responsibility for our feelings with protective, addictive, controlling behavior:

(The following are addictions when the intent is to get love or avoid pain)

ADDICTIONS TO MANIPULATING OTHERS:
Anger, blaming, interrogating, criticizing, judging, shaming, perfectionism, threats, violence, withdrawal, resistance, pulling, denying, caretaking (giving in order to get), people-pleasing, complaining, demanding, defending, explaining, lying, analyzing, convincing, lecturing, telling feelings to blame, drama, illness

ADDICTIONS TO THINGS AND ACTIVITIES:
TV, computer/internet, busyness, gossiping, sports, exercise, sleep, work, making money, spending, gambling, shopping, worry, obsessive thinking, self-criticism, talking, telephone, reading, gathering information, meditation, religion, crime, danger, pornography, masturbation, glamour, beautifying

ADDICTIONS TO SUBSTANCES:
Drugs, alcohol, nicotine, food, sugar, caffeine

INTENT

**ATTITUDE
FEELINGS
BEHAVIOR
BELIEFS**

10/10/99

TO LEARN
with God/Spirit about loving oneself
and others, even in the face of FEAR.



- WE ARE OPEN TO LEARNING WHEN:**
- We are in compassion—first for ourselves and our own feelings, then for others.
 - We desire to take responsibility for our own feelings and behavior.
 - We know that we and others have good reasons for feelings and behavior.
 - We are genuinely curious about these good reasons—our fears and false beliefs.
 - We are genuinely curious about our own and others protective, controlling behavior.
 - We are connected to and in open surrender with a higher source of Guidance.
 - We are willing to tell our total truth without blame or judgment.
 - We are willing to risk losing others rather than lose ourselves.
 - It is more important to be a loving human being than to:

• Protect against our fears of anger, judgment, rejection, failure, hurt, being controlled, and so on.

• Attempt to have control over others making us feel temporarily safe, loved, happy, understood, adequate, successful, and so on.

Given that we have free will, we each choose our intent moment by moment.

www.innerbonding.com



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SELF-WORTH



The bridge from left to right is practicing the Six Steps of Inner Bonding.

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§ EXERCISES

1. EXPLORING YOUR WOUNDED SELF

- A. Tell mother, father, other caregivers, grandparents, and siblings how they were to you when you were a child, and how you felt.

- B. Tell your wounded self how he or she treats you that is similar to how your parents or other caregivers treated you.

2. ANGER PROCESS

- A. Get angry at someone in the present.

- B. Get angry at someone in the past that reminds you of the present person or situation. May be pre-verbal.

- C. Get angry at your wounded self for your part in creating the present situation that is upsetting you, or for not taking care of you in the present conflict situation, or for how you treat your Child that is similar to how the person you are angry at is treating you.

§ WOUNDED SELF INNER DIALOGUE

AUTHORITARIAN, CRITICAL WOUNDED SELF

- “You don’t count.”
- “You don’t deserve to do what you want to do.”
- “What you want isn’t important. What he/she wants is more important.”
- “Don’t make trouble. Don’t rock the boat. Just go along.”
- “Don’t hurt him/her; he/she can’t take it.”
- “Just give in. It’s easier than getting into an argument.”
- “Just lie, it’s better than having him/her yell at you.”
- “You can’t have what you want, so just go along.”
- “If you don’t give in, you’ll end up alone.”
- “It’s okay to lose you, but don’t lose him/her.”
- “Just do what’s expected of you. What you want doesn’t really matter.”
- “You have to do what he/she wants or there will be trouble.”
- “You didn’t do it right, again.”
- “You’re bad. You should be ashamed of yourself.”
- “You’re selfish.”
- “Who do you think you are?”
- “Work before play.”
- “You should...” “You shouldn’t...” “You’d better...” “Bad things will happen if...”
- “The trouble with you is...”
- “Don’t be so stupid. You’re such a jerk.”
- “You’ll never be good enough. You’ll never do it right.”
- “You haven’t got what it takes.”
- “What’s the matter with you? I’ll give you something to cry about.”
- “You’re ugly.”
- “Shut up. You don’t know what you’re talking about.”
- “It’s all your fault.”
- “You’re crazy.”
- “You can’t...” “You’re not capable.”

RESISTANT/PERMISSIVE WOUNDED SELF

- “I don’t have to. You can’t make me.”
- “I can’t.”
- “Why bother? Who cares?”
- “If I wait long enough, someone else will do it for me.”
- “I don’t want to go to work. Let’s just go back to sleep.”
- “I worked hard - I deserve donuts.”
- “I have the right to hit that person because he/she disrespected me.”

§ HOW DO YOU PROTECT AGAINST FEELING YOUR PAIN?

SUBSTANCE ADDICTIONS

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Food | <input type="checkbox"/> Bingeing, purging |
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Cigarettes |
| <input type="checkbox"/> Caffeine | <input type="checkbox"/> Drugs, recreational |
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Drugs, prescription |
| <input type="checkbox"/> | <input type="checkbox"/> |

PROCESS ADDICTIONS: THINGS AND ACTIVITIES

- | | |
|---|---|
| <input type="checkbox"/> TV | <input type="checkbox"/> Compulsive thinking, ruminating |
| <input type="checkbox"/> Work | <input type="checkbox"/> Withdrawal |
| <input type="checkbox"/> Reading | <input type="checkbox"/> Getting sick |
| <input type="checkbox"/> Sports | <input type="checkbox"/> Being critical of self or others |
| <input type="checkbox"/> Anorexia | <input type="checkbox"/> Denial |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Smiling, laughing, or joking |
| <input type="checkbox"/> Power over others | <input type="checkbox"/> Compliance with others' demands |
| <input type="checkbox"/> Gambling | <input type="checkbox"/> Being a packrat |
| <input type="checkbox"/> Accumulating money | <input type="checkbox"/> Accumulating information |
| <input type="checkbox"/> Spending | <input type="checkbox"/> Fantasizing, daydreaming |
| <input type="checkbox"/> Sleep | <input type="checkbox"/> Shopping |
| <input type="checkbox"/> Shoplifting | <input type="checkbox"/> Anger or irritation |
| <input type="checkbox"/> Fighting | <input type="checkbox"/> Worry |
| <input type="checkbox"/> Misery/depression | <input type="checkbox"/> Meditation |
| <input type="checkbox"/> Talking on the telephone | <input type="checkbox"/> Drama |
| <input type="checkbox"/> Talking with endless details | <input type="checkbox"/> Beautifying |
| <input type="checkbox"/> Danger | <input type="checkbox"/> Busywork |
| <input type="checkbox"/> Computer | <input type="checkbox"/> Religion |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Crime |
| <input type="checkbox"/> Pushing to accomplish things | <input type="checkbox"/> Masturbation |
| <input type="checkbox"/> Time urgency | <input type="checkbox"/> Pornography |
| <input type="checkbox"/> Gossiping | <input type="checkbox"/> Adrenaline and other stress hormones |
| <input type="checkbox"/> Self-Mutilation: cutting, nail-biting, picking on skin, hair pulling | |
| <input type="checkbox"/> | |

PROCESS ADDICTIONS: People

- | | |
|------------------------------|----------------------------------|
| <input type="checkbox"/> Sex | <input type="checkbox"/> Romance |
|------------------------------|----------------------------------|

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Love | <input type="checkbox"/> Approval |
| <input type="checkbox"/> Attention | <input type="checkbox"/> Connection |
| <input type="checkbox"/> | <input type="checkbox"/> |

FALSE/SELF-LIMITING BELIEFS OF THE WOUNDED SELF

• False Beliefs About Happiness and Self-WORTH

- My adequacy, lovability, and feelings of self-worth and come from others liking me and approving of me.
- My sense of happiness and well-being comes from another loving me.
- Others disapproval or rejection mean that I'm not good enough.
- I can't make myself happy.
- I can't make myself as happy as someone or something else can.
- My best feelings come from outside myself, from how others, or a particular other sees me and treats me.

• False Beliefs About Responsibility For Feelings

The Caretaker Position

- I'm responsible for other's feelings. Therefore, I should never do anything, even if it's something that makes me happy and is not intended to hurt anyone, that hurts or upsets another.
- It's up to me to make the people I care about happy.
- When others around me are unhappy, it's my fault and/or my responsibility to do something about it.
- If I don't take responsibility for other's happiness and unhappiness, I'm not a caring person.
- If I take responsibility for my own happiness instead of putting others first, I'm being selfish.
- If other people are angry at me, I make them feel that way and I'm responsible for fixing their feelings.
- It is my responsibility to heal wounded people.

The Taker Position

- Others are responsible for my feelings. Therefore, if someone cares about me, he or she will never do anything that hurts or upsets me.
- I can't take care of myself. I need someone to take care of me.
- I can't be alone. I feel like I'll die if I'm alone.
- When I'm hurt or upset, it's someone else's fault.
- It's up to other people to make me feel good about myself by approving of me.
- I'm not responsible for my feelings. Other people make me feel happy, sad, angry, frustrated, shut down, or depressed. When I'm angry, someone makes me feel that way and is responsible for fixing my feelings.

I'm not responsible for my behavior. Other people make me yell, act crazy, get sick, laugh, cry, get violent, leave, or fail.

Others are selfish if they do what they want instead of what I want or need.

If I'm not connected to someone, I will die.

● FALSE BELIEFS ABOUT PAIN

I can't handle my pain, especially the pain of disapproval, rejection, abandonment, the pain of being shut out—the pain of isolation and aloneness.

If I open to my pain, I will fall apart. I will go crazy or die.

If I open to my pain, it will be unending.

Once I start to cry, I'll never stop.

Showing pain is a sign of weakness.

People will think less of me if they see me cry. If I cry I will be rejected, or people will think I'm crazy.

No one really wants to hear about my pain.

No one can handle the depth of my pain.

My problems are so trivial compared to other people's that I have no right to be in pain.

Why should I have to feel this pain? I don't deserve it.

There's no point in opening to pain. It doesn't make anything better.

“Why cry over spilt milk?”

● FALSE BELIEFS ABOUT INNER CHILD/ CORE SELF

Check the things you may have heard or absorbed from your parents, siblings, teachers, friends, TV, or society and that your Child-Adult may still believe. These are the things you feel shame about.

I'm basically a bad, wrong, defective, or

I'm too intelligent, too smart for my own good.

I don't have a good sense of humor.

I'm immature.

I'm not a professional.

I never went to college.

I didn't graduate from high school.

I have a small vocabulary.

I can't do math.

I don't read well.

I have no imagination.

I'm not spiritual enough.

I'm too spiritual.

I can't do anything right.

I was abused as a child.

When bad things happen, it's always my fault.

Bad things always happen to me.

I have an eating disorder.

I'm an alcoholic.

I'm a drug addict.

I'm too sexual.

I'm a sex addict.

I'm not sexual enough.

I'm crazy.

I'm a phony.

I'm righteous and arrogant.

I'm depressed.

I'm superficial.

I'm screwed up.

I'm boring.

I have no personality.

I'm a goody-goody.

I'm a man.

I'm a woman.

unworthy person.

- I'm not good enough.
- I'm not lovable.
- I'm not adequate.
- I don't count, don't matter, am unimportant.
- I'm in the way, a bother, too much trouble.
- I'm bad, wrong, unworthy, defective, inadequate, unlovable, a bother, unimportant, or not good enough because:
 - I'm too tall.
 - I'm too short.
 - I'm too skinny.
- I don't make enough money.
- I don't drive a nice car.
- I'm a geek, a dork.
- Nobody likes me.
- I'm shy.
- I'm too aggressive.
- I'm too fat.
- I'm ugly, homely, or unattractive.
- I'm not intelligent enough, not smart enough.
- I'm stupid.
- I'm not creative enough.
- I'm too selfish.
- I'm too intense.
- I'm too much, but I'm not sure what I'm too much of.
- I'm too different.
- I'm weird.
- I'm scattered
- I make mistakes.
- I have physical defects or imperfections.
- I have problems.
- I cry too easily.
- I'm too emotional.
- I'm not perfect.
- I'm gay or bi-sexual.
- I'm black, Hispanic, Asian, Indian, Jewish, or some other minority.
- I'm a loner.
- I don't have a partner.
- I'm afraid to be alone.
- I have fears.
- I have phobias.
-
-
- Suffering, playing the martyr
- Being right about everything
- Scowling
- Hitting, spanking
- Changing the subject
- Using sarcasm
- Raising my eyebrows
- Whining
- Shrugging my shoulders
- Making comparisons
- Throwing things
- Interrupting
- Telling my feelings
- Silent angry withdrawal
- Acting like a know-it-all
- Interpreting
- Pushing others into therapy
- The silent treatment
- Disapproving looks
- Disapproving sighs
- Exaggerating, Catastrophizing

- I'm not very talkative.
- I don't think quickly enough.
- I'm just like my father.
- I'm just like my mother.
- I can't take care of myself.
- I need a man to take care of me.
- I need a woman to take care of me.
- I can't make decisions.
- I'll never amount to anything.
- I can't tell jokes well.
- I'm too sensitive.
- I'm too insensitive.
- I'm too serious.
- I'm not serious enough.
- I think differently from other people.

● **FALSE BELIEFS ABOUT CONTROL**

- I can control how others feel and behave.
 - I can control others liking/loving me, caring about me, respecting me, doing what I want.
 - I can have control over whether people reject me.
 - I can have control over someone desiring me sexually.

I can have control over how others feel and behave by:

- Yelling
- Getting angry
- Criticizing, judging, shaming
- Saying "Tsk, tsk" and shaking my head
- Getting annoyed, irritated, short, curt
- Accusing
- Blaming
- Pouting, sulking
- Becoming ill
- Being sneaky/deceptive
- Lying or withholding the truth
- Therapizing, analyzing
- Moralizing

- Nagging
- Lecturing, giving advice
- Arguing
- Explaining, convincing, selling
- Becoming self-righteous
- Talking incessantly
- “Poor me” tears, blaming tears
- Temper tantrums
- Put-downs
- A superior attitude
- Half-truths
- Being a “nice guy”
- Being financially successful
- Achieving, being perfect
- Giving gifts with strings attached
- Being emotionally or financially indispensable
- Complaining
- Justifying
- Interrogating
- Denying
- Talking others out of their feelings by telling them they are wrong
- Asking leading questions to which only one answer is acceptable
- Bribery
- Teaching, point things out without being asked
- Flattery or giving false compliments
- Giving in, giving myself up, going along
- Not asking for what I want, putting aside what I want
- Agreeing with others points of view
- People pleasing
- Pulling energetically for attention or approval
- Rescuing
- Censoring what I say about what I want and feel
- Second-guessing and anticipating what others want
- Putting myself down

Using threats of:

- Financial withdrawal
- Emotional withdrawal
- Sexual withdrawal
- Exposure to others
- Abandonment/leaving
- Illness
- Violence
- Suicide
- Alcohol or drug abuse

● FALSE BELIEFS ABOUT RESISTANCE



- Resisting control is essential to my integrity and individuality.
- Resisting control establishes my independent identity.
- My only choices when another person is attempting to control me is to comply or resist.
- I am really being my own person when I resist.
- It's the controlling person's fault that I resist.
- I can avoid being controlled by resisting.
- If I didn't resist, I would be swallowed up.
- I resist other's control by:
 - Doing nothing.
 - Saying I'd do what he/she wants and then I don't do it.
 - Doing the opposite of what he/she wants.
 - Explaining, defending, or getting mad about why I shouldn't do it.
 - Getting critical and making the other person wrong for asking.
 - Saying I'll do it and then doing something else.
 - Saying I'd do it and then forgetting or failing to show up.
 - Procrastinating.
 - Acting helpless or incompetent
 - Getting apathetic, having no enthusiasm.
 - Getting sick.
 - Being late.
 - Misunderstanding.
 - Doing what the other person wants, but doing it halfway—doing a poor job.
 - Doing it wrong on purpose.
 - Finding some way to sabotage the situation.
 - Pretending not to hear.
 - Being uninterested.
 - Being closed to learning.
 - Refusing to make a commitment.

Sometimes I resist other's control by shutting them out. I shut people out with:

- Work
- Drugs/alcohol
- Hobbies
- Illness
- Meditation
- Reporting/storytelling
- Worrying
- Reading
- Sports
- Friends
- Spending money
- TV
- Children
- Food
- Depression
- Sleep
- Fantasizing/daydreaming
- Silent angry withdrawal
- Headphones
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● **FALSE BELIEFS ABOUT GOD**

- I have been abandoned by God because I am unworthy, bad, flawed, unlovable, or unimportant.
- God doesn't exist. I am ultimately alone so I have to maintain control. There is nothing spiritual to turn to.
- If there is a God, then he/she/it would have done something about bad things happening. Therefore, God either doesn't exist or doesn't care.
- God is judgmental.
- God is too busy for me.
- God is there for some special people but not for me.
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BELIEFS THAT MAY BE IN THE WAY OF TAKING RESPONSIBILITY FOR MYSELF

Mark the beliefs that may be in the way of your willingness. Try to mark the beliefs that you feel in your wounded self. Your conscious mind might say, "I know this isn't true," but you may be operating from them nevertheless.

- I believe that I am not causing my feelings. I believe my feelings are being caused by someone or something else, so there is no reason for me to explore them.
- I believe that I am right. Others need to change, not me.
- I believe that if I take responsibility for myself, I have to give up hoping that someone else will do it for me and believing that someone else taking care of me is what will make me happy and safe. I would rather keep hoping that someone will give me what I never got as I was growing up, and believing that this is the answer to healing my misery, even if I have to stay in pain
- I believe that if I discover that I am responsible for my own feelings, I will feel like destroying myself.
- I believe I am incapable of taking care of my own feelings. I'm afraid of failing at taking care of myself.
- I believe that if I look within, I will discover that my core is bad, wrong, or unworthy.
- I believe that if I look within, I will discover that there is nothing there.
- I believe this process is too much work. It takes up too much energy. I don't have the time.
- I am in crisis now so there is no time to take care of myself.
- Others are in crisis now so there is no time to take care of myself.
- I believe that if I open there will be too much anger for me to handle—at myself or at others.
- I believe that I cannot handle my pain, especially of rejection, abandonment, aloneness and loneliness. I will explode, die or go crazy if I feel my pain.
- I believe that if I open I will be vulnerable to being controlled by my inner child, by others or by God.
- I believe my inner child is too demanding and needy.
- I believe that resisting being controlled by my own desires or anyone else's, is more important than loving myself or others.
- I believe if I open I will lose control over the people and events that can cause my pain of aloneness and engulfment.

- I believe that it's not my job to make myself happy—others can and should make up for what I lacked as a child.

The job belongs to my:

- Parents
 - Siblings or other family members
 - Mate
 - Boss
 - Therapist
 - Children
 - Future mate
 - Friends
 - Minister, priest, rabbi
- I believe that my best feelings come from outside myself, so there is no point in trying to make myself happy.
- I believe that other's love and approval is what makes me happiest.
 - I believe that getting love from others feels better than giving it to myself and others.
 - I believe that my lovability and worth come from others attention, love, and approval so there is no point in giving it to myself.
- I believe that I will have to confront an inner conflict between my core Self and my wounded self about where I live, the work I do, the relationship I am in, or whether or not I want to have a family and that I will have to make changes that will make me more unhappy than I am now.
- I believe that if I open to learning and growing I will outgrow my relationship and I will be more unhappy than I am now.
- I believe that if I take care of myself I will end up alone.
- I believe I have to be needy for someone to want to be with me.
 - I believe I'd be too powerful and no one would want me.
- I believe that I don't have the right to take care of myself.
- I believe that taking care of myself is selfish.
- I believe that I don't deserve to be happy.

- I believe that if I take care of myself and make myself happy others will:
 - be angry at me
 - disapprove of me
 - withdraw and disconnect from me
 - withhold something from me
 - reject me
 - leave me
 - get violent with me or even kill me
 - judge me as stupid or as a failure
 - attempt to take advantage of me in some way,

and I will be more miserable than I am now.

- I believe that if others I love disconnect from me and take their love away, I cannot survive, so I have to give myself up to be loved by them.
- I believe that God/Higher Power has abandoned me or God doesn't exist so I have to stay in control. I believe I am ultimately alone, that there is nothing spiritual to turn to, nothing to open to and surrender to, no one to help me—I have to do everything myself. Therefore, I believe there is no point in opening—I will just feel more alone.

DIALOGUE QUESTIONS

Dialogue for wounded feelings of anxiety, depression, guilt, shame, anger, hurt feelings, jealousy and so on:

The loving Adult asks the inner child:

- “What are you feeling right now?”
- “What am I telling you and/or how am I treating you that is causing these feelings?”
- “How am I abandoning you?”
 - “Have I been ignoring you by staying in my mind - not attending to your feeling?”
 - “Am I judging you?”
 - “Am I scaring you with lies/false beliefs?”
 - “Am I turning to addictions to numb out your feelings?”
 - “Am I giving you away to others - making others responsible for you?”
- “Are you angry with me? It’s okay to be angry with me. I’d like to hear your anger.”
- “It’s okay to cry. I’m here for you.”

The loving Adult asks the wounded self:

- “What are you trying to control or avoid by judging, staying in your mind, turning to addictions, focusing on false beliefs, and/or making others responsible for your feelings?”
- “What is your belief about your ability to handle pain (or about your lovability, your ability to control others, your feeling responsible for others, others’ responsibility for you, your right to make yourself happy, your ability to make yourself happy, and so on)?”
- “Where did you get this belief? What childhood experiences created this belief?”
- “What do you gain by acting as if this belief were true?”
- “What are you afraid of in letting go of this belief? What are you afraid would happen if you stopped acting as if this belief were true?”

Other questions you can ask your inner child:

- “How do you feel about _____?” (Name a person)
- “How do you feel about the work we do?”
- “I’d like to understand why you feel scared of _____.”
- “I’d like to understand why you don’t like _____.”
- “Tell me more about that.”

§ Sometimes present situations—people and events—can touch off past experiences and create feelings of anxiety, anger, pain and fear. When you become aware of feeling these feelings, you can ask:

- “Is something happening now that reminds you of something that happened when we were little?”
- “Does this person remind you of mom, dad, a brother or sister, a grandparent?”
- “Does this situation remind you of a traumatic experience that we had when we were little?”
- “I really want to know about everything you remember from the past. Your memories are very important to me and I want to help you heal old fears and pain.”
- “Do you need me to provide us with someone to help with this? Do you need to be held while you go through this pain?”

At times during the dialogue the loving Adult may need to affirm how he or she feels about the child:

- “I’m here for you. I’m not going away again.”
- “I love you and your happiness is the most important thing in the world to me.”
- “You are so smart. Thank you for all this wonderful wisdom.”
- “Your creativity amazes me.”
- “It’s truly okay for you to feel this anger, even if it’s at me. I won’t stop loving you no matter how angry you feel.”
- “You can keep crying as long as you need to. You are not alone. I’m here for you.”
- “It’s okay to make mistakes. You are lovable even if you make mistakes.”
- “You don’t have to do it ‘right.’ I will continue to love you no matter what you say or do, even if you say or do nothing at all.”

The dialogue process can also help you become aware of what you want in everyday situations. You can facilitate this by asking your inner child questions such as:

- “What are your favorite foods?”
- “What would you like for dinner tonight?”
- “What do you feel like wearing today?”
- “What are your favorite colors?”
- “Who do you like to spend time with?”
- “What would you like to do this Sunday?”
- “What were your favorite activities when you were little?”
- “What kind of books do you like to read?”
- “What kind of music do you like?”
- “What kind of movies do you like?”
- “What kinds of vacations do you like?”
- “What kind of exercise do you like?”



INNER BONDING® **THE SIX-STEPS**

STEP 1 Willingness to feel pain and take responsibility for your feelings.

STEP 2 Consciously move into the Intent to Learn, inviting Spirit/compassion into your heart.

STEP 3 Dialogue with core Self and wounded self, exploring feelings, memories, false beliefs, and what you want to control and/or avoid. Release pain and anger. Discover what brings you joy.

STEP 4 Dialogue with higher Guidance to discover the truth and the loving actions toward the wounded self and the core Self.

STEP 5 Take the loving action(s), based on the truth, learned in Step 4.

STEP 6 Evaluate the action(s). If you are feeling a deeper sense of worth, you are behaving lovingly. If not, back to STEP 3.

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