

STEPS IN TAKING SELF RESPONSIBILITY

Using CORE WORK to disentangle COMMON SELF DEFEATING BELIEFS

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The Soul's Journey in the Pathwork Process

UNITY >One with God

FALL>Separation

Split in the Soul DUALITY
Imbalance in Consciousness
and Energy

• INCARNATION

INCARNATION – (Lessons to be learned)

Individualized SELF SPHERE

During each Incarnation, living our Individualized Self Sphere, we encounter

TRANSFERENCE

- PROJECTION OF THE SOUL
- NEEDS NOT MET IN CHILDHOOD

PAIN

- Negative Pleasure principle
- Images
- **Pseudo solutions (Vicious Circle)**
- **Idealized Self Image**
- Energy Defenses
- Recreation of Childhood Hurts

DEFENSES

- Characterological Defenses
- **COMMON SELF DEFEATING BELIEFS**

To evolve and transform we move towards the UNIVERSAL SELF SPHERE

PATHWORK PURIFICATION PROCESS

- EGO/ PERSONALITY GETS INVOLVED IN THE /SOUL'S JOURNEY

PATHWORK TRANSFORMATION PROCESS

- ALIGN WITH DIVINE GUIDANCE
- EGO FREELY CHOOSES POSITIVE INTENTIONALITY
- NEGATIVE Intentionality transformed

UNITY

- Unity with God on Earth

Personal desires and growth are sabotaged and defeated by our Pseudo solutions governed by our Common Self defeating Beliefs

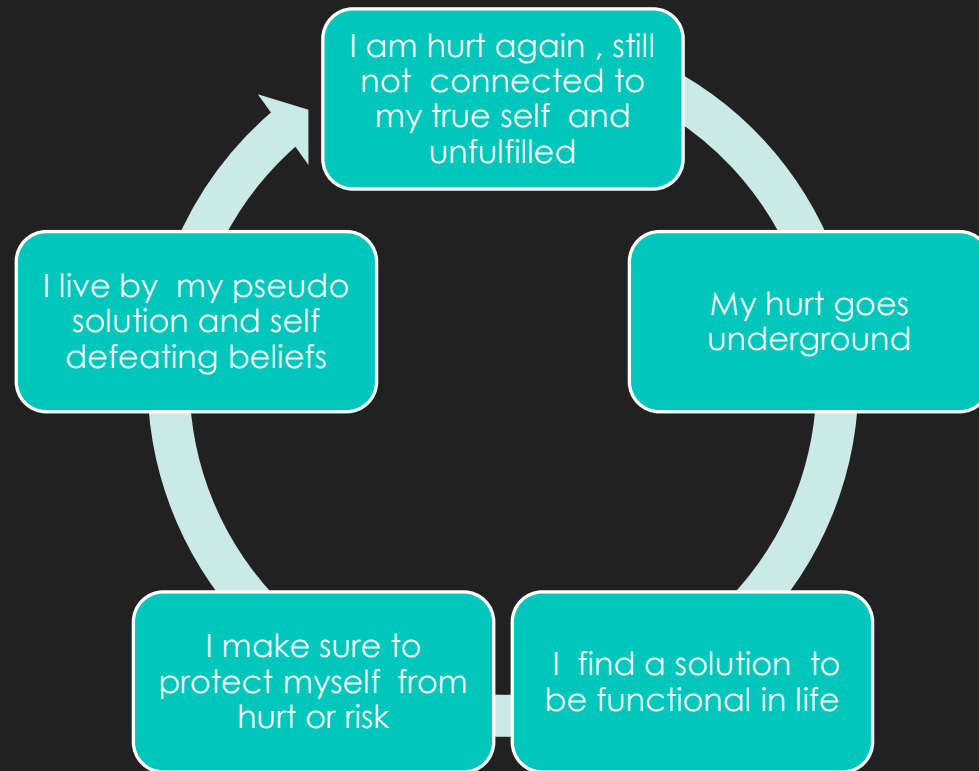
Self Defeating Beliefs sabotage personal desires and growth.

Definition of Sabotage: to damage or destroy on purpose

Self Sabotage – behavior that creates problems in daily life and interferes with long standing goals

Often not conscious, needs to be brought to consciousness

MASK & LOWER SELF Shenanigans



Areas of life that get sabotaged- Common Self defeating Beliefs about **ACHIEVEMENT**

PERFECTIONISM

"I must never fail or make a mistake"

The judgement if I am not perfect to others is unbearable.



PERCEIVED PERFECTIONISM

" People will **not** love and accept me as a flawed and vulnerable human being"

The only way I will be accepted is if I appear perfect.



ACHIEVEMENT ADICTION

"My worthiness depends upon my achievements, intelligence, status, income or looks"

If I am not successful, I am then a failure.

Self defeating beliefs about LOVE

(definition of addiction- a compulsive, chronic psychological need for a habit forming substance, behavior or activity having harmful effects)

Approval addiction

- "I need everyone's approval to be worthwhile"
- Through another's eyes, I can finally be accepted

Love addiction

- "I can't feel happy or fulfilled without being loved. If I am not loved then life is not worth living"
- If I do not receive love from another, my life has no sense so I must pursue someone actively loving me.

Fear of rejection

- "If you reject me that proves that there is something wrong with me. If I am alone, I am bound to feel miserable and worthless"
- The experience of rejection is unbearable so I must avoid making that happen it at all costs.

Self defeating Beliefs: Submissiveness

Pleasing others

- “ I should always try to please others, even if I make myself miserable in the process”
- I can assure myself that I am loved if I always serve others.

Conflict Phobia

- “People who love each other should never fight”

Self Blame

- “The problems in my relationships are bound to be my fault”
- The other's person's limitations are irrelevant. It's my fault.

Self defeating Beliefs: DEMAND

BLAME THE OTHER

- “The problems in my relationships are always the other person’s fault”
- My life must be cursed because people are always letting me down.

Entitlement

- “You should always treat me the way I expect to be treated”
- People should always act the way I expect them to act”

TRUTH

- “ I am right and you are wrong”
- My intuition is always right and how dare anyone question that.

Self defeating Beliefs: Depression cluster

Hopelessness

- “ My problems can never be solved. I can never be truly happy or fulfilled”
- If I put effort into anything, it will fail anyway

Worthlessness

- “I am basically worthless
- defective and inferior to others.”

Self defeating Beliefs: Anxiety Cluster

Emotional Perfectionism

- “ I should always be happy, confident and in control”
- I should never make waves

Anger Phobia

- “Anger is dangerous and should be avoided at all costs”
- If I get angry, I will become enraged and humiliate myself/

Emotophobia

- “ I should never feel sad, anxious, inadequate, jealous or vulnerable.
- “ I should sweep my feeling under the rug and not upset anyone”

Self defeating Beliefs; Anxiety cluster

Perceived
Superiority of
others

- “ The people I care about are demanding, manipulative and powerful”
- No matter what, they are all smarter than me.

Brushfire Fallacy

- People all think and act alike. If one person looks down on me, the word will spread like brushfire and soon everyone will look down on me”

Self defeating Beliefs: Anxiety cluster

Spotlight Fallacy

- “ Talking to people feels like having to perform under a bright spotlight. If I don't impress people by being sophisticated, witty or interesting, they won't like me
- If I am quiet and reserved in a group, they will hate me and judge me

Magical Thinking

- “If I worry enough, everything will turn out okay”
- If I don't worry at all, everything will be OK

More Self defeating Beliefs

Low Frustration Tolerance

- “ I should never be frustrated. Life should be easy”
- Life and relationships get too uncomfortable

Superman/Superwoman

- “I should always be strong. I should never be weak”
- If I show weakness, I will not be respected

INTERVENTIONS for Disentangling Self defeating Beliefs

- 1. First notice and identify the self defeating belief/s the client has ONLY to yourself and talk it over with your Supervisor.
- 2. Decide when would be the appropriate timing to reveal this to your client. Education on HOW we sabotage ourselves and WHY is important.
- 3. Be careful NOT to present the sabotaging as a criticism or blame.
- 4. ALWAYS search for the historical evidence WHY your client would have such a self defeating belief. There is always a trauma and a rationalization for adopting one of these beliefs.
- 5. Explore where this belief is held in the body. Let the body create a posture of that belief. Note where the body is holding the emotional blocks.
- 6. In your warm ups with client, work some of that blockage, not necessarily making the emotional connection yet. Eg. Stretching, massaging, sounding.

Interventions cont

- 5. Don't demand or push that the client do something about their belief immediately. Explain how his/her defenses are working to preserve this belief and both of you discover WHY this belief is in place- no matter how illogical, impractical or irrational it is. If it feels appropriate, education about the Souls Journey can be helpful. Discuss with Supervisor.
- 6) Rather than try and remove this belief immediately, let the work go into the direction of how powerful and important it is to hold on to this belief. This can be done with both soft and expressive energy techniques.
- 7) Dramatize the conflict. Role play the client's Higher Self and reflect your longings. Orchestrate an intervention so that the client can feel how the Mask is working with the Lower Self to protect and keep him/her from what their Higher self really desires. Usually fear of risk is involved.
- 8) If the client has advanced enough to understand, use the Resistance chart to help the client energize and feel into HOW he/she chooses to self sabotage and how the client is participating in the blockage. Energize every point in the Resistance
- Do not hesitate to help the client call upon his/her Higher Power, God/ Goddess/ All that Is/ Guides/ Ancestors- if the client believes in such things. Great power, longing and willingness to change can be brought forth this way.

RESISTANCE CHART: ENERGIZE!

I CAN'T explore - not easy to admit

- I WON'T Find the I won't and energize

I WANT TO Feel the longing to change

- I DON'T WANT TO KNOW THAT I DON'T WANT TO

Energize the Resistance cont

Find the Pleasure of the I WON'T

- TRY TO GO TO "I WILL NEVER CHANGE THIS"

LONGING TO HEAL – lean into the pain of the longing

- PRAY Ask God for help. Acknowledge you can't do this alone

FURTHER STUDY QUESTIONS

- 1) What do you know about your own Idealized Self Image/s and pseudo solutions?
- 2) What do you remember about how you got stuck in you own Vicious Circle and perhaps you even struggling with some of this still? Have you developed a Benign Circle?
- 3) What issues and/or statements touched upon your life? Achievement, Love, Submission , Demand, Depression, Anxiety, Others that were not covered. Eg. "I should always be strong. I should never be weak."
- 4) Think of the statements that appear in your protective belief system that feel difficult to disentangle. Did you find any of them in this power point? "
- 5) Bring a client to mind or a colleague or friend that may be suffering from some of these self defeating beliefs. Look at the list of interventions (slide 17) and see what you could do (or not do,) to help them. Remember, timing is everything. (along with love and compassion).