

Healing Through Relationships – Three Early Memories Exercise - Explanation

There are three sections to this worksheet. Beside each number (1, 2, 3) list your three earliest memories of what you would consider to be conflict. They could be situations you were actually involved in or they could be situations you were a witness to. Then go back and describe how you viewed them as they were happening. How you felt at the time the incident occurred, if you can't remember then knowing yourself how would you have felt, and if you still can't arrive at an answer put "unconscious" in the blank.

Example of one set of blanks:

1. My brother knocked me off my bike and beat me up.

Life is the pits

I am weak and helpless

I feel hurt

People are nasty

Relationships are "forget it"

I must get big and strong to beat my brother up

I need protection

I want my brother to treat me lovingly

I want to punish him by beating him up and myself by running away.

Do this for all three sections. Once complete, go back and look at your answers underneath each section. Do you see a pattern or similarities (in some cases the same answer)?

Now think of a recent conflict and quickly fill in a set of blanks, are the answers the same? And is the person "who did it to you" the same person in each of these conflicts? Usually the answer is "NO".

Look at how much power you have had to draw in that many people over that many years to do it to you again so you have the opportunity to heal!

HEALING THROUGH RELATIONSHIPS EARLY MEMORIES EXERCISE

My three earliest memories of conflict and how I viewed them as they were happening:

1. _____

Life is _____

I am _____

I feel _____

People are _____

Relationships are _____

I must _____

I need _____

I want _____

I want to punish _____ by _____, myself by _____

2. _____

Life is _____

I am _____

I feel _____

People are _____

Relationships are _____

I must _____

I need _____

I want _____

I want to punish _____ by _____, myself by _____

3. _____

Life is _____

I am _____

I feel _____

People are _____

Relationships are _____

I must _____

I need _____

I want _____

I want to punish _____ by _____, myself by _____

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Healing Through Relationships – following the Three Early Memories Exercise – How Will My Process Look? Explanation

“A Reminder For _____” fill in your name as this is your reminder when stuff comes up during your Healing Process.

Every disintegrative energy that you put into or store in your structure creates symptoms. This is the dis-ease process. As you get vital enough to heal and begin removing those energies that do not belong, the energy on the way out creates the same symptom it did on the way in. You have to stay focused on which way the energy is moving and during the healing process stay connected and be willing to go through the symptoms of healing. It is not Dr. Feelgood. Copy the answers you gave in the three sections of three Early Memories into the corresponding blanks.

When I am empowered enough to heal ...

Life will appear the pits, _____ and _____.

I will seem to be weak, helpless and _____.

I will feel hurt, _____, and _____.

I will think that people are nasty, _____ and _____,

And that relationships are “forget it”, _____ and _____.

In my healing process I will think that ...

I must get big and strong, _____ and _____.

I will think I need protection, _____ and _____.

I will want to be treated lovingly, _____ and _____.

And I will want to punish them (whoever) by beating him up, _____, and _____,

And punish myself by running away, _____ and _____.

Then sign the Commitment that when life starts looking like this that you will stay connected and move through to the other side. Get someone to witness your commitment to help you stay conscious as you heal.

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HEALING?!

HOW WILL MY PROCESS LOOK?

A REMINDER FOR _____.

When I am empowered enough to heal life will appear _____,
_____ and _____. I will seem to be _____,
_____ and _____. I will feel _____, _____, and
_____. I will think that people are _____, _____ and
_____, that relationships are _____, _____ and
_____. In my healing process I will think that I must
_____, _____ and _____. I will think I need
_____, _____ and _____. I will want
to _____, _____ and _____. And I will want to
punish them (whoever) by _____, _____, and _____ and
punish myself by _____, _____ and _____.

MY COMMITMENT

Recalling that I receive what I give, when I am empowered enough to heal I will stay present, keep Love conscious, active and present.

I will be responsible for my feelings and treat myself and everyone present lovingly, gently and with respect.

I will be willing, through Forgiveness, to change my thoughts and realities about life, myself, people and relationships. I will let go of the behaviors my ego demands I follow, my false needs and my defenses. I will keep my commitment to maintain a condition of Love in my mind as I gently hold myself and others accountable! I will ask for support as I stay conscious and use the tools I have acquired.

DATED THIS ___ DAY OF _____, 20__

WITNESS

Verification of My Commitment To Heal

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