

HEALING *Your Life*



A Self Study Guide

PHASE TWO: HEALING

PAUL FERRINI

Healing Your Life

ROADMAP for HEALING



ECOURSE

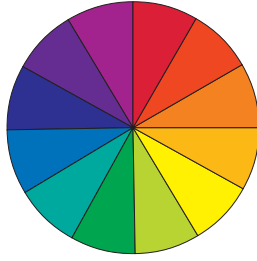
PHASE TWO: HEALING

PAUL FERRINI

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Welcome from Paul Ferrini

Welcome to my *Healing Your Life E Course*.

This course is designed to help you take the next step in your journey of healing and empowerment. For each of you that will be a different step, but all of these steps are necessary on the journey from fear to love.

During this E Course, I will present you with a *Roadmap for Healing*, and you will be able to locate yourself on this map. You will be able to see where you have been, where you are now and where you still need to go.

This E Course requires that you be honest with yourself and willing to bring your unconscious patterns of self betrayal into conscious awareness. It will help you forgive yourself and others in new ways and on new levels. As you deepen in your healing process, many of the blocks to love in your heart will dissolve and shame will give way to acceptance.

In this Course you will meet your Core Self and learn how to honor it. You will get in touch with your power and understand that you can no longer give it away. You will know that you have no choice other than to be yourself.

You will be blessed, and we will also be blessed because you had the courage to show up as you really are.

The Healing Your Life E Course will help you:

1. Learn to love and accept yourself unconditionally
2. Heal your pain and dysfunction
3. Come into your power and create successful relationships
4. Discover and fulfill your life purpose

Healing Your Life is an inside job. It does not depend on what others do or leave undone. It is self-generating. To be really happy, you must engage in a process of self-healing and empowerment that helps you:

- connect to love in your heart
- heal childhood wounds
- forgive yourself and others
- take responsibility for what you think, feel, say and do
- communicate without blaming others
- stop being a victim
- change dysfunctional beliefs
- end patterns of self betrayal
- create healthy, equal relationships
- honor your creative talents and gifts

We are all in various stages of the healing/empowerment process. Yet all of us can heal more deeply and move into closer alignment with our spiritual purpose. This is the goal of the Healing Your Life E Course.

Self Study and Teacher Support

The Healing Your Life E Course is designed as a self-study program that you can do at your own pace at home. Should you wish to have support and guidance as you study this material, we offer bi-weekly telephone support from a certified teacher for small groups of students. Many people find it helpful to work with an experienced teacher and our teleconferences offer this service to you without your needing to travel to workshops. Please contact us at 941-776-8001 or email us at orders@heartwayspress.com to arrange for teacher support, which is offered at an additional cost.

Our hope is that once you have taken this E Course, you will want to take the next step and experience this material in person with a certified teacher and a small

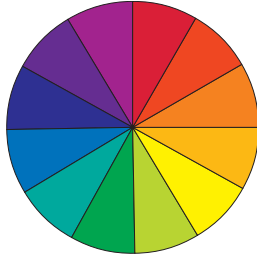
group of committed students. Residential intensives for Phase 1, 2, and 3 of the Healing Your Life work are offered several times each year. Please [click here](#) to visit the website and find more information about intensives in your country.

Attending three residential intensives (Phase 1, 2, and 3) with a certified teacher and two spiritual mastery retreats with Paul Ferrini enables you to complete our Healing Your Life Learning Program which is the first step in training to become a teacher of this work. More information on the Healing Your Life Learning and Teaching Program is available on the website www.paulferrini.com.

I wish you the best possible experience as you delve into this material and take this important step on your healing journey.

Blessings,

Paul Ferrini



Dear Phase Two E Course Participants,

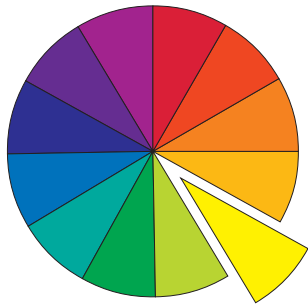
Welcome to Phase 2 of the Healing Your Life Work. This is the section of the curriculum that asks you to recognize your wounds, beliefs, and patterns of self-betrayal. In the next few days, you will identify the patterns of abuse in your life and seek forgiveness for the hurts that you have given or received.

I applaud you for your willingness to heal and your courage to move through your pain. This may be one of the most important choices you make in your life. In Phase 1, you decided that you were willing to become emotionally present to your pain and that of others. You decided that you were willing to acknowledge your fear and your shame and begin the journey of healing with compassion for yourself. You committed to be the bringer of love to your own experience.

Now you are ready to connect with love and carry the light of awareness into the dark places of your psyche. Please be gentle with yourself. See the need for forgiveness, but don't push yourself to try to forgive before you are ready. Let the process of healing unfold. It has its own dignity and glorious timetable. Please honor it. The Spirit within knows what is needed and when you are ready. Trust It and let It guide you across the threshold.

The healing you experience in this phase of the curriculum will continue to deepen in the weeks and months to come. The seeds that you sow will break ground often when you least expect them to. There are many wonderful gifts that result from this commitment you are making to your own healing. I send you my love and blessings as you embark on this important phase of your healing journey.

Paul Ferrini



STEP 5:

HEAL YOUR CORE WOUND

GOAL: *Identify Your Mommy/Daddy Wound, Your Core Belief, Triggers and Reactive Behavior Pattern*

STRATEGY: *Connect with the Wounded Child Within*

Core Understandings

- Each of us has a Core Mommy Wound and/or a Daddy Wound.
- A Mommy/Daddy Wound involves too much, too little, or inappropriate attention from Mommy/Daddy.
- Our Core Wound cuts us off from feeling unconditional acceptance and love.
- We know that we are wounded because people trigger our Core Wound or the belief attached to it and we react unconsciously.
- Our Core Belief is created out of shame or unworthiness attached to our Core Wound.
- All Core Beliefs can be summed up by one: “I am not worthy of love.”
- Our Core Belief usually involves feeling less than/inferior to others or more than/superior to others.
- Our Reactive Behavior is usually triggered by people who confirm our Core Belief about ourselves.
- Our Reactive Behavior pattern usually involves a form of fight, flight or emotional withdrawal/shutdown.
- In order to heal, we need to identify our Core Wound, Core Belief, and Reactive Behavior Patterns.
- In order to heal, we also need to connect with the Wounded Child Within who feels unworthy of love.

STEP 5: HEAL YOUR CORE WOUND



- Bringing love to that Inner Child is a powerful healing gesture and enables us to hold our own experience with compassion.

Journaling Questions

Please write your answers in a special journal devoted to this work.

We are all wounded. How do we know this? We know this because we are triggered by certain people and we attack them, avoid them, judge them or judge ourselves. Who triggers you the most? Does this person in any way remind you of Mommy or Daddy?

What is your Mommy wound? What is the fear or shame (unworthiness) arising from this wound?

What is your Daddy wound? What is the fear or shame (unworthiness) arising from this wound.

What judgments/criticisms did Mommy and Daddy make about you? How did you internalize these judgments?

Do you see how your internalized parental judgments form your Core Belief about yourself?

Your Core Belief is false, yet it drives your behavior and your experience of life. Can you see this? Please elaborate.

What is your Reactive Behavior Pattern: fight, flight or emotional withdrawal (stay and take it)? Please elaborate.

Is your Reactive Behavior Pattern learned from Mommy or Daddy or both? Please elaborate.

If you became like Mommy, did you marry Daddy?

If you became like Daddy, did you marry Mommy?

How did this pattern change in subsequent marriages/relationships?

STEP 5: HEAL YOUR CORE WOUND



Other Main Concepts for Step 5

1. Your Core Wound or trauma cuts you off from feeling unconditional acceptance and love for yourself and others. It is the source of your fear and shame.
2. Your Core Wound usually was caused by Daddy, by Mommy, or by both parents. A Mommy Wound involves too much, too little, or inappropriate attention from Mommy. A Daddy Wound involves too much, too little, or inappropriate attention from Daddy.
3. Your Core Belief is created out of the shame or unworthiness attached to our Core Wound. All Core Beliefs can be summed up by this one: “I am not worthy of love.”
4. You are usually triggered by people who confirm your false Core Belief about yourself. When your Core Wound and Core Belief are repeatedly triggered, you develop a Reactive Behavior Pattern that usually involves some form of fight or flight.
5. These reactive patterns become automatic, and over time you develop certain distinct sub-personalities that help you to carry out your fight or flight agenda.

Types of Core Wounds

Your Core Wound is the source of your fear and shame. Please review the list of Core Wounds below and begin the process of identifying your wound.

- Abandonment (Physical and Emotional). Includes death or illness of parents or their unavailability because of divorce, active military service, addiction to drugs or alcohol
- Betrayal (Trust is established then betrayed). Includes ambivalence or emotional instability of caretakers including the mental or physical illness of parents
- Abuse (Physical, Emotional, Sexual, Ritual)
- Incest (Emotional, Sexual). Includes lack of appropriate boundaries or inappropriate behavior by parents, siblings or other family members
- Confinement, Imprisonment, Control
- Lack of Limits/Too much freedom

STEP 5: HEAL YOUR CORE WOUND



- Stolen Childhood/Caretaking of Parents or Siblings, being forced to take on adult responsibilities before we are ready
- Pampering, Spoiling, Low Expectations, Overprotection
- Danger/Lack of Safety (Physical or Emotional)
- Guilt, False Responsibility (for a parent or sibling's death or illness)
- Birth Trauma, Birth Defects, Premature Birth, Serious or Extensive Illness in Childhood
- Not being Wanted, Unplanned Pregnancy
- Rejection by a Parent, Post-Partum Depression of Mother
- Persecution by Siblings
- Repeated Humiliation, Criticism, Shaming, Blaming by Parents/Significant others

Types of Core Beliefs

Your Core Belief usually involves feeling less than or inferior to others. Sometimes, however, it can be the opposite. Please review the list of Core Beliefs below and begin the process of identifying your Core Belief.

- Nothing I do is good enough.
- It's my fault. I am to blame.
- I'm a bad or evil person (or I would not have been beaten/sexually abused).
- I have to take care of others to get acceptance/approval/love.
- My needs do not matter. The needs of others are more important than mine.
- If I am powerful, I won't be loved. I must play small and hold myself back.
- I am a failure. I will never amount to anything.
- I am stupid. Others are smarter than I am.
- I have to be smarter than others to be loved.
- I am unattractive.

STEP 5: HEAL YOUR CORE WOUND



- I am weak or sickly.
- I am unlikable, awkward, foolish, etc.
- The world is not a safe place. If I am not careful, I will be hurt.
- I show up for others, but no one shows up for me.
- Love is too scary. I am better off alone.
- I can't do it by myself. I need someone to do it for me.
- I have to do it by myself. No one else can help.
- My ideas/opinion do not matter.
- When I trust the universe, I get smashed.
- If I stand up for myself, I won't be loved.
- I will be rejected/humiliated if I ask for what I need.

There are many other Core Beliefs that are not listed here. As you listen to these, you may think of specific beliefs that you internalized that are driving your life at an unconscious level. Please write these down and continue to work with them during the weeks and months to come.

Types of Reactive Behavior Patterns

The three Reactive Behavior Patterns are expressed by three corresponding sub-personalities.

Which ones do you have?

- a. Wild Horsie is an Escape Archetype. She runs away.
- b. The Amazon Warrior is a Defender Archetype. She attacks back.
- c. The Martyr is a Survivor Archetype. She stays and takes the punishment.

These sub-personalities try to help the wounded child deal with his/her fear and shame. However, they are wound-driven and ultimately ineffective. They are aspects of the False Self that must ultimately be surrendered if you are to become free to be yourself.

STEP 5: HEAL YOUR CORE WOUND



Strategy 5: Bring Love to the Wounded Child

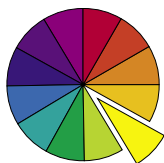
Strategy 5 is all about staying connected to your inner child, especially when you feel fear coming up. Take the time to be with the child, to comfort and reassure him or her. Be gentle with the child and realize that s/he is afraid, overwhelmed, or triggered in some way. See if you can connect the trigger to your Core Belief and your Core Wound. Try not to react to the trigger, but if you do react notice that your reactive behavior pattern has kicked in. See if you can stop your reactivity and own the trigger. If you can do this, you will see the belief and the wound that is being triggered and will have the opportunity to bring love to the wounded child within.

The Work of Step 5: Continue Identifying your Core Wound, Core Belief and Reactive Behavior Patterns

Please take time this week to clarify your Core Wound, your Core Belief, your triggers, your reactive behavior pattern, and any shadow sub-personalities you have. See if you can connect the dots.

- First, see if you can determine your Core Wound. If there are several wounds that seem to apply, see if there is an underlying theme behind all of them. Also, take time to determine if you have a Mommy Wound, a Daddy Wound, or both.
- Then ask yourself what Core Belief you internalized. How did this belief and the wound underlying it play out in your life? Did you marry a partner like the parent who wounded you or did you try to find the opposite type of person?
- Sometimes you don't marry the wounding parent. You become him or her and then marry someone you can wound in the same way you were wounded. For example, Daddy wounded you, so you become like (copy) Daddy and marry someone like Mommy. If this was your pattern, please note it.
- Do you see how your parents passed the wound onto you? Do you see how you passed the wound onto your own children?
- Who triggers you most deeply and what are the things that trigger you most?
- What is your Reactive Behavior Pattern? Do you run away, stay and fight, or stay and shut down emotionally?
- Can you identify any shadow sub-personalities that were created to help protect your wounded child? What are they?

STEP 5: HEAL YOUR CORE WOUND



Suggested Experiential Practices for Step 5

Real Happiness Workbook: p. 42–50

The Power of Love: p. 35–48



STEP 6:

END THE CYCLE OF ABUSE

GOAL: *See and End the Patterns of Victimization*

STRATEGY: *Forgive Yourself and Others*

Core Understandings

- Once you have identified your Core Wound, your Core Belief and your Reactive Behavior, you can begin to see the patterns of abuse that operate in your life.
- You see how you have become a victim or a victimizer, or maybe both. You see how you inherited these patterns from your parents and pass them onto your children.
- To heal your wounds, change your beliefs about yourself and others, and stop your Reactive Behavior, you must go through a forgiveness process.
- You must understand that the person who abused/wounded you was also abused/wounded. You must understand and feel compassion for that person and for yourself, as you too have probably hurt others.
- Forgiveness is a process that happens in layers and often takes years. You cannot rush the process or force yourself to forgive before you are ready.
- While forgiving others and forgiving ourselves are two sides of the same coin, the latter is often the more difficult aspect of the process.
- You need to see the progress you have made in the forgiveness process, as well as the work that you still need to do.
- Self-forgiveness is possible even if others do not forgive you.
- Even if others forgive you, you might not forgive yourself.
- As a general rule, your capacity to forgive others depends on your willingness to forgive yourself, and your capacity to forgive yourself depends on your willingness to forgive others.

STEP 6: END THE CYCLE OF ABUSE



Journaling Questions

Please write your answers in a special journal devoted to this work.

You need to acknowledge the wound to be able to heal it. What is your biggest wound in this life and who wounded you?

To what extent have you healed this wound?

In what way do you still need to heal?

If you have children, have you passed the wound on to your children? How?

Do you see how taking the time to heal your wound now can help you heal your relationship with your children?

In what ways do you still feel like a victim? Please be honest.

In what ways do you feel like a victimizer? Please be honest.

If you are a victim, who is the person in your life you most need to forgive?
What for?

If you are a victimizer, who is the person you have hurt the most? Have you asked for forgiveness and made amends with this person?

What is the biggest thing you have forgiven yourself for?

What is the biggest thing you have not forgiven yourself for?

Other Main Concepts for Step 6

1. Most of us don't realize that there is a scared little kid inside who is running our lives. At least until that kid goes on the warpath. Then, we and everyone else in our lives can't help but notice.
2. If we want to heal our wound, we are going to have to stop abandoning the shadow aspect of ourselves. We are going to have to pick up that rejected little kid and learn to love him or her. We all need to go through a healing process in which we learn to love that scared little kid inside and reclaim our innocence.
3. Mommy or Daddy may have abandoned us and helped to set all this up. But, in the end, we are the ones who abandon ourselves. We have to stop doing that. We have to start showing up for the child within. We have to become the Mommy or Daddy that he or she never had.

STEP 6: END THE CYCLE OF ABUSE

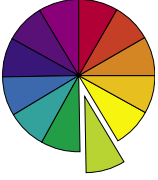


4. If we want to heal our Core Wound, we can't engage in blame or become permanent victims. We have to take responsibility for our wound. It belongs to us, at least for now. And we are the only ones who can heal it.
5. One of the sad facts of life is that anyone who has been abused becomes an abuser. We all do to others what has been done to us. In some way and to some degree our parents abused us and we abuse our children.
6. There is no end to the chain of abuse as long as we keep it going. Our choice is always to stop it here and now.

Seven Steps in the Forgiveness Process

1. **Accept What Happened**
You can't pretend that it didn't happen. You can't go back and undo it. You can't fix it or change it. You just have to accept that it happened and it is therefore part of your life. Acceptance sometimes takes a while.
2. **Feel Compassion for Yourself**
If you have been victimized, you need to stop blaming yourself for what happened. You are not to blame. You are not bad, unworthy or unlovable. You are not dirty, ugly, stained or damaged goods. Even if you are a victimizer, you were very likely a victims at some time in your life.
3. **Forgive Yourself**
Regardless of whether you are victims or victimizers, this process of self forgiveness may take a long time. It may even take your whole life. But it is very important. You need to commit to this process if you really want to heal.
4. **Feel Compassion for the Abuser/Victimizer**
You need to understand the pain of the person who wounded you and to feel compassion for that person. Most victimizers were victims once, and they are doing to you what was done to them. But first you might have to get in touch with and express your anger at this person. This too can take some time.
5. **Forgive the Abuser/Victimizer**
Eventually you are going to have to forgive the other person. That does not mean that you condone his/her behavior. But you realize that the behavior was caused by his/her own pain/abuse. You also realize that not forgiving this person means that you are holding onto your bitterness and that this holds you back from your own healing.

STEP 6: END THE CYCLE OF ABUSE



6. Detach and Let Go

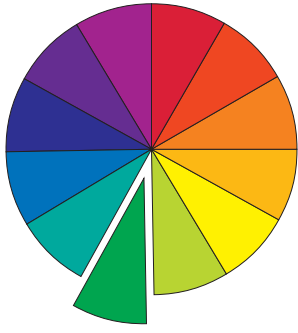
After forgiving yourself and the other person, you can detach and let go of your identity as a victim. You stop speaking or acting in a way that seeks sympathy from others or reinforces your belief that you are wounded and cannot heal. You also stop condemning the abuser/victimizer and release the person emotionally.

7. You Heal Your Wound and Release the Past

After you detach, your wound begins to heal. A scab forms over the wound. You grow new skin. You do not deny what happened, but there is no more charge on it for you. You do not condemn yourself or the other person. You learn whatever lesson you can learn from the experience and put it behind you.

Suggested Experiential Practices for Step 6

In addition to answering the journaling questions, please complete the forgiveness worksheets in the Real Happiness Workbook (pages 73-76, 84). Take advantage of the opportunities that come up in your life to forgive yourself and others who are important in your life. See how, as you forgive yourself and others, you reclaim your innocence and your connection to love.



STEP 7:

END THE PATTERNS OF SELF-BETRAYAL

GOAL: *Have the Courage to Be Yourself*

STRATEGY: *Take Your Power Back*

Core Understandings

- There are 3 Reactive Behavior Patterns: Fight, Flight, Stay and shut down emotionally.
- All Reactive Behavior Patterns lead to some form of self-betrayal and/or abuse.
- Dominant energetic pattern: makes decisions for others, is controlling. Attracts a submissive partner.
- Submissive energetic pattern: allows others to make decisions. Attracts a dominant partner.
- Escape artist: avoids commitment and intimacy. Attracts someone who is unavailable.
- Passive-Aggressive energetic pattern: Appears to submit, but fights back secretly.

Journaling Questions

Please write your answers in a special journal devoted to this work.

What is your Reactive Behavior Pattern: fight/flight or stay and shut down emotionally?

Are you dominant and controlling, passive and submissive, or evasive and afraid of intimacy/commitment?

From whom did you learn this Reactive Behavior Pattern: Mommy or Daddy?

STEP 7: END THE PATTERNS OF SELF-BETRAYAL



Do the partners you attract emulate Mommy or Daddy?

Do you have a pattern of making decisions for others or allowing others to make decisions for you?

Do you have a pattern of trying to please others to get love and acceptance?

Does your passive/submissive behavior invite others to take charge?

Does your dominant/take charge behavior invite others to give their power to you?

In what ways do you need to make your own decisions and tell others to back off and allow you to choose for yourself?

In what ways do you need to back off and give others space to make their own decisions?

What limits do you need to set with others in order to take your power back?

Mommy wounds often result in difficulty in relationships with others. How is this true for you?

What needs to shift inside of you in order for you to have more fulfilling, equal relationships with others?

Daddy wounds often result in lack of self-confidence and failure in work.

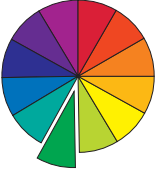
Do you refrain from taking responsibility because you are afraid that you will fail or be criticized?

If you are a parent, what Reactive Behavior Patterns are being passed on from you to them?

Other Main Concepts for Step 7

1. Your Reactive Behavior Pattern is not just about your fight or flight response when fear comes up. It is also about whether you tend to be dominant or submissive in your relationships, whether you tend to give our power away or take power away from others. It is about whether you allow others to make decisions for you or whether you make decisions for others.
2. Some people have a pattern of trying to please parents and other authority figures in their lives. They constantly seek approval and validation from others. These are some of the reasons why they do not come into their power. They try to live the way others want them to live. This prevents them from growing up,

STEP 7: END THE PATTERNS OF SELF-BETRAYAL



individuating, living their own lives and making their own choices. In the search for love and validation, they give their power away.

3. Even after they leave home, they continue this pattern by seeking approval from and giving their power away to their spouse/partner. Their relationships become co-dependent. They give up their power, and the partner is happy to take charge and make decisions for them.
4. You cannot have an equal relationship with someone you are caretaking or who is caretaking you. There is an inherent inequality there. One person is taking too much responsibility and the other person is not taking enough responsibility.
5. When you take power from someone else and agree to protect him/her and make decisions for him/her, you are entering into a parental relationship with that person. You become the parent, and he or she becomes the child. Such contracts recreate and re-circulate your family of origin wounds.
6. If you have a dominant Daddy/Mommy, you may marry a man/woman who dominates you and makes decisions for you. Or you may become like that dominant Daddy/Mommy and marry a submissive partner whom you can dominate.
7. People with Mommy Wounds have a hard time learning to love and accept themselves and others. Relationships are challenging for them and bring most of their lessons.
8. People with Daddy Wounds have a hard time being successful in the world. They often struggle in their careers and have difficulty supporting themselves and making a living. They often lack self-confidence and do not believe in themselves. They frequently do not take the time to develop the skills they need to be successful.
9. A good relationship with Mommy bodes well for success in relationships. A good relationship with Daddy bodes well for success in career.

STEP 7: END THE PATTERNS OF SELF-BETRAYAL



Strategy 7: Take Your Power Back/Restore the Power of Others

The following actions will help you to begin ending your patterns of self-betrayal:

- Stop trying to please others or win their approval.
- Separate from (set limits with) parents and the other authority figures that try to control you, rescue you, or run your life.
- Stand up for yourself and dissociate from people who criticize you or treat you disrespectfully, unfairly or unkindly.
- Stop being a parental figure who tries to influence, control, rescue, criticize, or fix others and get them to show up the way you think that they should.
- Understand that you give your power away when you decide for others. You take a false responsibility that does not belong to you. That often prevents you from taking appropriate responsibility for your life.
- Make your own choices and be responsible for them. Allow others to do the same.
- Stop making decisions for others. Give them the space to make their own choices and to learn from their mistakes.
- Learn to say “no” and learn to set limits and boundaries with others.
- Learn to hear “no” and accept the limits and boundaries that others are trying to establish with you.
- Make the best choice you can and take responsibility for it. Encourage others to do the same.
- Be compassionate with yourself. Acknowledge your mistakes and learn from them so that you make better choices in the future. Give others the same compassion and respect.
- Understand that no choice is perfect and all choices carry a lesson to be learned.

These are not things that you are going to do overnight, but they are essential for you to begin doing so that you stop giving your power away or appropriating the power of others. The patterns of inequality — dominant/submissive, victim/victimizer, master/slave, masochist/sadist — are mutually abusive and prevent all of us from stepping into our true power and purpose here.



STEP 8:

CHANGE YOUR BELIEF

GOAL: *Be Free of False, Limiting Beliefs, Roles and Reactive Behavior Patterns*

STRATEGY: *Drop Your Story*

Core Understandings

- Your Core Belief is essentially false. It runs your life unconsciously and drives much of your Reactive Behavior Patterns.
- Your Core Belief is the foundation of a story about yourself that keeps you locked in victim consciousness.
- Becoming conscious of your belief/story is an essential part of the healing and awakening process.
- Your False Self is comprised of sub-personalities that allow you to function in the world and get approval from others.
- These sub-personalities lock you into limiting roles and saddle you with inappropriate responsibilities that burden you and prevent you from stepping into your power.
- These sub-personalities are psychological/energetic structures that can lead you to abandon and betray your Core Self.
- All sub-personalities are wound driven. They are created in shame and fear.
- Dismantling these sub-personalities leads to the death of the False Self and the birth of the True Self. This death and rebirth is the major archetype of spiritual transformation.
- Connecting the dots between the Core Wound, the Core Belief, and the sub-personalities of your False Self is needed in order to see what your story is and to be able to drop the story.

STEP 8: CHANGE YOUR CORE BELIEF



Journaling Questions

Please write your answers in a special journal devoted to this work.

What is your Core Belief about yourself?

What sub-personalities have you developed to confirm this belief?

How do your sub-personalities limit you and prevent you from stepping into your power?

Please connect the dots between your Core Wound, Core Belief, your Reactive Behavior and the sub-personalities that comprise your False Self.

In order to drop your story you have to see what the story is. What is your story in a nutshell and how does it prevent you from realizing your full creative talent and power?

What false beliefs about yourself are you still holding onto?

What is the payoff to you for clinging to the past with all its pain, lack of authenticity, and repeated self-betrayal?

In order to drop the story you have to surrender your victimhood, stop making excuses, stop feeling sorry for yourself, stop complaining and begin to show up for your life in an empowered way. How are you presently doing this?

What sub-personalities have you dropped as you have become more authentic and started to come into your power? How has this impacted your relationships?

Other Main Concepts for Step 8

1. Even when the disintegration of the False Self happens gradually, it can be disorienting. Letting go of familiar roles and patterns of thinking can be scary and bring up a lot of insecurity. This is a time of death and rebirth. The old self dies. The new self is born. The Phoenix rises from the ashes. It can be a challenging time, but it is also a time of profound transformation.
2. Your spiritual rebirth happens when your patterns of victimhood and self-betrayal end. When you stop giving your power away or misappropriating the power of others, you come into your true power and purpose.

STEP 8: CHANGE YOUR CORE BELIEF



Sub-personalities of the False Self

There are many sub-personalities that people develop as part of their False Self in the attempt to win the approval of others. Some of these involve trying to become an adult before they are ready. On the other hand, some involve remaining a child even when it is time for them to step into adult roles. Let's look first at a few of the sub-personalities that betray the child within by forcing you to play adult roles before you are ready. If any of these apply to you, please make a note to that effect in your journal.

Children Prematurely Becoming Adults

- The Caretaker believes, "If I take care of you, you'll love me." If you become the caretaker, even as children you may actively take care of your parents or siblings. You are the grown-ups in the household. You are the responsible ones. That means that you were not nurtured by your parents. Your parents might have been physically ill, handicapped, alcoholic, on drugs, depressed or overwhelmed by life. Regardless, they showed up as "your children," and you had to sacrifice your childhood to become their parents/caretakers. There is a huge wound here.
- Caretakers often morph into Workaholics later in life. They get validation only by working hard and being successful in the world. They do not take care of themselves emotionally. They deny their feelings. They can't enjoy life or be spontaneous. They are very serious. They may make a lot of money and support a lot of people, but they are not happy. Yet their little kid is screaming inside: "Stop taking care of everyone else and start taking care of me!" They are an explosion waiting to happen because they live behind a strong mask of "responsibility," and their shadow is locked away from view. They are defined not by who they are, but by what they do. They have no self-esteem apart from the mask they wear or the role they play.
- The Martyr takes this caretaker role to the extreme, sacrificing his or her life for the sake of others. The Slave also takes this to an extreme. The Slave believes, "If I do everything for you and meet all of your needs, you will have to love me."

All of these sub-personalities involve children having to grow up quickly to take care of parents (or siblings) who are weak, sickly or otherwise unable to take care of themselves. The message being given to the child by the parent is "I can't do it, so you have to do it." Not only does the child miss the nurturing that s/he needs growing up, but his or her needs continue to be sacrificed later in life. This

STEP 8: CHANGE YOUR CORE BELIEF



underscores the belief “My needs do not matter. The needs of others (Mommy/Daddy and the rest of the universe) are more important than mine.”

Overprotected/Underprotected Children

The Child archetype denotes a person who does not grow up to be a full-fledged adult. There are two reasons this can happen.

1. The parents are dominant/overprotective and the child is controlled and overpowered. In this case, the child is given too many limits and never becomes confident, skillful or independent. The parent gives the child the subtle or not so subtle message: “You can’t do it.” The child is rewarded for staying small and weak. Later in life, s/he will have great difficulty taking responsibility for self. S/he may have trouble keeping a job, going to school, or raising a family.
2. Ironically, the same thing can happen when the parents are under-protective and the child is given too much freedom and too little support. As a result, the child goes out into the world with a false confidence, without sufficient skill or preparation, and inevitably fails. It isn’t her fault, but she cannot help concluding, “There must be something wrong with me . . . I can’t do it.”

There are several versions of the Child Archetype. Here are a few.

- The Good Little Girl/Boy does what Mommy/Daddy wants him or her to do. S/he is obedient and is easily controlled by the parents by dangling the carrot or swinging the stick. Mommy and Daddy are authority figures and the child submits to that authority. Clear limits are set for the child. The wounding in this case happens because those limits are not relaxed as the child grows up, nor can the child break away from the parental control. Often, money is used to keep the child dependent. In order to heal and to grow, the child needs to separate from the parents and make his or her own decisions.
- Bad Little Boy/Girl does not accept the authority of the parents and fights any kind of control or domination. This child learns to scream, hit, throw temper tantrums, or run away. S/he has discipline problems and is often an embarrassment to the parents. While the Good Boy/Girl makes the parents proud, the Bad Boy/Girl humiliates the parents by showing everyone their impotence. S/he does not have real self-confidence, however, but rather a kind of bravado/overconfidence, and that results from being allowed to act out without limits or consequences. A childhood like this can lead to criminal or sociopathic behavior later in life.

STEP 8: CHANGE YOUR CORE BELIEF



- Still another child archetype is the Black Sheep of the family. This child is often shamed by the parents who compare him/her to other siblings and treat the child differently in an attempt to control non-submissive behavior. Some black sheep leave the pen and refuse to be sheep any more. Others stay and allow themselves to be shamed.
- Still another child archetype is the Wild Child. The Wild Child is neglected, abandoned or ignored by parents and doesn't receive any limits, rules, or supervision. The child is left to supervise or parent him or herself, not because s/he wants to, but because the parents don't show up to do the job. The parents are insecure and unconfident. They do not assert their authority as parents or set limits for the child. The child is allowed to do what he or she wants to do. Given this adult-like freedom, without discipline, limits, or expectations from the parents, the Wild Child becomes selfish, entitled, and unsocial.

Bottom line: the freedom given the Wild Child by the parents is experienced by the child not as a blessing, but as a curse. When a child is not parented or socialized, when no limits are set, the child becomes a danger to herself and others. The great story of this is Lord of the Flies where the primitive, selfish qualities of children are given full reign and the result is horrific.

Victim Sub-personalities

- The Victim is another version of the child archetype. He is the child who identifies with his wound and blames the parent, his abuser or life itself. His belief is that he is damaged goods and therefore cannot succeed in life. He always has an excuse or a reason why he can show up and help or get something done. Because he hides behind his wound, he never heals it. The victim inevitably attracts a victimizer who triggers his wound and reinforces his powerlessness. The victim abdicates all responsibility and looks for someone else to save him from his plight. The victim says, "It's not my fault. And it's not my responsibility."
- The Cripple is another version of the victim. He may have a physical/emotional handicap or an illness that gives him an excuse for remaining powerless, or he may simply be a hypochondriac pretending to be disabled or ill so that other people will take care of him.
- The Ne'er Do Well and The Failure are a little different from the victim in that they try to show up, whereas the victim doesn't even try. But they get

STEP 8: CHANGE YOUR CORE BELIEF



overwhelmed and they fail. After repeated failed attempts to show up, they stop trying and morph into Victims.

- The Scapegoat is a little like the black sheep of the family. She is the one that everyone blames. She is different from the others and is the first person who is blamed when something bad happens. The scapegoat grows up believing, “It’s all my fault. I’m responsible for this mess.”
- The Clown/Fool/Jester finds a way to take the pressure off and lower the expectations others have of him by making fun of himself. Success isn’t funny, so he doesn’t have to succeed. He can fail and ridicule himself and people will laugh. That covers over his pain and self-judgment and gets him the attention and approval he wants, at least temporarily. Does he really feel like a success? Probably not. The Clown is just a mask that he wears. Many clowns are just hiding their pain behind their mask.

Defender Sub-personalities

As we previously mentioned in Step 5, there are a number of sub-personalities that are created to protect or defend the Wounded Child. These include:

- The Warrior who stands up for the child and attacks the one who is trying to dominate or control. This sub-personality is developed if your reactive behavior pattern is to stay and “fight.” The Pit Bull — who takes no prisoners — is another version of this sub-personality.
- The Wild Horsie helps the child to withdraw from or escape the danger at hand. This sub-personality is developed if your reactive behavior pattern is “flight”
- The Judge/Critic shows up to help the unworthy feel “right” or justified. This sub-personality is often developed if your Reactive Behavior Pattern is to “stay and shut down.” In this case, you shove your emotions and go up into your head and judge or criticize the aggressor. This passive-aggressive behavior offers a middle ground between fight or flight.
- Other passive-aggressive personalities include the Whore/Seductress/Femme fatale who appears to submit and then takes control. The seductress uses her feminine wiles to win men over and then takes away their power. Delilah who cuts off Sampson’s hair and takes his power away is such a figure. The masculine version of this sub-personality might be the Don Juan or Seducer who seems to offer the ideal of passion and romance with one fatal flaw. As soon as you

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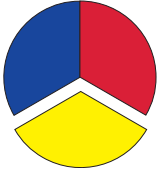


need him, he will leave you. Both the Don Juan and the Seductress are afraid of intimacy and have some of the wild horsie archetype mixed in.

The above list of sub-personalities is by no means complete. There are many personality archetypes that are not delineated. Can you identify sub-personalities that you have that aren't on this list? If so, what are they? Please make note of them in your journal. Now, most importantly, can you connect the dots between your Core Wound and Core Belief, your programmed, Reactive Behavior, and the sub-personalities of your False Self? Can you see how these sub-personalities lock you into roles and responsibilities that prevent you from growing and being true to yourself?

Strategy 8: Drop Your Story

In order to drop your story, you have to see what it is. You have to know what false roles you play and why you play them. You need to connect the dots between your Core Wound, your Core Belief and the sub-personalities of your False Self. You have to see all the negative messages that you have given to yourself and stop talking to yourself in this self-limiting, self-defeating way. You have to begin to challenge and change your Core Belief. You have to let go of roles and responsibilities that no longer work for you. You have to let the False Self — the whole story — fall apart. That means that you are going to have to surrender your victimhood, stop making excuses, stop feeling sorry for yourself, stop complaining and show up for your life in an empowered way. This week be aware of your programming. When you see old dysfunctional patterns surface, recognize them and disengage. Stop betraying yourself. Find ways to be authentic and true to who you really are. Let the False Self with its story dissolve so that you can sink into your essence. That is how your True Self can be born.



TRANSITION TO PHASE THREE: SPIRITUAL CRISIS

The Death of the False Self and the Birth of the True Self

Before we can fully step into our Power and Purpose, the False Self must die. This is a time when there is a major paradigm shift in our lives. It is a time when the old patterns driven by fear and shame must end and the new spirit and love-directed patterns must begin.

This does not happen overnight, nor does it happen in a neat or pretty way. Sometimes old patterns die hard. Sometimes new patterns are very slow to emerge. It can feel awkward and look messy.

For many of us, some kind of spiritual crisis accompanies the paradigm shift. The old is dying and the new is not yet born, so there can be a sense of disorientation and even hopelessness here. Old values and beliefs, friendships, family and social structures no longer support us. We are in a kind of strange limbo.

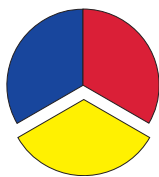
What makes this worse is that often the people who used to understand and support us don't show up for us anymore. They may judge the choices we are making. They do not understand why we are letting our old lives fall apart. They probably think that we are losing our marbles.

They do not understand that our soul is craving growth and self-expression and, to make growth possible, the rigid or limiting structures in our lives must be dissolved.

Death and Rebirth: The Caterpillar Becomes the Butterfly

Just as our connection to love was crucial as we moved from Phase 1 (Awakening) to Phase 2 (Healing), it is also essential now as we move into Phase 3 (Empowerment). It is our connection to love that lets us know (from the inside out) that there is something in us other than our False Self. As long as we think that the False Self is all that there is, we will be afraid to let it go.

Our spiritual practice of connecting to love helps us to prepare for the transformation we all have to make from the caterpillar stage to the butterfly stage of our lives. It enables us to trust the process of emotional healing and psychological growth that



prepares us to make the quantum leap from a fear-driven life to a love-directed life.

In order to grow, we all go into a chrysalis state. We stop moving outward and begin to move inward. We stop looking for love and acceptance outside and begin to seek it within. This is the turning point in our lives.

In the chrysalis state, we learn to bring love and acceptance to our own experience. That sends a message to our soul that we are ready to consciously participate in the process of our spiritual birth. When we consciously participate in this process, it does not have to be sudden, painful or disorienting. To be sure, we will experience growth pains, but they will not be overwhelming.

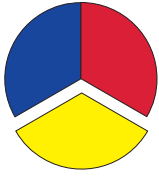
In the chrysalis state, we are letting go of all that is false in our lives. We are surrendering the roles and attachments that no longer serve our growth. This voluntary letting go means that we are willing to be naked. We are willing to come to our Source with empty hands. There is no quicker way to connect with the divine than to surrender our addictions, compulsions, and other patterns of self-betrayal. There is no quicker way out of our pain than our willingness to feel it.

And, remember, we cannot feel it safely without wrapping ourselves in the love of our Core Self and feeling the love of the Great Mother, whose only prayer is that we can give birth to all that is true within us. The love of the Mother prepares us for the spiritual birth experience. If we don't feel this love, if we don't cultivate the practice of bringing love to ourselves, we will be too scared to let go of the False Self. It will seem like we are letting go into an abyss. Fear will come up and we will get stuck in the chrysalis state.

The chrysalis state is the dark womb of the Mother. As long as we are moving through the tunnel toward the light, we will not panic. But if we stop moving, if fear paralyzes us, if we try to turn around and go back to our caterpillar life, we can get stuck and perish there. Our birth process can be aborted. We can be expelled from the chrysalis before we grow our butterfly wings.

We have to realize that this is a process of death and rebirth. The old False Self is dying within us and the new True Self is being born. It is a time when we need a lot of support. We need our true friends and members of our spiritual family or community to hold the space for us. We often need the help of a skilled therapist, guide or mentor who has made this journey and knows how to help us find our bearings.

This time of transformation is often referred to in spiritual writings as the *Dark Night of the Soul*. It is dark because all that we used to depend on is stripped away from us. It is an intense spiritual crisis in which we have to find a new faith and a new meaning for our lives. Often, this happens as a kind of mid-age crisis when it is



time for old roles and responsibilities to be questioned. Occasionally, it happens to people at a younger age.

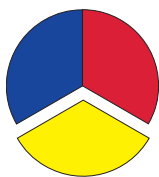
Of course, not everyone engages in emotional healing and spiritual practices to connect to the Core Self. Not everyone moves organically into a state of letting go of the old and unburdening. Not everyone has the support of a spiritual community or spiritual therapist. Some people call for change at a soul level, but they do not generally understand what they are asking for. They want their lives to get better but they do not know that for change to come the structure of denial must crumble. Their souls may be suffocating and crying out for liberation, but they may be very resistant to making conscious changes in their lives. In such cases, change may be set in motion by unconscious forces. The soul's cry for help may result in a sudden or acute change that overpowers all their resistance. The old life falls apart suddenly, sometimes dramatically.

Some of us resist growth and stay in jobs, relationships, and other roles/structures long beyond the point where we have outgrown them. In order to awaken us, our soul creates some kind of a storm or healing crisis in our lives. Perhaps we get sick or have an accident. Someone close to us might die or we might have a near-death experience. Our house might burn down; our marriage might fall apart; we might be fired or laid off from a job we have been doing for twenty years. We might check ourselves into a psychiatric institution or a drug/alcohol treatment facility. There are many ways in which such a crisis might come. What seems to characterize most of them is that in some way we hit bottom. We know that we have to change. There is simply no turning back.

Sometimes the crisis seems to come out of the blue and we have no idea why it is happening. The rug seems to be pulled out from underneath us. We might even feel like a victim. But when the smoke settles and we look around, we realize that all the things that were holding us back from moving forward with our lives have been removed. We no longer have any excuses.

Shiva — the God of destruction — has come into our lives to shake things up and remove old attachments that no longer serve us. When your life falls apart in this way, the ego simply crashes. Humpty Dumpty falls off the wall and shatters. It seems there is nothing left of the old life. So this can be a very scary time.

Yet, for the majority of us, the death/rebirth process does not need to be sudden or dramatic. We can see our patterns of self-betrayal and begin to shift them. We can release ourselves from our boxes and prisons before they become unbearable. We can take Humpty Dumpty down from the wall before the ground begins to tremble. We



can do this consciously and progressively because we have made the connection to the Core Self. We know there is land on the other side of the chasm. We know we are moving out of roles and responsibilities that we have outgrown. We are consciously shedding our old skin. We are laying down our burdens and beginning to open to a new vision of our life.

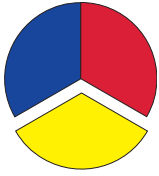
The Birth of the True Self

When we release the False Self, we start to take greater responsibility for our lives. We no longer blame others for our struggles. We no longer play the role of victim. We take back our power and release ourselves from co-dependent or abusive relationships. We make our own decisions, learn from our mistakes, and begin to create the kind of life we want. In other words, we begin to live an empowered life.

We transform our consciousness and our world. The caterpillar becomes a butterfly with brightly colored wings. The False Self dies and the True Self is born. For many of us this happens gradually and over time, and so we can avoid having a major spiritual crisis. That is because we are consistently honoring ourselves and the needs of our Soul.

Essential Understandings in the Transition from Phase 2 to Phase 3

- The Death of the False Self has also been called the Dark Night of the Soul. It is the time in life when our faith is really tested.
- There are two ways that this can happen: with our conscious permission and participation or without them.
- When it happens with our conscious permission and participation, it is usually a gradual process and it is not overly disruptive or disorienting. Yet it is still a challenging process, since it does require us to give up the need to control our lives through our ego structure.
- When it happens without our conscious permission and participation, it can be disorienting. It may feel that the ground is shaking beneath our feet. In this case, our ego is resisting change and transformation and refusing to give up its illusion of control, so it attracts experiences that overwhelm or overpower it.



- This experience can lead to various forms of mental instability (including disintegration of the personality structure) and people experiencing psychological distress or spiritual emergency sometimes require professional psychiatric help and sometimes even hospitalization.
- Similar psychic disintegration and destabilization can result from the use of psychedelic drugs or esoteric breathing practices. That is why these practices are strongly discouraged.
- The point here is that the ego structure must be shaken up so that healing can result. It is better for this to happen with our conscious permission and participation so that the Shadow can be integrated without our lives totally falling apart.
- Once the shake up occurs, re-integration can happen and the psyche can stabilize at a higher level of functioning. That is what happens when our True Self is in charge and life is lived from the inside out.

Journal Exercise for Transition to Phase 3

Please review the above discussion and the Essential Understandings and make notes in your journal. Then, answer the following questions in your journal:

- What is the status of your False Self? Is it intact or has it shattered?
- Are you in crisis now or have you been in crisis before?
- Was transformation in your life voluntary or involuntary? Did you choose to leave your box or did life force you out of it?
- Where do you stand now in making the transition from a limited, codependent life to an unlimited life in which you honor who you really are?
- Are you making your own decisions and learning from your own mistakes? Have you stopped being a victim? Have you stopped complaining about your life and blaming others for your problems?
- Are you holding your life in a compassionate way, accepting your weaknesses and trusting your strengths?
- Has the caterpillar taken the time to grow his/her wings? Are you ready to begin a new life in which you express yourself fully and no longer give away your power?
- Are you ready to trust your wings?

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Paul Ferrini's *Healing Your Life* Transformational Workshops condense the most powerful teachings from his books to create a comprehensive curriculum that helps participants awaken to the truth, heal their wounds, and step into their power and purpose. Paul has spent the last 7 years training teachers to offer his transformational work in small groups all over the world.

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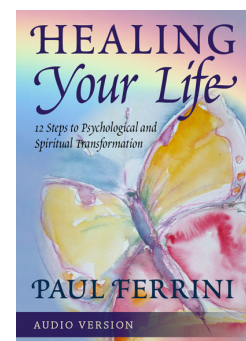
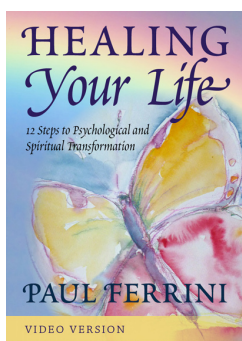
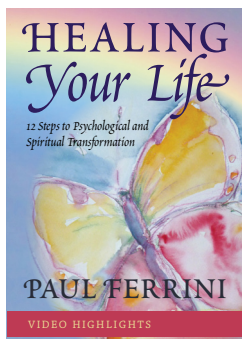
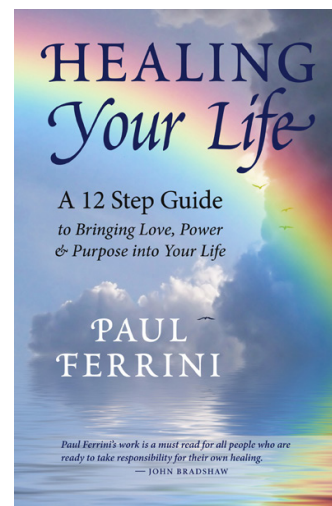
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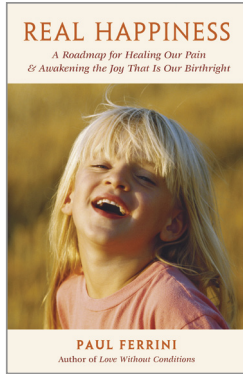
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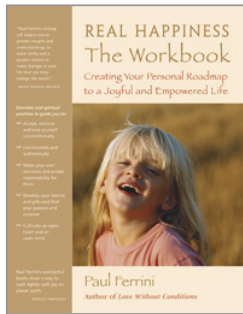
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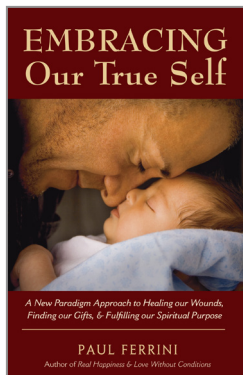
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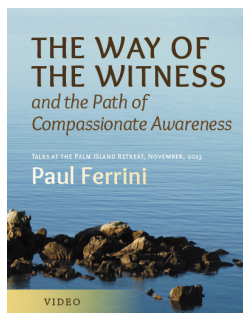
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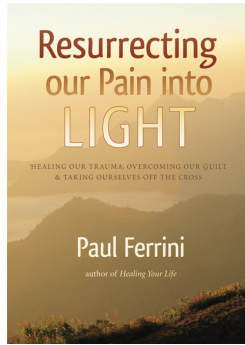
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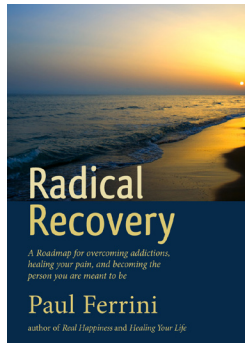
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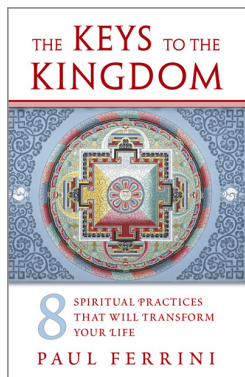
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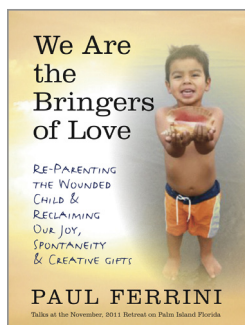
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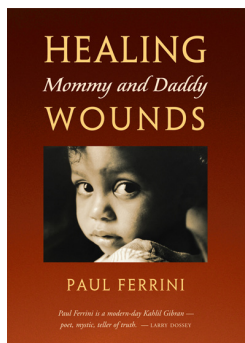
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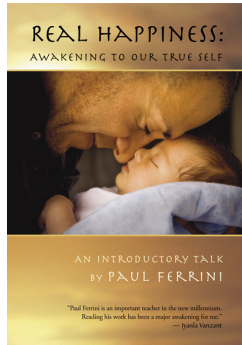
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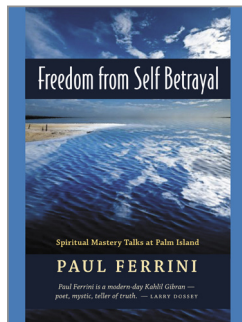
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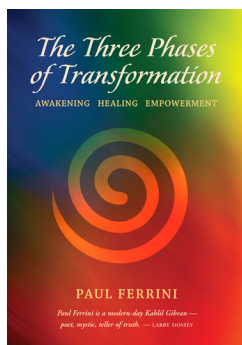
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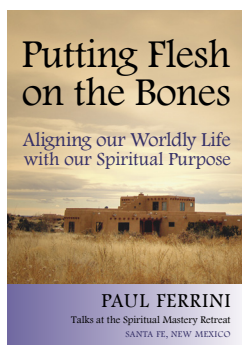
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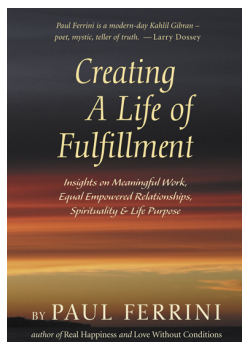
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