PRIMARY PROCESS PROBLEMS
THERE ARE TWO WAYS THAT PROBLEMS ARE GENERATED IN CHILDHOOD
BY ERRORS OF COMMISSION AND BY ERRORS OF OMISSION

ERRORS OF OMISSION LEAVE GOOD THINGS OUT – THERE ARE "HOLES" IN CHILDHOOD.
( FOR EXAMPLE: NOT TEACHING MANNERS OR SAFE USE OF TOYS/TOOLS OR RESPECT FOR SELF)
ERRORS OF COMMISSION ARE BAD THINGS THAT ARE DONE TO A CHILD.
( FOR EXAMPLE: HITTING FOR SPILLING MILK OR NAME CALLING OR SEXUAL ABUSE)

UNRESOLVED PROBLEMS OF CHILDHOOD BECOME "BACKGROUND NOISE" WHEN WE ARE GROWN UP. THE
"BACKGROUND NOISE" IS ALWAYS WITH US AND SHAPES HOW WE THINK, FEEL, BEHAVE, AND RELATE TO
OTHERS BOTH PERSONALLY AND PROFESSIONALLY.

IT IS NOT IF IT SHAPES US — IT IS WHAT — WHERE — HOW — AND HOW MUCH IT SHAPES US.
IF WE BECOME CLEAR ABOUT WHAT OUR "BACKGROUND NOISE" IS ABOUT THEN WE CAN GENERATE OTHER
OPTIONS. WITH OPTIONS WE CAN EXERCISE CHOICE. OUR CHOICES ARE HOW MUCH, HOW OFTEN, AND HOW
INTENSE. AFTER MAKING THOSE CHOICES WE DO NOT HAVE TO LIVE WITH THAT SAME MISERABLE HERITAGE.

HEALTH & SAFETY – DIGNITY – AGREEMENTS
(PHYSICAL SURVIVAL) (EMOTIONAL SURVIVAL) (SOCIAL SURVIVAL)
CHILDREN NEED THESE 3 AREAS TO BE SAFE AND SECURE—WITH INTEGRITY—TO HAVE AN OK LIFE FOUNDATION.

MAD – SAD – GLAD – SCARED
CHILDREN LEARN WHICH FEELINGS ARE OK AND SAFE AND WHICH ARE DANGEROUS. THEN THEY LEARN THE
RULES ABOUT WHAT TO DO WITH THOSE FEELINGS – EXPRESS WITH GUILT, EXPRESS WITH RIGHTEOUSNESS,
EXPRESS WITH SHAME, WITHHOLD TO BLOWUP LATER, WITHHOLD TO FALL-APART LATER ARE A FEW EXAMPLES.

AFFECTION – BELONGING – CONTROL
CHILDREN LEARN THE RULES ABOUT THESE 3 PSYCHO-SOCIAL DYNAMICS IN THEIR FAMILY OF ORIGIN.
AFFECTION TELLS A CHILD WHETHER THEY ARE LOVABLE OR NOT. BELONGING TELLS A CHILD IF THEY HAVE A
PLACE IN THE WORLD THAT THEY CAN COUNT ON. CONTROL RULES SHOW A CHILD HOW THEY CAN SHAPE
THEIR EMOTIONAL ENVIRONMENT IN A FUNCTIONAL/DYSFUNCTIONAL-COOPERATIVE/COMPETITIVE MANNER.

ANGER – ABANDONMENT – APPROVAL
CHILDREN ARE BASICALLY AFRAID OF THESE 3 THINGS – AND ALL THEIR VARIATIONS – IN CHILDHOOD. FEAR OF
ANGER OFTEN COMES WHEN PARENTS DON'T USE ENOUGH WORDS OR THE ANGER IS OUT OF CONTROL. FEAR
OF ABANDONMENT OFTEN COMES WHEN DEPENDENCY ISSUES ARE NOT RESOLVED WELL. FEAR ABOUT
APPROVAL OFTEN COMES FROM A LACK OF REGULAR POSITIVE STROKES AND REINFORCEMENT WHEN A CHILD
IS BEING OR DOING SOMETHING WELL. OFTEN CHILDREN DON'T GET COMMENTS UNTIL THEY MAKE A MISTAKE!

DENIAL – ISOLATION – RIGIDITY – SECRETIVENESS ARE 4 BASIC DYSFUNCTIONAL DYNAMICS
DISCOVERY – INCLUSION – RESPONSIVENESS – SELECTIVE SHARING ARE FUNCTIONAL REMAKES OF ABOVE 4

STANDS FOR DISCOUNTS OF FEELINGS, BEHAVIOR, INTELLIGENCE. DISCOUNTS IGNORE OR MINIMIZE SOME
STAGE FOR CHILDREN TO NOT TRUST THEMSELVES, FEEL "LESS-THAN", AND DEVELOP LOW SELF-ESTEEM.
DISCOUNTING CHILDREN ALSO DEVELOPS SIGNIFICANT DENIAL – ISOLATION – RIGIDITY – SECRETIVENESS.

5-WAYS
THERE ARE 5 WAYS THAT CHILDREN CAN BE AFFECTED
PHYSICALLY – EMOTIONALLY – INTELLECTUALLY – SOCIAL – SPIRITUALLY
THE FACTORS ABOVE AFFECT THESE 5 AREAS OF A CHILD IN MANY WAYS.

YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

YOU MAY PRINT AND COPY AND USE THIS HANDOUT FOR YOUR PERSONAL OR PROFESSIONAL USE • AS IS • AS FREELY AS YOU WISH •