

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!



D-IRS

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



D-FBI

STANDS FOR DISCOUNTS OF FEELINGS, BEHAVIOR, INTELLIGENCE. DISCOUNTS IGNORE OR MINIMIZE SOME ASPECT OF REALITY. NAME CALLING SUCH AS "LAZY – CRAZY – DUMB – SICK – BAD – STUPID – SILLY" SETS THE 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.

OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.

