

Possible Childhood Experiences

Possible Beliefs Or "False Childhood Conclusions"

Was it someone who got angry at you, scolded you, rejected you or accused you?

I am unworthy no matter what I do.
I'm unworthy when I'm scolded, rejected, accused or when others are.

Were there people who fought among themselves or rejected or hurt one another?

I'm in danger when others are angry at me, when they scold, accuse or reject me.
People don't love me.
People are aggressive.
I'm responsible for the misery of others.
I'm bad, evil.

Have you ever experienced the feeling of abandonment? Were you ever left alone, or felt that others didn't understand you, or that there was no support?

I'm alone in life. I am unprotected, vulnerable, in danger.
No one wants to be with me.
I'm not worthy of a permanent, steady relationship - I will be abandoned.

Did you ever feel the need for more affection; tenderness or expression of love?

There is no steady support, friendship, love in this world, or, if there is, I cannot have it or I am not worthy of it.
I am unworthy of affection, tenderness or expression of love.
I am and will be treated unjustly. There is no justice.

Were there persons in your environment who were often ill or who spoke often of illness?

The human body is weak and vulnerable to illness and pain.
I'm in danger of getting sick, feeling pain, or dying.
It's my fault when someone close to me is ill.
I have no right to be happy or in a good mood when others are sick.
Illness shows weakness and I must not get sick so as not to show weakness.

Did you ever experience the feeling of humiliation in the presence of others or in connection with others?

My self-worth is measured in relation to how I compare with others.
Others accept me and want me only if they believe me to be strong and superior.

Were you ever compared to others as to whether you were less or more capable or worthy?

Without others I'm unworthy and insecure.
I must prove my worth in comparison to the others.

Have you ever lost a loved one?

It's my fault when someone close to me dies. I'm guilty.
Others don't love me enough to stay with me.
It's my fault when someone close to me dies. I'm guilty.
I didn't treat someone right before he died. I'm guilty.

Did anyone ever approach you sexually without your consent?

I cannot trust men (women).
Those of the opposite sex want me only for my body.
I'm guilty because I let it happen.
I'm in danger of men (women).
Sex is violence.
The sexual act is violent and causes pain.
The sexual act is a compulsory act that to which one is submitted by his companion.
The sexual act is dirty and brutal.

Possible Childhood Experiences

Did your parents ever state that you were the only reason they continued staying together and that that had been a big sacrifice on their part? Or, did they ever tell you they have sacrificed a great deal for your sake, and that you are indebted to them?

Did they ever accuse you for being the cause for their unhappiness or illness or problems? What did they mean that it was your fault, what does this fact mean to you?

Did they ever accuse you for being the cause for their unhappiness or illness or problems? What did they mean that it was your fault, what does this fact mean to you?

In the company of other children, did you ever feel rejection or inferiority

Possible Beliefs Or "False Childhood Conclusions"

I must definitely repay others what they have given me. I don't want to receive anything from anyone because then I'll be indebted to them. I will not be free.
I am always obligated to others no matter what I do.
I must sacrifice what I believe in and want, in order to satisfy my parents (or others).
The others are obliged to me for what I do for them.
I'm unworthy when those around me (especially children, companion, parents, brothers or sisters, friends) are not well. I am unsuccessful in my role.
I'm guilty (responsible) for the others' reality (for their health, peace, success etc).
I have no right to be well, happy, in a good mood or to rest when others have problems or are not well.

Others are responsible for my unhappiness, illness, failure. I must save others and the world. People are incapable of doing it themselves.
Others don't know, they must listen to me. I must solve their problems.
I cannot have confidence in others to do things because they might make mistakes.
If I don't do it, no one will.
I am treated unjustly because I always help and sacrifice myself for others, but they don't help me when I need help.
I must be always strong, must never show weakness or ask for help.
Others must understand and respond to my needs without my expressing them (perhaps as I do to them).
I'm guilty because I have taken more than I have given.

I am incapable.
I am lazy.
I'm not intelligent.
I will be unable to succeed in my purpose.
I must prove my self-worth to the others.
I will never be able to prove my worth to the others.
I am unworthy of God's love.
I am a sinner, and God does not love me.
God will punish me in life. Bad things will definitely happen.
Things cannot be always pleasant.

Teachers and people of authority want to oppress me, to make me feel inferior, hurt me.
I am in danger of being controlled by those in positions of power.
We must fight authority.
Others will laugh at me, make fun of me.

Possible Childhood Experiences

Were you ever made to understand by some way (negative or positive) that, in order for someone to be acceptable and lovable, one must:

- a. Be better than the others?
- b. Be first at everything?
- c. Be perfect, without faults?
- d. Be intelligent and clever?
- e. Be handsome / beautiful?
- f. Have perfect order and cleanliness at home?
- g. Have great success in his/her love life?
- h. Have financial and social success?
- i. Be accepted by everyone -- him?
- j. Be active in many ways? Achieve many things?
- k. Always satisfy the needs of others?
- l. Never say "no" to others?
- m. Not to express his/her needs?

Has there ever been in your environment someone with unexpected, unpredictable, nervous or even schizophrenic behavior (possibly alcoholic or drug addict) so that you might not know what to expect from him? Has there been violence (physical or psychological)?

Have you felt rejection or shame for one of your parents?

Did you ever feel that they told you one thing but did another, that there was no consistency to their word, that they had a double standard, one for themselves and another for the others?

Possible Beliefs Or "False Childhood Conclusions"

I must be better than the others in order to be worthy, loved and secure.
I must excel to be worthy.
I must be perfect, without faults.
I must not show weakness.
I must be more intelligent and informed than the others so that I may be worthy and accepted.
I must be handsome or beautiful (in order to be accepted).
I must have beautiful and new clothes, and to improve my appearance in different ways so that others may accept and love me.
My home (car, clothes etc.) must be absolutely clean and orderly so that I may be worthy.
I can't relax unless everything is in order and clean.
Others must help me to keep things in order and clean.
Others are dirty and incapable.
I must be desired by many women (men) in order to be worthy.
I cannot trust my companion; he will deceive me (cheat on me).
Without financial and/or social success and recognition, I will not be worthy in the eyes of others. They will not pay attention to me, nor will they have esteem for me.
I must be happier than others to be worthy.
My worth depends on the opinion of the others. If they don't accept me, I am not worthy. I must have their acceptance.
I am worthy only if I do a lot of things (or more than the others do).
I must satisfy others. They must be satisfied with me in order to be worthy.
I cannot say "no" to others, I will lose their love. They won't want me.
I must not express my needs because:
a. I don't have the right to.
b. The others don't reciprocate.
c. It's a sin.
d. I will be hurt.

I am incapable to think, to decide for myself. I must find someone to tell me what to do.
I am incapable to face life's difficulties; I must find someone to help me.
If I become sick, they won't ask me to have taken on any responsibilities.
It's my parents' fault that my life is a failure.
I must become like my parents (or others). I must be equally perfect, dynamic, successful, in order to be worthy and accept myself.

I will never be able to measure up to my parents, I am unworthy.
It's better if I destroy myself.
I reject the status quo and all this deception called success.
I reject the system; I don't want to belong to it.
Those that are successful are unjust to the less fortunate. We must fight injustice.
I cannot trust others (men, women, and people around me) because at some point they will insult me.
I am not worthy of respect and love.
I am a mistake.
My feelings don't count.

People are double faced. They show one things but they think another and they do even another still.
I am in danger of men, I cannot trust them.
People are evil and want to use me. They want something of me.
I must not rely on others, they will not be consistent and I will be hurt. I must not be truthful; otherwise I will lose in my transactions with other people. I must not show my true feelings.
I am unworthy of, or cannot have, truthfulness from other people.

Possible Childhood Experiences

Possible Beliefs Or "False Childhood Conclusions"

Did you ever make the discovery that one of your parents has had an extra-marital affair?

I am afraid of authority (parent, teacher, companion, and people in charge). I will be hurt.
I am afraid of a close relationship, I will be hurt. I'm in danger.
I am afraid of criticism and aggressiveness. I'm in danger.
Others will take advantage of me.
I must not express my needs, nobody will listen, I will be hurt.
I must not show my feelings. I must not show pain.
My parent is not (was not) right. He is unworthy. He is unjust.
Since my parent is unworthy, I am too.
I am ashamed of my parents and myself.
I don't want to be like my father (mother). I don't want to have the same weakness and to make the same mistakes.
God does not love me unconditionally. He gets angry at my faults, He will punish me.
Something bad will happen to me. (I will get sick; my children will get sick and die.
I will die, I will go mad.

Upon what was your parents' security based?

- a) on money?
- b) on the opinion of others?
- c) on education?
- d) on personal power?
- f) on property?
- g) on one's mate?
- h) other?

I am not safe without enough money.
I am not safe without other people's acceptance.
Without education I am not safe in this world. My child is not safe without education.
Without family support, I'm not safe.
Without wealth I am not safe, nor are my children.
Without a companion I am not safe.
Without _____ I am not safe.
I'm in general in danger.

Were you a spoiled child that always had whatever it wanted and to whom no one ever refused a favor?

They must give me what I want when I want it - otherwise they don't love me and then I'm not worthy.
If they don't give me what I want, I am not worthy and I am in danger.
I cannot cope by myself; I need the others to give me what I need.

Did they suppress your freedom of movement and expression?
Did they force you to do things you did not want to do? (study, visits, dress). Did they forbid you to do things you wanted to do?

Without chemical substances I cannot face life (be calm, free).
a) Alcohol
b) Various types of food,
c) Cigarettes
e) Drugs
f) Coffee
g) Sweets
h) Chocolate, etc.
Without sex or love I cannot feel well
Without travelling I cannot feel well (free).
They want to repress me, to restrict me.
I must fight for my freedom.
I must not allow any possible activity take place without personal participation. Otherwise I will miss something important. I won't be free.
I have no right to spend time
a. for myself
b. for my relaxation
c. for my health or development.
It is selfish.
I can feel happy, secure and worthy only with this particular person, thing, situation, substance, activity. Nothing else will help me feel well. Not even something similar.)
If I don't succeed in this particular endeavor, I will be unworthy and unhappy.

Possible Childhood Experiences

Did they in some way make you understand that since you are a girl:

- a. You are worth less?
- b. You are not safe without a man?
- c. Sex is dirty (a sin)?
- d. In order to be socially acceptable you must get married?
- e. You are less competent than men?
- f. Your only mission is to serve others?
- g. You must not express your needs, your feelings, your opinion?
- h. You must submit yourself to your husband?
- i. You must be beautiful to be acceptable?

Did they in some way make you understand that since you are a boy:

- a. You must be strong?
- b. You must be superior, more competent, stronger and more intelligent than your wife?
- c. Your worth is measured according to the success of your love life?
- d. Your worth is measured according to your professional (financial) success?
- e. You must compare yourself with other men?

Possible Beliefs Or "False Childhood Conclusions"

I am a girl (woman) and so

- a. I'm worth less (or not at all).
- b. I have fewer rights.
- c. I am weak.
- d. I am not safe without a man.
- e. I must have a husband in order to be socially accepted.
- f. I must not like sex.
- g. I am incapable to deal with my life in general (people, money, work)
- h. My only reason to exist is only to serve my family. I have no purpose.
- i. My worth is valued by my appearance.
- j. My worth is valued according to my children's health, happiness, success.
- k. I must submit to others (husband, children) and must not express myself.
- l. They won't respect me no matter what I do.
- m. I must not show that I'm worth as much as (or more than) men.
- n. I must be strong like a man in order to succeed in the world.
- o. A man, with his behavior, will show me whether I am worthy or not.

I am a boy (man) and so (31) (ONLY FOR MEN)

- a. I must be strong. I must not show weakness.
- b. If I show weakness I won't be accepted. I won't be worthy.
- c. I must be stronger than my wife. ("smarter, more able, more successful" etc.)
- d. I must be wanted / desired by many women in order to be worthy.
- e. My happiness is found in a woman.
- f. A woman, by her behavior, will determine my self-worth.
- g. My self-worth is valued according to my professional success (by comparison to the others in my circle).
- h. My self-worth is measured according to how much money I have and how much wealth I am.
- i. I must never cry.
- j. I must not show a lot of feeling, tenderness or affection.
- k. Illness is weakness. I must not get sick. I will be rejected.
- l. My wife and children must obey me.