INFANT DECISIONS THAT RUN OUR LIVES

 Our values are formed before age three when everything is simultaneous. For example, if you have a desire at the same time as someone is hurting, you believe you are causal-your desires and/or your needs hurt others or cause others pain.

 Our strategies are formed after age three. Strategies resulting from the belief that your needs cause pain could be:

 “pleaser”

 “victim”

 “blamer”-it’s unfair

 ‘martyr”-self punishment for having needs/inappropriate path of service

 As an infant the belief is “I am causal.” As an adult, “it’s not my fault.”

Other examples of infant decisions that run our lives:

1) “My existence causes pain.”

 Strategy: If I am not really here, Mom and Dad won’t hurt.

2) “My spontaneous, unbridled actions alarm my caregivers.” An infant or child’s reality supplies them with answers to questions the big people have. This makes the big people feel uneasy and feel seen, which brings up on their part, many different kinds of responses.

 Strategy: I will suppress and bury those characteristics of myself so completely that in adulthood my longing for those aspects will be acted out by projecting those qualities on others and relating to them.

3) “I feel at risk or lost while being seen.”

 Strategy: Hide

 I feel at risk or lost while hiding.

 Strategy: Attempt to be seen.

4) “If I’m female and I have needs, I fail.”

 Strategy: a) Don’t show I have needs.

 b) Self-punishment for having needs.

 c) Fear of failure on life path

5) “My permission for vulnerability is based on which parent could handle it.”

 Strategy: Now as an adult I know in advance that my vulnerability is unacceptable to males (or females).

6) “It’s going to hurt whichever way I choose.”

7) a) Female infant experience: “Father or male caregiver (uncle/grandfather/brother)

 Pg.2

 -failed me/let me down

 terrified me

 -abused me (emotional, physical, sexual)

 -abandoned me

 Female infant decision: overwhelmed/don’t deserve love

 OR

b)

Female infant experience: “Father always acted as if males were superior”

 Female infant decision: Low self-worth/world is unfair

 OR

c) Female infant experience: Mother’s imprinted anger at males. Female infant imprints anger at males “out of loyalty.”

d) Female infant decision: Judgment of/anger at males

 Adult female experience: (“know as true”): -anger at males

 -judgment of males

 -bias against women unfair

 Adult female:

 -Bipolar

 -Migraine

 -Financial overwhelm

 -Low self-trust

 -Low permission for success

 -Alcohol, drugs