

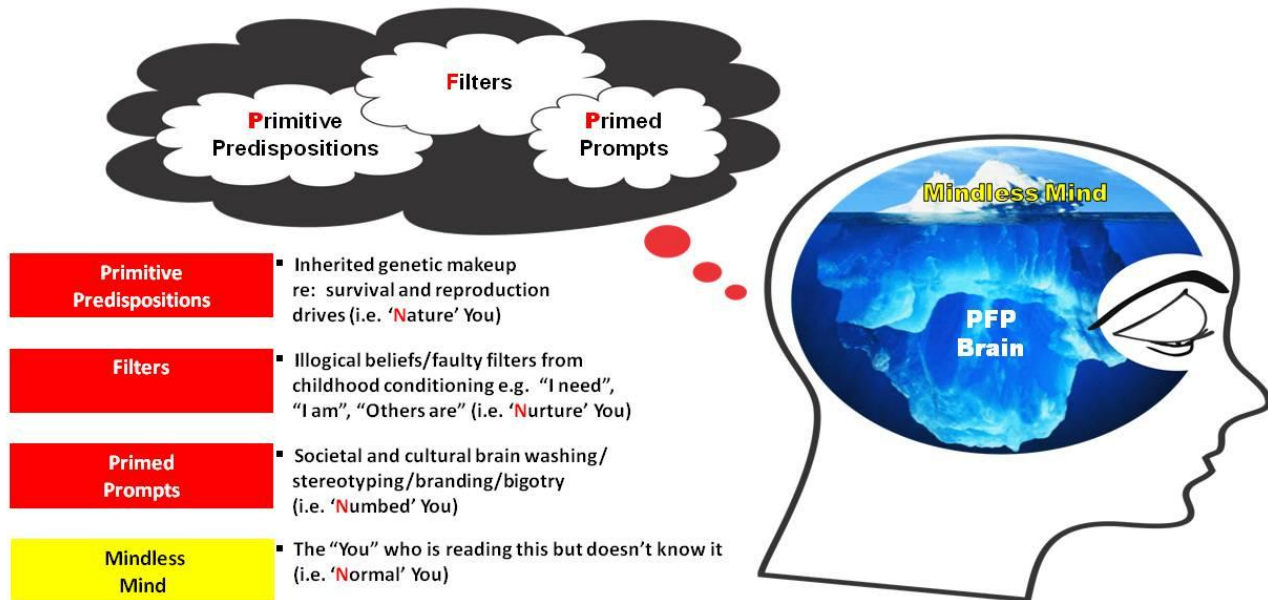


**Facilitating Optimal Living, Learning & Well-being
Through
Discovering and Disengaging From
PFP Programming**

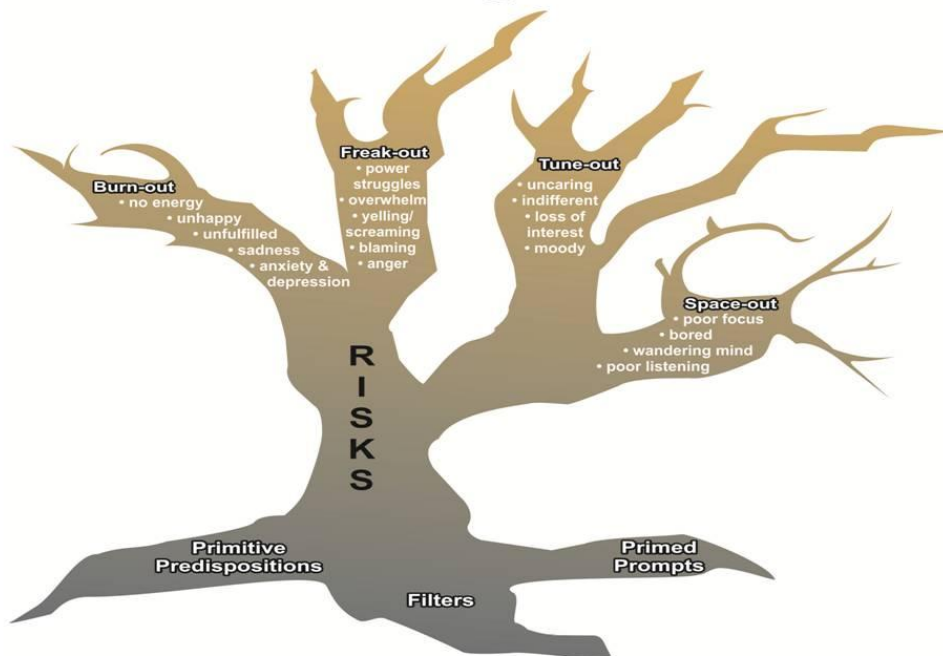
Session IV – Resource 1



Understanding and Knowing that You - are in PFP Prison



The Supporter's PFP Roots Causing The 4 Outs



Discovering & Disengaging from Faulty Filters

When a pick pocket meets a saint –
All he sees are the saint's pockets.

Ram Dass

Why Bother?

You will find that discovering and disengaging from Faulty Filters is particularly helpful to you if:

- you logically know that you over-react to a certain situation or person but just can't pull yourself out of it;
- through-out your life you have had difficulty feeling close to another or have fallen out of a relationship with someone and really can't explain why (except to blame others);



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- you realize that what upsets you wouldn't or doesn't seem to upset others nearly as much as you, or that different things upset them but not you and you don't know why.
- you feel that certain situations need to be changed now; others would generally agree that it is important, but your urgency is a little over the top. This is often a clue that you are being driven by your filters in this situation.



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Understanding the Set-up

The child starts life perceiving that “I am weak and vulnerable,” both emotionally and physically. She therefore gropes for ways to feel secure through inclusion, which gives her a sense of counting for something and connection in the “herd”/family. To figure this out, she becomes a good mind reader.



- With these deeply-rooted primary directives, the child observes and makes quick (usually very incomplete) judgments about how to win this game.
- The child learns very quickly what will bring reward (inclusion) and what will bring punishment (exclusion) and acts accordingly.
- Here many highly subjective judgments are made that soon become **filters** through which all adult life situations must pass and be tested.



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Examples of Faulty Filters

1. I think that I need to be in control of most situations and people in order to feel normal.
2. I think that I need to not be controlled by other people or circumstances.
3. I think that I need to be right and above criticism in order to feel normal.
4. I think that I need approval from important people in my life in order to feel worthwhile and normal.
5. I think that others and life must treat me fairly; otherwise I have a God-given right to feel awful.
6. I think that I must be included or not be excluded from social situations that I feel are important in order for me to have adequate self-worth.



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Consistent Behaviour is Purposeful

Consistent behaviour generally feeds the needs of PFP and in particular faulty filters.
“No behaviour is ever crazy.”



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‘Filter Rules’ define a person’s gifts and assets, as well as their self-limiting beliefs, difficult feelings and maladaptive behaviours.

They create their own **subjective reality**, a “private illogic” that is learnt up to the age of twelve.



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Everyone develops Filter Rules as they attend “somebody school” from age zero to twelve. This includes people with intellectual disabilities. The three most prevalent Filters for people with intellectual disabilities are:

- I must be pleasing,
- I must be in control,
- Life must be fair.

Filters not only define us, they define our reality. “When I think I am a hammer, everything looks like a nail”.

***I can win an argument on any topic against any opponent.
People know this and steer clear of me at parties.
Often as a sign of great respect, they don't even invite me
anymore.***

Lily Tomlin

However, with insights into our personal filters and mindfulness skills, we can reframe filters to be positive and less addictive, driving and gripping.

The subconscious stores and prioritizes all of our filters' data within its 11 million bits per second processing capacity.

Discovery and mindfulness facilitates the conscious 50 bits per second of data processing to lessen the filters' driving, gripping power.



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Factors Influencing our Programmed Priorities/Filters

The Birth Order Influence

- firstborn, middle, youngest, only

Heredity

- physical problems, for example delayed social or intellectual development gifts



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Family Atmosphere (climate at home)

- Competitive vs. cooperative
- Authoritarian vs. egalitarian
- Critical vs. encouraging
- Excessively high standards
- Overly-protective
- Pampering/spoiling
- Lots of messages that we must impress others



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Family Values (Mom/Dad “ideals”)

- honesty
- caring
- hard work
- orderliness
- impressing others
- being good

Role Models

How does Mom/Dad behave that makes the child feel secure/worthwhile or insecure/inferior? As an adult, this same behaviour will be sought or resisted.



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