

CHILDHOOD MESSAGES

| | Unconscious Childhood Messages received from our caregivers | Lost Childhood Messages that we want to hear more than anything else |
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| 1 | It's not ok to make mistakes. | You are good. |
| 2 | It's not ok to have your own needs. | You are wanted. |
| 3 | It's not ok to have your own feelings and identity. | You are loved for yourself. |
| 4 | It's not ok to be too functional or too happy. | You are seen for who you are. |
| 5 | It's not ok to be comfortable in the world. | Your needs are not a problem. |
| 6 | It's not ok to trust yourself. | You are safe. |
| 7 | It's not ok to depend on anyone for anything. | You will be taken care of. |
| 8 | It's not ok to be vulnerable or to trust anyone. | You can depend on others. |
| 9 | It's not ok to assert yourself. | Your presence matters. |

DESIRES AND DISTORTIONS

| | Desire | Deteriorates into their Distortions |
|---|----------------------------------|---|
| 1 | The desire to have integrity... | deteriorates into critical perfectionism. |
| 2 | The desire to be loved... | deteriorates into the need to be needed. |
| 3 | The desire to be valuable... | deteriorates into chasing after success. |
| 4 | The desire to be oneself... | deteriorates into self-indulgence. |
| 5 | The desire to be competent... | deteriorates into useless specialization. |
| 6 | The desire to be secure... | deteriorates into an attachment to beliefs. |
| 7 | The desire to be happy... | deteriorates into frenetic escapism. |
| 8 | The desire to protect oneself... | deteriorates into constant fighting. |
| 9 | The desire to be at peace... | deteriorates into stubborn neglectfulness. |