

HOW TO REWIRE LIMITING RELATIONSHIP PATTERNS

to deepen trust and safety



BY ANNE-MARIE MARRON



WELCOME

Until you allow the unconscious to become conscious, it will rise up to you as your life and you will call it your fate.

— Carl Jung

Each one of us is an artist, a storyteller, and a curator of our life. We hold the potential to express our authentic selves and serve our unique medicine to the world. Yet, when we feel separate from our wholeness, we lose contact with our essence and power source.

Integrated and embodied power is the full expression of our essence — including our heart, intuition, creativity, presence, passion, and sense of soulful purpose.

Our lives and relationships are powered by our connection to our inner source, similar to the way we source our electrical grids through petroleum, wind, water, plants and the sun.

When we're in our power, we hold clear boundaries to support our vitality. We trust ourselves, we're in touch with our body wisdom, and we make choices in alignment with our personal values. We say no, amidst social pressures. Or we say yes even when we're afraid but committed to following our heart into the unknown.



This kind of self-love and self-care grants us access to our life force and the vibrancy, passion, purpose, and creativity that fulfill us on the deepest levels.

Yet, our capacity to express our embodied power is largely influenced by our belief system, familial and cultural conditioning, and core wounds.

Understanding the ways in which we generate, express, deplete and replenish our power is a life-changing journey to the heart of who we are.

As we traverse our life's initiations, we have the opportunity to observe the patterns and triggers that lead us into states of:

- fear over love
- separation over connection
- mistrust over trust
- exclusion over inclusion
- self-aggression over self-acceptance
- reactivity over curiosity
- control over surrender

When we illuminate the role we play in familiar (albeit painful or chaotic) relationship patterns we reveal strategies that empower or disempower us. We expose behaviors and beliefs that create intimacy or separation.

Understanding and embracing our adaptive strategies is a key skill to gain and build our relational power.

In the coming pages we'll explore what an adaptive strategy is and why we build them. We'll investigate how these subconscious patterns represents our unique gifts and also the shadows that often cause distress in our relationship dynamics.

But, first I want to introduce the Power Reclamation System to set a context for how adaptive strategies fit into our relational power.

THE POWER RECLAMATION SYSTEM

Power reclamation is a journey of hunting and tracking for areas in which we have unconsciously lost power.

Are you aware of when you innocently give your power away in response to fear, social pressures, or internalized beliefs about lack and scarcity?

Many of us know, deep in our hearts, that to embody the force that we were born to become, we need to call all of ourselves back into the wholeness of our being.

Yet, we're rarely given an easy roadmap to reclaim and integrate our lost power.

The Power Reclamation System is a dynamic, non-linear discovery process designed to welcome exiled parts of our power, presence and inner authority back home.

Have you innocently thwarted your powerful life force by unconsciously reinforcing patterns of acquiescing your needs to please others? Do you comply to keep the peace even when you it disempowers you?

Are you aware of when you unconsciously defer to tactics of power-OVER by using charm, guilt trips, blame, or shame as a means to control others to get what you want?

Six distinct gateways for power reclamation

There are **six distinct powers** that encompass the wheel of integrated power in the Power Reclamation System.

Each power serves as an entry point to illuminate our individual gifts and superpowers, as well as conditioned or banished aspects of ourselves that eagerly await our acceptance and fierce love.

1. Centering Power
2. Relational Power
3. Self-Acceptance Power
4. Wild Power
5. Intuitive Power
6. Erotic Power

The Power Reclamation System



The Power Reclamation System is intended to serve as a **Hero/Heroine's Self-Awareness Journey** to study, and welcome, ourselves from the inside-out.

To reclaim and integrate is to see, befriend, and call home that which has been banished.

This process leads us to the gold – the reclamation of our innocence, power, love, wisdom and personal medicine.

By courageously stepping through each gateway, with self-awareness and dedication, we unearth the wounds and internal fractures that have disconnected us from our authentic power.

WHAT IS RELATIONAL POWER?

Relational Power is the art of consciously engaging in loving, transparent, and co-creative relationships – with ourselves, others, and all of life

Relationships will reveal our creative capacity to love and our reactive impulse to protect.

Our adult relationships unveil the fabric of our internal world, and the subconscious ways we attempt to repair heartbreaks from childhood conditioning.

The challenging patterns we encounter as adults often point to unresolved pain and beliefs about safety, love, connection, freedom, power and worthiness that we learned as children.

The key to understanding the root causes of our relationship patterns is to investigate our personal adaptive strategies and conditioned behaviors.

Each strategy was formed as an ingenious attempt to manage complex feelings of disappointment and vulnerability that we encountered as children when our basic emotional, psychological, and physical needs were consistently missed.



The more we understand how we habitually operate, the more conscious choice we have.

Relational power is about studying the code of our operating systems by looking within.

The good news is this: there is profound healing and transformation available in our relationships!

Each time we practice transparency, cultivate real emotional intimacy, and commit to taking personal ownership for our wounds and conditioning we call more of ourselves back home.

We have the power to interrupt what no longer serves us and make conscious relationship choices that fulfill, heal, and uplift us into greater levels of growth and intimacy.

Together, we bolster our Relational Power by exchanging feedback – especially when one of us is operating from limiting beliefs or strategies based on fear, control, or scarcity.

In these conscious relationships, we share about impact and listen to one another with empathy and care.

Sometimes this can be messy and difficult when we're both triggered, but we can choose to stay in the game together, even when that requires time and space to digest and cool down.

We also celebrate and express appreciation for one another's remarkable capacity to love, and practice radical acceptance for our differences and for our mammalian messiness.

Relational Power is fortified by creating a container of safety, trust, and love — both within ourselves, and with trusted allies.

When you're in your Relational Power you most likely feel:

- the safety and trust to be vulnerable and open-hearted
- a commitment to deepening emotional intimacy through the art of listening, attuning, and remaining curious
- empowered to own your needs, desires, and boundaries
- a devotion to taking personal responsibility for your adaptive strategies — and to choosing connection over protection

When you're out of rhythm with your Relational Power you might feel:

- a struggle in setting boundaries or honoring the boundaries of others when they go against your needs
- compelled to sweep conflict under the rug, instead of taking leadership to have difficult conversations in order to deepen intimacy and trust
- avoidant of asserting your needs in relationship when you anticipate it will disappoint someone else
- a need to lure partners or friends into rescuing you from your anxiety or loneliness



UNDERSTANDING ADAPTIVE STRATEGIES

Embodying our relational power includes the journey of embracing and befriending our adaptive strategies – these are the behavioral patterns and beliefs designed to assist us in getting our needs met.

As adults, when a core wound or adaptive strategy remains unacknowledged, we will continue to repeat patterns in our relationships, despite how painful or undesirable they are. This is a psychological phenomenon called **repetition compulsion**. Simply put, we repeat familiar experiences to repair and resolve wounds from early relationship dynamics.

When we repeat, but don't harvest the learning along the way, we will likely **repeat and reinforce**. When we make the beliefs and associated behaviors conscious, we have an opportunity to shift into a healing journey of **repeat and repair**.

We can expose and shift distorted interpretations about our lovability, worthiness, freedom, and power, and as a result, transform our relationships into rich and fertile ground for greater levels of growth and intimacy.

MISSING EXPERIENCES

As children, if our needs are consistently neglected, not attuned to, or criticized, then the fear and hurt related to these “misses” become woven into the fabric of our belief system and our sense of self-worth. This is called a missing experience.

A missing experience is a conglomeration of developmental needs that were unnoticed consistently enough throughout our childhood, and left a gap in our psyche.

A missing experience is part of us that felt banished or became fragmented into a remote compartment for safekeeping.

Each missing experience represents the loss of a particular form of nourishment and acknowledgment that we needed to feel integrated and whole.

When a missing experience occurs, we create an instinctual adaptive strategy to protect our vulnerability. As a result we are left with an assortment of strategies that serve to protect us from the pain of being missed, rejected, humiliated or to become who others want us to be, instead of being free to be our true selves.

The key to the root causes of our adult relationship patterns is exploring our missing experiences and the adaptive strategies we subconsciously called upon to ensure we would get our needs met (and avoid further pain).

This framework, known as the **5 developmental needs** and **9 adaptive strategies**, allows us to dive deeply into the relational experiences that shaped our belief systems around love, safety, connection, self-worth, freedom, and power.

5 DEVELOPMENTAL NEEDS

Beginning in utero through the ages of 7-8 our view of ourselves, others and relationships become wired in our psyche and body setting our relationship template for life.

During this crucial time of our development, we start to find, gather, and interpret answers to the following questions:

- Am I lovable, good enough, and safe to be myself?
- Are relationships trustworthy and reliable?
- Is the world a safe and loving place where I can be my authentic self? Or is it trying to control me, change me, manipulate me?

The social and emotional five developmental needs universal to all humans are:

- 1. To feel safety and security (0 - 6 months)**
- 2. To feel connected and be assured that our needs matter (6 months - 2 years)**
- 3. To feel our power and influence (2 - 3 years)**
- 4. To express our independence and still be loved and accepted (3 - 4 years)**
- 5. To feel confident of our worthiness (4 - 7 years)**

These early relationship templates become the basis from which our adult relationships operate.

This can be why we find ourselves in wound resonance relationships with partners, family members, friends, and even co-workers. We attract the perfect complementary match — the relationship dynamic where wounds will be mutually triggered as a mechanism for greater healing.

The good news is that, by approaching our relational experiences consciously, we can release what no longer serves us and rewire our operating system through conscious choice.

9 ADAPTIVE STRATEGIES

When our needs are missed enough times, we will make unconscious decisions about alternative ways to get our needs met. These intelligent forms of self-protection are called adaptive strategies.

Adaptive strategies become habitual patterns of behavior that we learn and employ to ensure that we will get our needs met. The nine adaptive strategies associated with the five developmental needs are:

1. Creative-Introvert
2. Other-Reliant
3. Self-Reliant
4. Strong-Generous
5. Charming-Persuasive
6. Responsible-Enduring
7. Rebel
8. Expressive-Entertaining
9. Achiever

5 DEVELOPMENTAL NEEDS & 9 ADAPTIVE STRATEGIES



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EMBRACING OUR RELATIONSHIP PATTERNS IS A JOURNEY OF POWER RECLAMATION

We aren't broken, we are human. Our life journey will present us with experiences of nourishment, ecstasy, and profound intimacy, as well as experiences of heartbreak, rupture, and loss.

Our interpretation of these experiences can reinforce our belief systems, or challenge us to evolve and inhabit our full capacity to love, create, and express our integrated power.

Becoming an integrated human being isn't about erasing our adaptive strategies, but about expanding into new, conscious options that serve who we are now.

We can rewire the brain, and upgrade our operating system to support the relational experiences we want to have today.

As we explore our adaptive strategies with radical honesty, we invite healing through self-compassion for all of the ways we managed difficult double-binds and lose-lose situations as a child.



My hope is that this material will support you to develop a new level of self-compassion.

I wish for this material to empower you by expanding your self-awareness, revealing your potential blind spots, and inspiring you to take responsibility for creating the conditions within yourself to experience repair in the areas of trust, safety, connection, love, power, freedom, and worthiness.

In this field guide, we will explore each developmental need and its accompanying adaptive strategies, to help you identify your relational patterns, their origin, and where you can intervene with conscious choice and compassion.

For each of the five social emotional needs, you will find:

- 1. A brief description of each developmental stage & age**
- 2. Examples of missing experiences**
- 3. Adaptive strategies that arise in response to missing experiences**
- 4. Superpowers and kryptonite for each adaptive strategy**
- 5. A rewiring affirmation**

1

SEEKING SAFETY & SECURITY

AGE: 0 - 6 MONTHS



DEVELOPMENTAL STAGE

From our time in the womb to about 6 months old, we depend on our caretakers on every level – physically, emotionally, psychologically, and even spiritually – for survival. Because of their extreme dependency, infants need to belong, feel protected, safe, and secure.

In an optimal scenario, a baby's needs for touch, food, rest, stimulation and temperature regulation are tracked and attuned to. Not perfectly, but consistently enough to regulate the baby's nervous system through the cycles of arousal, responsiveness, and regulation.

Attunement can be defined through a caretakers' tracking, awareness and responsiveness to the baby's changing needs and moods.

During this first stage of development, a sense of safety is established through sensations, sounds, and feelings – not words. A baby's world is completely non-conceptual. An infant's language is somatic, energetic, and sensory-based.

The pre-frontal cortex is not yet on-line, and the baby doesn't experience a separate sense of self, or the ability to self-reflect, until closer to two years of age.

Therefore, memories from this developmental stage are intrinsic, which means that as adults, we can only recall them through body sensation and emotions, not conceptual memory.

The feelings we experience during this time will form our earliest internal template of safety, security, and belonging. A settled and regulated nervous system creates feelings of relaxation, safety, security and resiliency.

When activation and stress are followed by soothing and regulation, the baby learns to trust that when chaos arises, there is a way through the intense sensations and into states of harmony.

When a well-attuned caregiver detects a baby's needs and responds accurately, the baby learns about secure bonding. The baby knows his or her needs will be met in a timely manner, which creates the safety needed to trust and relax.

During this phase of development, a baby seeks attunement every 15 seconds. For a caregiver, this is a lot to keep up with! Misses will happen. Ruptures or 'misses' will occur and can repair quickly with consistency of attunement, tracking, and responsiveness.

This kind of steadiness and coherence will foster a somatic and inner knowing that the baby has a 'right to exist.'

MISSING EXPERIENCE

If the need for safety is neglected or isn't consistently met, the baby feels unsafe, isolated, separate and afraid to reach out. As a result, the baby will begin to turn inward to look for safety, which can create an inner conflict between two competing feelings: *a need to feel safe and not knowing where or how to get the need for safety met.*

This creates a double-bind. It's not feeling safe outside and it feels overwhelming and unsafe inside too.

When a baby doesn't feel reassured that his or her survival needs are tracked and attuned to, the baby's nervous system forms a template of vigilance and anxiety, which becomes especially heightened when uncertainty or conflict arises.

The need for safety is a very nonverbal, primal need. When unmet, feelings of isolation, despair, annihilation, and terror can arise. The baby learns to disassociate or numb out as a self-soothing mechanism.

One of the reasons that dissociation, states of confusion, and spaciness as adults are often correlated with this phase of development is because during this time, the baby only has access to two responses to threat: to freeze (numb out) or to flee (disassociate).

A baby can't physically flee, but their presence will become replaced with a floating feeling in an attempt to escape intense emotions. The impulse to fight is not online yet. They can freeze, such as to get still, small and quiet when they feel afraid.

Because missing experiences from this developmental stage can only be recalled through nonverbal memories, body-centered therapies are trailblazing successful healing of developmental and attachment trauma by accessing and rewiring implicit memory banks stored in the body as sensations, smells, sounds, images and touch.



ADAPTIVE STRATEGY

When missing experiences occur consistently in this developmental phase, and our need for safety and security isn't fulfilled, one common adaptive strategy arises to manage the resulting fear and anxiety is called the **Creative-Introvert**.

THE CREATIVE-INTROVERT

If we're a **Creative-Introvert**, we're likely naturally creative with highly developed sensitivities. We have a highly developed intellect and/or emotional intelligence.

As a result of this adaptive strategy, we've developed a rich internal world, cultivated through a deep sensitivity and imagination. We have a heightened intuition and easily lean into spiritual or healing abilities.

We may be an innovative artist, visionary, system-designer, writer, or a healing arts practitioner.

Lacking trust and safety in relationships leads us to withdraw and turn to ourselves for security and belonging.

When under threat, we can temporarily disassociate, losing a sense of self and body sensations, and are only able to return to our full physical and emotional experience once we feel safe again.

Re-establishing safety is often by withdrawal or isolation as forms of self-protection. We self-soothe by being alone, and may find it difficult to regulate our nervous system while staying in connection with others.

It often feels safer to take refuge in other forms of fulfillment that don't include other people. We can easily feel uncomfortable, anxious, or overwhelmed when under social stress or in relationship conflict. We may cope by becoming "invisible," and retreating behind the scenes or into our internal world to regain a sense of safety.

We may prefer quiet, low-intensity settings rather than stimulating experiences and environments when we're feeling unsafe, depleted or unsure of what we need.

We often navigate an internal dilemma between our natural desire for connection and intimacy, and our primal need for safety. Sometimes solitude, or our creative expression, is the only way we can regulate, unless we've established a secure and reliable relationship with someone we trust.

In intimate relationships, we may feel deep despair and feelings of isolation when we aren't attuned to. We may react by attempting to control our partners by telling them exactly how we need them to be, which often falls short, despite their best efforts. It's an innocent attempt to soothe the pain and anxiety that arise in response to feeling missed and unseen.

Of course, most of this is subconscious, until we consciously shine a light on how our operating system relates to safety and security.

CREATIVE-INTROVERT SUPERPOWERS

- Imaginative, artistic, and creative
- Innovative thinkers, systems designers, visionaries, philosophers
- Passion for mapping large concepts, synthesizing interdisciplinary schools of thinking
- Intelligent powerhouses of subtle energy realms often expressed through music, art, healing modalities, or writing
- Highly attuned, perceptive and skilled trackers of patterns, such as therapists or sociologists who track patterns of thought, emotions, and relationship dynamics
- Heightened intuition

CREATIVE-INTROVERT KRYPTONITE

- Anxiety and overwhelm related to socializing and connecting with new people or large groups
- Difficulty trusting others
- Feels isolated and alone
- Tends to withdraw, withhold, and become invisible when under threat
- Challenged to experience or express feelings directly
- Feels shame about not wanting to partake in social norms and feels pressured to do so or make excuses (There can be a feeling of, “I’m the oddball or the one that doesn’t fit in”)

REWIRING AFFIRMATION

I have a right to feel safe, welcome and in secure connection with others. My existence matters. I am welcome here (in my body, with others, in the world). I belong. My feelings matter.

There is nothing wrong with me when I need to go inward to integrate or process feeling overwhelmed, and I can communicate this to others so connection isn't broken.

I like to feel secure, attuned to, and accurately responded to in my relationships with others. This helps me to manage stress and to regulate my nervous system.

It's my responsibility to express what I need as directly as I can, in safe and welcoming environments.

It's okay that I feel cautious in new situations, my system needs time to trust and feel safe. I can take my time.



2

SEEKING CONNECTION & SUPPORT

AGE: 6 MONTHS - 2 YEARS OLD



DEVELOPMENTAL STAGE

From six months to two years old, attunement to the baby's needs remains essential during this time and now, in addition, the baby has an increasing need to receive an accurate response to their communication for support.

Attuned connection helps the baby mitigate any feelings of loneliness, sadness, and despair, knowing that he or she isn't alone in facing challenges and uncomfortable experiences. Babies are entirely dependent upon their caregivers to meet their needs reliably enough to experience satisfaction.

The baby is tracking, non-verbally and somatically, how much work is required to get needs noticed and accurately met. When this need is met, the baby knows she or he is not alone, and is sufficiently supported, emotionally nourished, regulated, and free of deprivation.

When nurtured consistently, the baby experiences love. Since at this age, the baby still doesn't have a separate sense of self, the experience of care and support registers as "I am love."

MISSING EXPERIENCE

Feeling neglected or forgotten are significant stressors on a baby. When a baby reaches for what it needs, but he or she feels forgotten or missed, a panic ensues.

When connection is compromised, without a separate sense of self, the baby interprets the misses as "something is wrong with me." Inconsistencies of loving presence, attunement, response time, and frustration can be interpreted by the baby as "My needs are too much" or "I'm not good enough to hold their attention." These nonverbal experiences lay roots deep in the infant's psyche about who they are and how the world works.

When the need for connection, help and support aren't met, the baby grows to believe that his/her needs don't matter, and that connection and support aren't reliable. The baby grows to fear absence or scarcity, and the overwhelming feelings of panic and starvation that are triggered.

Babies left too long in a needy/deprived state become distressed and even depressed.

Missing experiences in this phase can lead to feelings of intense shame as an adult, self-criticism, or feeling like a burden for having needs and wanting support. We may also feel a panic that we can't get our needs met within ourselves, and have to corral others to take care of us, which may express through desperate measures.

Healing these missing experiences requires that we learn how to take in and receive states of satisfaction and support. Accelerated growth occurs when we uncover our fears of being disappointed, abandoned, rejected or let down, often coupled with shame for needing help and unworthiness to receive the support of others.



ADAPTIVE STRATEGIES

When our developmental needs for connection and support aren't met in this stage, we typically establish one of the two following adaptive strategies:

Other-Reliant or **Self-Reliant**.

Other-Reliant: We seek ways to manage the anxiety of feeling disconnected, forgotten or overwhelmed through presenting ourselves as being helpless and in need of being rescued. We adapt by endearing others to help us with our needs through charm, drama, and subtle control tactics.

Self-Reliant: We decide that we can't depend on others for support. Even when we feel helpless and alone, the risk of being missed again, or not met with kindness in our vulnerable state, is too risky. In response, we make a choice to systematically handle our needs on our own and not turn to others for support.

We may even create a hybrid and draw upon both strategies depending upon the relational context and our state of vulnerability.

OTHER-RELIANT

To cope with a painful lack of connection in our early years, as an adult, we may have a hyper-dependency on others, especially when under stress. If we lean toward this adaptive strategy, we focus on getting attention, support, and needs met through other people. Given our history, we have less confidence in our capacity to help ourselves, which heightens an impulse to seek outside contact to avoid painful feelings of emptiness, helplessness, and separation.

As adults, missing experiences from this developmental phase can cause anxiety about feeling satisfaction, satiation, and trusting of our ability to self-regulate on our own when needed.

Connection may feel scarce, and the underlying fear is that there will never be enough.

Core beliefs initiate thought patterns such as, “I am alone, everyone will leave, there is nobody there for more, I can’t do this or I can’t get support”. The longings are to have our needs reasonably met and to feel freedom from helplessness, abandonment and criticism. The underlying dilemma is a belief that relying upon others is the only means to ensure that our needs will be met. When stressed and overwhelmed we lose contact with our own agency.

We may experience high states of anxiety and disappointment when it feels like support is unavailable, which then gives rise to intense feelings of starvation, hunger and an insatiable desire for more.

This internal dynamic can often make it difficult to feel nourishment, even when it’s present in the moment. We may not feel satisfied, no matter how much we receive. We may find ourselves ruminating upon where we didn’t get enough, even in the middle of an experience in which we’re being offered nourishment.

We may habitually seek to feast on banquet tables of relationships, acquisitions, and experiences from a desperate need to feel nourished. This urgency can compromise our discernment process, and re-create familiar and painful patterns in our adult relationships.

Over time, we can retrain our system to slow down, discern, and seek smaller portions of healthy and satiating nourishment. We can learn to discern situations where authentic support and nourishment are available, from where they aren't.

This stops the cycle of systematically looking outside ourselves for support, even in relationships and environments where it's not available. Instead, we can turn to the relationships where it is available, or to ourselves as appropriate.

Other-Reliant strategies can be further broken down into two distinctions: **Caregiver** and **Endearing Appeals For Support**.

Caregiver (Other-Reliant)

Here, the need for connection with others is met by being a helper or caretaker who is rewarded with love and attention in return for helping others with their needs.

By becoming a nurturer, we can focus on fulfilling the needs of loved ones, holding a family together or keeping a group cohesive, which allows us to feel our worth and value while maintaining a sense of connection with others.

This desire to care for others will fulfill our need for connection. Yet, we can find ourselves depleted, disappointed, and feeling deprived or lonely as our needs rarely feel noticed, attuned to, and met.

By prioritizing others' needs above our own, we may betray ourselves or abandon our needs for rest, nourishment and support, and even our greater dreams and desires.

Endearing Appeals For Support (Other-Reliant)

Often, we develop this adaptive strategy after traumatic experiences of scarcity and lack as a child, which became internalized and translated as feelings of emptiness, neediness, and abandonment.

We learned to overcome helplessness through expressive emotional states or creative pleas for help. In our current relationships, we may automatically turn to others to soothe our anxiety.

We may demand attention from our loved ones through endearing pleas or through unconsciously triggering drama or conflict to gain recognition of others.

This tactic comes from an innocent and subconscious experience that our needs can only be met from outside of ourselves, and that it's our job to ensure that others will tend to us.

OTHER-RELIANT SUPERPOWERS

- Expresses feelings easily
- Easy to confide in and talk to
- Affectionate, considerate, and endearing
- Seeks connection, gathers people, builds bridges between people, creates community
- Can sense when others aren't connected and reach out
- Nurturing, non-threatening, playful
- Strong sense of devotion to loved ones, groups, and systems
- Cares about others - good at reaching out and connecting

OTHER-RELIANT KRYPTONITE

- Can lean too much on others and become easily disappointed
- Connection feels like it's in short supply, which causes anxiety when it's not immediately available
- Fear of abandonment when others need space
- May attract as much attention as possible to avoid loneliness
- Hard to find balance between dependence & independence
- Ongoing sense of being drained and feeling inadequate
- Comparing to others creates feelings of inadequacy
- An advocate for feelings of injustice

REWIRING AFFIRMATION

I can self-regulate and be resourced from the inside out. I'm flexible and can support myself when others aren't available.

I honor my strong desire for connection. There is enough for me.

I am learning that my needs will get met. I can learn to slow down and savor the moments when my needs are met and interrupt the convincing stories of how they are never going to be met.

I have the power to rewire my brain. When I'm stressed or anxious, I tend to want more, and often feel disappointed in what I am receiving — this can fill me with hopelessness and despair.

I'm learning to soothe my patterns of anxiety. I manage my states of disappointment and tend to my impulses to collapse. I'm learning every day how to feel satisfied with small bite-size moments.

SELF-RELIANT

As adults, missing experiences from this developmental phase can cause anxiety about simply having needs in the first place.

If we've learned to draw from this adaptive strategy, the balance between dependence and independence can feel difficult to establish. When we experience our needs as a weakness they become a threat. To manage this we mitigate the threat by taking care of our needs whenever possible.

We may feel that there is no alternative to 'doing it ourselves.' Deep down, we carry anxiety and heartbreak of not having support from others when we most need it. We may feel our needs are burdensome, and fear the pain of rejection, disappointment, and being let down if we ask for help.

In some family systems, self-reliance can become a badge of honor. In this case, a child may begin to deny their own needs in order to uphold the image of being a 'good boy' or 'girl.' The same pattern arises in adult relationships.

Core beliefs initiate thought patterns such as: "nobody is there for me; I don't need anything; I can do it myself; I have to survive without counting on anyone but myself."

As an adult, it's difficult to ask others for support, even though we give plenty. We feel shame arise when we can't do it all on our own. We may experience conflict when our partner or friends want to support us, but we refuse because we fear our needs are a burden. As a result, we keep things to ourselves, which causes loved ones to feel left out.

We may become the one who never needs help from others and always gets it done on our own. While we generally refuse help, we may occasionally reach out to others, but only after total exhaustion and collapse. Or trust is built overtime.

To off-set the adaptive strategy impulses to self-protect by avoiding reaching out to others, we need to learn to discern between when it's aligned to take care of situations on our own, and when it's okay and even beneficial to seek and receive support.

The lines can be blurry at first, especially if we've been conditioned to only rely on ourselves, then we may not be aware of moments when asking for help would be a supportive option.

Our journey of integration is a series of small steps towards finding safety in feeling a healthy dependency, and interconnectedness, with others.

SELF-RELIANT SUPERPOWERS

- Refined capacity for attunement
- Sensitive towards others' needs (highly empathic)
- Independent and can be good with self-care
- Offers altruistic support for others with balanced attention toward own needs
- Very dependable, decisive and great multi-tasker

SELF-RELIANT KRYPTONITE

- Difficult to even recognize one's own need for support
- May wait until collapse or exhaustion to ask for help or discover that asking for help was even an option to consider
- Hard to find balance between dependence and independence
- Adrenal fatigue and burn-out when highly out of balance
- Resentment towards others not being more helpful, especially if there isn't an awareness of how this strategy is subconsciously pushing support away

REWIRING AFFIRMATION

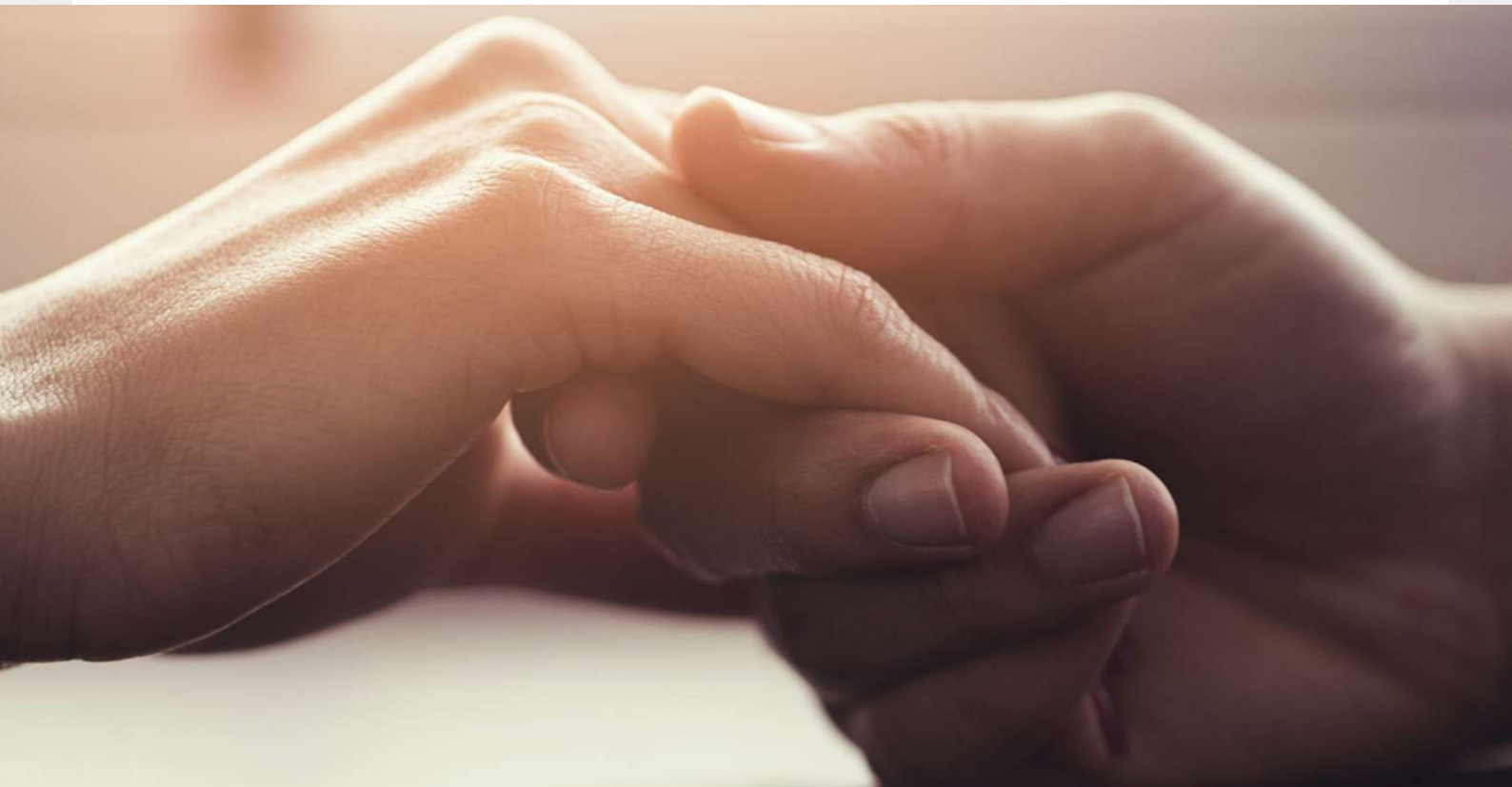
My needs aren't a burden. They're natural, healthy, and just as important as anyone else's needs.

I am learning to find people and situations that create safety for me to ask for support when I feel vulnerable and overwhelmed

When I feel resentful, my power lives in my ability to examine how I have not set clear boundaries or have over committed.

I can hold the paradox that it's okay to do things on my own and it's also important to allow, and take in, support from people I trust.

I'm worthy of being loved and supported. I can rest, and learn to receive and feel taken care of.



3

SEEKING POWER & DIGNITY

AGE: 2 - 3 YEARS OLD



DEVELOPMENTAL STAGE

From 2 to 3 years old, our prefrontal cortex begins to come online, allowing us to self-reflect and make meaning. The evolution of our cortex allow us to sense that we are a separate self to the sounds, voices, smells, and people outside of us. We begin to differentiate into an individual sense of “me.”

As a toddler, we advance to increased modes of expression and have growing needs for independence and autonomy as we become more physically and mentally competent. A natural grandiosity emerges and needs nurturing to build self-esteem and confidence.

We need to be celebrated in our ability to assert independence and power, while still staying in connection with caregivers and loved ones.

We also need to feel respected for our differences without being cut off from connection. And, to feel loved and accepted when we're vulnerable.

We need to feel empowered to explore our authentic "yes" and "no" in relationship to others. We seek to feel our capacity to do things our way, such as "No! I'll tie my own shoes."

Our experiences during this period of time will greatly influence our relationship to power.

In a supportive environment, our sense of sovereignty will be bolstered, within realistic limits through loving boundaries, which are intended to keep us safe and to honor our vulnerability.

MISSING EXPERIENCE

If our attempts to express our power and individuality were ignored, mocked, shamed, controlled, or punished, we may have learned that expressing our power comes with the cost of losing connection.

We most likely became stuck in a double-bind of "I must either choose me or choose you."

If harsh limits, rules, and expectations were a means to keep us "under control," or compliant to another person's personal agenda, loaded with manipulation and coercion, then we may have felt like a puppet or used for another's gain.

These experiences may have caused humiliation, shame, loss of dignity, or a sense of powerlessness.

We have felt we weren't treated as a unique person, with our own sense of authority and choice, sovereignty and dignity.



ADAPTIVE STRATEGIES

If we felt crushed in our search for power, our self-confidence suffered. As a result, a natural instinct is to get smart, toughen up, and guard the heart and vulnerability from further pain. The world becomes “dangerous competition.”

We most likely developed an adaptive strategy to protect our vulnerability, and defend against being used, manipulated, or hurt again. Feeling imperfect or exposed becomes highly threatening.

Later in life, we may seek positions of influence and authority. Yet, the kind of power found in our professional or personal roles can serve more as a mask and defense strategy, and less of an expression of integrated power.

Until our adaptive strategy is consciously addressed, our expression of power, charm and control may serve the purpose of hiding our vulnerability – especially from ourselves.

This may be why adaptive strategies related to power are some of the hardest to take ownership of, since doing so means laying down the shields and swords we’ve systematically used to keep our dignity and sense of power intact.

Missing experiences of expressing our power, dignity, and authority give rise to two adaptive strategies: **Strong-Generous** and **Charming-Persuasive**.

These are the habitual behaviors we'll draw upon to stay in control and preserve our authority.

Both strategies manifest in response to feeling our vulnerability stepped upon:

- For the **Strong-Generous**, this occurs by feeling ridiculed or minimized.
- For the **Charming-Persuasive**, this arises when we feel coerced, manipulated, or taken advantage of.

Another key distinction between the two:

- The **Strong-Generous** seeks to counter feeling minimized by becoming dominating and competing for supremacy.
- The **Charming-Persuasive** will counter feeling coerced through covert strategies of subtle manipulation and charm.

Both adaptive strategies are power plays to eliminate the risk of exposing our vulnerability or feeling overpowered again.

Strong-Generous

As a Strong-Generous, we transmit a carefree, competent, authoritative presence and generosity of spirit, with a bit of danger that keeps people respectful, with enough of a distance so we don't feel tested or threatened by others.

We avoid feeling powerless or vulnerable at all costs by retaining control of our environment and the people who influence it.

We deceive others, and even ourselves, about how vulnerable we are, because our true desires are tucked away far beneath the surface for safekeeping. Since we learned to protect our vulnerability long ago, it can feel difficult to access our heart and authentic desires when we're focused on our need to maintain order and control.

Our missing experience around power and authority led us to believe that maintaining our self-image is more important than keeping our heart open to the truth of who we are.

Our decisions are now filtered through what we need to do to uphold the image of being the hero/heroine, and the generous, reliable, and powerful person others look up to.

We protect against showing our perceived weaknesses or feelings of inferiority by reinforcing other people's perceptions that we are unconditionally strong and capable.

We maintain a sense of authority by being a generous and admirable leader, while keeping our vulnerability tucked away, even from our own sight. We're known by others to be resilient, reliable, and tough.

We may lead with unilateral decisiveness and not seek input from others.

Our resistance to being controlled or manipulated can motivate us to operate outside of the rules often inspiring movements in which many will follow.

As an adult, the subconscious beliefs at play are: "People will use me if I let them; I'm special and the rules don't apply to me; I must get them before they get me, even if that means I need to lie or cheat to succeed and survive."

In relationships, we become the protector, the hero/heroine, the caretaker and the benefactor of other's aspirations.

This strategy may manifest when we feel a need to become larger than life. Perhaps we were celebrated as invincible and the one in the family who would save everyone, which meant we had to have it all together to do so.

As a result, we learned to survive through unshakable confidence. We learned never to doubt ourselves — we couldn't afford to.

As an adult, we subconsciously feel the need to uphold this image at any cost, which makes us unaware of our blindspots or shadow uses of power. We are inclined to push our own vulnerability, needs and emotions into the background, despite being a master of reading others' emotions and vulnerabilities. We may be prone to avoid self-reflection at deeper levels because it would be too exposing to see how we operate.

Vulnerable and tender aspects of our selves live tucked safely in a secret chamber of our heart and are often hidden from ourselves until a life situation or catalyst forces us to look within.

For example, we may be presented with an illness, a partner threatening to leave us because of our control patterns, or because they yearn for more emotional intimacy. Whatever the case, despite the pain, such interventions can be an act of grace calling us to return home to our heart to integrate our power.

Without this shift, we may never feel a need to look inside and investigate this strategy because moving so will begin to fracture the bedrock of how we've kept our vulnerability protected, controlled, and safe.

STRONG-GENEROUS SUPERPOWERS

- **Generous, charismatic leader**
- **Excellent public speaker**
- **Comfortable making decisions in high pressure situations**
- **Confidence, intellect and charm establish admirers and followers**
- **A philanthropist and champion of movements that inspires passion and purpose**
- **Cool under fire and quick wit**
- **Able to navigate high stakes without emotions interfering with desired outcomes**
- **Handles emotional pain and disappointment well**

STRONG-GENEROUS KRYPTONITE

- Can be intimidating and unaware of impact on others
- Highly confident and usually believes can achieve more than is realistic, which can impact others
- Difficulty acknowledging limits
- Need for admiration, approval, understanding
- Maintains self-image above authenticity
- Unaware of true feelings and heart's desires
- Prefers to be on top and be surrounded by people who are less empowered to maintain status
- Can be sarcastic or aggressive
- Hard to share power and feel safe doing so
- Knows all the answers and less interested in other views or opinions

REWIRING AFFIRMATION


I have a right to be independent and powerful without losing my humanity.

I can lead strongly while showing my vulnerability to those close to me.

I can follow and relinquish control when I trust someone's integrity, without losing myself and my power.

It's okay to feel hurt. It's okay to not impress everyone, and to relax into feeling connected rather than protected.

It's safe to connect with my anger directly, so I can understand what is driving my behaviors.



credit: Thinkstock

Charming-Persuasive

As a Charming-Persuasive, we're skilled at making people feel safe. We're often quickly perceived as trustworthy.

We maintain our social standing by focusing on others and their needs. Our social skills are refined through an intuitive ability to read people and their needs. We often know what others need before they do, which gives us credibility and power when they feel so intimately seen.

Some of the core beliefs of this strategy include: "I can't be open about my feelings or motives; I must placate those in power and I can't be open about my motives because someone will try to stop me; I will appear to be who others want me to be to maintain a feeling of power and inclusion because I like to be where the action is; when I feel empty, insecure or unfulfilled, I must make others feel okay."

As a child, our need to feel heard, loved, and understood may have been met with harshness, rejection, or even exploitation. Therefore, as an adult, we hide our real needs and feelings by being disarming and allowing other people to have the spotlight. Or we may use our charm and powers of persuasion to get our needs met indirectly in an attempt to avoid being used again.

We only share what assists us in creating the connection we seek, while making sure we protect our vulnerability from too much exposure that could later be used against us.

We hide behind our social skills because we believe that self-revealing will be manipulated, like it was in childhood. We hedge our bets and keep things grey to maintain loopholes so we don't get boxed in.

As a result, we may draw upon indirect forms of communication that appear like false promises, or as passive-aggressive, cryptic, and open to interpretation.

Through our desire to keep a connection with another, we might say what we think they want to hear, even if we can't deliver. We may also use indirect tactics when we need something, because we fear we won't get what we want if we're transparent about our true feelings.

We are masters at enhancing others' self-esteem through honey-like sweetness and high emotional intelligence. We seek harmony and appear innocent and friendly to gain trustworthiness.

Lacking a space to voice our power and true needs as a child, we may find ourselves feeling powerless as an adult, and employing subtle or indirect communication to get our needs met.

For example, when we're under stress, instead of overtly expressing what we need, we may instead communicate with guilt trips, passive-aggressive comments, or 'jokes' that are actually barbs of our frustration.

We may have a habit of making promises, or taking positions on issues, that we don't recall later. This pattern of having a foggy memory about what we did or said creates frustrations for others who heard us loud and clear.

Our strategy may be to deny what we said because we genuinely don't recall the promises we made, or the details of the conversation.

This usually occurs because we weren't present to, or revealing, our true feelings when our promises were shared, and instead our attention was on keeping the other person's loyalty to us by saying what we think they want to hear.

Repeated enough times, these behaviors will create disappointment or mistrust in us, and create internal feelings of self-betrayal and self-abandonment when we don't act out of integrity.

CHARMING-PERSUASIVE SUPERPOWERS

- High emotional intelligence — reads people's moods, facial expressions and underlying needs with sharp precision
- Sensitivity and attunement to others, which creates a sense of loyalty
- Articulate speaker who naturally enrolls and engages people to listen and follow
- Makes great team member providing cohesion and harmony
- Good social skills and can adapt to multiple environments, people and topics
- Listening skills and questions will convey immediate trust and nurturing care
- Good negotiator
- Brings peace and harmony

CHARMING-PERSUASIVE KRYPTONITE

- May deceive oneself by externally focusing on others
- Loss of authentic clarity about genuine experiences
- Challenged to own or know needs/feelings
- Creates a false image to gain acceptance
- Guards against loss, therefore, less likely to take risks or let go when things don't serve
- Charm and coddle others to enroll in personal view and agenda without directly asking
- Can mislead others by prioritizing being liked and accepted instead of being transparent and vulnerable

REWIRING AFFIRMATION

I can be authentic and accepted for my real feelings.

I don't have to please everyone to belong and be liked. It's okay to disagree and be honest about how I feel.

I am gifted at camouflaging to maintain power and connection but I can also remove my mask in safe environments.

I can find ways to take care of myself and be honest about my needs and intentions without people using this against me.

I create safe and trusting connections with people who want to see me in my messiness and don't go away or use me for their gains.

4

SEEKING FREEDOM & INDIVIDUALITY

AGE: 3 - 4 YEARS OLD



DEVELOPMENTAL STAGE

From 3 to 4 years old, a child's thinking and locomotion continue to develop, as does their exploration of personal will. At this time, children learn to navigate the complexity of exercising freedom and individuality without losing connection to loved ones.

During this phase of development, children learn about freedom and choice, boundary-setting, how to individuate while staying in connection with others, and how to navigate differences and disappointment.

At this age, a child becomes increasingly aware of differences in the spoken and unspoken rules about how to behave. He or she will test the world with questions such as "Can I be me, even if you don't like it?" and "Will I still be loved and respected when I do it my way and not yours?"

It can be a difficult balance for parents to allow the child to assert their will, expression, and curiosity, while setting boundaries for safety and teaching them about social norms.

A child needs to express his/her beliefs, explore differences, and have the freedom to disagree, while still receiving approval for healthy self-esteem and emotional security. Being seen, loved, and celebrated as a unique and special creature is a primary need at this stage.

Children need to experience the full spectrum of being alive during this time. They need to feel free to engage with their impulses without the risk of being seen as too much, or hurting someone else with his or her aliveness and preferences.

Children need to feel welcome to be spontaneous and joyful without fear of harsh consequences. A child's innocence and playfulness is preserved and enjoyed when there is an absence of pressure and over-responsibility.

MISSING EXPERIENCE

When the need for freedom and individuation doesn't get met, a child experiences an internal double bind. A lose-lose between a desire to be authentic, and a need to maintain connection.

Most missing experiences in this developmental phase are caused by this double-bind between the need to freely self-express and the need to stay connected and belong.

We may disregard our true passion and choose compliance because we need to belong. Or alternatively, we may rebel against others and risk losing connection to maintain freedom and self-expression.

If a child's individuality has been rebuffed, or severely dealt with, he/she learns that asserting his/her personal will and feelings results in being cut off from the closeness that he/she craves and needs.

This experience of rejection can ignite feelings of intolerance, hopelessness, and defeat.

The expectations, needs, and hopes of others will influence the development of our personality. For example, if we're praised and rewarded for specific behaviors, we'll amplify the admirable traits in an attempt to please and create more connection. On the other hand, if we're shamed for certain behaviors, we'll attempt to shut this part of us down.

ADAPTIVE STRATEGIES

The two adaptive strategies that emerge from a lack of freedom and individuality are the **Responsible-Enduring** and the **Rebel**. A child may create a hybrid of the two, depending on the context and specific obstacles to freedom or threats to maintaining important connections and approval.

Both adaptive strategies result from a missing experience of not knowing how to embody our individuality while maintaining connection. We feel an ultimatum at play when differences arise between our need to be authentic and the need of someone we love and care about.

It's a tough double-bind: we hurt the one we love by being true to ourselves or self-sacrifice to avoid conflict.

A key distinction between the two adaptive strategies is the way we handle disappointing others.

If we're **Responsible-Enduring**, when we anticipate disappointment, we will likely feel paralyzed by guilt. This results in the impulse to surrender and forfeit our personal needs to avert conflict and prioritize the other person's needs.

On the other hand, if we lean towards the **Rebel** strategy, when others express disappointment in us, we may initially feel a tinge of guilt, but our impulse will be to push back and take care of our needs at the expense of connection.



Responsible-Enduring

If we've taken on this adaptive strategy, we learned to sacrifice freedom for closeness and acceptance. We focus externally on others in an effort to please them through being responsible, reliable, loyal, and attuned to their needs (often at the expense of our own).

Disappointing others will create extreme states of guilt and cause us to refrain from paying attention to our needs or validating them when they differ from other people's needs.

We've most likely become a master of self-control and discipline. To do so, we've needed to keep our true feelings and energy contained to stay focused. We do this to "get the job done" but also to avoid disappointing others or feeling we've neglected our responsibilities.

We likely encounter snags as we navigate our authentic yes and no, often finding ourselves saying yes when deep down we want to say no. We agree to comply with another person's needs to avoid the guilt of hurting them or being blamed for their pain. In the process, we forfeit our needs and refrain from exercising our right to set healthy boundaries for personal rest and life balance.

Being in the spotlight can feel threatening, and we prefer to remain behind the scenes. The archetype of the martyr can arise through this adaptive strategy. It takes place when we eventually push beyond our own boundaries until resentment and collapse ensue or when we passively complain about all that we're doing for others without recognizing we're agreeing to it by not setting boundaries or inserting our needs. This strategy, along with the Achiever, is a primary driver for burn-out and adrenal fatigue.

As an adult, the subconscious beliefs at play are: "My life is not my own," "I'm loved only if I obey," "I can't express how I really feel," "It's hopeless, just stick it out," "Life is a struggle that I must endure."

If early relationships were laden with guilt trips. For example, if a child asserts desire or preference and is responded to with some version of, "How could you make me feel this way?" it teaches the child that his or her way of being hurts people, causes problems and results in being wrong. If this happens enough, the focus shifts from the behavior being wrong to an interpretation of "I am wrong or my way of being is wrong."

As a Responsible-Enduring adult, we may find that we generally don't feel a strong connection to our personal needs, desires, and hopes because most of our energy goes to maintaining harmony and connection with what other people need and want.

To endure is to remain steadfast through difficulty and challenge. However, these esteemed attributes, extended over time, can become a prison of suffocation and hopelessness. Our dreams and desires may end up on the back-burner, while our tendency is to become a responsibility hoard to manage the pressure that we must do it all, for everyone, all the time.

Our life may no longer feel like it's about us. It can become about what everyone else needs, and subsequently, what we need to do to keep the peace and get things done. We can become stressed and depleted attempting to maintain our self-image of being a good person, hard worker or loyal "soldier."

As an adult, learning about our strategies in relationship to disappointing others by complying and overriding our needs is a rich domain for investigation. When disappointment arises, we may feel guilty and subconsciously strive to maintain our self-image of being a loyal and responsible person who generously serves others over themselves.

When opportunities to self-reflect and expose patterns of self-betrayal are not addressed, enduring can become a prison of slogging and not believing we deserve more or better. It can even embed a belief system that we will be punished or judged as selfish if we dare to admit what's not working, or reach for pleasure instead of productivity. Denial, justification, and blindspots keep the bars on our inner cage.

RESPONSIBLE-ENDURING SUPERPOWERS

- Perseverance, staying power, steady in adversity
- Endures harsh conditions
- Sticks to unpleasant tasks even when others give up
- Loyal and capable of great love
- Good negotiator
- Great sense of humor
- Runs the show from behind the scenes
- Works for the good of the whole

RESPONSIBLE-ENDURING KRYPTONITE

- Anxiety and a constant feeling of being under pressure
- Endures hard work with minimal recognition
- Says yes when wants to say no
- Not easy to receive compliments or appreciation
- Excuses other people's unskillful behavior
- Serves others to the point of exhaustion
- Denies needs to take care of others
- May feel pride in the denial of personal needs
- Struggles with feelings of shame

REWIRING AFFIRMATION

I have the freedom to be my authentic self and still be loved.

It's okay to say no, even when I disappoint others. Disappointing others doesn't mean I've done something wrong or that it's my fault.

I can find ways to take care of myself and interrupt habits of complying out of obligation in an attempt to maintain connection and avoid conflict.

I'm not responsible for other people's needs and feelings, but I can care and support them through a mutual discussion about our individual needs and disappointments.

I can feel empathy for our differences and build confidence and skills to navigate differences together, rather than comply or betray myself.

It's okay to be angry and to set boundaries to ensure I don't burn-out. I can take my time to decide what I need.



The Rebel

If we've adapted to our missing experience of freedom by becoming the Rebel, we've grown to refuse external authority or conventional standards. It takes a strong will to resist being controlled by others in a culture with propaganda suggesting we're only safe and valuable if we comply.

The same is true with pressures at home. If we're expected to become who our parents want us to be, but their ideals are in opposition to what we authentically desire, we may choose freedom of self-expression over approval.

If we move away from complying at home to maintain our sense of self, we may turn towards school, social settings, sports, the arts, or other avenues to establish a new place of belonging and ensure we have connection while we seek freedom.

As an adult, the subconscious beliefs at play are: "My life is my own and I feel conflicted because I want to belong," "If you don't agree or support me then I'll find others who do," "I let my anger show if I need to push you away." (Responsible-Enduring will repress anger, which causes resentment and can result in passive-aggressive communication.)

The Rebel can present as being compliant on the surface, but secretly defiant or indignant. This can take the form of passive-aggressive communication patterns that undermine progress, or faking consensus when we don't agree.

Similar to the Responsible-Enduring, we may say yes on the outside while asserting a no on the inside, which leaks out in counter-behaviors. We may have a covert way of making people think we're in agreement, while internally we think "I'm going to do it my way, I'll show you!"

As a result, we may break promises, go against agreements, cross boundaries, and disappoint others. This can superficially appear as an empowering act of individuality, when actually, it may be a coping mechanism for feeling overwhelmed by expectations.

REBEL SUPERPOWERS

- Innovative and creative
- Passionate about self-expression, positions, and opinions
- Powerful activist, revolutionary thinker
- The one who will give voice to the elephant in the room
- Refuses to hide what needs to be seen and known by others
- Not afraid of going against consensus or authority figures

REBEL KRYPTONITE

- Loss of connection with people or projects when demands to do it my way
- Sabotages relationship and intimacy when freedom feels threatened
- Tendency to become emotionally avoidant or fear commitment
- Anxious when freedom of choice is challenged or taken away
- Struggles to be curious about what others feel and think
- Neglects others when under stress

REWIRING AFFIRMATION

I can be supported and loved for my individuality. I can experience love and intimacy without being controlled by others.

I establish healthy ways to relate to my anger and frustration.

It's okay to renegotiate and change my mind.

I'm not selfish when I say no to others in order to say yes to self-care.

I can pause and assess my authentic, yes or no, rather than habitually do what I think is expected of me to maintain connection or approval

5

SEEKING WORTHINESS & VALIDATION

AGE: 5 - 7/8 YEARS OLD



DEVELOPMENTAL STAGE

From the ages of 5 to 7 or 8 years old, we develop the strategies we need to sustain our sense of worth and lovability in response to our social environment.

With the pre-frontal cortex fully online, we now have the capacity to self-reflect, critique, and assess our value as a unique person. This allows us to reflect on our own opinions and personal ideas.

Personal concerns about competency, attractiveness, and popularity arise during this time.

During this complex developmental window, our belief system and self-image start to solidify into our personality.

The reflections we receive will determine whether it's safe for us to be ourselves and express our true feelings or not.

During this time, we learn many skills needed to grow into adulthood, such as competition and cooperation and winning and losing.

We learn about gender roles and social norms, which we inherit through the conditioning we receive from our parents and society.

For example, we may learn that boys shouldn't cry or be emotional. Or that girls are expected to be nice, polite, and pretty.

If a parent holds a traditional view of gender roles (such as 'boys should not be affectionate or sensitive'), then when a son lunges for a hug, the parent may tone down their enthusiasm by pushing them away or criticizing them for being needy or too touchy-feely.

This type of experience can establish a belief for the boy that he must reign in his love, affection, and enthusiasm for fear of being humiliated again.

In this stage of development, our deep need is to know that we are worthy of love for who we are, and not for what we produce, who we are friends with, how we look, or how we perform at school or in extra-curricular activities.

Ideally, during this time we will receive the message that we don't have to work hard or be special to deserve love. That our specialness is inherent to who we are, and doesn't come from what we do to impress or entertain others.

We need to feel that our mistakes or 'failures' don't diminish our worth as a person. We also need to be able to rest and savor our successes, instead of always racing into the next goal or over the next hurdle.

MISSING EXPERIENCE

Missing experiences in the realm of developing self-esteem and a positive self-image can interrupt our basic sense of worth. If we only feel loved and valued when we're entertaining, performing, behaving, or achieving, we become identified with those activities.

We learn to believe that we must become someone important and worthy enough to receive love and gain attention, as opposed to being innately worthy of love regardless of our accomplishments.

If our need for unconditional worthiness and validation aren't met, we learn that our presence and unique expressions aren't enough. We learn who we need to become to be accepted.

We pour our energy into emphasizing the aspects of ourselves that are celebrated as acceptable and valuable to others. In other words, we will strive to become who we think we need to be in an attempt to avoid rejection and heartbreak.

If we're pressured by parents, peers, school teachers or other community members to focus our sense of value externally, we may lose contact with our internal felt sense of goodness and self-worth.

Having an external orientation will reinforce that success is determined by outside factors, and we must strive to maintain our status and worthiness. This movement can take us away from internal rhythms, personal needs, and the clarity of our pure desire. A lingering internal assessment of "Am I good enough?" begins to fill our mind and drive our behaviors.

ADAPTIVE STRATEGIES

When we are separated from our basic goodness and pressured to become someone in order to be loved, we will typically develop an adaptive strategy of either becoming an **Expressive-Entertainer** or an **Achiever**.

Or we may draw upon a hybrid of both.

Both adaptations are designed to avoid rejection, disappointing others and heartbreak.

A key distinguishing factor between these two adaptive strategies are:

- The Achiever is about not being good enough.
- The Expressive-Entertaining is about not being interesting enough.

Expressive-Entertaining

As an Expressive-Entertainer, we most likely feel that we can only receive love and attention by being entertaining, becoming interesting and compelling, or by making a fuss and being dramatic.

Our core need for acceptance gets channeled through upholding self-images of being funny, likable, creative, engaging, physically attractive and sexy.

As an adult, the subconscious beliefs at play are: “No one understands or hears me,” “I will not be paid attention to unless I am dramatic,” “Everyone pushes me away eventually,” “My worth depends on my attractiveness, sexuality or some other form of performing.”

In childhood, we often felt ignored or misunderstood. Deep down, we long to feel seen and celebrated not for what we do, but for who we are. To feel loved and cherished without having to entertain or work hard to draw attention.

If the love we seek feels compromised, we'll settle for attention rather than the love and acceptance we truly yearn for. This creates a double-bind. We'll focus our energy on being desirable and captivating, which yields attention, but doesn't actually satiate the emotional security and love we long for.

It feels like there's never enough, which makes it difficult to relax into our “enoughness,” and drives us to continually seek more. We feel compelled to keep focused and working on our craft to ensure acceptance.

When the external validation wanes, we panic and seek to fill our tank again from the outside-in.

We have a difficult time relaxing and not doing, since the anxiety of maintaining our worth through external reflections keeps us busy creating, thinking, and performing.

In adult relationships, there can be a fear that if we don't have something strong, intense, or engaging happening in our life, then others will go away.

We seek to prove we're special enough by creating desirability. Or, an open-heartedness in others through becoming charming, a compelling storyteller, high-energy, tantalizing, sexy and seductive.

If attention during childhood was only received when there was drama or chaos, then as an adult there may be a subconscious propensity to stir the pot, and embellish or exaggerate situations to create connection and attention.

The desire isn't necessarily for drama, although that is often the outcome. The hunger is for attention, which is a placeholder for our deeper need to feel unconditionally loved and accepted.

We place a high value on being liked over being authentic, since there is a belief that love only comes through gaining attention, versus simply being and relaxing into who we are.

We may be more interested in telling a story of who we want to be perceived as, rather than about what's really happening inside of us — our sensations, our emotions, our true desires, or our need to slow down and rest from entertaining others.

EXPRESSIVE-ENTERTAINING SUPERPOWERS

- Attracts attention, admiration, support
- Senses emotional atmosphere and good at attuning to the audience's needs
- Good storyteller and host
- Sensitive and intuitive
- Great performer, entertainer, or comedian
- Creates synergy in groups and builds energy for others to engage and play with

EXPRESSIVE-ENTERTAINING KRYPTONITE

- Places a high value on being liked over being authentic
- Subconsciously acts incompetent and helpless to draw attention
- Looks for proof others don't care and feels devastated by rejection
- Irresponsible, flighty, and ungrounded at times
- Demands attention through drama, acting-out and entertaining

REWIRING AFFIRMATION

I have a right to be loved and appreciated, whether I'm accomplishing and entertaining or not.

I'm innately lovable and have something special to offer.

I don't need to force others to pay attention to me to know that I matter.



The Achiever

As an Achiever, we gain love and attention by succeeding, working hard, and piling up accomplishments. We feel a continual need to prove our worth and value through our achievements.

As an adult, the subconscious beliefs at play are: “There is always something else to do,” “I must try to do better and better,” “Life is a problem to be solved,” “I can’t/don’t have time to relax,” “I need to earn love and appreciation,” “I’m not good enough yet.” Or “I’ll be happy when...” is a common carrot-chasing trap, which creates a revolving door of doing and accomplishing.

As a child, we learned that to be appreciated, we needed to become a high performer in a specific area. Now, as an adult, in our efforts to become ever more accomplished, we may lose sight of feeling pleasure, purpose, and meaning.

External pressures can create conflict inside of us. We desperately want approval. This can cause us to override our true desires when they don’t align with the expectations or needs of those we love and respect.

There is always something to achieve, accomplish, and pursue.

External voices of pressure, disappointment and expectations will become internalized as self-criticism and self-aggression, which drive us to push even harder.

The inner critic of the Achiever can be one of the cruelest because there is a subconscious belief that without the pressure, we will fail, and if we fail, we will prove we are unworthy. There are high stakes to keep pressing on as a means to sustain success and status.

We hold an internal expectation to be good at everything, which makes it challenging to rest or feel good enough, no matter how successful or productive we are. We neglect our need to rest and celebrate successes by quickly engaging in the next conquest.

As children, we may have been given premature responsibilities and were forced to grow up quickly. This can deprive us of the freedom to relax, play, and enjoy life.

As an adult, we may prioritize tasks and work over play and relationship, which can impact those we love, thus inadvertently creating an interpretation that we don't care and are too busy to love them.

The Achiever strategy is heavily reinforced in the Western culture, which prizes a 'superhuman ideal'. This translates into a drive or pressure to push beyond our limits to achieve an esteemed social status, a perfect family, a perfect home, a perfect job, or a perfectly healthy lifestyle.

With the acceleration of the information age, it's no small thing to keep up with the status quo and never-ending list of daily responsibilities at work, at home, and even within.

Attempting to keep up with the demands of daily life can escalate anxiety, create self-doubt, and depression, whisking us on a roller-coaster ride of highs and lows, feeling accomplished and successful in one moment, before feeling like a failure or lost at sea in the next.

ACHIEVER SUPERPOWERS

- Successful, ambitious, and hardworking
- Proactive, takes initiative, disciplined and focused
- Responsible and practical
- Good leader who proceeds with determination
- Esteemed team player who performs well under pressure
- Self-confident and competent
- Skilled at taking a vision or concept into form, implementation and execution
- A go-getter who makes things happen

ACHIEVER KRYPTONITE

- Consistent undercurrent of seeking recognition, approval and validation, which leads to anxiety when not received
- Struggles to relax into knowing “I’m good enough”
- Keeps working hard to achieve recognition, sometimes to the point of burn-out
- Navigates voices such as “I am my accomplishments” or “did I do enough?” versus feeling one’s value from the inside out and beyond one’s output
- Prioritizes task and work over connection and relationship
- Difficulty receiving compliments, appreciation, love, support
- Difficulty resting and relaxing

REWIRING AFFIRMATION

I have a right to be loved and appreciated whether I'm productive, accomplishing, or simply being.

I have a right to rest, play, enjoy life and be valued even when I take breaks. It's okay to slow down, ease up the effort, and take care of things later.

It's okay to rest.

It's okay to make mistakes.

I'm most free when I realize that I don't need to prove that I am worthy of love because I AM love.



SELF-KNOWLEDGE IS A SUPERPOWER

This map is an open-ended guide of explorations on your journey. As with all maps, it's designed with certain limitations. The recognition of each developmental need and its associated adaptive strategies are markers on a trail.

We each build our personality and ego structure based on a complex conglomeration of variables, ranging from the inheritance of generational trauma, personal trauma, and the collective trauma of living in a society that infuses us with fear-based messages of shame, sinfulness, and domestication.

Through my training as a Hakomi Therapist, I've studied a developmental model created by Ron Kurtz and his team, which is rooted in Wilhelm Reich's Reichian Theory. Over years of synthesis and studying clients in a therapeutic setting, Ron and his team designed a map that includes the five universal needs we each seek to meet. Based on studying myself and my interactions with thousands of clients I have made some refinements and additions to the model.

When any of these needs are missed, with enough consistency or because of a traumatic event, we innocently cope and manage the pain by developing adaptive strategies to get that particular need met.

This map help us to better understand ourselves, as well as everyone we're in relationship with. When we understand our internal relational template and wounds, we create more space to understand the relationship template of those we love and interact with. This creates more compassion and empathy, and stirs conversations that can build trust and deepen intimacy.

This foundational understanding gives us an intentional space for rewiring, repairing, and reclaiming a terrain of empowered, loving, and deeply fulfilling relationships.

EMBRACING OUR ADAPTIVE STRATEGIES IS A JOURNEY OF POWER RECLAMATION

We aren't broken, we're human. Our life journey will present us with experiences of nourishment, ecstasy, and profound intimacy, as well as experiences of heartbreak, rupture, and loss. Our interpretation of these experiences can reinforce our belief systems, or challenge us to evolve and inhabit our full capacity to love, create, and express our integrated power.

We can rewire the brain, and upgrade our operating system to support the relational experiences we want to have today.

Becoming an integrated human being isn't about erasing our adaptive strategies, but about expanding and updating responses that reflect who we are now.

These **five social and emotional developmental needs** are universal. No one bypasses the initiation through this gauntlet of needs, missing experiences, nourishment barriers, and adaptive strategies. They're simply part of the human experience. The exploration of these five needs include **nine corollary adaptive strategies** of which we draw upon, and integrate into our personality as children, to ensure that our needs get met.

As we explore our adaptive strategies with radical honesty, we invite healing through self-compassion for all of the ways we managed difficult double-binds and lose-lose situations as a child and young adult.

WOUND RESONANCE AS A PATHWAY TO REPEAT AND REPAIR

Relationships will reveal our hotspots of reactivity, disappointment, and unfulfilled longings.

Have you ever noticed that caretakers often experience a mutual attraction with those who seek to be taken care of? Heroes find someone to rescue? The Responsible-Enduring becomes the savior at the office or in their family system, often ending up in relationships with those who abdicate their responsibilities because they rely upon the responsible person to do it for them? The Strong-Generous often partners up with people who have learned to adapt by giving their power away through compliance.

While some aspects of these relational dynamics may be based on personal preference, there is often an attraction of complementary adaptive strategies. This energetic phenomenon is called **wound resonance**. A mutual attraction based on core wounds associated with complementary adaptive strategies.

The superpowers of one's core wounds often become an alluring force that will magnetize the other, and vice-versa. Over time, the kryptonite of an adaptive strategy can become the bitter medicine that will play out through familiar cycles of **repeat and reinforce**.

As we raise our levels of self awareness and take personal responsibility for the role we are playing in these dynamics, we nudge ourselves towards an evolutionary process of **repeat and repair**.

Wound resonance will attract specific people and relationship patterns that will illuminate our missing experiences, and the adaptive strategies we've adopted to protect our vulnerability.

CAN WE REWIRE OUR BELIEFS AND PRUNE OUTDATED NEUROPATHWAYS?

Suspending habit and studying our relationship to our five developmental needs, and associated adaptive strategies, is a potent framework to expose the roots that cause repetition-compulsion patterns.

Adaptive strategies are part of our sense of self. They don't have to go away to be free. Adult relationship patterns that cause conflict or disconnection with ourselves (or others) can shift. With awareness of our strategies we can, over time, make new choices and magnetize the experiences needed to fulfill the "missing experiences" we needed so long ago. Both self-awareness and personal responsibility create the conditions to courageously embrace reparative steps to rewire outdated beliefs.

The general steps to rewire our beliefs are:

1. **Understand** the five social-emotional developmental needs.
2. **Identify missing experiences** and the decisions you made as a child to get your needs met.
3. **Reveal and embrace adaptive strategies** to understand how they are influencing your beliefs, behaviors and relationships patterns.
4. **Study repetition patterns** to explore the lesson or opportunity to heal, integrate and move along the path of repair vs. reinforce.
5. **Pause, suspend habit and reveal reactivity**, triggers and patterns of protection as they arise to make space for new choices and ways of being.
6. **Identify patterns and take personal ownership** of impact and contributions to relationship patterns.
7. **Make new choices** through courageously suspending autopilot responses and creating a new reality of possibilities and outcomes.
8. **Repeat new choice over and over again** until a new neural pathway lays down its tracks while the old patterns of operating prune away.

These steps are broken down in this map below. Begin on the right side, like a clock, to walk through the steps to rewire outdated patterns.

REWIRING ADULT RELATIONSHIP PATTERNS



Being human is messy. We don't have to do this perfectly, we just have to show up with our heart of compassion, a sword of truth, and genuine curiosity in a safe container of love.

If you're reading this field book, you are brave, hungry and ready for deeper understanding of why you struggle and what you can do about habitual patterns of operating that cause conflict, distress, or lack of connection in your relationship. Keep going! I'm glad you're here.

You're not broken because you have adaptive strategies. You're free when you recognize and own that you do. Self-compassion directed towards the parts of you that needed to rely upon these choices as a means to keep you safe and connected should be celebrated.

By revealing and integrating our core wounds and missing experiences, we access our authentic power. Being on this hero/heroine's self-awareness journey is a revolutionary act of leadership.

In a similar way that white blood cells replicate to heal a bleeding cut or infection, we can repair wounds in our psyche and mind-body by increasing our self-awareness, seizing a roadmap, and implementing a huge dose of compassion and patience.

I am here. You're not alone on this path. I'm deeply committed to this personal journey of integrating exiled parts of myself back home. Every day I learn, grow, and seek opportunities to repair. I do this by interrupting behaviors, thoughts, and emotional patterns that habitually reinforce outdated ways of engaging with myself and with others.

Your stories, celebrations, challenges are questions are welcome. Send them to anne-marie@revealingwisdom.com.

Contact me for sessions, and stay in touch for more information on upcoming workshops, retreats, immersions, and podcast episodes.

ABOUT ANNE-MARIE MARRON



Those of us on a conscious path of evolution are destined to integrate our most wild and primal selves with our highest levels of integrity.

I'm an integrative leadership coach who partners with you to mine for patterns and beliefs that have limited your most wild potential, embodiment, power and self-trust.

I tap into the wisdom that lives within you by listening, tracking, and paying attention to what's occurring through your words, body, emotions and into the most subtle realms of energy and divine guidance.

I guide clients to dive deep to the root of things as quickly as possible. I draw upon mindfulness-based tools, somatic-based healing, and experiential practices. I align with my intuition, and the mystery, to guide our co-exploration into the depths of what is ready to be revealed, healed, and integrated for you personally as well as through your business endeavors.

My personal suffering has been my greatest teacher. My expertise comes directly from my life experiences and what I've learned through navigating in the dark and unknown.

Everything you need is within you.

You can learn more about my work as a Power Reclamation Guide through [Anne-MarieMarron.com](https://www.anne-mariemarron.com) and as an Organizational & Culture Change Consultant at [RevealingWisdom.com](https://www.RevealingWisdom.com).