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APP – Mother

00:06

Ken

So, Julie it was a couple of weeks ago, we, we had our session and then you were taking some time and you were traveling, right? You were going away to some family events, I believe.

00:18

Julie

Yeah, yeah.

00:19

Ken

So, how have you been? Were there any leftovers from our last session, because we were kind of like allocating a lot of time to talk about dad, your father, and that incident. So, any, any reflections, any leftovers from our last sessions, or the time that you have been away any, any discoveries?

00:43

Julie

Well, it was, it was, I was, I was in Mexico, there was a family wedding, one of those, one of those destination weddings, it was kind of fun. And it was interesting, because it was from my father's side for the wedding. It was a nice, really nice Jewish wedding. And it was interesting, because there were all these cousins there, some whom I'd never met before. And we started talking about the stories. And so, in some ways, I got a better understanding of what my mom's life was probably like, in relationship to my dad and his family. And, you know, it also could, be a deeper understanding about, you know, there was probably a lot of, my mom was probably challenged, she was trying to put two cultures together, you know, with how her family was, and then she adopted the Jewish traditions and stuff. So, I had lots of time to think about that. And, and I guess the other thing was, as I was able to, I had lots more time, that was quieter for me. So I was able to spend more time with my secure self, like I was able to understand a little bit better, you know, when you talk about the secure self, and my attachment circle and stuff, so I was able to practice, I guess, in a way, because I wasn't busy with other things, I had a chance to practice when, when I would get anxious or something would come up, I would be able to say, Okay, well, just a minute, you know, why would be able to go to that attachment circle place where I felt safe, and my secure self was able to show up and, and help me to feel safe in that inner space within myself. So, I had a chance to practice. And I realized, too, that my, my hip is doing much better, you know, it's slowly it's, it's, there's not as much as really little pain there at all now. But I also came to appreciate that when, when I would get agitated or excited or something would come up that I was feeling unsettled, I was starting to pay more attention to what happened in my body. And to see that,

oh, maybe it's connected. Whereas before something would happen in my body, and I just told my body, I forget that I would never make that connection between my feelings and my inner uncertainty or whatever was coming up. Fear or whatever, whatever it was, I never made the connection before that, that was being reflected in my body. And so, I was practicing a little bit more, where I would be, I would something would happen and all of a sudden, I'm realizing I'm feeling anxious, or my breathing is changing, or I'm just feeling uncomfortable. And so, I was able to say okay, just a minute, just breathe slow down. And to sort of allow myself to feel what was there because my body was pointing to something that I think was like, I had a chance to practice that. And, and I guess the other interesting thing was, was how do I put it, we went for a meal, we went for one meal once and, and with some cousins and stuff and the different dynamics and it was also interesting that that all of us that I was able to watch what was happening in a different way and see and see how I thought I was the only one who would get agitated or upset about something you know, when the when something would upset me. I could, I was able to somehow keep a little bit of distance and observe that same happening in somebody else. And I guess, you know, the work that we did with, with, with father and you know what, when with my sister who I wanted to protect and rescue and look after what I found was myself, was when I saw those things happen, my immediate inner response was I better jump in and fix it for them or, or make it better. But somehow, I was able to just think just a minute. I don't need to do that anymore. Because I could see from the work that we did with my dad, that those responses were based on me being afraid, and needing to fix things. And then I don't have to do that anymore. Which, which was very interesting for me to be able to have distance, whereas I would have been, I mean, that's how I lived my life was I reacted to those situations, and I was just dumped in, and did the same thing over and over again.

05:53

Ken

Yeah, you kind of sometimes, sometimes want to help and overly help right, and you are a really helpful person. And you wouldn't know that we kind of briefly mentioned in our conversation, so if you didn't know that your kind of compensating, and you try to kind of like help people and make them comfortable the way that you may be never received comfort. And so, it's sounds like you did a lot of discoveries around connecting with your attachment circle, connecting with your secure self. So, and observing what's happening to other people, and what's happening in your body. And that's kind of interesting that you feel less pain, right? The hip is kind of like healing itself. Since you have been reflecting and we are doing the processing.

06:41

Julie

Well, and I guess, my sense, like, I guess, it almost feels like, it feels like in my image, my image for me is that when something would come up before rather than feel it or, or a process that or deal with it, even look at it, I would just say shut up, go away, and push it away. And I realized that it had to go somewhere. And, and obviously, we know, when I had that bad pain, my body said, you're not going anywhere until you do this work. It was my body telling me that I've got stuff there that I have to deal with. So, I'm, I'm much more respectful of my body, telling me things and starting to listen to what it's trying to tell me. And I think the, the ability to go to the attachment circle, and be with that experience, whatever the experience was, if I was feeling scared, or whatever got triggered, or whatever word it is,

that something happened, my ability to have a place to go to that attachment circle. And, and there was I've slowly, I've slowly started to understand that my secure self is always here for me. As, always here for me, and I don't need to be afraid. And I can, I guess that's the other the other thing was on this trip was I was staying at these wonderful places, and the people wanted to help me, and I came face to face with how hard it is for me to let people help me. I'm much better at fixing you and looking after you and rescuing you. Then recognizing that I don't, I can ask for help. Because I realize that you have to, I guess it has to do with how I operate as well. You know, I look after you to make me feel safer and secure, hoping that you will look after me.

09:10

Ken

Absolutely, and we talked about that. When we're talking about compensation strikes, we have that tendency to compensate to survive. And it sounds like this time you really didn't do that. You were just kind of connecting to your secure self. You feel like that even though you had urge to compensate. You could just observe, and not go to those places. That's a big shift.

09:33

Julie

Well, and I think the other piece was then I think I became aware of why it was hard. Like it's kind of crazy, but the, it's, it was if I if I looked after you, expecting that you would look after me. Then how can I ask you to help me because now you're going to expect me to look after you. So, all of a sudden it was like That's why I couldn't ask for help. Because now I would be, they would expect something from me. And so, it would be like, I was projecting I was, I was, I was thinking they were like me. And so that if they offered to help me, it would be okay. But now, what is it going to cost me? If I let you help me? What's it going to cost me?

10:23

Ken

Yeah. Am I going to compensate more, what's the cost going to be? And, kind of like, observations you made? Right? And those are very important observations.

10:37

Julie

Yeah, so it was it was, I think, I think coming back to my mom I know, I know the, the session that we did with my dad, it really helped me to see him from a totally different perspective. And I think I'm starting to be open and starting to be open to seeing my mother in a different way. Because I think, I when I go back to the incident, when I go back to the incident I was very angry at my mother. I was very angry. Because she said nothing. She didn't come and rescue us. She didn't help us. She didn't do anything to make it stop. She said nothing.

11:34

Ken

She said nothing, she was silent. So, when you go back to the incident, where do you see Mom, where do you see you, and your sister Louise?

11:45

Julie

Well, I see Louise and I in our bedroom and our bunk beds. I see us there crying. I see my dad outside the door yelling at us and I see my mother in the kitchen. I see my mother; I see her in the kitchen. I see her in the kitchen.

12:07

Ken

So that's kind of the memory, that's kind of the incident. Just for a second take a deep breath, let it go. So, since we are going to help mom today we are going to process that part of trauma. So just we can invite Louise, and dad, they can be in their attachment room, their attachment circles, everybody's safe.

12:41

Ken

So, everybody is safe in their circles and then now we can invite everybody from the attachment circle to support the eight-year-old including your secure self and your current self. she's just also in the secure attachment room, she has everything that she needs, she's got you, she's got secure self.

13:19

Ken

And then now, let's invite mom's secure self and everybody in her circle to support her. How can they support this mom, who is completely silent and when that situation happens.

13:41

Ken

How was that for her secure self to see her just being silent doing nothing when her kids are yelled, shamed. How does secure self or how does her secure self take care of her?

14:17

Julie

Well, the secure self, her secure self is telling her that, that she's going to be okay. She's letting my mom know that she's going to be okay.

14:39

Julie

And she's letting my mom know that, me and my sister will be okay. And my mum, I see her she's, she's really afraid to say anything, I, I see her, I see, I can understand her I can it's like, I

15:13

Julie

I mean, I, I can see a little different than that before I thought she didn't care, I thought she, she just was cold, she didn't care, but I can I see now that, that she was she was afraid too. She was afraid.

15:37

Ken

She, she's very scared, absolutely, she's very scared. So, let's invite, invite everybody from her attachment circle. It could be ancestors, loved ones, nurturing one's, culture identity related elements, it could be language related elements. It could be pets, animals, her secure self, her current self. And what are the things and who are the figures that you want to see? In her secret attachment circle. Let's just invite all of them to help this mom who is terrified.

16:23

Julie

Well, I know, I know, I, I mean, I watched her. I watched her, I watched her, I know that she was, she was scared, and she felt all alone. She felt all alone. She, she was alone. She was alone. She had no one. She had no one. She didn't think she had anyone. So, she felt all alone.

16:59

Julie

But I guess if I could

17:02

Julie

If I can, you know I think about her mum. She's got her secure self there. I think about her. Like, I, my Baba her mum.

17:16

Julie

Coming because as hard as it was, her mum wanted to be there for her too. Like, they were also very scared. There were, there was violence in both those families it was, they were so scared so, so by, I was thinking about them too. The mom has her secure self there, so she can help my mom.

17:42

Julie

And my, like Baba is there. My Baba has her secure self. So, her secure self can now be there for my mom.

17:54

Ken

Absolutely. So if that's who mom wants to invite to her attachment circle, we just, let's, let's invite them. And maybe they can even do that attachment reassurances.

18:08

Julie

While there's somebody else there, there's your neighbor, she had a neighbor who, who always who's like really close and the neighbor always knew when dad was really upset and been yelling, mom was in trouble so the neighbor would come to visit. Mom never told her the truth. But I guess the neighbor really did know too. So she'd be there too because my mom trusted her enough too, to let her through the door. My mom trusted her enough to let her through door so, she would be there.

18:50

Julie

She would be there telling my mother that she saw her that she knew what was happening and that she was there to help her that she wasn't all alone.

19:02

Ken

Absolutely just notice that. Just notice that. You and the eight-year-old and your secure self just watching that movie from secure attachment room. And you're just watching.

19:20

Julie

And my mom. She had a dog that she really loved we, most of the dogs we had were outside dogs, but she finally had a dog that lived in the house and that dog was her companion. So, I can see the dog being there for her as well. Like I can see the dog. I can't remember the dog's name, god we had so many dogs when I was growing up, I can't remember the dog's name. But I knew what the dog would be there. Sitting beside my mom. And letting her know she wasn't alone. And I know she's in the kitchen because it was my mom when she got when she was stressed, she always cooked. She always cooked, she made chocolate chip cookies or she'd make perogies or what matzah ball she was, you know she was between two traditions she had the Polish tradition and the Jewish tradition and so she, she used food and cooking. There was a way that she I see now that helped to settle her but it was also

20:44

Julie

oh my gosh, that was she used that to try to help us too. So, so even though she was in the kitchen and it thought she was doing nothing she was already cooking and preparing so that she would have something for us to eat after. To let us know that she did see us, she did love and she just knew she couldn't say anything because it wasn't safe to say anything.

21:18

Ken

It wasn't safe for her either to say anything. So, just notice, Dad's in his secure attachment room. Louise is in her secure attachment room. Mom is in her cure attachment room. They all have their secure attachment circles. Now, Mom has an opportunity. She can have a conversation do anything that she wants to do for her kids. Just for a second, just imagine mom and her secure self are having a conversation with those children who are terrified. What would her secure self say or do for the kids? What would mom's secure self do for mom and go with that.

22:06

Julie

Can you say that again please.

22:08

Ken

What would mom's secure self do for mom in that situation and for the kids that mom couldn't do. All her support system, all her resources, what attachment circles, what they would do for the kids and mom couldn't do at that very moment. So, we invite Mom to watch it, and her secure self can do that on her behalf.

22:34

Julie

Oh, mom's secure self, I see her

22:47

Julie

The kids have stopped, the kids have stopped crying. Dad is, dad has gone back to his office. And she, she opens the door and she goes into the room. And she tells me and Louise that she sees us that she's there for us that we're not alone.

23:25

Julie

that she will keep us safe that she will keep us safe that we'll be okay. That she loves us. And she when she's able to tell us she's able, she's able to tell us that.

23:49

Julie

Mom was scared and she couldn't say anything because she was afraid that if she said something, it would make it worse. Because mom knew that once dad got upset that even if you tried to calm him down and just made it worse. There was no calming him down. And she knew that if she said anything that it would take a while longer and longer so, so she's helping us to see that

24:27

Julie

That mom would have really wanted to jump in and come and rescue us, but she knew she couldn't because she would just make it worse. And so, I had to have an inner strength that I didn't even know she had to be able to be silent. So, there was something about her being silent that was strong, but I didn't know that she was being strong. To me, she was abandoning us, but she didn't abandon us. She did what she knew would be best, just to make the incident not last so long.

25:06

Ken

So, mom is protecting children's by being silent because she cannot fight with, with the father. And how was that for mom to hear that and her secure self to be there to help her. How's that for the kids to see that as she was as scared as just the kids were. And her secure self is there to support her, she has her own attachment circle. The eight-year-old doesn't have to worry about mom anymore.

25:46

Julie

Well, it feels, it feels so good to know that she's got someone to look after her. She always had

26:00

Julie

Even our neighbor was there for her. And to be able to see now how, I remember, I remember, I remember. They always met the kitchen table was where they always met. Who I remember watching. I remember being I was listening. I was watching, and they, mom and dad had a big fight and the neighbor would come over the next day and mom never told her the truth I was so angry with mum. Why didn't she tell her the truth? What did she tell her the truth, but she couldn't because she, she, she was being the good wife. She had to be loyal to her husband. Now I see that the neighbor knew.

26:53

Julie

My mom didn't have to say anything, the neighbor knew.

26:56

Ken

So how was that, how was that for you to see that? How was that for the eight-year-old to see that, and for your secure self to see that? Somebody had Mom's back when dad couldn't. Also mom has her secure self.

27:29

Julie

Whoa, so let's just be able to see that she wasn't alone that she did have support that I guess that she was stronger than I realized.

27:50

And it's a, now it's sort of like

27:53

Julie

Whoa, I see her. I see, oh, I see her, I see her. I see my mom now. Seeing herself in a new way. It's like, it's like

28:16

Julie

With the secure self there. Talking, telling her that she did the right thing. Because the secure self is telling her that she did the right thing in being silent because she was being wise in being silent and so that she can see know that maybe she wasn't that bad mother that she thought she was, and she was actually a good mother who was wise who knew how to protect her children.

28:48

Ken

Yeah. And how was that for mom and her secure self to see that you and the eight-year-old can acknowledge that? Mom's silence wasn't about abandonment is about protecting the kids.

29:03

Julie

Woah, it's like

29:15

Julie

It's like

29:27

Julie

It's sort of having to go from being angry and judging her to understanding her, and being grateful that she did what you did. Being grateful because, because in my reality, you know, I, I remember that incident, he was so angry, he was so angry. I mean, he was so angry. That, you know, he really, if she had pushed him, he could have really hurt us. If she had pushed him, he could have hurt us as opposed to just yelling at us, and sending us to our room, if she had pushed him and, and told him to be quiet, if she had pushed him he would have, we could have gotten hurt and she would have gotten hurt so, so she so even for me, the eight year old to understand that and to see my mother now, in that situation, whoa, being able, being able to see herself differently, to realize that she, even though she didn't know it, I guess she was so afraid. She, she was so scared, she did nothing. But I guess in in that situation that was the right thing to do was to do nothing. So, so even, even. So, it's, it's weird, it's like, even

31:37

Julie (cont'd)

Her being scared, and her not doing anything. The being so scared, was it, it's, I don't know how to put it. It's like, it's like, being scared. Her being so scared, paralyzed her. So, she did the right thing. So that was the, the gift and being so scared. You know, I don't know if that explaining it. But it's seeing. So, it's they're seeing again, I think what I would have appreciated, I'm understanding, is that

32:29

Julie (cont'd)

The goal was to survive, the goal was to stay alive. And so being so afraid. The response to that, when my mum said nothing, was the right thing to do to keep us alive. As opposed to being a sign that she was weak. It was, it was the right thing to do to keep us alive.

32:55

Ken

Because no one was safe at that very moment. Dad is so angry, and he could hurt anyone. So that's kind of what my mom is kind of focusing on things from her own secure circle, making food and all of that right but the kid doesn't know that. So, as you look at as a 60-year-old person, and your secure self is with you and the eight-year-old from that attachment room. How was that for the eight-year-old to see that? Mom's secure self guided mom, helped mom differently.

33:33

Julie

Whoa, whoa, you should see the eight-year-olds eyes. They're just big. It's like, it's like, whoa. It's like it's like it's like, it's I can just see the anger that she felt disappearing. And to realize she started to realize she was never abandoned. She was starting to realize she was never abandoned. That her mom was doing what was the right thing to keep everybody alive.

34:17

Ken

Yeah, and what would mom's secure self and mom want to say what would they say and what do they want to say to this eight-year-old and to you and your secure self while they were surviving, this eight-year-old she made a decision that she was going to compensate, right? She was going to take care of Louise, and your mother. How was that for mom to see that this eight-year-old, she understand the dynamic and she made an agreement that she has to be the mother because she thought her mother abandoned.

34:54

Julie

Well, not only did her mother abandoned her, but her mother didn't know how to mother. That's what she thought she thought her mother didn't know how to mother. So, then I had I, the eight year old had to mother everybody, because my mother didn't know how to be a mother. And so, so

35:13

Ken

Now mom knows about what this you want to say to the eight-year-old, to you, as a 60- year old woman, and to your secure self, and for maybe not being able to communicate, not even knowing that you were as a kid, you were making those agreements, because her secure self was saying that you need to keep your kids alive. And she thought she was protecting them by being silent. How was that for her to see that there is that gap in perception? What does she want to say to the eight-year-old, what does she want to say to you, and to your secure self, for that eight-year-old for all those years thinking that she has to mother everyone, she has to compensate, and that her mother knew nothing about mothering. She was just somebody who abandoned her children to this angry, upsetting man.

36:14

Julie

She wants to, she wants to she wants to tell the eight-year-old that she's

36:29

Julie

she's sorry. That she didn't see and understand what was happening to her as the eight-year-old. She was feeling a part of her was feeling like she had abandoned us. Because she didn't even understand how important it was for her to be silent, to protect us. So. So she was caught to that same belief that a good mother would protect her children. But the good mother, her, that she protected just by being silent. And so, I guess what she's what she's aware of, and what her secure self is telling the eight-year-old and me the 60y- ear old is that

37:45

Julie

is that we, we didn't have to mother her. We didn't have to compensate. We didn't have to. Oh, my goodness, we didn't. We didn't. We didn't have to look after everybody. We looked after everybody to so that they wouldn't have to be feel abandoned. And we would look after them. So what they're saying is that

38:20

Julie

They understand. They understand. They can understand and see why we did that because that's what we believed; we believed, that mom was week so we had to look after her. But now they're showing my eight-year-old and me that

38:51

Julie (cont'd)

We don't have to look after anybody anymore. We don't have to be the mother to them that we thought they didn't have because they, they always had their mother. And that even though the mother didn't look like she was doing what was we expected her to do was still the right thing. So there's there's something about so that, that in that situation as the eight year old to know that I didn't have to mother my mother. I didn't have to mother Louise, I mean, I didn't have to mother my father I could let them all be looked after by their secure selves and their attachment circles. But, but I think it's now bringing me to today. It's bringing me to, to the situation when I was, when I went out for dinner with those people where

39:57

Julie (cont'd)

where I could see the challenges they were facing, I could see the conflict. I could see this one getting angry, and this would say nothing. And I could feel I wanted to rush in and help. Now I understand what I was driven to do that because my eight-year-old really felt that's what we were supposed to do. And I didn't know what different and so. So just to be able to see that and to be able, I remember sitting there

at that meal, watching. And I remember just sort of being aware within myself that I could see what was happening. And

40:54

Julie (cont'd)

And, and being able to just be quiet and know that I didn't have to say anything. I didn't have to rescue because somehow, somehow what was happening was the way it was meant to happen, but that everybody was safe, even though it didn't look safe. Does that, does that make sense?

41:17

Ken

That makes a lot of sense. As you kind of describe that my mind kind of goes to the eight-year-old has that agreement, right. Mom is not stepping up, she's abandoning us that's why I need to step in to be a mother to Louise, right. And now she notices that that's what's different. Mom didn't step into that situation because she didn't know if it will be safer for the kids.

41:46

Julie

And so, then as I, so, so is that so I guess I have a question then.

41:58

Julie

So, so was it my mom's secure self that somehow communicated to my mom without her knowing to be silent because how did she know, there was something inside my mom, something inside, my mom knew, my mom knew in some level, that, that was what she had to do. Was to be silent that was, so, so something within my mother, knew to be silent. So, in some ways, my mother, my mother somehow was trusting herself in ways that I didn't even know existed at the time.

43:04

Ken

Absolutely, absolutely. So, let's, let's invite mom, to, now she knows how the eight-year-old felt. Just see if mom, and her secure self, and the people in her secure attachment circle, have other things to offer the eight-year-old. Who has been since then, compensating because she felt, she was genuinely abandoned by her mom in the situation. So, mom knows that what would mom want to say in which way would mom want to reassure her?

43:40

Ken (cont'd)

What was, mom would want to share with her for everything that she has gone through. How does my mother take care of eight-year-old now when she knows her eight-year-old have been feeling

43:54

Julie

Oh, well she wants to, she wants to tell the eight-year-old that she sees her now in a new way that she understands

44:19

Julie (cont'd)

how she saw the situation. She understands that the eight-year-old was really scared and felt she'd been abandoned. So, her and she thought her mother needed help too because she watched dad be mean to mom so, so the eight-year-old thought she had to rescue all of them and look after all of them. So, so my mother's telling her that it's okay now, that she doesn't need to be rescued or she doesn't need to be looked after.

45:18

Julie

that she is stronger than my eight-year-old could you ever imagine

45:29

Julie

and so, she's telling my eight year old that she doesn't need to do that anymore that she doesn't need to look after the others or rescue the others or try to give them what she didn't have because it wasn't what it seemed to be, it wasn't what it seemed to be.

46:03

Ken

Yeah, and how was that for the eight-year-old to see that even at that very moment when she thought that she didn't have the support or protection of mum and she has been trained to do that for everyone else instead. Mum actually did protect her by being silent.

46:26

Julie

so now, oh my goodness, so now

46:39

Julie

so now she sees that if, if my, if my mum knew what to do with that situation to be safe and to protect us that even

47:03

Julie

even my sister, Louise, even my sister, Louise, oh my goodness, even my sister Louise is able to do that for herself as well. So maybe when, when Louise would, would be silent or when she would act out that, that's what she knew she had to do to be safe and so that I didn't need to go rescue her or look after her because something inside of her also knows how to keep her safe and knows the right thing to do in any given situation.

48:05

Julie

And so whether it's my sister Louise or it's my friends who I have always spent my life trying to look after, and rescued them, and I can let them, I could let them, I can trust that they will, that they know inside themselves what's the best thing for them to do. And as, so in the same way that the eight year old interpreted the situation with my mother and she was weak, I as a 60 year old I'm still using that same filter that the eight year old used when I look at others it's supposed to understand and could see that the two have their secure self and their inherent wisdom to know the right thing to do in any given situation

49:13

Ken

Absolutely, absolutely, and mom just did that right, in that situation she needed to do that.

49:21

Julie

And, so,

49:25

Julie

so, the eight year old, and now me the 60-year-old

49:35

Julie

Can finally see that we don't need to do that anymore. We never did have to do it.

49:42

Ken

And how was that for mom to see that you are finally understanding what happened and your secure self have your back when she's not around. How was that for her to see that you're finally understand that sometimes, things are not the way that they seem to be.

50:06

Julie

Oh, well, as I watch, I can see my mother is relieved. She's relieved because, because, because, she didn't really understand it then either, but she can see it now. She can understand it and so she's relieved to know that my eight-year-old me now the 60 year old, you're going to laugh, get the memo, we get the memo, we get the memo that everything's okay that mom is okay. That our friends are okay, our children will be okay because they too, have that inherent wisdom and their secure self with them. So that they're never abandoned. Cause, I think that's what I, I became very much aware on this trip that my secure self never left me. I was the one who thought they'd left. I turned away. I had got scared and ran away. But they were always there. They were always there. Just waiting for me to say, just waiting for me to turn around and see that they were there. That they never abandoned me that they're always there holding me and supporting me and have my back.

51:49

Ken

Just like mom's secure self, did for mom. And now mom understand that all those years. And there is that interpretation and agreement that's been causing a lot of stress in your life. and how's that finally mom sees that.

52:17

Julie

I can just see her relaxing, she's almost, interesting. There's just this, just the sigh of relief and then, there's almost it's almost a hint of a smile. It's really kind of weird. It's almost like it's almost like she can relax and know that everything's going to be okay. So, there's this, so there's this, I can sense there's these tears of relief that I finally understand. And I finally see so that.

53:07

Julie

Woah, because as a mother you always want to protect what's best for your children, and

53:22

Julie

And it's making me now the 60-year-old to realize that in my own life with my own children that that situation have played itself out as well where I would have done things that they wouldn't have understood

53:40

Ken

Absolutely, absolutely. With your four children I'm sure that they didn't understand when you did things.

53:49

Julie

But I guess, it makes me realize that at some point there is a, there is the possibility if they're willing to see different that they could too understand, that they could also see the situation from another perspective and to not be angry at me the way I was angry at my mother

54:17

Ken

Absolutely, absolutely, there are so many dimensions to it. Yeah. So just allow the eight-year-old to be comforted and reassured. Just check in if there's anything she needed to hear from her mom, mom and secure self and all, and everyone in mom's circle they can reassure the kid, they can reassure mom, they can reassure the eight-year-old.

54:45

Julie

Well, the eight-year-old she needs to know that she was just being an eight year old, and, that it was okay when she did it. She was just an innocent eight-year-old who

54:57

Ken

Yes, just allow mom to reassure her. Acknowledge that she was just an eight-year-old it wasn't her intention to get herself or Louise or mommy to trouble, she was just a curious eight-year-old who just wanted to buy candies that's just it. Allow mom, mom's secure self, everyone to reassure to comfort.

55:33

Julie

So, she wasn't bad, she was just a normal curious eight-year-old. Who wanted candies and she wanted to have some fun with her sister.

55:50

Julie

and have treat, cause we didn't get a lot of treats. It was a way of having fun and treating Louise. Cause it looked like they had extra money.

56:08

Ken

Absolutely, absolutely. So allow mom to comfort her, reassure her, provide her everything that she needed, and then we can invite mom and everybody in her secure attachment circle to be with her in her own secure circle. And the eight-year-old could be with you, with your secure self in you own attachment circle. Dad is in his, and Louise is in hers, everybody is securing their own circle\

56:48

Julie

So, everybody's safe, everybody's safe and knows that they're seen and loved and they're held, they don't need to be afraid anymore, they're not alone.

57:08

Julie

Well, I think it's just, nobody's alone, nobody's alone, nobody's going to be abandoned. And everybody, woah, and everybody can, it's funny, because now everybody can stay home and be with themselves without having to go and rescue them, like, after everybody else, that everybody gets to stay home and be with themselves.

57:44

Ken

Absolutely, absolutely.

57:55

Julie

So it's kind of, so as my eight year old has given permission to stay home and be held by my secure self, it gives me the 60 year old permission

58:19

Julie

to not have to go and rescue anybody anymore and look after anybody.

58:35

Ken

Mom gives you permission to not compensate.

58:40

Julie

Yes, because I didn't have to compensate to begin with, but I didn't know that. But now I know it , I know, I know it, I understand it, I see it different and now

59:02

Julie

And I know I can trust my own inherent wisdom my own knowing and as I trust my own knowing way of wisdom. That it is I'm it's a challenge but then I'm challenged to know that the others have their own inherent wisdom in their own way of knowing their own secure self so I can release them to themselves helps. Holy Toledo.

59:41

Ken

And what are the, and what are the new agreements that the eighty-year-old what to make with her mom. Because we have all those old agreements, about mom, about women.

1:00:00

Ken

What kind of agreements does she want to make with her mom and herself?

1:00:21

Julie

I think the first one is that

1:00:30

Julie

The first agreement to herself is that she will trust herself, she will trust herself in any given situation, to trust that she knows within herself, the right thing to do in a given situation, and just to, to trust. To trust that she will know when to be silent, and that there's the strength comes from being true to herself and doing what she knows. So that that she can be strong. That, that being strong, can mean being silent. It can mean looking like you're weak. But there's a wisdom in that moment why my mum chosen way I will chose to. So, it's, it's saying that that the agreement with my mother is to know that she's a strong

woman, that she can look after herself, that she will know that she knows what to do in any given situation. And that I can trust my mother to look after herself. And so then then as the eight-year-old, it's I can go, I can it's even hard to say it, I can trust myself to look after myself that, that if I can choose to stay home, and not abandon myself. Because whenever I went out to rescue the other, I abandoned myself, because I looked after them, as opposed to looking after myself.

1:02:43

Ken

That's kind of becomes part of the new agreement, I don't abandon myself to take care of others. That's a big one.

1:02:52

Julie

Oh, I, I don't abandon myself to look after the others. And, and then the next part is that I look after myself. So that if my body says I'm tired, I rest, as opposed to saying sorry body, I have to go rescue somebody, so I can't look after me, I have to look after them. So it's, it's having to look after me. And really listening to what my body is telling me. And, and sort of like, whoa, you know, my body was the one, my body was the one who said, I am not going to let you walk until you do this. So, the wisdom of my body to stop me in my tracks. Is, I'm now seeing that. And I think that's when I started to become aware about the trip was that

1:03:57

Julie

I have a choice.

1:03:59

Julie

My body will whisper, and I will listen. And they'll say oh, okay, you're a little tired. Okay, we're going to go take a rest now. Or my body was first. So, too bad. You know what? You just say : You are being a wimp, and I keep doing what I'm doing. And then my body gets more pain and then before you know it, my body not whispering, it's yelling at me. And then my body gets to the point where it's just, that's it I'm stopping you in your tracks. And so, I don't have to do that anymore. I can listen to the whispers of my body. I can allow myself to feel the things that I didn't allow myself to feel before because I was too afraid. Because now I can feel them. Because now I can go to my attachment circle, and my secure self, and everybody's there, supporting me in feeling when I was too afraid to feel before whether it's a feeling, and I guess, in the body is how the body feels, but I also

1:05:28

Julie

there's something else, there's another, there's something else in that there's an inherent understanding. So that even if I get angry, and pissed off at something, that I won't be judged by my secure self, because that part knows, understands why I'm coming from that place. So it's an acceptance of. So then. So then because sometimes, you know, the anxiety or the feelings of you feel anxious and scared, it's one thing. And it's a little more subtle. But sometimes I get angry so fast. And

to be able to say, It's okay. It's okay. Because there, there was something. And I may not understand it. But there was something inherently there was something inherently right about me getting angry. Because, you know, you know, in my generation, boys don't cry, and girls don't get angry. So, you're not allowed to get angry and sometimes the right response is to get angry at so to be able to know that even the anger has a place of wisdom. But it doesn't mean that I get angry and kill someone. It means I get angry. And I could say, whoa, stop and say, hey anger, what are you angry about? What's, what's really happening here?

1:07:15

Ken

Absolutely. So, it's kind of not taking it on other people, like dad did in the incident before. And that's also part of the learning. I can allow myself to be angry. But I don't have to be hurtful. I don't have to take that on other people.

1:07:30

Julie

And I don't have to be, do what my dad did.

1:07:33

Ken

I don't have to do what my dad did.

1:07:37

Julie

Yes, yes. because I think that's the, that's the fear is that, is that, the anger that if I allow myself to feel angry, I would take it over the edge and become like my dad.

1:07:53

Ken

So, kind of part of the new agreement is that, it's okay to have emotions, to feel them. We don't have to deny emotions. I don't have to deny emotions. But also, I don't have to use them the way that dad used them.

1:08:07

Julie

Yes.

1:08:11

Ken

So how was that for you to discover that was new agreements coming into play.

1:08:16

Woah, well, what it means, is that I don't, what it means is I don't have to live my life the same way I've done there. I don't have to live my life that way anymore. Like I've always done I can, I can now I can stop, breathe, assess and do it different.

1:08:39

Ken

Absolutely, and you don't have to live the same way you used live and everybody's in their secure attachments circle, and their secure attachment room.

1:08:51

Julie

And I guess I've realized that too, that that I look back and see how long it took me to get to this place to be willing to do the work that I'm doing with you that I need to not judge the others in their journey. And trust that their journey will unfold. When when it's the right time for them. They will be ready. But you know, people have to be ready. And for me it took my hip that wouldn't move at all to know, I guess, I, I know myself well enough, enough. Till I hit a wall. I'll just keep but it's when you hit the wall. You have a choice.

1:09:38

Ken

Absolutely, and, everybody's journey looks different. What's important to be to be kind, be compassionate. To remember that we have a choice to remember that safety and trust is important and being able to look at life from a lens that we can feel all of that. We have choice, we are safe. And we can trust ourselves. And we are connected with ourselves as well as we are connected with other people and not responding in only survival place and relational survival states as opposed to responding, from a loving, caring place and also taking care of ourselves. So, a lot of discoveries.

1:10:27

Julie

Lots of discoveries, whoa.

1:10:35

Ken

So now when you look back at that incidents, so for the eight year old so when we start activation is very high, it was very high when we started processing from zero to 10, how active is it?

1:10:57

Julie

Whoa

1:11:07

I have to search for it, because it doesn't feel like there's any activation, like come on where is the activation, like pick up on where's the activation come one. Shouldn't be something there. And it's like, it's like, it's like, it's different. It's like, there's almost this a peacefulness of understanding, you know, a

peaceful understanding of the situation from all of those perspectives. That made me see it with different eyes. And, and I guess, there's a tiny because it's the sense of a deep sense of compassion for my eight-year-old for my sister Louise, for my dad, for my mom. So there's a sense of compassion for all of them. Because there was so much misunderstanding. And, and, and I guess the other the other, the other piece is to, is to understand that, this, if there's just this, it's, it's a bigger piece than just me, and Louise, my mum and dad, it's a generational peace, It's my mum and dad were born into a family. And that was sort of comes down to generations and, and to be able to, and I think that was were being at the wedding. When you hear all these stories, you realizing, Whoa, it's like, history keeps repeating itself, until somebody finally says we're just a minute. Maybe that isn't what it seemed to be.

1:12:41

Ken

Absolutely, absolutely. That's important, right? Looking at, looking at, from that holistic perspective, in a systemic perspective, and seeing that there is connections and there is repetitions. And there is family of origin patterns, and all of that coming back to ourselves and connecting with our secure self.

1:13:03

Julie

Well, and also, I have this sense. I have this sense, as I've done this work and release that, that it, that it, as I release that I'm releasing my children and my grandchildren at the same time again, I can't explain it, but it's, it's interesting, because I have noticed that as I've done this work that my relationship with my children, all of them are shifting, without us really having done anything other than me shifting on the inside, you know, like it's like, whoa, so you know, it really does live within me

1:13:50

Ken

It's amazing eh, they're not with us physically in the sessions, both of them. How we interact with them is so different, it's changing.

1:14:01

Julie

Yes, yes. And, and to be able to see that as I learned to see myself and my mother in those situations, with compassion understanding, it's now easier for me, just like though, just like when I watched that dinner, it's like I can see their reactions, it's like, it's like understanding and realizing that they will find their way and I can just love them and feel love and compassion towards them and hold the space for them that's loving without having to do anything or rescue or say anything

1:14:36

Ken

Absolutely, absolutely. So, processing feels very complete.

1:14:46

Julie

Well, it funny, you're going to laugh at this, but it's called family therapy without having the entire family in the room in a physical sense but yet energetic, or even just essence, like just, just that I can't put the word to it, but

1:15:05

Julie

they're here without them being here.

1:15:09

So that's why its systemic, right, including them, but also having when you look at the incident now, so you describe that it feels peaceful and a lot of compassion. It's not trauma anymore.

1:15:22

Ken

No, and that's huge.

1:15:25

Julie

Yes, and I think, and I think, and I think but I also know that because I was so scared, I now can appreciate being peaceful in a new way that I understand what it is to have peaceful understanding. Because I've had the exact opposite before. So, it's, it's the experience itself, has given me the awareness of another way of being, that allows me to balance over, to see that as an eight-year-old, felt horrible, but yet the experience itself has helped me to grow in a way that I could never have anticipated.

1:16:18

Ken

Absolutely, absolutely. Thank you for sharing.

1:16:22

Julie

Thank you.

1:16:24

Ken

So we are going to leave there for today. And next time we're going to look at the inventory that we had when we were kind of like creating the incidents. We're going to look at how the other incident has changed.

1:16:38

Julie

Oh well, wouldn't that be interesting? All right, well, I'm looking forward to that now.

1:16:45

Ken

Okay, when this fundamental piece is taken care of, I'm not sure if lots of stuff that's on that list, if they are still active the way that it used to be. Next time we're going to look into that.

1:17:00

Julie

Okay, I look forward to that. Okay,

1:17:03

Ken

So you have a great week, and then we will continue next week.

1:17:07

Julie

Okay.

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