

# CHILDHOOD WOUNDS AND ADULT CHALLENGES

DR SUSAN KRIEGLER

## LOVE

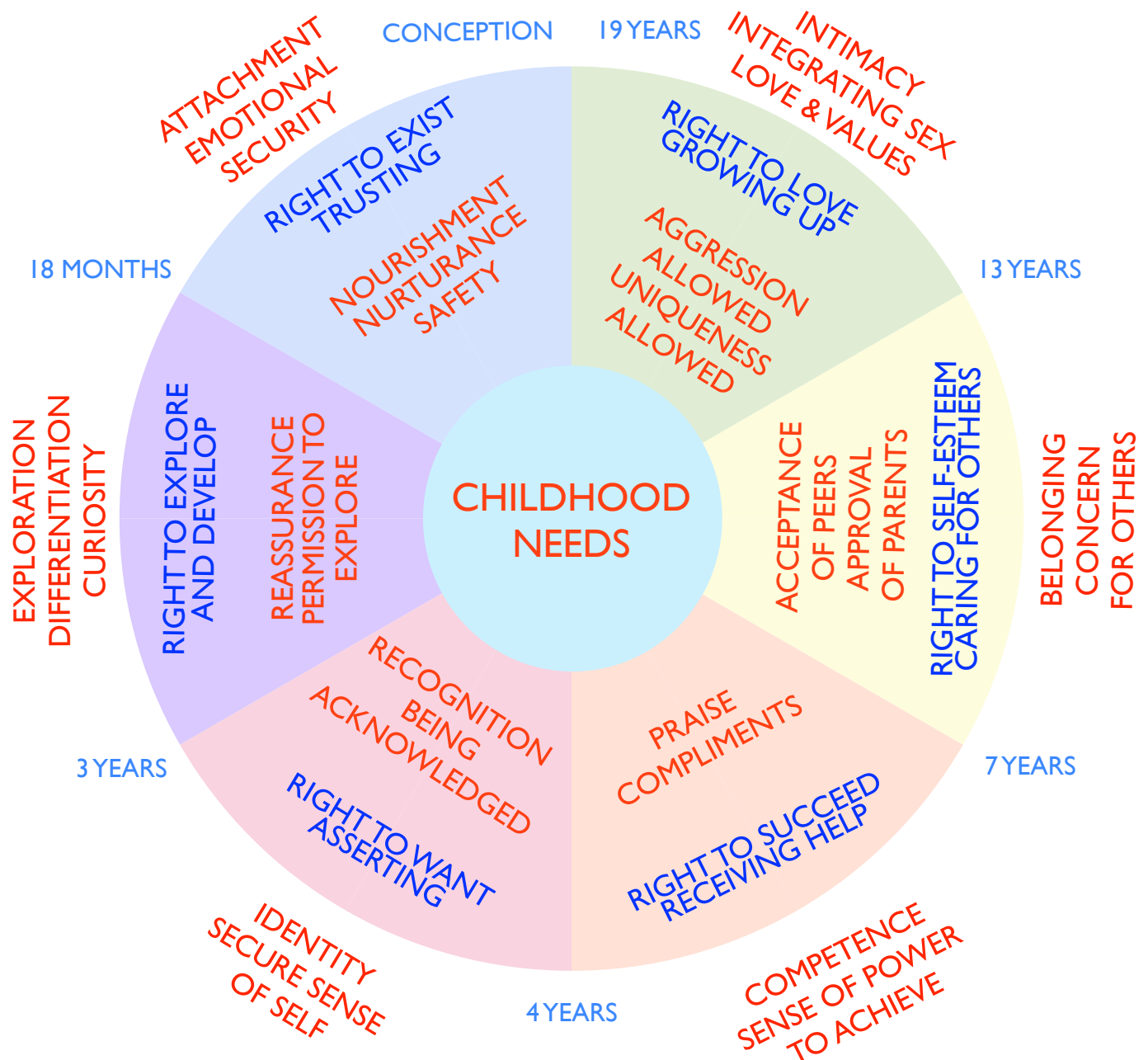
FOR EVEN AS LOVE CROWNS YOU SO SHALL HE CRUCIFY YOU  
EVEN AS HE IS FOR YOUR GROWTH SO IS HE FOR YOUR PRUNING  
EVEN AS HE ASCENDS TO YOUR HEIGHT AND CARESSES  
YOUR TENDEREST BRANCHES THAT QUIVER IN THE SUN  
SO SHALL HE DESCEND TO YOUR ROOTS AND SHAKE THEM  
IN THEIR CLINGING TO THE EARTH

KAHLIL GIBRAN



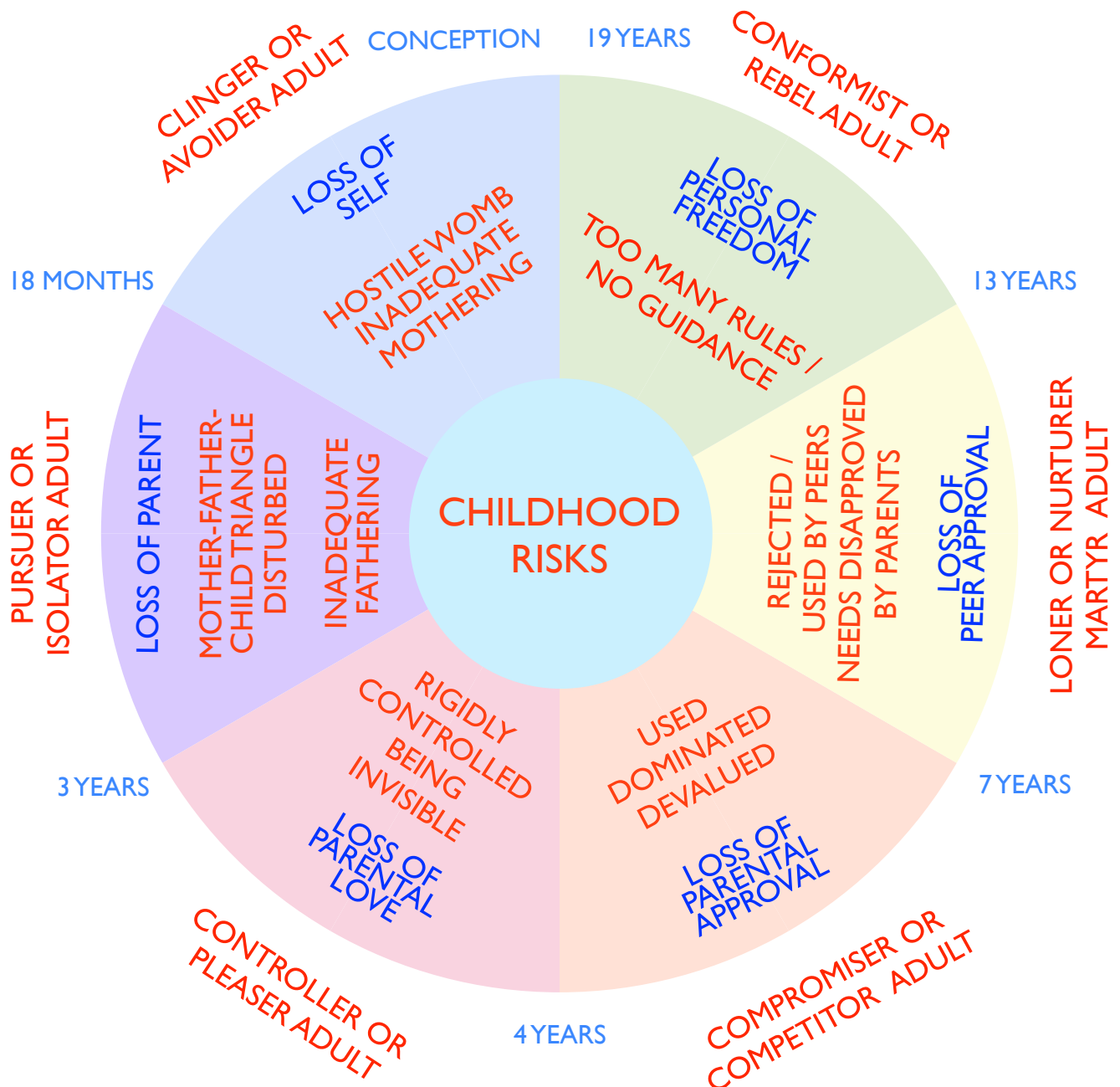
AND ALL YOU WANTED  
WAS JUST TO BE HAPPY!

WHY IS IT SO DIFFICULT TO KEEP THE LOVE YOU FIND  
 AFTER THE HONEYMOON?  
 EVEN IF YOU STARTED OUT WITH STARS IN YOUR EYES  
 AND THE BEST INTENTIONS?  
 WHILE WE ARE GROWING UP WE HAVE  
 CERTAIN NEEDS



BECAUSE SINCE THE FALL OF MAN  
 WE ARE ALL RAISED BY IMPERFECT HUMAN BEINGS  
 NONE OF US HAVE ALL OUR NEEDS PERFECTLY MET

# AND SO WE ARE ALL WOUNDED TO SOME DEGREE



WHAT DOES THIS HAVE TO DO WITH YOUR ADULT RELATIONSHIPS?  
BELIEVE IT OR NOT:

**90%!!!**

ONLY 10% OF YOUR ADULT RELATIONSHIP ISSUES  
HAVE TO DO WITH YOUR PARTNER  
THIS MEANS IF WE CHANGE PARTNERS  
WE KEEP 90% OF THE PROBLEM

THIS IS BECAUSE WE DO WHAT A LITTLE ZEBRA DOES  
IT TAKES A "SNAPSHOT" OF ITS MOTHERS STRIPES AND SMELL  
SO THAT IT WILL FIND HER IN A HERD OF HUNDREDS  
WE FORM A COMPOSITE PICTURE BY BUILDING UP  
LITTLE SNAPSHOTS OF INTERACTIONS THROUGHOUT  
OUR CHILDHOOD

THIS IS HOW OUR IMAGO IS FORMED  
IT IS OUR UNCONSCIOUS IMAGE OF WHAT LOVE IS  
INCLUDING BOTH POSITIVE AND NEGATIVE ELEMENTS

WHEN WE GROW UP UNCONSCIOUSLY WE SEARCH FOR SOMEONE  
WHO MATCHES OUR PICTURE OF "FAMILIAR LOVE"

FALLING IN LOVE IS THE RUSH OF EMOTIONS WE EXPERIENCE  
WHEN WE FIND SOMEONE WHO MATCHES OUR IMAGO

THIS IS HOW AN UNHAPPY MARRIAGE IS PASSED ON  
FROM ONE GENERATION TO THE NEXT

BECAUSE OUR IMAGO MAY BE SERIOUSLY SCREWED UP  
WE MAY END UP BEING SCREWED BY SOME  
SERIOUSLY STRANGE BEDFELLOWS

FOR BETTER OR FOR WORSE  
THE SECRET LAW OF ATTRACTIONS IS THAT OUR CHEMISTRY  
ATTRACTS US TO A PERSON WHO FITS OUR IMAGO



SO OUR ADULT RELATIONSHIPS USUALLY  
REPEAT OUR CHILDHOOD WOUNDS  
LIKE BEING REJECTED BETRAYED ABANDONED NEGLECTED CRITICIZED  
CONTROLLED OR SMOTHERED  
THIS IS BECAUSE PART OF WHAT ATTRACTED US TO OUR PRESENT PARTNER IS  
THAT UNCONSCIOUSLY THEY REMINDED US  
IN SOME WAY OF OUR PARENTS

THAT EXPLAINS WHY YOU CANT STAND YOUR MOTHER IN LAW  
ITS BECAUSE SHE REPRESENTS THOSE TRAITS  
THAT YOU DENY IN YOURSELF  
AND THAT ATTRACTED YOUR PARTNER TO YOU  
IN THE FIRST PLACE

HERE IS ANOTHER SECRET YOU NEED TO DISCOVER:  
**YOUR GOLDEN SHADOW**  
 IS A REFLECTION COMPOSED OF THE POSITIVE TRAITS IN YOUR  
 PARTNER THAT ENCHANTED YOU WHEN YOU FELL IN LOVE  
 THESE TRAITS END UP BEING WHAT IRRITATE YOU MOST  
 WHEN YOU FALL OUT OF LOVE  
 IN ORDER TO BECOME A WHOLE AND BALANCED HUMAN BEING YOU  
 NEED TO RECOGNIZE THOSE POSITIVE TRAITS IN YOURSELF



THE DARKEST SECRET OF HEARTBREAK IS THAT  
**YOUR DARK SHADOW**  
 WHICH IS COMPOSED OF THE “NEGATIVE” TRAITS THAT YOU SEE  
 AND REJECT IN YOUR PARTNER ALSO REPRESENT THOSE  
 “NEGATIVE” TRAITS THAT YOU DENY AND REJECT IN YOURSELF  
 LIKEWISE THESE ARE EXACTLY THE DISOWNED TRAITS THAT YOU NEED TO  
 RECOGNIZE AND EMBRACE IN YOURSELF  
 IN ORDER TO BECOME THE BALANCED AND MATURE  
 PERSON YOU CAN BE





# HEARTBREAK LESSONS



## DID YOU KNOW?

EMOTIONAL PAIN SHOWS THAT YOU ARE HOLDING  
A MISTAKEN BELIEF  
THIS MISTAKE CAN ONLY BE CORRECTED BY YOU - BY CHANGING  
YOUR PERSPECTIVE

EVERY HEARTBREAK IS A DARK FRUIT THAT HAS  
ITS ROOT IN CHILDHOOD

ALL HURTS SHOW THAT YOU ARE TRYING TO  
GET OR TAKE SOMETHING  
WHEN YOU ONLY WANT TO GIVE YOU CANNOT BE HURT

YOU CAN ONLY BE UPSET IF SOMEONE BREAKS YOUR RULES  
YOUR RULES ARE DEFENSES AGAINST OLD PAIN AND THEY BEG  
TO BE BROKEN

EVERY INJURY IS PART OF A POWER STRUGGLE  
BEING HURT IS A FORM OF EMOTIONAL BLACKMAIL THAT YOU USE  
TO LAY GUILT ON YOUR PARTNER

HEARTBREAK IS USING YOUR PAIN AS A WEAPON  
BEING HEARTBROKEN IS AN ACT OF REVENGE  
ON THE PERSON INVOLVED  
YOUR UNHAPPINESS IS PERHAPS REVENGE ON YOUR PARENTS  
OR POSSIBLY AN EX-PARTNER

EVERY UPSET WAS PLANNED BY PART OF YOU SUBCONSCIOUS MIND  
YOU CAN ACCESS THAT PART OF YOU MIND TO SEE  
WHAT WAS GOING ON

EACH HEARTBREAK REPRESENTS A MISTAKE AT A SIGNIFICANT  
CROSSROADS OF YOUR LIFE –  
ONE IN WHICH YOU COULD HAVE GONE BEYOND A FEAR AND  
CHOSEN THE NEXT STEP FORWARD INSTEAD

THERE ARE PAY-OFFS IN YOUR HURTS  
THAT REPRESENT A CHOICE FOR YOUR EGOS AGENDA  
RATHER THAN A CHOICE FOR A NEW LEVEL OF LOVE

HEARTBREAK IS OFTEN A FORM OF SELF-PUNISHMENT  
IN AN ATTEMPT TO PAY OFF GUILT

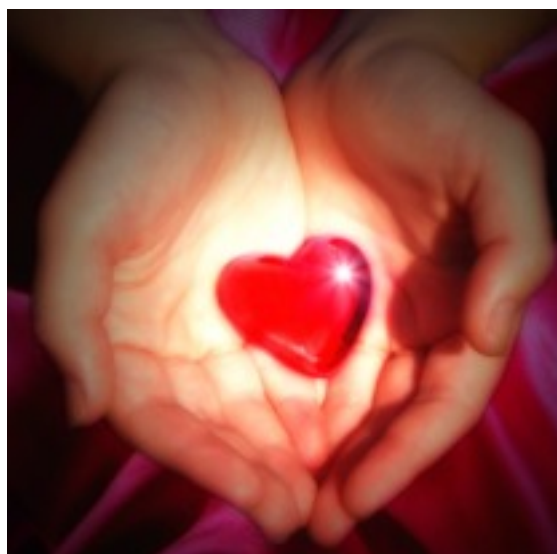
YOU ARE PUNISHING YOURSELF FOR SOME MISTAKEN REASON  
WHILE REFUSING TO LEARN THE LESSON INVOLVED

THE MAGNITUDE OF THE INJURY SHOWS THE SIZE OF THE GIFT  
HIDDEN WITHIN YOU THAT YOU ARE AFRAID OF EXPRESSING  
THIS GIFT STILL AWAITS YOU AND THIS IS THE  
EASIEST WAY TO HEAL THE PAIN

NO RELATIONSHIP ENDS WITHOUT BOTH PEOPLE WANTING IT TO –  
IN SPITE OF WHAT YOUR CONSCIOUS MIND IS TELLING YOU

PAIN REPRESENTS THE FEAR OF THE NEXT CHAPTER IN YOUR LIFE –  
THE SIZE OF THE HEARTBREAK IS HOW BIG THE LEAP IS

THE NUMBER ONE CAUSE OF HEARTBREAK IS THE IMBALANCE OF  
DEPENDENCE/INDEPENDENCE IN LOVE  
THE EASIEST WAY TO HEAL A RELATIONSHIP IS TO COMMIT  
TO BALANCE AND EQUALITY



# THE ART OF LOVE

## GOING BEYOND HEARTBREAK BY AVOIDING THE RECIPES FOR DISASTER:



MANIPULATION  
GIVING TO GET  
CONTROL – IF YOU LOVE ME YOU WILL DO IT MY WAY  
EMOTIONAL BLACKMAIL  
THE WIN/LOSE ATTITUDE  
BETRAYAL  
COMPETITION  
POWER-STRUGGLES  
THE NEED TO BE SPECIAL  
POSSESSIVENESS AND JEALOUSY  
POUTING AND TANTRUMS  
ACTS AND ATTITUDES OF REVENGE  
THREATS AND VIOLENCE  
SELF-ATTACK  
WITHDRAWING  
NOT LISTENING  
SELF-RIGHTEOUSNESS  
“GOTCHA”  
VICTIM PATTERNS  
SACRIFICE AND MARTYRDOM  
OVER-SENSITIVITY  
INDULGENCE  
THE FEAR OF INTIMACY AND COMMITMENT  
AFFAIRS



# THE HEART OF LOVE



HOW TO GO BEYOND FANTASY  
AND FIND RELATIONSHIP FULFILLMENT

HEALING PRINCIPLE:  
I COMMIT TO SEEING MY HURTS  
AS OPPORTUNITIES TO GROW

EVERY INJURY IS AN OPPORTUNITY TO OVERCOME MY  
OWN CHILDHOOD WOUNDS

BY GIVING MYSELF...

THE LOVE I NEED  
TO FEEL GOOD ENOUGH  
THE NURTURANCE I NEED  
TO FEEL EMOTIONALLY SECURE  
THE REASSURANCE I NEED  
TO EXPLORE AND DEVELOP  
THE RECOGNITION I NEED  
TO BE MYSELF  
THE PERMISSION I NEED  
TO LIVE MY DREAMS  
THE PRAISE I NEED  
TO SUCCEED IN LIFE

EVERY INJURY IS AN OPPORTUNITY  
TO RECLAIM MY LOST WHOLENESS  
BY RECOGNIZING AND EMBRACING  
MY DENIED PARTS



WHEN I EMBRACE MY GOLDEN SHADOW I RECLAIM MY  
LOST WHOLENESS AND DISCOVER MY ABILITY  
TO LOVE MYSELF



WHEN I EMBRACE MY DARK SHADOW I ADMIT MY  
HUMANITY AND DISCOVER MY ABILITY  
TO LOVE MY PARTNER AS THEY ARE

EVERY HURT IN MY RELATIONSHIP  
IS AN INVITATION TO HEAL



TO DISCOVER A HIDDEN PART OF MYSELF  
RATHER THAN USING MY PAIN  
TO TRY TO GET SOMETHING BY  
HURTING MY PARTNER

THIS IS A REALLY BIG STEP TOWARDS  
MATURITY AND PEACE

WORDS OF POWER:  
I SEE EVERY UPSET IN MY RELATIONSHIP  
AS AN OPPORTUNITY TO  
EXPERIENCE RELEASE  
AND GROW BEYOND A CHILDHOOD HURT

EVERY INJURY IS AN INVITATION TO  
BECOME MORE OF THE BALANCED AND  
MATURE PERSON I WAS CREATED TO BE

I DONT TRY TO CHANGE  
MY PARTNER  
INSTEAD I PRAY TO FIND THE WISE  
BALANCE WITHIN MYSELF BETWEEN

COURAGE  
STRENGTH  
INTEGRITY  
SELF-ESTEEM  
EMOTIONAL RESTRAINT  
AUTHORITY  
INDEPENDENCE  
INITIATIVE  
POWER

TENDERNESS  
GENTLENESS  
TOLERANCE  
APPRECIATION  
EMOTIONAL EXPRESSION  
HUMILITY  
INTER-DEPENDENCE  
FLEXIBILITY  
PATIENCE



WORDS OF POWER:  
I RECOGNIZE THAT PEOPLE ARE TRUE TO  
THEIR OWN VALUES NOT TO EACH OTHER

I MOVE INTO THE HEART OF LOVE  
BY FINDING OUT WHAT IS IMPORTANT TO  
MY PARTNER AND NOT PROJECTING  
MY IDEALS



I COMMIT TO STEPPING BEYOND MY FEARS  
TO A NEW LEVEL OF LOVE



I HEAR MY PARTNERS ACCUSATIONS AND  
CRITICISMS AS FEARS AND UNMET NEEDS

INSTEAD OF PUNISHING MYSELF  
AND MY PARTNER BY HOLDING ON  
TO MY HURTS I DO THE HEALING STRETCH  
I NEED TO DO TO GIVE THEM THE GIFTS  
I HAVE BEEN WITHHOLDING

SO THAT THEY CAN HEAL  
THEIR CHILDHOOD WOUNDS



# I GIVE THE GIFTS I HAVE BEEN WITHHOLDING

INSTEAD OF NEGLECT  
I GIVE MY PARTNER THE NURTURANCE  
THEY NEED TO BE EMOTIONALLY SECURE

INSTEAD OF REJECTION  
I GIVE MY PARTNER THE RECOGNITION  
THEY NEED TO BE THEMSELVES

INSTEAD OF SMOTHERING  
I GIVE MY PARTNER THE REASSURANCE  
THEY NEED TO EXPLORE AND DEVELOP

INSTEAD OF CONTROL  
I GIVE MY PARTNER THE PERMISSION  
THEY NEED TO LIVE THEIR DREAMS

INSTEAD OF CRITICISM  
I GIVE MY PARTNER THE PRAISE  
THEY NEED TO SUCCEED

INSTEAD OF PUNISHMENT  
I GIVE MY PARTNER THE FREEDOM  
THEY NEED TO LOVE ME IN THE WAY THEY CHOOSE



GROWING UP INTO THE ABILITY  
TO GIVE THESE GIFTS  
IS THE BEST WAY TO OVERCOME MY OWN  
CHILDHOOD WOUNDS

I RECLAIM MY LOST PARTS  
SO THAT I CAN MOVE FORWARD  
WITH BALANCED PERCEPTIONS  
AND UNCONDITIONAL  
POSITIVE REGARD



I REMEMBER THAT INFATUATION IS THE PEDESTAL THAT  
MAKES ME BLIND  
TO THE NEGATIVES  
AND RESENTMENT MAKES ME BLIND  
TO THE POSITIVES  
BECAUSE I WANT TO BECOME THE WISE AND  
BALANCED PERSON I CAN BE  
I CHOOSE TRUE LOVE  
IN ORDER TO SEE  
BOTH SIDES EQUALLY