

# How to Slowly Clear the Core Issue

First, remember the magnet metaphor described in class. It's the best one. There is no such thing as a one-sided person. We all have all traits both "positive" and "negative," dark and light. Also, be realistic about "clearing" the issue.

**2 main focal points we will address:**

- 1. Core Complaint (out there)**
- 2. Core Issue (in here)**

## 1. Core Complaint

**Chief Aim:** Balance. Integration. Self-love, reclaiming disowned parts. Clearing out the hurt and baggage so we can feel connected again, see, and be seen. This feels amazing and will improve your ability to do relationship in a healthy, conscious way.

**Method: Pros and Cons.**

**Step 1.** Pick a trait out there you don't like:  
*He's unavailable*

**Step 2.** Own this in yourself. Go find 10 times you've been unavailable to others in the past. Write their names down and where it happened

*Do this until you can say, Yes, I own that trait, I'm also unavailable at times.*

**Step 3.** What are the benefits to my partner being unavailable? How does it help me when he or she is unavailable?

*Tie in who in your past was also unavailable. Now look for how them being unavailable helped you. Remember your core strategy. Nice guy/girl, performer, etc. Take inventory to see how that "strategy" is helping you, back then, and now? Write down a minimum of 15. How did it help mom/dad, siblings, what did it do for me in school, work, etc.*

**Step 4.** What are the benefits to me being unavailable to those 15 people?

**Step 5.** When my dad/mom were "unavailable," who was available? Who was expressing the opposite in that exact moment? Look hard and see that the other side of the coin was there.

**Bonus:** Think about the drawbacks if your parents and partner were available all the time. This helps us be realistic.

## Core issue

### Chief Aim:

- Gets you empowered
- Gets you over your victim story and more trusting of your past and the way it went down.
- Helps you trust life is precise and not out to get you
- Gets us to see life accurately, what really happened
- Gets us to lessen the charge so we don't feel so "hooked" and "triggered" by our partner in such big ways.
- Removes other barriers and calcified layers to the love and connection we want

You must focus on the deeper issue that came along prior to our partner. So, if your spouse is the most triggering in your mind, it's probably not accurate. It's most upsetting because you are around them most. They push the button most. But the bigger issue is with your folks or caregivers.

If you have no memories of your childhood, you'll need to start remembering and asking. Dig out the photo albums. Call mom and dad, siblings, and get their take.

### Method: Pros and Cons.

**Step 1:** Identify the core issues/experience you want to collapse.

*Example "I feel abandoned." Look for the behavior they did that triggered your experience of this. Notice how they didn't abandon you, you simply felt that way given whatever was going on at that time.*

**Step 2:** Write down 100 benefits to feeling abandoned. Or to be more accurate, 100 benefits to how my parents lack of emotional availability and skill set, put them in a position to not really see me, get me, know me or love me in a way I want (ed). They had other priorities.

*For example, my dad was too busy busting his ass for our family to be able to tune into me. My mom was overwhelmed and she grew up feeling so desperately unloved, how could she have possibly shown up for something she didn't ever get?*

**Step 3.** When my dad/mom were dissociated, shut down, and unavailable and choosing work or other stuff, who was there for me? Who was expressing the opposite in that exact moment? Look hard and see that the other side of the coin was there. It is. You just need to find it.