

Additional homework if you are stuck or wanting more

Suggestions to the Benefits Exercise

Dig deeper by finding primary, secondary, and tertiary benefits.

Example: A benefit of my husband's immature, disrespectful behavior is that I deepen my self-respect (primary), which in turn has other people treat me with more respect (secondary), which in turn helps me get more of what I want in life (tertiary), like that time, I stood up for myself and got that job. I did that because I respected myself in the wake of others disrespecting me.

Homework: Review your list and be sure you have explored primary, secondary, and tertiary benefits to the main benefits you listed.

Different Angles

Like a crystal, we need to see the trauma from every angle.

Here's 2 different angles that will help do that.

A. Identify the opposite trait or behavior

Example. If my dad beat me, remember and write down 20 times he didn't beat me and was loving.

If my mom unconsciously needed me to take care of her and I agreed, write down 20 examples where she didn't need me to take care of her.

The point here is to remember both sides. We get fixated on one side. Your parents had two sides, like you--nice, mean, happy, sad, violating, not-violating, etc. This gets us out of black and white thinking--which is trauma vision.

Homework: List a minimum of 20 experiences you remember where your parent or partner did the opposite behavior.

B. 100 Drawbacks:

Turn it around.

What are the drawbacks had my dad been perfect and I never got molested, shamed, violated, or taken advantage of, and if my parents had been angels? What would be the drawbacks to that? What would you have missed out on, what strategies would not have developed, what hidden gift would have never been born?

Example. Drawbacks to my mom not behaving in a needy way where I felt engulfed: I would have never learned how to energetically read someone with the skill I have. I would not have learned how to care-take others.

Homework: List 100 drawbacks had your parent/partner not done what they did. Had they been the perfect angel, omniscient person.

Note: Demartini has 14 steps for this. Get his book “The breakthrough Experience” or “Heart of Love” for all of them. This will give you his philosophy and take on psychology and how to clear anything.