

CHAPTER 3

Having To Prove Oneself To Others

Overview:

As children we are raised to get our parents and authority figures approval to ensure our needs are met. “Needs” are really desires in disguise. Growing up we become confused as to who we must be to get approval and a feeling of safety and approval in our family system. This is a powerful fundamental process.

THE PROVING ONESELF INDUCTION

Preliminary:

If you were to contemplate times in your life you felt you had to prove yourself to someone else - what does that bring to mind? Have them write it down.

Now consider even earlier times with your mother or father - did you feel you had to be or act in a certain way to get their love or acceptance? Did you ever pretend to like something you didn't - or not speak up and share your inner truth - afraid you'd be excluded ostracized or punished - did you ever have to be a certain way to stay friends with someone or to make a teacher or boss happy? Embody this and make note of how you get into and out of it.