

HOW TO HEAL FROM CODEPENDENCE

GIVING THE PAIN BACK

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GIVING THE PAIN BACK

In this workbook you will learn:

- 1 The Guidelines to healing
- 2 How to give your pain back

Guidelines to Healing

- 1 Who did the abuse-parents, siblings, coaches....
- 2 Do not focus on whether they intended to hurt you or not hurt you.
- 3 Hold them accountable but without blame.
- 4 Avoid comparing your abuse to others abuse. Don't minimize it, condone it or carry their responsibility any longer.
- 5 Use "dysfunctional" when thinking about them. Don't think of them as not good, bad, right or wrong.
- 6 Focus on your those who hurt you, not on how you hurt your own children or other people. Your recovery comes first.

How To Give The Pain Back

We have been carrying our caregiver's pain for all of this time. They are not to blame. They just passed down what their caregivers gave to them. It is now time for us to end that cycle.

The following is a 10 step process to give the pain back to them. Go back to Journey book two, where you identified all of your painful moments. Begin with what seems like the easiest first and move through this process. Go at your own pace. Whether you do one a day, a week, or a month, it is up to you. It is your Journey, so do what is best for you.

Identify the original event that created the negative neural pathway and move through the following process.

1 What am I feeling?

2 Where in my body am I feeling it?

3 What is my first memory of having this feeling?

- ✓ Make a list of all memories until you get to the first time you had this feeling. This is the recurring negative neural pathway we are going to heal

- 4** What are the mantras? What thoughts or perceptions did you use to justify, minimize, suppress, repress, minimize or condone the mistreatment and survive the abuse?

✓ Ex. “It just doesn’t matter,” “What’s the point,” “Nobody cares”

- 5** Grieve the sadness and loss that we had to ignore and stuff. Make time to sit in the sadness, let the tears flow.

- 6** Express empathy for ourselves and our caregivers who hurt us.

✓ Ex. “I did the best I could with what I knew at the time. I am not to blame. I am so sad that I had to experience this and so proud that I was able to come up with a way to survive it. I am also sad for the caregiver who gave this to me. They were just doing what they were taught and didn’t know any better. My heart hurts for their pain but I honor my pain first.”

7 Hold them accountable

- ✓ Ex. "I now reach in and take this pain from me. It is no longer mine. I give it back to you. I have carried this only enough. I won't carry this for you anymore I give it to you. This is yours to carry from this day forward."

8 Anger work


- ✓ As described in the video, write a letter with as much rage and judgement as possible about the abandonment, neglect and unfairness.
- ✓ Physical release- as described in the video, use a baseball bat, golf club, punching bag..screaming and releasing what you wrote

9 Self forgiveness for the part we played

- ✓ Ex. "I love myself and forgive myself for being imperfect for doing the best I could with who I was and what I knew at the time. Now that I know better, I will do better. I love myself for facing this pain and taking this journey to heal and love myself."

10 Feelization- Create the new neural pathway

- ✓ As often as possible, sit in the feeling of the strong, powerful, self protective version of ourselves that we would have liked to have been in those painful moments. We can use a person, place or thing to create that image.
- ✓ Use this image and FEELING to replace the old and create the new positive neural pathway



Worst Day Cycle Healing Process



Identify the original event that created the negative neural pathway.

- What am I feeling?
- Where in my body am I feeling it?
- What is my first memory of having this feeling?

Make a list of all the memories until you get to the first time you felt it. These are the recurring negative neural pathways we are going to heal.



What are the mantras?

- ex. "It just doesn't matter," "What's the point," "Nobody cares." Recovery process.



Grief/Empathy: Grieve the sadness and pain that we had to ignore. Be empathetic to ourselves and whoever wounded us.

- ex. We did the best we could. No one ever taught us so neither of us are to blame.



Hold them accountable. Give the original hurt feeling back to them.

- ex. I won't carry this for you anymore mom/dad/etc...this is your pain.



Reclaim our inherent self.

- **Anger work:** Write a letter with as much rage as possible about the abandonment, neglect, and unfairness.
- **Physical release:** Use a baseball bat, golf club, punching bag...screaming and releasing what you wrote.
- **Feelization:** Create the new neural pathway. Sit in the feeling of the strong, powerful, self protective version of ourselves that we would have liked to have been in those painful moments. We can use a person, place or thing to create that image. Use this image and FEELING to replace the old and create the new positive neural pathway.
- **Self forgiveness:** For the part we played (ex. I love myself and forgive myself for being imperfect).