

**** Phase 2 of Awareness Integration Theory (AIT)****

The purpose of Phase Two is to develop the client's awareness toward her own projections of the external world as they relate to her. People constantly project and set up their self identity and behaviors based on projections. Yet because many people believe that their projected reality is the reality, they seldom conduct a basic reality check. However, the way the client projects others perceive her, as well as the way others perceive her relationship with career, money, sexuality, spirituality, and other life domains, has a significant impact on her life. For example, if the client believes that others have harmful or otherwise malevolent attitudes and intentions towards her, she is less likely to wish to engage with them even when these theoretically malicious people are unknown to her and when they have no ill intent whatsoever. As mentioned in Chapter Three, each life domain is explored through the first four phases before proceeding on with therapeutic work on a new life domain. Note that this phase takes a different approach when exploring the life domains that deal with people as opposed to the domains that deal with objects, actions, and concepts such as money, wealth, sex, nature, the universe, and death. In these areas, Phase Two questions will be about the client's assumption of people's thoughts, feelings, and actions toward them in relationship to people or a particular domain.

Phase Two is an important phase because a lot of the powerlessness and victimhood clients experience stems from this state of their own projection, which has caused them to apply generalizations or categories to people at large, based on one person or incident in their life. When clients realize that they are the ones who have assigned meaning to other peoples behavior, they can then begin to understand that their personal projections onto others are far more powerful and real than they have ever imagined. While this has added to their misery, with knowledge comes power and a sense of being in control