

The Five Core Issues:

- 1) How was I valued in the family?**
- 2) How was I protected from parents, family, and friends?
(Physically and emotionally)**
- 3) How was I expected to behave in the family?**
- 4) How were my needs and wants taken care of?**
- 5) How was I disciplined, contained or not contained?**

The Five Core Practices:

- 1) Loving the Self – Self Esteem**
- 2) Protecting the Self – Using Healthy Boundaries**
- 3) Creating and Knowing the Self - Owning Your Reality**
- 4) Taking Care of the Self – Self Care & Interdependence with
others**
- 5) Containing the Self – Moderation/Balance in the Self**

CORE ISSUES ARE:

- About immaturity
- Caused by trauma in childhood
- All five reflect the nature of a person's relationship with the self
- There are two polar extremes in each issue
- They all interact with each other

HEALING FROM THESE CORE ISSUES ENABLES A PERSON TO BE MATURE RELATIONALLY:

- This is the process of **“becoming a Functional Adult”**
- Living in the extremes of each core issue are two child ego states
- In the child state we cannot function well in relationship with others

CORE ISSUE # 1:

Self Esteem - One's worth, value, love

- These words are interchangeable
- A person's esteem is on a continuum from respect to warm regard
- Our weaknesses and strengths speak out to our humanity rather than define us as worthless or better than

Esteem:

- Is a total reality experience
- Starts with a thought - "I have inherent worth." It cannot be raised by my strengths or lowered by my defects of character
- Is experienced as a physical sensation - Warmth and swelling in the heart
- Is identified as an emotion - Love
- Is reflected in behavior - **Respectful or loving care of self**
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Regarding Behavior:

- Culture fails to teach us to apply the concept of inherent worth to ourselves
- We are taught to compare ourselves to others to determine our value, i.e.:
 - Other Esteem – what my children, spouse, boyfriend/girlfriend, parents do, etc...
 - Attribute Esteem – what car I drive, how big my house is, where I vacation, or what my spouse looks like, etc...
 - Performance Esteem – winning at sports, business, extreme risk taking, etc...
- If you do not apply the concept of self-esteem to yourself, you will probably try to obtain a sense of value through the affirmations of others or by comparing yourself to others
- This leaves you quite vulnerable to the opinions AND strengths of other people
- This causes our sense of worth or value to fluctuate between Less Than and Better Than
- Until we learn to embrace the concept of inherent worth for our own self, we won't be able to stay respectful when another person is being difficult. **Staying respectful is the minimum of love.**
- When we suffer from only being able to love conditionally, this is immature love
- Fluctuating between being Less Than and Better Than interferes with your ability to be truly intimate

CORE ISSUE # 2:

BOUNDARY ISSUE – Protecting and containing ourselves too much or too little during intimacy

- Vulnerable vs. Invulnerable
- Containment – an issue of being respectful of others
- Protection – an issue of self respect or self love

INTIMACY

- A process of sharing the self with another person and/or receiving another person physically, sexually, spiritually, intellectually, and/or emotionally
- This process creates a relationship
- A personal boundary problem occurs when one either has NO protection or NO containment during intimacy (Boundaryless)
- A personal boundary problem occurs when one either has TOO much protection or TOO much containment (Walls)

RELATIONALLY:

- This is a Disaster and Wounding
- Causes Chaos or Boredom
- Causes a sense of deadness during intimacy

BOUNDARIES

DEFINITION:

- System of limit setting that protects a person from being a victim
- Contains a person so that he/she is not offensive to others

PURPOSE:

- Contain and protect a person's reality during intimacy
- Establish identity

REALITY:

- BODY** - What we look like
- THINKING** - How we give meaning to incoming data
- FEELINGS** - Our emotions
- BEHAVIOR** - What we do or do not do

COMPONENTS:

EXTERNAL SYSTEM

- Contains and protects the body
- Controls distance and touch

External Physical Boundary

Protection:

I have the right to control how close you get to me and whether you get to touch me and/or my personal property

Containment:

The same is true for you

External Sexual Boundary

Protection:

When someone is approaching me sexually, I have the right to control when, where, how, and with whom I am going to be sexual

Containment:

Others have the same right to do so with me

INTERNAL SYSTEM

- Contains and protects thinking, feelings and behavior
- Acts like a block or filter

Internal Listening Boundary

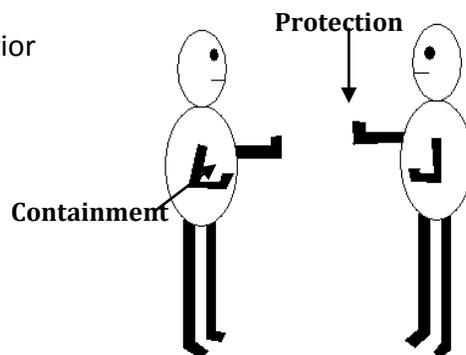
Protection:

Use of the Listening Boundary

Internal Talking Boundary

Containment:

Use of the Talking Boundary



BOUNDARY VIOLATIONS

INTERNAL BOUNDARY VIOLATIONS:

- Yelling and screaming
- Name calling
- Ridiculing or making fun of another person
- Lying
- Breaking a commitment
- Patronizing a person. (Better than)
- Attempting to control or manipulate another person by telling them what to do, say, act or what they are feeling
- Being sarcastic especially when being intimate
- Shaming or blaming a person
- Interrupting

EXTERNAL PHYSICAL BOUNDARY VIOLATIONS:

- Standing too close to a person without his/her permission
- Touching a person without his/her permission
- Getting into a person's personal belongings and living space such as one's purse, wallet, mail, and closet
- Listening to a person's personal conversations or telephone conversations without his/her permission
- Not allowing a person to have privacy or violating a person's right to privacy
- Exposing others to physical illness due to your having a contagious disease

SEXUAL BOUNDARY VIOLATIONS:

- Touching a person sexually without his/her permission
- Not negotiating when, where, and how to engage in sexual activity
- Insisting on having your way sexually in the face of another's "NO"
- Demanding unsafe sexual practices
- Leaving pornography where others who do not wish to or should not see it may see it
- Exposing oneself to others without their consent
- Staring or looking at another person lustily (voyeurism) without his/her permission
- Exposing visually and/or auditory to others on your sexual activities without their consent

CORE ISSUE # 3:

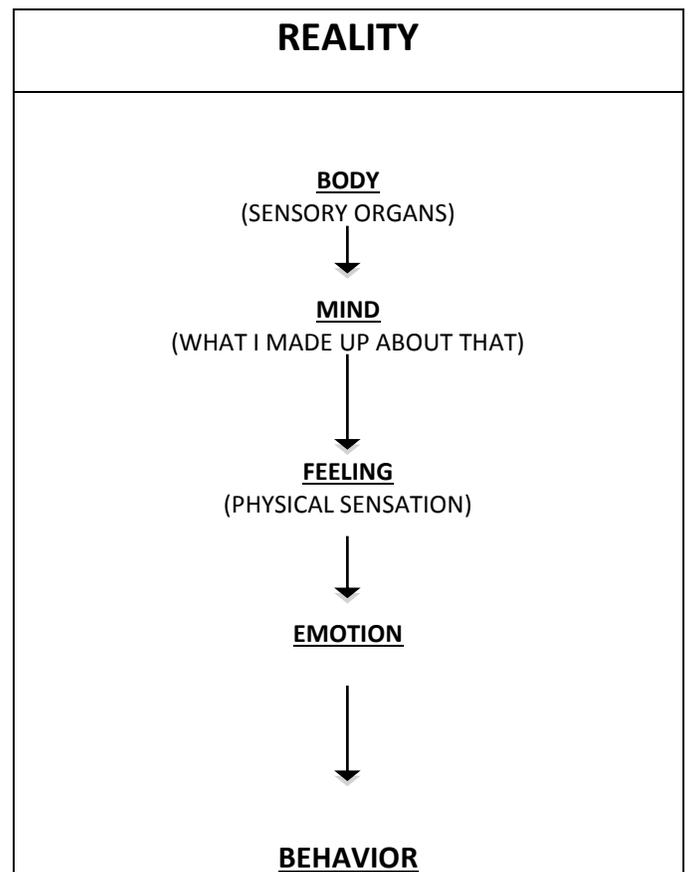
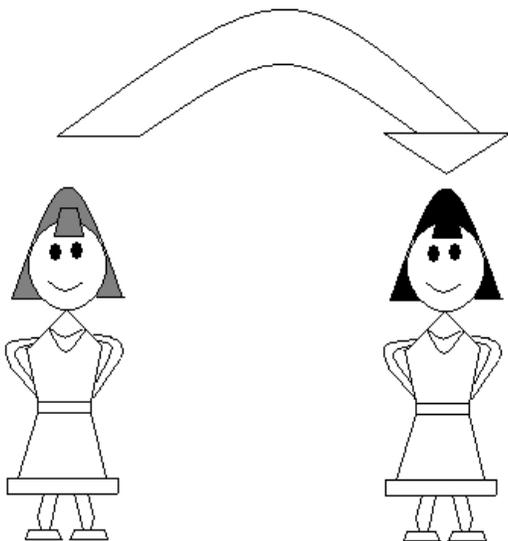
How we give meaning to what we see, hear, smell and taste.

What we make up about that experience with a thought.

What we emotionally feel from that thinking.

How we then behave is:

THE CREATION OF SELF



CORE ISSUE # 4

Dependency – Having trouble with self-care and being interdependent with others

- Too Dependent vs. Anti-Dependent or Needless/Wantless
- Shows up as poor self-care
- An inability to be interdependent
- This comes from neglect, abandonment and enmeshment
- This creates the caretaking of adults in the child's early life

One Extreme:

- The individual believes they cannot take care of their basic needs and wants
- Presents relationally as very dependent
- Asks for too much from a relationship

The Other Extreme:

- The **person is not able to ask for help** with their own needs and wants
- Either because they believe it is wrong or unsafe to ask for help
- Also they are too detached from their own sense of needs and wants

Relationally:

- The too dependent person is perceived as a burden
- The anti-dependent person is perceived as needing nothing

Self Care Issues:

We all have 11 basic needs

1. Food
 2. Clothing
 3. Shelter
 4. Physical Nurturing
 5. Emotional Nurturing
 6. Spiritual Practice
 7. Education
 8. Money
 9. Medical
 10. Dental
 11. Sexual (as adults) as children sexual education
- **Needs are different from wants:**
 - Our needs are basic to our survival
 - They keep our body and soul intact
 - Wants are not necessary for basic survival, but they are an important part to our sense of abundance

- Our wants bring us a sense of joy and are very individual
- Joy brings hope, and hope gives us a sense of abundance, i.e. (I have enough)

Interdependence is part of self-care

- **There are two aspects to consider:**
 1. One is about offering help
 2. The other is about asking for help in regards to needs and wants
- **There are three rules to follow in regards to interdependence:**
 1. Avoid asking for help when you can take care of the need or want yourself - this keeps you from being too dependent
 2. Decline helping if you think you are going to wind up feeling resentful (victim anger) - this avoids overextending yourself
 3. Decline helping if you will enable the person asking for help to be dependent

CORE ISSUE # 5:

Moderation/Containment Issues:

- Out of Control vs. Controlling of Others
- Focus is on moderation or problems with spontaneity
- In spontaneity we are being our most “real” self
- We experience a profound sense of life and excitement
- In our spontaneity, others are drawn to us
- In their spontaneity we are drawn to them

The Problem:

- In our spontaneity, when we have no personal boundary, we are out of control and offensive
- If we have a wall containing our spontaneity, we are too contained and we are in an attitude of too much control

Relationally:

- Too much uncontained spontaneity causes chaos
- Too little spontaneity causes a lack of attachment

RECOVERY:

- Is about learning to use your personal boundaries to contain yourself
- You are then containing your spontaneity
- But not too much
- This ability leaves you relational without being abusive